

Therapeutic Knitting Spain



In Spain, we have seen the profound emotional and therapeutic impact that knitting can have. We run a series of therapeutic knitting activities in hospitals and elderly care homes, bringing comfort, connection, and purpose through wool.

From the beginning, EWE Foundation has been dedicated to developing and providing **hand-knitted sensory tools** that bring emotional and therapeutic relief to those facing health challenges. These tools are always crafted with intention, and serve as a gateway to comfort, dignity, and human connection.

We supply all the materials needed for this work—EWE wool, knitting needles, baskets, instructions for using sensory sleeves, and information about the project—to ensure that everyone, regardless of skill level, can participate meaningfully. Our sensory tools are knitted with care by **elderly women in nursing homes**, offering them a renewed sense of purpose and a tangible way to support others. These tools are then distributed to patients, particularly in hospital pain units, where they open the door to conversation, provide sensory relief, and spark moments of peace and joy.

In collaboration with the local non-profit Asociación IAIA, we also facilitate **collective knitting projects in clinical settings**. Patients are invited to knit a few rows of a scarf already in progress, or to create individual squares. These squares are later sewn together to form blankets that are donated to cancer patients and others in need of warmth and comfort.

EWE Foundation supplies everything necessary to make this possible, ensuring that hospitals have baskets ready with all components—making it easy for staff, patients, and family members to join in. This act of knitting becomes more than just a distraction; it becomes a contribution, a shared gesture of care, and a source of empowerment—even in medical environments where patients may feel a lack of control.

The sensory tools have had such a positive impact that they are now gaining visibility beyond hospitals and care homes. They have been featured on inclusive fashion catwalks across Spain, highlighting their beauty, function, and the hands behind them. Models have proudly walked with them in Madrid, Córdoba, Ourense, Lugo, and León, helping to raise awareness about the project and celebrate its therapeutic and artistic value.

The activities carried out in Spain are closely aligned with the Affective-Effective Care Model, which promotes person-centered care grounded in trust, empathy, and patient dignity. By offering an activity that humanizes the clinical environment and actively engages patients, their families, and hospital staff, we aim to contribute to a warmer, more compassionate atmosphere.

The proven benefits of therapeutic knitting—reduced anxiety, improved focus, enhanced self-worth, and gentle motor stimulation—are clearly reflected in the responses of patients. Based on the success of our work in Villalba (Madrid), we are expanding the initiative to two more hospitals: **El Escorial** and **Guadarrama (Madrid)**, focusing on patients with long-term or chronic conditions.

Knitting, when shared socially, becomes a deeply human act that supports both emotional and physical well-being. By integrating this activity into the hospital setting, we not only seek to ease the experience of waiting but also to improve overall health outcomes—creating a space of trust, calm, and emotional comfort for everyone involved. Our experience affirms that **wool, beyond its physical warmth, has the power to heal, connect, and uplift—stitch by stitch.**

Our local wool provider is mainly Las Haldas: <https://ewe.network/projects/wool-ball-info-es/>













