

DAVID & CHARLES

CROCHET ALONG!

Proud to support



British Heart
Foundation

WEEK 7



IMPORTANT INFORMATION

BASIC KIT

All you need for each granny square is some crochet hooks and yarn. Some squares require a little stuffing, and you will also need a yarn needle for weaving in ends and adding embroidery details. Always read through the instructions carefully before you start to ensure that you have all of the required items.

CROCHET HOOKS

Metric sizes have been provided for crochet hooks. Please refer to the following conversion chart if your hooks are labelled with imperial or US sizes instead:

MM	IMPERIAL	US
2.75	11	2/C
3	11	
3.25	10	3/D
3.5	9	4/E
3.75		5/F
4	8	6/G

TERMINOLOGY

These patterns have been written using US terms. If you are used to working with UK terms, then please note the following differences in stitch names:

US TERM	UK TERM
single crochet	double crochet
half double crochet	half treble crochet
double crochet	treble crochet
treble crochet	double treble crochet
double treble crochet	triple treble crochet
triple treble crochet	quadruple treble crochet

READING CHARTS

All of the square patterns are accompanied by coloured charts that show each individual layer of crochet to be made. The colours shown on the charts represent the different yarn colours used for the design, and a colour key is provided with each pattern to help you to identify the shades used. To follow the charts, refer to the symbol key (see Chart Symbols).

































ABBREVIATIONS

Please use the following key to identify any abbreviations used for these patterns:

approx	approximately
BL	back loop/s
BLO	back loop/s only
bpdc	back post double crochet
bphdc	back post half double crochet
bpsc	back post single crochet
bpslst	back post slip stitch
ch	chain
ch-sp	chain space
dc	double crochet
dc4tog	double crochet 4 together
dc5tog	double crochet 5 together
dtr	double treble crochet
FL	front loop/s
FLO	front loop/s only
fpdc	front post double crochet
fpdtr	front post double treble crochet
fphdc	front post half double crochet
fpsc	front post single crochet
fpslst	front post slip stitch
fptr	front post treble crochet
fptrtr	front post triple treble crochet
hdc	half double crochet
hdc5tog	half double crochet 5 together
rem	remaining
rep	repeat
Rnd(s)	round(s)
RS	right side
sc	single crochet
sc2tog	single crochet 2 together
sc3tog	single crochet 3 together
sk	skip
slst	slip stitch
sp	space(s)
st(s)	stitch(es)
tr	treble crochet
ttr	triple treble crochet
ttr2tog	triple treble crochet 2 together
WS	wrong side

CHART SYMBOLS

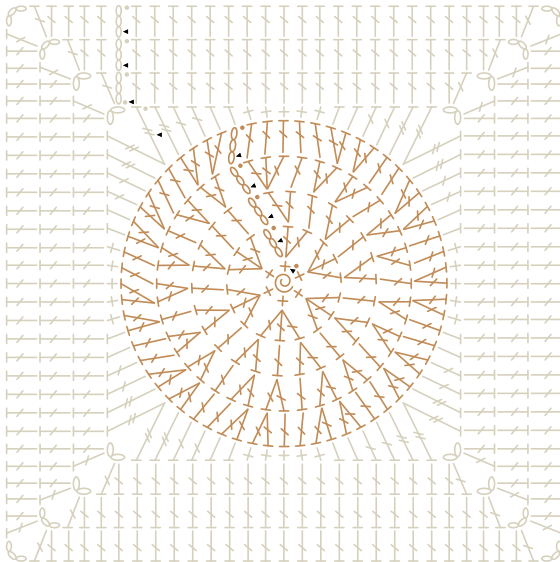
Please use the following key to identify the chart symbols:

	Starting point		Spike stitch
	Magic ring		Picot
	Chain		sc2tog
	Slip stitch		sc3tog
	Single crochet		hdc5tog
	Half double crochet		dc4tog
	Double crochet		dc5tog
	Treble crochet		ttr2tog
	Double treble crochet		3-dc-puff
	Triple treble crochet		5-dc-puff
	Back loop		7-dc-puff
	Front loop		2-dc-popcorn
	Back post		3-dc-popcorn
	Front post		4-dc-popcorn
	Loop stitch		5-dc-popcorn
	Puff stitch		Bobble

