

Bereavement Heart Knitted Pattern

Required:

- Any colour yarn
- 4mm knitting needles
- Stitch marker
- Yarn needle
- Stuffing

Instructions:

Make 2 sides.

Cast on 3 sts. (stitches)

Row 1: Purl

Row 2: K1, M1, K1, M1, K1 (5sts)

Row 3: Purl

Row 4: K1, M1, K3, M1, K1 (7sts)

Row 5: Purl

Row 6: K1, M1, K5, M1, K1 (9sts)

Row 7: Purl

Row 8: K1, M1, K7, M1, K1 (11sts)

Row 9: P5, K1, P5

Row 10: K1, M1, K3, P3, K3, M1, K1 (13sts)

Row 11: P4, K5, P4

Row 12: K1, M1, K2, P7, K2 M1, K1 (15sts)

Row 13: P1, M1, P2, K9, P2, M1, P1 (17sts)

Row 14: K3, P11 K3 (17sts)

Row 15: P1, M1, P1, K13, P1, M1, P1 (19sts)

Row 16: K1, M1, K1, P15, K1, M1, K1 (21sts)

Row 17: P3, K15, P3



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Row 18: K1, M1, K2, P7, K1, P7, K2, M1, K1 (23sts)

Row 19: P4, K7, P1, K7, P4

Row 20: K4, P6, K3, P6, K4

Row 21: P5, K4, P5, K4, P5

Row 22: K5, P3, K7, P3, K5

Row 23: Purl

Row 24: K11 (turn work leaving the remaining 12sts unworked and continue on these 11sts only)

Row 25: P9, P2tog (10sts)

Row 26: K2tog, K6, K2tog (8sts)

Row 27: P6, P2tog (7sts)

Row 28: K2tog, K3, K2tog (5sts)

Row 29: P2tog, cast off purl wise

With right side facing, re-join yarn top centre back, to complete left mound as follows: Row 24a: K2tog, K10 (11sts)

Row 25a: P2tog, P9 (10sts)

Row 26a: K2tog, K6, K2tog (8sts)

Row 27a: P2tog, P6 (7sts)

Row 28a: K2tog, K3, K2tog (5sts)

Row 29a: Cast off 2sts, P2tog, cast off

Finishing: With tail ends left on the heart, begin to sew around the sides using over sew stitch, leaving a gap to insert stuffing. Turn inside out, fill with stuffing and sew up gap to close, and secure in ends.

Your first knitted heart is now complete! Repeat the whole process to create another heart, and complete the matching pair.

Bereavement hearts need to be approximately 20cm square, any smaller and they will become difficult to sew.



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Thank you to [Hospiscare](https://hospiscare.co.uk) for the pattern: [How to make memory hearts for patients and families \(hospiscare.co.uk\)](https://hospiscare.co.uk/how-to-make-memory-hearts-for-patients-and-families)

Please either arrange a drop off time or send all completed Bereavement Hearts to:

Office Se6, Leah's Yard, Cambridge Street, Sheffield, S1 4HP



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