



KNITHUB 24
KNIT. CREATE. LIVE BETTER.





Knit your team together with our knitting workshops

Your team is brilliant and they work really hard all year round. You want to thank them for all that hard graft and help them recharge their batteries. Or perhaps you're looking for a different way to help your staff build some key skills? Knitting could be the answer!

Knitting has seen a renaissance in recent years, as people look to alternative hobbies and activities that don't involve technology, computers or smart phones.

We work with businesses to help employees to de-stress from the pressures of the working day and we utilise the art of knitting as a way of developing new skills, which can ultimately be taken back into the workplace.

"There's a certain magic in creating"

Why knit?

Stress relief. Knitting allows you to work with your hands in a different way. The repetitive, meditative nature of knitting is a great de-stresser, it increases mindfulness and relaxation, and you can let your thoughts drift off to other things.

A sense of achievement. One minute you have a strand of wool and the next you have a knitted masterpiece! You can create so many things with knitting and crochet. The possibilities are literally endless. Knit for yourself, knit for a loved one or knit for charity.

Hones problem-solving skills. You've learned the basics of knitting and now you want to create something a little more complex. But you've dropped a stitch and that hole, that shouldn't be there! Knitting encourages a fresh way of problem-solving and looking at issues from a different angle. You might just discover the previously elusive solution to that difficult problem you've been pondering over all day at work.

Reconnect your team and inspire new possibilities

Develops soft skills. Knitting promotes key skills such as patience, perseverance and good communication. Knitting is a very social activity, and many people like to knit with friends or other enthusiasts and have a natter at the same time.

Fun and relaxing. Knitting goes well with nibbles and tea! It's an opportunity to bond as a team, chat with colleagues whom you may not get the chance to speak to on a regular basis, in a fun and relaxed atmosphere. Enjoy the feeling of slowing down and reconnecting as a group.

The true value of team building.

- Build bonds and friendships to increase productivity
- Instills a positive and fun team spirit that motivates
- Brings positivity back to the workplace

*"A perfect way to de-stress at lunchtime"
"Reconnect with creativity"*

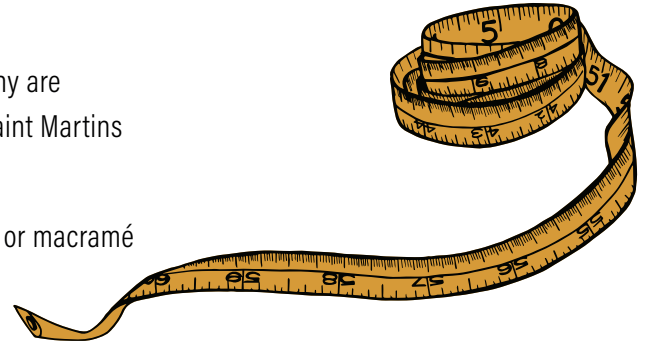
Why work with Knithub 24?

Diverse & Talented Tutors

Our knit (and crochet tutors) are amongst the best in the industry and many are fashion and textiles graduates from famous universities such as Central Saint Martins

Tailor-Made Experiences

You can choose from our menu of machine knitting, hand knitting, crochet or macramé workshops or we can design a tailor-made programme for your team.



A change of scenery

If your team spends much of their working day staring at computer screens, then come down to the Knithub 24 studio for a change of scenery and a change of pace.

Incorporate a Knithub 24 workshop as part of your:

- Employee wellbeing day or event
- Team away day or off site activities
- Strategy day
- Management retreat
- Team celebration
- Client relationship event

By numbers

- ♦ A survey by Knit for Peace in 2017 (of 1000 knitters) found that 70% said that knitting improved their health – the main reason being that it makes them feel happy.
- ♦ A 2007 study conducted by Harvard Medical School's Mind and Body Institute, found that knitting lowers heart rate, by an average of 11 beats per minute, and induces an "enhanced state of calm," similar to that of yoga.
- ♦ 12.8 million working days were lost due to work-related stress, depression or anxiety (Labour Force Survey, 2019)
- ♦ The Mayo Clinic conducted a survey in 2011 and found that over 70-year-olds who knit had a "diminished chance of developing mild cognitive impairment and memory loss."



What can we provide at the Knithub studio?

Full day or half day Workshops

Hand Knitting Workshops for up to 15 people

Machine Knitting Workshops for up to 10 people

Crochet or Macrame Workshops for up to 15 people

We can incorporate relaxation and mindfulness techniques as part of the workshops, to enable your team to unwind and forget about their to-do lists for a few hours.

Workshops can also include catering and tea and coffee if desired.

If you have a team of over 15 people, we can arrange larger workshops at other venues or at your workplace.

Sound like a good fit for your team?

Send us an enquiry on our website here and we'll get back to you within two business days to discuss further.

We look forward to hearing from you!



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