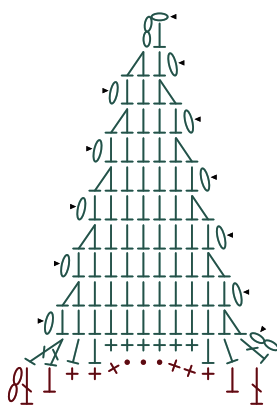
CHRISTMAS ELF



- 409
- 403
- 427
- 416
- 424
- 411



SQUARE CHART



HAT CHART



BEARD CHART 2



BEARD CHART 1



NOSE CHART



EAR CHART



BELL CHART

The yarn colour names and codes given below refer to the Paintbox Yarns Cotton DK range.

SQUARE

With a 2.75mm hook and **Light Caramel (409)**, make a magic ring.

Rnd 1: 6sc, slst to close rnd. [6sc]

Rnd 2: ch3, 3dc in each of next 5 sts, 2dc in last st, slst to close rnd. [18dc]

Rnd 3: ch3, dc in next st, (dc in next st, 2dc in next st) 8 times, slst to close rnd. [26dc]

Rnd 4: ch3, (2dc in next 2 sts, dc in next st) 8 times, 3dc in last st, slst to close rnd. [44dc]

Rnd 5: ch3, (2dc in next 2 sts, dc in next 2 sts) 10 times, dc in last 3 sts, slst to close rnd. [64dc]

Fasten off **Light Caramel (409)**.

Join **Champagne White (403)** in any Rnd 5 st with a standing tr.

Rnd 6: (ch2, tr) in same st, *tr in next st, dc in next 2 sts, hdc in next 2 sts, sc in next 5 sts, hdc in next 2 sts, dc in next 2 sts, tr in next st, (tr, ch2, tr) in same st**; rep from * to ** 3 times omitting (tr, ch2, tr) in last rep, slst to close rnd. [68, 4ch-2]

Rnd 7: slst in ch-2-sp, ch3, (dc, ch2, 2dc) in ch-2-sp, *dc in next 17 sts, (2dc, ch2, 2dc) in ch-2-sp**; rep from * to ** 3 times omitting (2dc, ch2, 2dc) in last rep, slst to close rnd. [84dc, 4ch-2]

Rnd 8: ch3, dc in next st, *(2dc, ch3, 2dc) in ch-2-sp, dc in next 21 sts**; rep from * to ** 3 times omitting last 2dc in last rep, slst to close rnd. [100dc, 4ch-3]

Rnd 9: ch3, dc in next 3 sts, *(2dc, ch3, 2dc) in ch-3-sp, dc in next 25 sts**; rep from * to ** 3 times omitting last 4dc in last rep, slst to close rnd. [116dc, 4ch-3]

Fasten off **Champagne White (403)**.

NOSE

With **Light Caramel (409)**, make a magic ring.

Rnd 1: 6sc, slst to close rnd. [6sc]

Rnd 2: sc in each st to end. [6sc]

Rnd 3: sc in each st to end, slst to close rnd. [6sc]

Fasten off **Light Caramel (409)**. Stuff lightly and attach to centre of square.

Stitch nose to centre of square.

Embroider eyes on either side of nose with **Pure Black (402)**.

Embroider mouth along outer edge of Rnd 3 of square with **Red Wine (416)**.

HAT

With **Slate Green (427)**, ch3.

Row 1: hdc in third ch from hook, ch. [2hdc]

Row 2: turn, hdc in next st, 2hdc in last st, ch. [3hdc]

Row 3: turn, hdc in each st to last st, 2hdc in last st, ch. [4hdc]

Rows 4-11: Rep Row 3. [12hdc]

Row 12: ch, dc in same st, hdc in next 2 sts, sc in next 6 sts, hdc in next 2 sts, 2dc in last st. [13]

Fasten off **Slate Green (427)**. Join **Red Wine (416)** in last st of Row 12.

