**Bonding Heart Pattern**

**Guidance:**

* Bonding hearts should be made of 100% cotton.
* Please keep bonding hearts free of additional decorations (such as beads, buttons or bows), with no loose threads.

**Required:**

* Two pieces of patterned cotton fabric.
* Sewing needle
* Thread

**Instructions:**

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

The template on the next page. will give you a heart shape of the correct size. Please print as many times as needed and cut out along with dotted line.

****You will need two ‘hearts’ of materials to make one bonding heart. These can then be sewn together.

**Please send all completed bonding hearts to:**

**Wycliffe House**

**Northern General Hospital**

**Herries Road**

**S5 7AT**

