

PROJECT RECIPE

YARN THERAPY

A network of people who make items to be used for charitable purposes.

Madrid, Spain

INGREDIENTS



SENIOR CITIZENS
WITH SPARE TIME

+



PEOPLE WHO
KNOW HOW TO
CROCHET

+



DONATED WOOL

YARN THERAPY

WHAT IS THIS PROJECT?

Volunteers regularly visit older people in nursing homes and day centres and get them started making things using donated wool etc.

The things they make are to help others, such as blankets for homeless people, clothes for premature babies in hospital etc.

WHAT DIFFERENCE IS IT MAKING?

Boosting social relationships and self-esteem and giving a sense of personal satisfaction. Yarn therapy has health benefits such as reduced levels of stress and blood pressure, helps overcome motor skill problems and promotes serenity and a good mood. Making items for others creates a sense of solidarity.

FIND OUT MORE

<http://www.communityloversguide.org/#!/iaia/cu86>