

# SCRUBS FOR THE NHS as at 17/04/20

## SOUTH WARWICKSHIRE FOUNDATION TRUST

### SIZE:

Current requirement is for size MEDIUM – unless you have asked you to do other sizes by Abigail or Rachel

### PATTERN:

I have a few printed copies of the pattern available for people free of charge

<https://sewdifferent.co.uk/scrubs-paper-pattern-not-for-profit/>

For a pattern with grown on sleeves there is this one which is free and downloadable

<https://sewmesomething.co.uk/collections/patterns/products/free-unisex-scrubs-pattern>

There are other patterns available out there which you may already have

### FABRIC:

We have found that it is difficult to give accurate fabric requirements due to different sizes being made and it depends on how efficiently you can layout and cut

Instructions are 4 pages of A4 and are in the Files section of the group

This needs to be **washable at 60 degrees** and can be polycotton or cotton

Ideally a plain colour but patterned fabric is also acceptable if that is what you have on your shelves – it is better to have plain trousers and a patterned top, or vice versa, otherwise they risk looking like pyjamas

Please be aware of the thickness of the fabric – people do not want their knickers showing!

Please do not use old light sheets to make up scrubs

### MAKING UP:

Hardwearing **seams** are a must, again due to the repeated washing at high temperatures. If you have an overlocker please use that, if not please use French seams. If you use an overcast or zig zag stitch on the seams do ensure that it covers the edges and encloses the fabric so that it does not fray.

Please write the **sizing** somewhere on the items, both top and trousers need to be labelled with the size.– if you have tape maybe make a small a label and write S, M, L and XL in permanent marker, such as a Sharpie, other people have embroidered a letter in the facing

### Scrub Trousers

Use fabric, cord or tape for the **waistband**

Please **do not use elastic** in the trousers because it will not withstand the repeated washing at high temperatures

Please **secure the waistband** to centre back seam with some locking stitches so that it does not come loose

**Inseam pockets** – these are not absolutely necessary so the choice is yours. If you do not include them please include at least 2 patch pockets on the trousers

## **Scrub Top**

If you have interfacing then feel free to use it on the facing but if you do not have it does not matter

**Top facing** – once this is turned through and ironed please top stitch approx 4-5 cm away from edge in order to secure it down

A good tip is to cut the patch pockets slightly larger and then place on front in line with the bottom edge, stitch in place down the sides and then include bottom of pocket in the hem

## **TIMELINE:**

Whilst we have already delivered over 200 sets of scrubs across the region there are still plenty of places requiring them and we are getting Special Request coming in every day

## **COLLECTION:**

If you are not already in a Hub we will do our best to get you assigned to a local co-ordinator

Currently we are working on a twice weekly collection across the South Warwickshire region

Each collection will be advertised on the FB groups and further information can be obtained from your local Hub Co-ordinator

We have people who have volunteered to drive for us so please do not have finished scrubs sitting in your house when they could be with the staff already

## **RAISING FUNDS AND AWARENESS:**

We can only make as many sets as we have fabric so fundraising is really important

Please take some time to promote the fundraising page through your social media channels and local neighbourhood

<https://www.gofundme.com/manage/nhs-needs-scrubs>

and the main Facebook group Warwickshire Scrubbers

<https://www.facebook.com/groups/243019636824797/>

## **HUB CO-ORDINATORS**

Shipston on Stour Hub	Abigail Sheridan de Graaff
Stratford upon Avon Hub	Claire Dempsey
Wellesbourne Hub	Sharon Underhill
Barford	Pat Hooper
Lighthorne/Harbury/Southam	Sally Dick
Snitterfield	Claudine Pearson
Leamington Hub	Vicky Donajgrodzka
Hatton/Warwick Hub	Rachel Booth
Kenilworth	Angela Walker
Knowle Hub	Jane Moise

To be updated as more information becomes available