

## Knitted Hearts

*Across the UK and Ireland production of knitted hearts by Mothers' Union is giving hope and spreading love in hospitals, care homes and hospices. Most members are making matching pairs of hearts, the hearts are then given to the patient and their family, so that those receiving support can feel more connected with their relatives, knowing their loved one/family has the other of the pair.*

*This simple yet meaningful practice is helping residents, patients and their families get through these difficult times.*

### **You will need:**

A small amount of double knit yarn.  
3.25mm (size 10) knitting needles  
New polyester filling conforming to BS1425 (for cleanliness) and BS5852 (for flammability)

### **Abbreviations**

K	Knit
P	Purl
K2tog	Knit 2 stitches together
K2tog tbl	Knit 2 stitches together through the back of the loop
Kfb	Knit into the front and back of the stitch
M1	Make an stitch by knitting into the bar between 2 stitches
P3 tog	Purl 3 stitches together
Sts	stitches

### **Method:**

*Make 2*

Cast on 2 sts.

Row 1	Knit
Row 2	Purl
Row 3	(Kfb) twice. [4 sts]
Row 4	Purl
Row 5	K1, M1, knit to last st, M1, K1. [2 sts inc'd]
Row 6	Purl

*Rep last 2 rows 8 more times. [22 sts]*

Row 23	Knit
Row 24	Purl
Row 25	K1, M1, knit to last st, M1, K1. [24 sts]

Row 26 Purl  
Row 27 Knit  
Row 28 Purl  
Row 29 Knit  
Row 30 P12, turn and work on these sts only  
Row 31 K1, K2tog tbl, K9. [11 sts]  
Row 32 Purl  
Row 33 K1, K2tog, knit to last 3 sts, K2tog tbl. K1  
*Rep last 2 rows twice more [5 sts]*

Row 38 P1, p3tog, P1. [3 sts]

Cast off.

*With wrong side facing, rejoin yarn and purl remaining 12sts.*

Row 1 K9, k2tog, K1. [11 sts]

Row 2 Purl

Row 3 K1, K2tog tbl, knit to last 3 sts, k2tog

*Rep last 2 rows twice more [5 sts]*

Row 8 P1, p3tog, P1

Cast off.

To make up, sew the two hearts together leaving a 2cm (1 inch) gap. Stuff gently and sew closed.