

**Rita Carcary from  
Carpenter Court started a  
weekly Knit and Natter  
group in the lounge in 2022.**

**Rita has been knitting hats  
for premature babies,  
which she has now been  
doing for over 10 years...**



**Knit and Natter**



**Over the years, Rita has knitted thousands of hats in all different sizes and various colours, donating these to various hospitals, with the majority going to Ninewells.**

**Knit and Natter**



**Everyone is welcome  
to join in with the  
knitting group and it is  
great way to socialise  
and meet new  
neighbours.**



**Knit and Natter**



## Tenants said:

**"I love the Knit and Natter." - Lily**

**"Mostly Nattering from me!" - Helen**

**"I enjoy the company and learning new things."  
- Davina**

**"I enjoy the company and cup of tea." - George**

**"I enjoy meeting up with everyone at the Knit and  
Natter." - Mary**

**"Fantastic class." - Isla**

**Knit and Natter**



**Rita also runs a weekly Chair Exercise class which is held in the lounge.**

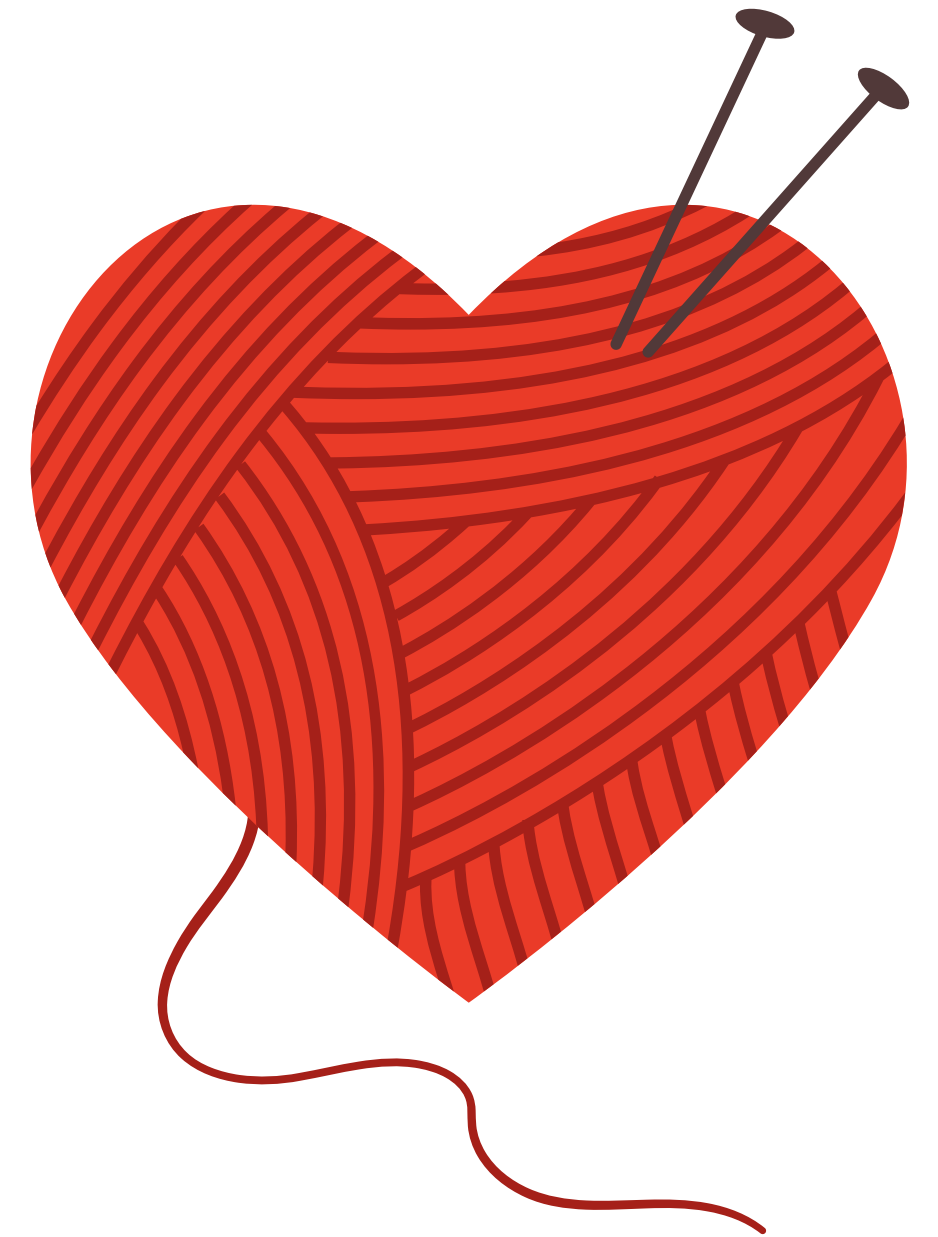
**Rita follows an exercise routine with the group which lasts around 40 Minutes.**

**They all enjoy well-deserved tea & biscuits and a blether after the class.**



**Knit and Natter**

**Tenants at Carpenter Court are very grateful to Rita for the time and effort she puts into the Chair Exercise class and the Knit and Natter.**



**Knit and Natter**