



Help us show some community care!

We're calling on knitters and crocheters from across the county to help us create white woollen hearts that will be handed out by community rail volunteers on White Ribbon Day this November, showing rail passengers and staff that their community cares about them.

You can use the patterns below, or any of your own, to create some beautiful woollen hearts. The hearts can be any shape or size (up to 10cm) and can be flat or filled as you wish, but must be knitted or crocheted using white wool.

Whether you knit/crochet alone or as part of a group, we'd love you to get involved in this feel-good project.

STOCKING STITCH FLAT KNITTED HEART

Equipment Needed:

- White double knitting wool (DK)
- A pair of 4 mm knitting needles
- Scissors
- 0059arn needle for sewing in ends



Step-by-Step Instructions:

1. Cast on 2 stitches.
2. Knit into the front and back of the first stitch, knit into the front and back of the second stitch (you now have 4 stitches).
3. Row 2: Knit all stitches.
4. Row 3: Knit into the front and back of each stitch (you now have 8 stitches).
5. Row 4: Knit all stitches.
6. Row 5: Knit 1, knit into the front and back of next stitch, repeat across row (12 stitches).
7. Row 6: Knit all stitches.
8. Rows 7–10: Knit all stitches.
9. Row 11: Knit 2 together, knit 2 together, knit 2, knit 2 together, knit 2 together (8 stitches remain).
10. Row 12: Knit all stitches.
11. Divide stitches into two needles, 4 on each.
12. Row 13 (first half): Knit 2 together, knit 2 together (2 stitches remain). Knit these 2 together. Fasten off.
13. Join wool to the other half. Repeat step 12.
14. Weave in ends. Shape into a heart.
15. If you wish to add a border onto the heart you can do so by knitting an i-cord long enough to go around the heart and sewing the i-cord onto the heart all the way around with a tapestry needle.

GARTER STITCH FLAT KNITTED HEART

Equipment Needed:

- White double knitting wool (DK)
- A pair of 4 mm knitting needles
- Scissors
- Yarn needle for sewing in ends



Step-by-Step Instructions:

1. Using the long-tail cast-on method, cast on 3 stitches then knit all 3 stitches
2. Knit into the front and then the back of the first stitch. Knit the next stitch. Knit into the front and then the back of the last stitch. – You now have 5 stitches. Knit all 5 stitches.
3. Knit into the front and then the back of the first stitch. Knit the next 3 stitches. Knit into the front and then the back of the last stitch. – You now have 7 stitches. Knit all 7 stitches.
4. Cut the yarn, leaving a short tail. Slide these 7 stitches down your needle to hold them.
5. Repeat steps 1–4 to make a second identical hump.
6. Now you have two heart humps, each with 7 stitches. Slide both onto the same needle so you have 14 stitches total.
7. Knit 6 stitches. Knit the next 2 stitches together. Knit the remaining 6 stitches. – You now have 13 stitches. Knit all 13 stitches.
8. Repeat this step 4 more times so you have 5 rows with 13 stitches
9. Start decreasing the section of the heart by knitting the first 2 stitches together. Knit the next 9 stitches then knit the last 2 stitches together so you have 11 stitches on that row. Knit all 11 stitches.
10. Knit the first 2 stitches together. Knit the next 7 stitches. Knit the last 2 stitches together. – You now have 9 stitches. Knit all 9 stitches.
11. Knit the first 2 stitches together. Knit the next 5 stitches. Knit the last 2 stitches together. – You now have 7 stitches. Knit all 7 stitches.
12. Knit the first 2 stitches together. Knit the next 3 stitches. Knit the last 2 stitches together. – You now have 5 stitches. Knit all 5 stitches.
13. Knit the first 2 stitches together. Knit the next stitch. Knit the last 2 stitches together. – You now have 3 stitches. Knit the first 2 stitches together. Knit the last stitch. – You now have 2 stitches.
14. Bind off the remaining 2 stitches. Cut the yarn and pull it through to secure.
15. To finish the heart, weave in all four yarn tails using a tapestry needle and gently shape the heart with your fingers.
16. Optionally, block it lightly to smooth and define the shape.

To watch a video tutorial, follow this YouTube link: <https://youtu.be/VNnFjHpMkZI?si=4MKkWtvrDbm-dWJR>

STOCKING STITCH EDGED FLAT KNITTED HEART

Equipment Needed:

- White double knitting wool (DK)
- A pair of 3.5 mm needles
- Scissors
- Yarn needle



Step-by-Step Instructions:

1. Cast on 1 stitch.
2. Knit into the front and back (2 stitches).
3. Knit front and back into both stitches (4 stitches).
4. Continue increasing 1 stitch at each end of every knit row until you have 20 stitches.
5. Knit 5 rows straight.
6. Row (shaping top): Knit 10, slip remaining 10 stitches to holder.
7. Work on these 10 stitches: decrease 1 stitch at each end every other row until 2 stitches remain. Knit these together and fasten off.
8. Return to the 10 stitches on the holder. Repeat as above.
9. Weave in ends and shape neatly.

To create the border effect shown on the photo, you can either apply an i-cord border or garter stitch as described below:

Applied i-Cord Border

- With right side facing, cast on 3 stitches using double-pointed needles.
- *K2, slip 1 purlwise, pick up and knit 1 stitch along the heart edge, pass the slipped stitch over the picked-up stitch. Slide all stitches back to the left needle without turning work.*
- Repeat step 16 evenly around the entire heart, shaping smoothly around curves and into the top “valley.”
- When you return to the starting point, graft the live i-cord stitches to the cast-on edge of the i-cord for a seamless join.
- Bind off and weave in ends neatly on the wrong side.

