**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.