**Bereavement Heart Crochet Pattern**

**Required:**

3.5mm (E4) Crochet Hook

Any Colour Yarn

**Stitches:**

Ch – chain

Dc – double crochet

HTRB – half treble

TRB – treble crochet

DTRB – double treble

SS – slip stitch

rnd – round

st(s) – stitch(es)

**Instructions:**

Start with a Magic circle ([video if you need one](https://youtu.be/8Y9mpd4XCGQ))

Rnd 1: Ch2, 7HTRB, join with SS to top of first chain. Pull the circle tight. (8 sts)

**Rnd 2:** Ch2, HTRB in first st, 2HTRB in next 2 sts, 2 Dc in next st, SS, 2 HTRB in next 3 sts, join with SS to top of chain. (16 sts)

**Rnd 3:** Ch2, HTRB in first st, 3 Dc, (HTRB, TRB) in next st, 6DTRB in next st, SS 2 sts, 6DTRB in next st, (tr, HTRB) in next st, 3 Dc, HTRB, TRB, join with SS to top of chain. (28sts)

**Rnd 4:** Ch1, 5Dc, 2HTRB, 2TRB in next 4 sts, HTRB, SS across previous 2 SS, HTRB, 2TRB in next 4sts, 2 HTRB, 5Dc, (HTRB, TRB in next st, (TRB, HTRB) in next st, join with SS to first Ch1 st. (38sts)

Cut yarn.

Once you have your two pairs of heart place them together with the right sides facing outwards. That is place the smoother centres together. Join using Dc/sc through both hearts stitches. Dc/sc around the edge, leaving a small gap in the middle of one for the sides for your stuffing.

One of the bonuses of this method is that you don't need to use stuffing if you don't have any. Simply joining the two hearts creates a puffy finished piece. Remember to keep all your tails inside the hearts then you don't need to weave in the ends!

If you do want to use some stuffing you can use anything, yarn ends, fabric cabbage or indeed real wadding material.

Once the stuffing is in place, and evened out, you can continue to Dc/sc the gap closed and you are done.

Thank you to [Babs Get Crafty](https://www.babsgetscrafty.com/) for the pattern: [End of Life Hearts for NHS Free Crochet Pattern (babsgetscrafty.com)](https://www.babsgetscrafty.com/post/end-of-life-hearts-for-nhs-free-crochet-pattern)

**Please send all completed Bereavement Hearts to:**

**Wycliffe House**

**Northern General Hospital**

**Herries Road**

**S5 7AT**