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spinal
research...

Improving
quality of
life after
paralysis

Crafty Neurons!

KNIT CROCHET CRAFT

**with Stoke Mandeville Spinal Research
and the National Spinal Injuries Centre**

Stoke Mandeville Spinal Research and the National Spinal Injuries Centre invite you to KNIT, CROCHET or CRAFT neurons to raise funds and awareness of vital research to improve quality of life for people with spinal cord injury.

To take part, download an application form and the free patterns (knitting, crocheting, or crafting with pipe-cleaners and beads) by visiting our website: www.lifeafterparalysis.com/craftyneurons

Alternatively email craftyneurons@smsr.org.uk with all your details for us to post or email packs to you.

All completed neurons will be compiled to create a wonderfully colourful spinal cord to go on display at the National Spinal Injuries Centre in December, so there is plenty of time to take part.

*Our research relies on donations!
We'd love you to fundraise for us
or make a donation!
For online donations please visit;
www.justgiving.com/smsr-craftyneurons*

*All neurons can
be sent to:*

Crafty Neurons, SMSR,
National Spinal Injuries
Centre, Stoke Mandeville
Hospital, Aylesbury,
Bucks, HP21 8AL

*Deadline:
23rd November*



Buckinghamshire Healthcare
NHS Trust



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Knit a Neuron

We used 3.5 mm needles (US4, UK10) & Double Knitting wool - but have fun trying out anything else! You will also need a darning needle & a small bit of stuffing. Any wool or colours are welcome!

AXON: Cut 15 equal lengths of wool 10-20cm/4-8". Knot together, divide into 3x5, & plait. Knot ends together.

CELL BODY: Cast on 6

Row 1: Increase by knitting back & front loop of each stitch (12 stitches)

R2: Purl to end

R3: As row 1 (24st)

R4: P to end

Rows 5-18: Stocking Stitch, starting on K row

R19: K2 tog, K2 to end (=18 st)

R20: P

R21: K2 tog, K1 to end (12st)

R22: P

R23: K2 tog to end (=6st)

R24: P to end

Cast off: Cut wool with 15-20cm/6-8" length left. Use darning needle to bring wool through remaining 6st. Slide off needle.

MAKING UP CELL BODY: Place knotted end of the axon (plait) in the loop of cast-off stitches, pull tight & stitch together. Sew together sides of cell body, stuff with kapok/cotton wool stitch over top.

DENDRITES: Cut 6 equal lengths of wool of e.g. 15cm/6". With darning needle, pull strands through a few stitches on the cell body so that you have 12 free ends hanging out.

Divide into 3x2 strands & start plaiting. Make the dendrite branched by separating out & tying off strands at intervals, continuing to plait with remaining strands. Knot the end. Repeat many times!

KNITTING ABBREVIATIONS

K=knit; M1=Make 1 by knitting both front & back loop of stitch; P=purl R=Row; Rnd=Round; st=stitch; StSt=stocking stitch (1 row knit, 1 row purl); tog=together. If you wanted to do it in garter stitch, knit every row.



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Crochet a Neuron

The whole pattern is worked in UK double crochet, or US single crochet.
Work this pattern continuously, do not join at the end of each round.
A stitch marker may be useful. Gauge is not important but you want it to be fairly tight so the stuffing is contained.

You will need:

- * Small amount of yarn
- * Hook of appropriate size to get a dense fabric
- * Stitch markers (optional)
- * Needle for sewing in ends
- * Small amount of stuffing - you can use plastic bags or bubble wrap if you don't have toy stuffing

CELL BODY

Start with an adjustable loop

Row 1 6dc into the loop and pull the adjustable loop tight

Row 2 2dc into each dc (12 stitches)

Row 3 (1dc into next dc, 2dc into next dc) repeat 5 times (18 stitches)

Row 4 1dc into every dc (18 stitches)

Row 5 same as row 4

Row 6 same as row 4

Row 7 (1dc into next dc, 1dec) repeat 5 times (12 stitches)

Row 8 1dc into each dc (12 stitches)

Row 9 pull tail through the centre so it is inside the body. Stuff body well.

