

## Rowcroft Hearts

Knitted hearts bring comfort and connection to Rowcroft Hospice patients and their loved ones. We welcome donations of palm-sized knitted hearts in any colour. You can use the pattern below or create your own.

Please drop hearts in to: Inpatient Unit Reception, Rowcroft Hospice, Avenue Road, Torquay, TQ2 5LS

Or post to: Katie Evans, Spiritual Care Specialist, Rowcroft Hospice, Avenue Road, Torquay, TQ2 5LS

Many thanks for your support!

### Pattern

#### You will need:

- Simply Soft Aran yarn
- 4mm knitting needles
- Stitch marker
- Yarn needle
- Scissors
- Stuffing

#### 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)





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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  
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 knitted heart is now complete!