Row 13: ch2, dc in same st, hdc in next st, sc in next 3 sts, slst in next 3 sts, sc in next 3 sts, hdc in next st, dc in last st. [13]

Fasten off **Red Wine (416)**.

Stitch hat in place on top of elf's head. Fold top of hat down and secure in place as shown.

EARS

With **Light Caramel (409)**, make a magic ring.

Rnd 1: 6sc, slst to close rnd. [6sc]

Rnd 2: 2sc in each st to end. [12sc]

Rnd 3: hdc in next st, (hdc, dc) in next st, (2dc, picot, 2dc) in next st, (dc, hdc) in next st, hdc in next st, slst in next st to end rnd. [10, picot]

Fasten off **Light Caramel (409)**. Rep to make a total of 2 ears.

Stitch ears on either side of hat.

BELL

With **Mustard Yellow (424)**, make a magic ring.

Rnd 1: 6sc, slst to close rnd. [6sc]

Fasten off **Mustard Yellow (424)**.

Stitch bell to tip of hat.

BEARD

With **Coffee Bean (411)**, ch5, slst to make ring.

Rnd 1: ch3, 4dc in ring, ch, 5dc in ring. [1 beard loop]

This rnd sets up posts for next row of beard loops:

Rnd 2: ch3, dc in same st, ch, dc in ring sp from Rnd 1, ch, 2dc in third ch of ch3 from Rnd 1. [2 double posts, 1 single post]

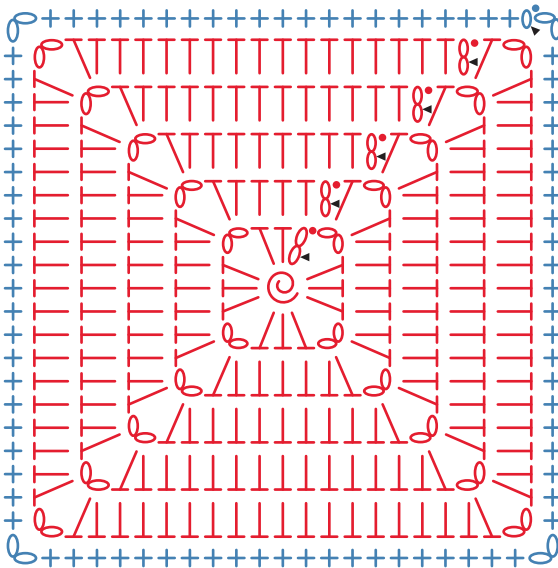
Rnd 3: 5bpdc around first dc-post from Rnd 2, ch, 5dc around next dc-post, slst in single dc-post, 5bpdc around first dc-post, ch, 5dc around next dc-post. [2 beard loops]

Fasten off **Coffee Bean (411)**. Attach beard to bottom of elf's head.

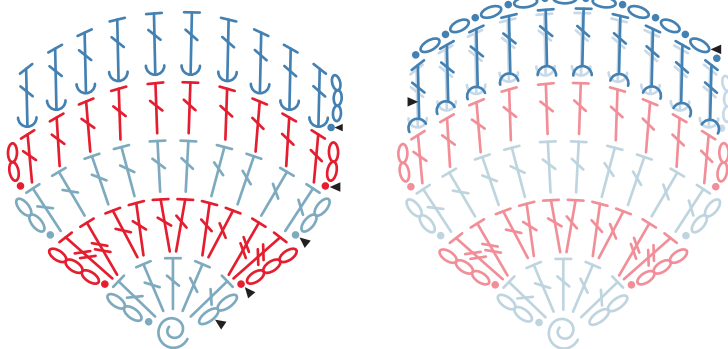
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WOOLLY HAT



SQUARE CHART



HAT CHARTS

The yarn colour names and codes given below refer to the *Paintbox Yarns Cotton DK range*.

