



CRAFTING WELLNESS

The Craft Yarn Council of America has posted a series of interviews on YouTube to raise awareness of the way knitting and crochet can relieve stress.

The videos feature interviews with Betsan Corkhill, a physiotherapist, wellbeing coach and author of *Knit for Health & Wellness*, Carol Caparosa, the founder of Project Knitwell, a non-profit organisation that has been introducing therapeutic knitting to hospitals and community centres in Washington DC, and Dr Perri Klass, professor of journalism and paediatrics at New York University.

The council has also carried out a poll that found that 94% of knitters and crocheters say the skill helps them relax and 80% say it helps reduce stress.

The survey also found that 62% of knitters and crocheters have taught a child their craft,



and 83% of them say the biggest benefit a child gets from learning to knit or crochet is a sense of accomplishment.

Eighty-three percent of the crafters polled said their favourite place to knit is in front of the TV, while 76% like to knit with someone else. Fifty-eight percent prefer to knit in the evening, while 51% find that knitting in the morning improves their day.

The CYC has also released knitting and crochet patterns for stress pillows shaped like a lemon. Watch the videos and find the free patterns at craftyarnncouncil.com.

THE LONG AND THE SHORT OF IT

ChiaoGoo – maker of the world's smallest interchangeable knitting needles – has released what it says are the world's shortest interchangeable knitting needles.

Twist Shorties is an interchangeable tip system that includes 12 sets of solid, stainless steel tips in six sizes ranging from 2mm to 3.25mm and in two lengths: 5cm and 8cm.

The set also includes three mini-cables 14cm, 16cm and 22cm long to allow for really short-circumference knitting, such as in socks or small sleeves.

Both the tips and the cable

have a tightening hole to get a really tight join.

The needle set comes in a cute portable nylon pouch along with tighteners that double as t-pins, stitch markers, stitch stoppers and a mini needle gauge.



HANDPRJON

Drifa Alfredsdottir opened her yarn emporium near Reykjavik in Iceland in 2010, after spending two years planning the move.

"I had the urge to do something fresh in the market, offer high quality products and only my own imports," she tells *Knitting*.

Handprjón has a wide selection of imported yarns from the US and Europe including Cascade Yarns, Madelinetosh, Hedgehog Fibres, Rohrspatz & Wollmeise, Mrs Crosby, Regia, Novita and Unitas. It also has its own range of hand-dyed yarns exclusive to the store, plus a yarn made specially for Handprjón in Italy and Estonia.

Drifa's main aim is "to offer top-notch products from around the world and quality service", she says.

"My customers tell me we are Europe's largest yarn store,

with the best selection, superior service and knowledgeable staff in matters of knitting and crochet," Drifa adds.

Handprjón also sells online through its handprjon.is website and is busy on social media, including Facebook, Snapchat and Instagram. As a destination store for Icelandic wool tours, it has a reach far beyond Iceland.

So what other retailers does Drifa admire? "Serial Knitters in Seattle, Washington, USA. They have a good selection of yarn from indie dyers and very helpful and knowledgeable staff in regards to yarns and knitting," she says.



Nominate your favourite yarn shop and win a copy of *Noro Kureyon: The 30th Anniversary Collection*, published by Sixth & Spring Books, if it is featured – simply email **christine.boggis@thegmcgroup.com** with the shop's details and a brief note on why you love it.