

# Therapeutic Knitting Donna Health Care Polyclinic Cyprus



Donna Health Care Polyclinic (Women and Health Medical Centre) in Cyprus opened in 2025 and is specialized in providing healthcare based on gender medicine exclusively for women.

Donna Health Care promotes holistic healing and patient well-being through Therapeutic Knitting. It encourages patients to set aside their phones to connect with yarn, colour, and texture and engage in a relaxing, hands-on activity that supports mental health, social connection, and self-expression.

Patients through Therapeutic Knitting—pioneered by Betsan Corkhill—find comfort, creativity, and community. In the clinic, soft conversations bloom as needles click, and colourful 10 cm squares come together to form blankets for women in need. Beyond crafting, participants rediscover balance, reduce stress and nurture friendships.

