

Guidance and Specifications for Donated Items

Staff Laundry Bags and Cotton Headbands

Last updated: 29.04.20 (3)

There are many enthusiastic sewing communities and machinists across Hywel Dda offering their expertise and skills to provide additional items for our staff during the covid-19 pandemic. Hywel Dda University Health Board needs to have confidence in the design, materials, manufacture and decontamination of any product that HDUHB staff are using before it is issued for use by staff. **Please follow these guidelines for donations of staff laundry bags and cotton headbands. Unfortunately the health board is not accepting mask extenders, face cotton masks or any knitted items due to infection risk.**

The health board is in communication with several local sewing communities whilst awaiting delivery of a stock of scrubs. If you wish to help with this supply, please email **COVIDenquiries.hdd@wales.nhs.uk** to agree quantities and confirm the specification for the items we are able to accept.

Important Information

All donations of help must be **emailed to COVIDenquiries.hdd@wales.nhs.uk** or logged by calling **0300 303 8322** before donations are made so that advice on what is currently needed, or not needed, in what quantities, and arrangements for safe delivery and distribution can be confirmed. Members of the public are being asked strictly **not to attend hospital sites and facilities without prior arrangement.**

Staff Laundry Bags



The laundry bags are used so that staff can take dirty uniforms/ workwear home to be washed. The uniform remains in the laundry bag during the washing process. Please make the laundry bags out of any new, unused, coloured or patterned polycotton / cotton or cotton mix material that can be washed at 60 degrees. The material needs to be run proof / colourfast and be able to tolerate a hot iron and/or tumble dry.

Links to Laundry bags patterns and tutorials

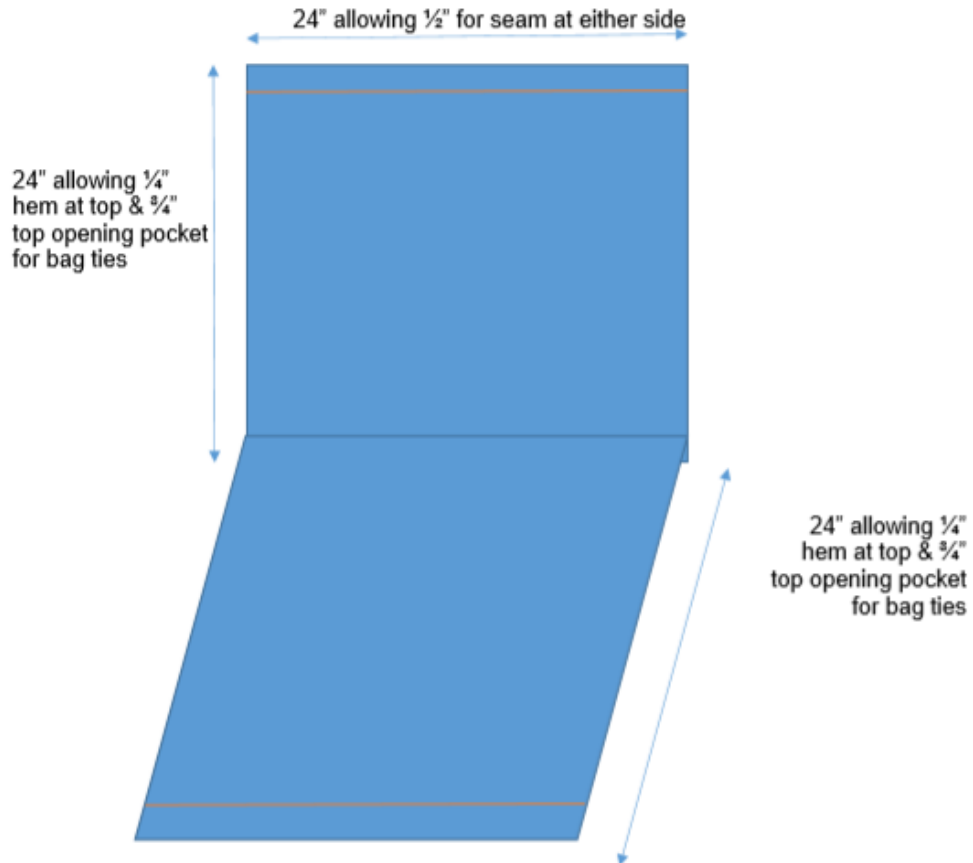
https://youtu.be/XdfjAKOu_Qw

<https://www.youtube.com/watch?v=kQ7N40t3I3U>

<https://mk0frenshamheig6dwil.kinstacdn.com/wp-content/uploads/2020/04/Pattern-for-Scrubs-Bag.pdf>