Row 10 (1dc into next dc, 1 dec) repeat until you have 4 stitches

AXON: Working in a continuous spiral, 1 dc into each dc until your axon is the length you want it. This one is about 10cm. Or you can just plait a few strands of yarn together like in the knitting patterns.

SYNAPTIC TERMINAL

Work 2dc into each dc (8 stitches) Work 2dc into each dc (16 stitches)

Join with a slip stitch and sew end in.

DENDRITES

Make as many as you like, there are 7 on this neuron.

Make a slip knot with a longish tail so you can use it for sewing in.

Make a starting chain (it doesn't matter how long, these ones are about 9 long), turn 2dc into 2nd stitch from the hook, 2dc into every chain

Finish off

Sew these on at random over the cell body

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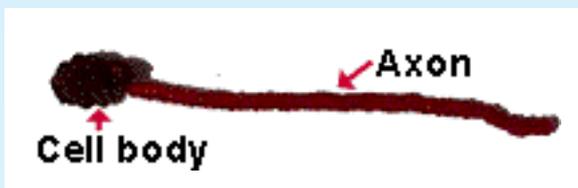
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Craft a Neuron with Pipe cleaners

PIPE CLEANER NEURONS: *Get out those pipe cleaners and make a neuron!*

This neuron pipe cleaner shows 5 different colours: one colour each for the dendrites, cell body, axon, myelin sheath and synaptic terminal.

Materials: assorted pipe cleaners

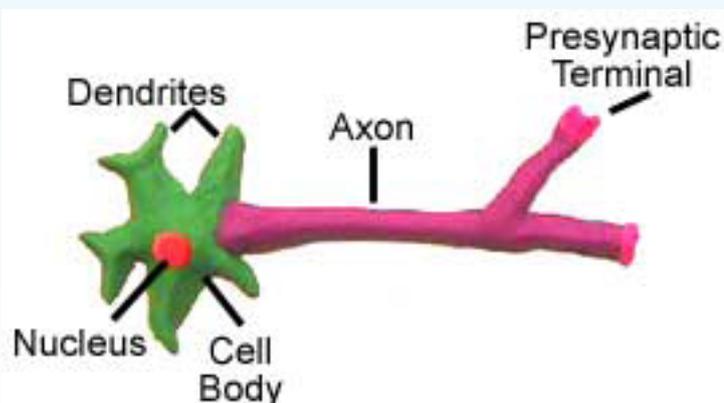


1. Take one pipe cleaner and roll it into a ball. This will be the cell body.
2. Take another pipe cleaner and attach it to the new "cell body" by pushing it through the ball so there are two halves sticking out. Take the two halves and twist them together into a single extension. This will be the axon.
3. Take other pipe cleaners and push them through the "cell body" on the side opposite the axon. These are dendrites. These can be shorter than your axon and you can twist more pipe cleaners to make more dendrites.
4. Wrap small individual pipe cleaners along the length of the axon. These will represent the myelin sheath.
5. Wrap another pipe cleaner on the end of the axon. This will be the synaptic terminal.

PLAYDOUGH NEURONS: *Create a model of a neuron by using clay, playdough, styrofoam, recyclables, food or anything else you can get your hands on.*

Materials: clay or playdough or Styrofoam or Recyclables (bottle caps, buttons)

OR Food (fruit, jelly beans etc)



Use pictures from books to give you an idea of where the components of a neuron should go and what shape they should be.

Use different colours to indicate different structures. Make a neural circuit with a few of the neurons.

Create sensory or motor systems.

Eat your model if you made it out of food!!

