

University of Florida
College of Nursing
Comfort Shawl Project

The goal of the *Comfort Shawl Project* is to provide comfort to patients and their families facing serious illness at UF Health Shands. To achieve this end, comfort shawls will be gifted to patients through the UF Health Shands Palliative Care Program.

We welcome volunteers, from beginners to experts, to knit or crochet comfort shawls. Students, staff, faculty, and UF alumni have contributed to this service project. Expert craftswomen at the Thelma Boltin Senior Center have volunteered to teach those that would like to learn how to craft a comfort shawl. If you are a beginner, we can also direct you to many resources (online and in-person) to help you learn how to knit.

As a volunteer, you can make *one* shawl or *several*, at your own pace. There are two comfort shawl patterns on the following pages. However, *we welcome variety* and you may use an alternate pattern. We will need comfort shawls of various sizes. If you find a free comfort shawl pattern you like, please share it by emailing it to the following address: comfortshawls@health.ufl.edu.

When creating your comfort shawl, please use yarn that is **soft** and **washable**. Yarn brands that meet these criteria include: Lion Brand, Red Heart, Bernat, and Loops & Threads. We anticipate the cost for materials to be between \$20-25 (3-4 skeins of yarn and knitting needles). However, craft stores have frequent sales on yarn and you may wish to add your name to the mailing list to receive coupons and special offers.

As you craft your comfort shawl, think of the person that will eventually receive it and the gift of comfort you are providing. Once you have completed your comfort shawl, ***please machine wash and dry it (by itself) to remove any potential allergens***. If you wish, you can name your comfort shawl. Please deliver your comfort shawl to Dr. Glover (HPNP 3229) or email comfortshawls@health.ufl.edu to arrange local pick-up. If you are sending your comfort shawl by mail, please use the address listed below.

Nursing student volunteers will work with the Palliative Care team to distribute comfort shawls to patients. As we collect comfort shawls from volunteers, we will affix a College of Nursing *Comfort Shawls* label and a note of comfort to accompany the gift to the patient. Patients will select their comfort shawl from a book describing the available comfort shawls; each description will include a photograph the comfort shawl, name of the shawl, measurements and thickness, and the first name of the person who crafted the comfort shawl.

We welcome donations of yarn or financial contributions to support this service project. We thank you for your donations of time and talent to this project.

Website: <http://nursing.ufl.edu/outreach/college-of-nursing-comfort-shawls-project/>

Email: comfortshawls@health.ufl.edu

Address: 1225 Center Drive, PO Box 100197, Gainesville, Florida, 32610-0197

Contacts:

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Palliative Care is interdisciplinary care that aims to *relieve suffering* and improve the *quality of life*, optimize function, and assist with decision-making for patients with advanced illness and their families.

Free Knitting Pattern 81041AD Tender Shawl: Lion Brand Yarn Company

Free Knitting Pattern: Tender Shawl

Lion Brand® Homespun®

Pattern #: 81041AD

SKILL LEVEL: [Beginner \(Level 1\)](#)

SIZE: One Size
About 19 x 70 in. (48.5 x 178 cm)

PUBLISHED IN: Jo-Ann
CORRECTIONS: None



Tender Shawl

Lion Brand® Homespun®

GAUGE:

10 stitches = 4 in. (10 cm) in Garter stitch (knit every row) When you match the [gauge](#) in a pattern, your project will be the size specified in the pattern and the materials specified in the pattern will be sufficient. The needle or hook size called for in the pattern is based on what the designer used, but it is not unusual for gauge to vary from person to person. If it takes you fewer stitches and rows to make your swatch, try using a smaller size hook or needles; if more stitches and rows, try a larger size hook or needles.

SHAWL

Cast on 48 stitches. Work in Garter stitch (knit every row) for about 70 in. (178 cm). Bind off.

FINISHING

Weave in ends.

[Learn to Knit instructions: http://www.lionbrand.com/learnToKnit.html](http://www.lionbrand.com/learnToKnit.html)

Free Knitting Pattern 81040AD Heartfelt Shawl: Lion Brand Yarn Company

Free Knitting Pattern: Heartfelt Shawl

Lion Brand® Homespun®

Pattern #: 81040AD

SKILL LEVEL: [Beginner \(Level 1\)](#)

SIZE: One Size
About 25 x 60 in. (63.5 x 152.5 cm)

PUBLISHED IN: Jo-Ann
CORRECTIONS: None



Heartfelt Shawl

Lion Brand® Homespun®

GAUGE:

10 stitches = 4 in. (10 cm) in Shawl pattern. When you match the [gauge](#) in a pattern, your project will be the size specified in the pattern and the materials specified in the pattern will be sufficient. The needle or hook size called for in the pattern is based on what the designer used, but it is not unusual for gauge to vary from person to person. If it takes you fewer stitches and rows to make your swatch, try using a smaller size hook or needles; if more stitches and rows, try a larger size hook or needles.

SHAWL

Cast on 63 stitches.

Row 1: (Knit 3, purl 3) until the last 3 stitches, knit 3.

Row 2: (Purl 3, knit 3) until the last 3 stitches, purl 3.

Repeat these 2 rows until piece measures about 60 in. (152.5 cm). Bind off.

FINISHING

Weave in ends.

[Learn to Knit instructions: http://www.lionbrand.com/learnToKnit.html](http://www.lionbrand.com/learnToKnit.html)