Alternative Garter Stitch Border (instead of the i-cord):

With right side facing, join yarn at the bottom point of the heart. Pick up and knit stitches evenly around the edge. Work 2–3 rounds of garter stitch (knit every row if knitting flat, knit one round/purl one round if in the round). Bind off loosely.



You may also find these links to YouTube tutorials helpful:

2x2 inch Crochet Heart: www.youtube.com/watch?v=HH9PMEYxH6w curtesy of Happy Berry Crochet

How to Crochet a Granny Heart Shape: www.youtube.com/watch?v=PQgiaWEkN8 curtesy of Hooked by Robin

Knitted Hearts: www.youtube.com/watch?v=a_4u1IsEa-s by B Hooked Crochet

Easy Heart Knitting Pattern www.youtube.com/watch?v=VNnFjHpMkZlby Studio Knit

Stocking Stitch Knitted Heart www.youtube.com/watch?v=1Epvbs2aRdk&t=1375s by Flock & Fern

If you wish to create 'puffy' hearts, you may find the following YouTube tutorial helpful:

<https://youtu.be/zL7FPDpxlkw?si=FcdUzoXEGjbf6PTp>



CROCHET HEARTS (Beginner-friendly)

Equipment Needed:

- White double knitting wool (DK)
- crochet hook
- Scissors
- Yarn needle



Step-by-Step Instructions:

1. Make four chains and join the last chain to the first chain with a slip stitch to form a small ring. *(If you know how to make a magic ring, you can use that instead.)*
2. Into the ring, work three chains to make the first lobe of the heart. This counts as one double crochet stitch. Then work two more double crochet stitches into the ring. *(This makes a cluster of three double crochet stitches.)*
3. To make the dip at the top: Into the ring, work one chain.
4. Make the second lobe of the heart: Into the ring, work three double crochet stitches.
5. Make the point of the heart: Into the ring, work one chain, one double crochet stitch, one chain.
6. Finish the shape: Into the ring, work three double crochet stitches. Make one chain, then slip stitch into the ring to close.
7. Tighten the centre: Pull the starting tail to close the ring.
8. Fasten off: Cut the yarn, pull it through, and weave in the ends.
9. Shape the heart: Flatten gently with your fingers.

There is no requirement to copy the image exactly, but if you did wish to add a border onto the heart you can do so by knitting an i-cord long enough to go around the heart and sewing the i-cord onto the heart all the way around with a tapestry needle.

FLAT CROCHET HEART (Easy)

Equipment Needed:

- White double knitting wool (DK)
- A 4 mm crochet hook
- Scissors
- Yarn needle for sewing in ends



Step-by-Step Instructions:

1. Make a slip knot and chain 4. Join with a slip stitch to form a ring.
2. Chain 3 (this counts as your first treble crochet).
3. Into the ring work: 3 treble crochet, 3 double crochet, 1 treble crochet, 3 double crochet, 3 treble crochet.
4. Chain 3, slip stitch into ring to join.
5. Pull the ring tightly closed.
6. Fasten off and weave in ends.
7. Shape the heart flat with fingers.

There is no requirement to copy the image exactly, but if you did wish to add a border onto the heart you can do so by knitting an i-cord long enough to go around the heart and sewing the i-cord onto the heart all the way around with a tapestry needle.

CROCHET HEARTS (Easy)

Equipment Needed:

- White double knitting wool (DK)
- crochet hook
- Scissors
- Yarn needle



Step-by-Step Instructions:

1. Make four chains. Join the last chain to the first chain with a slip stitch to make a small ring.
(Alternatively, you may make a magic ring if you want a smaller centre hole.)
2. Make three chains. This will count as your first treble crochet stitch.
3. Into the ring, make two more treble crochet stitches.
You now have a cluster of three treble crochet stitches at the beginning.
4. Into the ring, make three half treble crochet stitches.
5. Into the ring, make one treble crochet stitch.
(This is the stitch that will form the centre top dip of the heart.)
6. Into the ring, make three half treble crochet stitches.
7. Into the ring, make three treble crochet stitches.
8. Join with a slip stitch to the top of the three starting chains from step two.
This completes the round.
9. To make the little loop at the top of the heart: make three chains, then join with a slip stitch into the ring.
Fasten off if you wish to change yarn or leave the tail as a loop.
10. To make the edging: attach your yarn to any stitch on the outside of the heart. Work one double crochet stitch into each stitch around the edge of the heart.
11. When you come to the rounded top curves, work two or three double crochet stitches into one stitch so that the shape stays rounded.
12. When you come to the point at the bottom of the heart, work one or two stitches close together so the point stays sharp.
13. When you come to the dip at the centre top of the heart, work fewer stitches so that it keeps its little inward curve.
14. Join with a slip stitch to where you began the edging. Fasten off, then use the yarn needle to sew in all loose ends at the back of the heart.
15. Flatten and shape the heart with your fingers. If you want it very neat, you can pin it to a soft surface, spray lightly with water, and let it dry flat.



16. There is no requirement to copy the image exactly, but if you did wish to add a border onto the heart you can do so by knitting an i-cord long enough to go around the heart and sewing the i-cord onto the heart all the way around with a tapestry needle.

You may prefer to watch a YouTube tutorial: [wwwyoutu.be/BXbzY8mOBzI?si=NPZJL1BeIH3W0VH5](https://www.youtube.be/BXbzY8mOBzI?si=NPZJL1BeIH3W0VH5)