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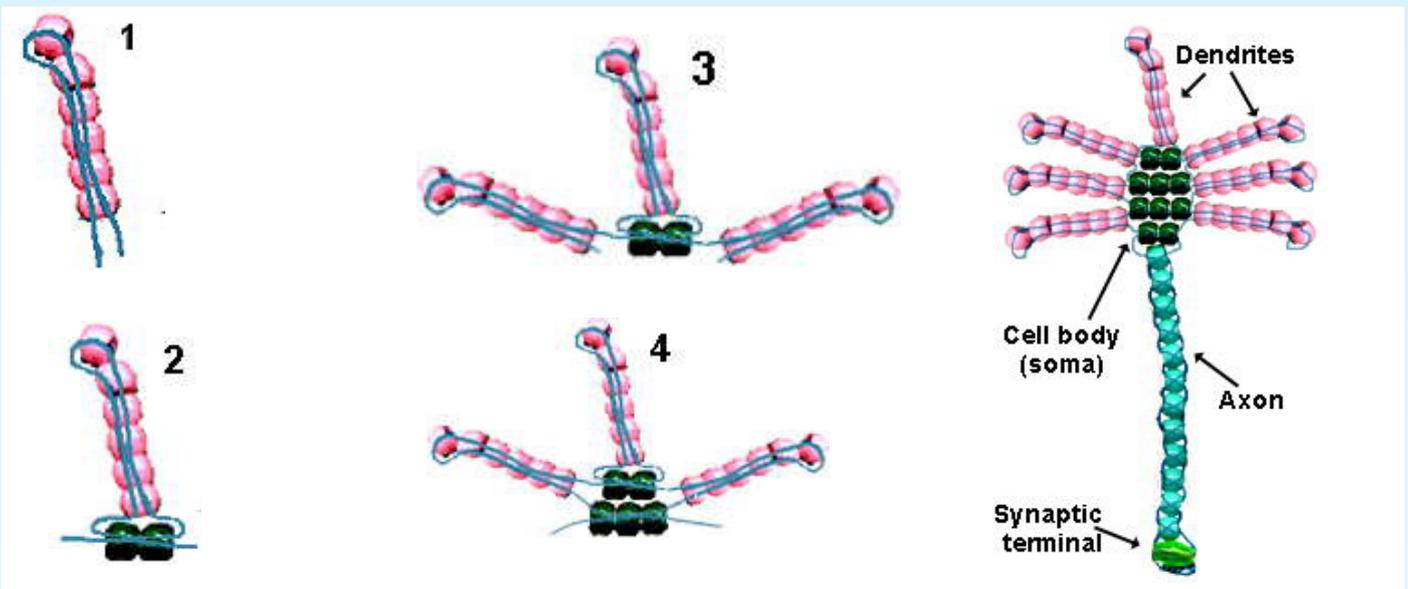
Craft a Neuron with Beads

BEADY NEURONS: *Find some beads and make a neuron!*

This neuron with seven dendrites requires 65 beads: 42 beads for the dendrites, 10 beads for the cell body, 12 beads for the axon and 1 bead for the synaptic terminal.

Materials: wire, 65 beads

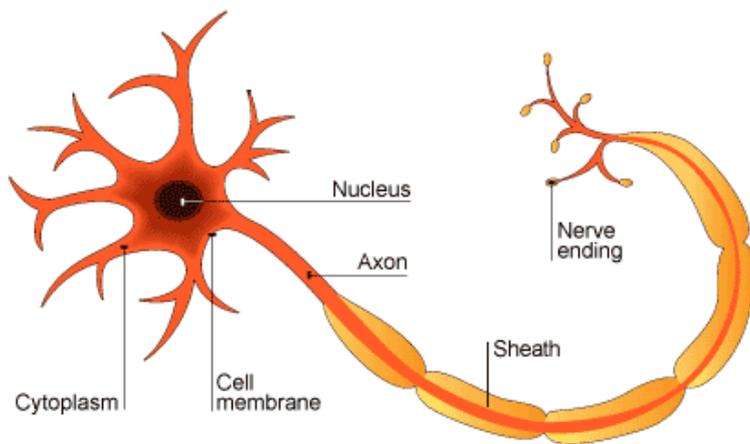
String the beads using the pattern in the diagrams below. The string can be yarn, rope, or for the best result use flexible wire. You can also create your own pattern or use a different coloured bead for a nucleus in the cell body.



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What is a Neuron?



A neuron is a nerve cell that is the basic building block of the nervous system. Neurons are similar to other cells in the human body in a number of ways, but there is one key

difference between neurons and other cells - neurons transmit information throughout the body by communicating information using chemicals and electricity.

There are also several different types of neurons responsible for different tasks in the human body.

Sensory neurons carry information from the sensory receptor cells throughout the body to the brain.

Motorneurons transmit information from the brain to the muscles of the body. Interneurons are responsible for communicating information between different neurons in the body.