

Therapeutic Knitting at the National Institute of Oncology Hungary



The Therapeutic Knitting in Hungary as part of the Wool4Health initiative began with 100 Therapeutic Knitting Kits donated and facilitated a local visit by Alberto Costa MD.

The program first engaged the hospital nursing staff, who participated in introductory sessions designed to help them become familiar with the initiative. These sessions allowed them to experience the calming and creative benefits of crochet while learning the basic stitches in practice.

Since 2023, the program has been running at the Breast and Soft Tissue Tumour Surgery Department of the National Institute of Oncology. Patients can use the kits individually—distributed by the nursing staff—or take part in regular knitting and crocheting sessions, which enhance the therapeutic experience through group interaction and help beginners learn their first stitches.

These sessions are warmly received by both patients and their visiting relatives, who often join in the creative process. It is heartwarming to see how, after decades, many rediscover knitting and crochet with ease—skills once taught during their school years.

Participants have experimented with yarns from Hungary, Spain, and Italy, yet it is the Italian yarn that has truly captured their hearts. The knitted squares and hexagons are later joined into blankets, which are donated to families living in temporary shelters managed by the Order of Malta.

A particularly special event took place in early October, when participants learned the amigurumi technique—a delightful new experience that added another layer of creativity and joy to the Therapeutic Knitting sessions.