SQUARE

With a 2.5mm hook and **Pillar Red (415)**, make a magic ring.

Rnd 1: ch2, 2hdc (ch2, 3hdc) 3 times, ch2, slst to close rnd. [12hdc, 4 ch-2-sp]

Rnd 2: ch2, *hdc in each st to ch-sp, *(2hdc, ch2, 2hdc) in corner sp**; rep from * to ** 3 times, hdc in each st to ch-sp, (2hdc, 2ch, 1hdc) in corner sp, slst to close rnd. [28hdc, 4 ch-2-sp]

Rnd 3: rep **Rnd 2**. [44hdc, 4 ch-2-sp]

Rnd 4: rep **Rnd 2**. [60hdc, 4 ch-2-sp]

Rnd 5: rep **Rnd 2**. [76hdc, 4 ch-2-sp]

Fasten off **Pillar Red (415)**, join **Speckled Grey (xxx)** in corner ch-2-sp.

Rnd 6: ch, *sc in each st to corner sp, [sc, ch2, sc] in corner sp**; rep from * to ** 3 times, slst to close rnd. [84sc, 4 ch-2-sp]

Fasten off **Speckled Grey (xxx)**.

HAT

With **Misty Grey (404)**, make a magic ring.

Rnd 1: ch2, (5dc, ch2, slst) in ring. [5dc]

Row 2: join **Pillar Red (415)**, do not turn, (slst, ch3, 2tr) in first dc, 2dc in next 3 sts, (2tr, ch3, slst) in next st. [4tr, 6dc]

Row 3: with **Misty Grey (404)**, do not turn, (slst, ch2, dc) in first tr, dc in each st, ch2, slst in last tr. [10dc]

Row 4: with **Pillar Red (415)**, rep **Row 3**. [10 dc]

Fasten off **Pillar Red (415)** and **Misty Grey (404)**, join **Speckled Grey (xxx)**.

All sts in this row are made in FLO of Row 4.

Row 5: (slst, ch3, dc) in first dc, dc in each st. [10dc]

All sts in this row are made in BLO of Row 4.

Row 6: turn work, dc in each st of **Row 4** (adds bulk to rim), slst to join. [10dc]

Row 7: turn work, (ch, slst back and front loops of **Rows 5 and 6** tog) in each st.

Fasten off **Speckled Grey (xxx)**.

FINISHING

Make a pom-pom with scraps of yarn and sew onto top of hat.

Stitch hat onto square as shown.

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Stay Heart Healthy. Understanding diabetes.

9 out of 10 people with diabetes have Type 2. People with Type 2 diabetes can improve their health and reduce their risk of heart and circulatory diseases by making simple changes.

Understanding Type 2 diabetes

After we eat, our bodies break down carbohydrates into glucose. People without diabetes release insulin when they eat, which signals cells to absorb the glucose and use it as fuel for energy.

If you have Type 2 diabetes, your body doesn't make enough insulin, or can't use the insulin it makes. This results in high levels of glucose in your bloodstream which can damage your arteries and increase your risk of heart disease.

How do I know if I have Type 2 diabetes?

Many people with Type 2 diabetes don't know they have it. You may have diabetes if you're often very thirsty, often very tired, you have blurred vision, lose weight unexpectedly or notice that wounds heal slowly. You're also more likely to develop Type 2 diabetes if you are overweight, especially if you carry weight around your middle. Your doctor can diagnose you and help you manage your condition.

Make three small changes

- Be more active—aim for 150 minutes of exercise a week
- Look at food labels and opt for foods that are green or amber for sugars
- Get portion sizes right to help manage your weight



WATCH

Watch this two minutes video to find out more about Type 2 diabetes.



TAKE TIME

Take a moment to check out recommended portion sizes with our handy guide.



TIPS

Check out these three top tips on making your diet healthier by one of our Senior Dieticians.



HELP

Our Heart Helpline is available 9-5 every day to answer your questions.