Knit-A-Soc collaborated with the social sciences and arts graduate center to run a beginners course on knitting for post-graduates. Studies have suggested knitting can be as relaxing as meditation and can be a good hobby for de-stressing and improving your mental health, so we thought it would be great to help post-grads find a new relaxing hobby that they could fit around their studies. The event was a success and we hope to run similar sessions again, later in the year.