

# Knit one, lob one as Andy's mum Judy backs SWI campaign

Had world tennis No 1 Andy Murray failed to rise to the top of his chosen sport, he might have become hooked on knitting, with mum Judy revealing that both activities demand similar skills.

Concentration, rhythm, timing and attention to detail are essential in both tennis and knitting, says Judy, who is supporting the Scottish Women's Institutes craft revival campaign.

In a video showing Judy picking up needles and wool and knitting in support of the SWI the tennis coach said: "What it reminded me of is a lot of things I teach in tennis.

"It's great for manual dexterity, great for concentration, it's great for rhythm, and timing and attention to detail so there you go, tennis and knitting, it's all the same thing really."

The SWI has for generations been regarded as the leading organisation for learning, sharing and developing knitting, sewing, embroidery and handcraft expertise.

Now, in its centenary year, Scottish personalities are backing the SWI as it leads the charge to bring nimble fingered talents to the fore once again.



TV presenters Lorraine Kelly and Martel Maxwell have also been reminded of the pleasure of knitting by SWI members who sent wool, knitting needles and part-made scarves and encouraged them to have a go.

Lorraine said: "I learned knitting at school and find it

therapeutic and a real stress buster.”

Martel took up the SWI knitting challenge weeks after having her third child, Guthrie, who features in her knitting film clip.

Martel adds: “It takes me back to knitting with my gran, so many fond memories, and it got me thinking about the things that really matter.

“I have three wee boys and knitting can keep my boys warm... save money...and it is really enjoyable.”

With handcrafts are no longer taught in schools and anecdotal evidence suggesting some people cannot tackle basic tasks like sewing a button onto a garment, the SWI fears that handcraft skills could be in danger of dying out.

Yet there is an appetite among women to take up handcrafts. An SWI survey carried out two years ago showed dressmaking, knitting and crochet in the top ten skills women in Scotland would like to learn.

The poll included cooking and arts and crafts among the top skills women would like to develop, other areas in which the SWI is renowned for.

The SWI wants to encourage anyone who would like to learn and develop handcrafts to come and join them, or to seek out their support for tutorials or skill-sharing events. For more details of how to find your nearest Institute, or how to join online, visit the [website](#).