Uniform Bag for Staff

Start with a piece of material 24" x 48" that can be washed in excess of 60degC,
then fold it in half and sew it together.
Make an opening at the top to thread ties or ribbon through to close the bag



Finished bag with ties/ribbon threaded through the opening pocket to close it



Cotton Headbands



Image from www.livinginloveliness.com

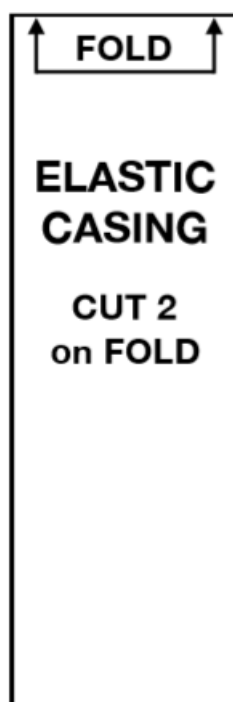
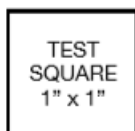
These are used to keep hair off the face and prevent ears from becoming sore from the elastic of the surgical masks. Headbands should be made out of any new, unused, coloured or patterned polycotton / cotton or cotton mix material that can be washed at 60 degrees. The material needs to be run proof/colourfast and be able to tolerate a hot iron and/or tumble dry.

Instructions on how to make the headband (courtesy of ashleymakethings.wordpress.com)

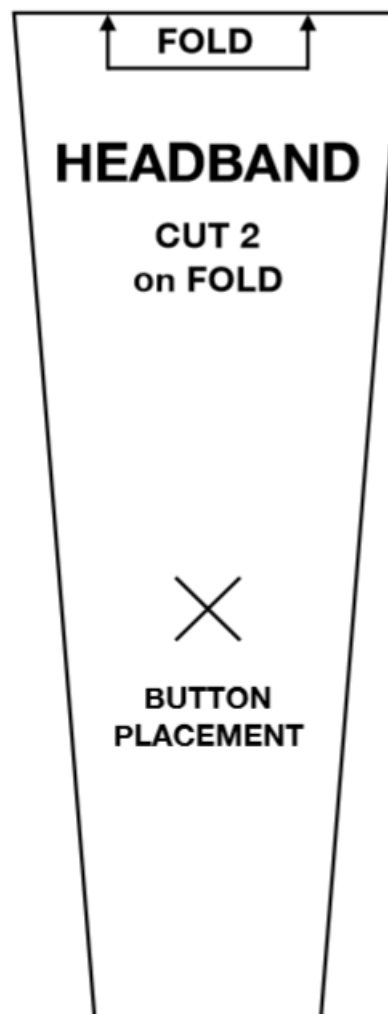
Headbands for Healthcare Workers

Instructions:

- 1) From woven fabric cut 2 headband pieces on fold and 2 elastic casing pieces on fold.
- 2) Cut 6" of ½" wide elastic.
- 3) Sew long edges, right side together for both headband and elastic casing using 3/8" seam allowance.
- 4) Turn elastic casing right side out.
- 5) Encase elastic in rectangle by inserting elastic so raw edges meet and sew using ¼" seam allowance. Stretch elastic inside to other end and sew shut, catching elastic using 1/4" seam allowance.
- 6) Insert elastic casing into one end of headband, lining up raw edges and sew using ⅜" seam allowance.
- 7) Turn headband right side out.
- 8) Fold in raw edge of headband end and insert 1/2" of other end of elastic and sew shut using ¼" seam allowance.
- 9) Attach 2 large buttons on each side of headband where marked.
- 10) Give them to all your healthcare worker friends, or call your local hospital to see if they would like any!
- 11) Share this pattern to anyone who could help!



MADE BY:
Ashley Makes Things
[instagram.com/ashley_makes_things](https://www.instagram.com/ashley_makes_things)
Pattern available at:
ashleymakethings.wordpress.com



Online Cotton Headband patterns and tutorials

<https://ashleymakesthings.wordpress.com/2020/03/31/headbands-for-healthcare-workers/>

<http://www.livinginloveliness.com/product/sewing-for-our-nhs-headbands-free-pdf-template/>

<https://www.youtube.com/watch?feature=youtu.be&v=Ls05d7jypql&app=desktop#dialog>

<https://drive.google.com/file/d/156bmVVhAKpNrcdO1XdPqmxRztLwTLEVv/view>

Thank you for your help.

Thank you for protecting your NHS and our staff.

Please remember to email or telephone us to log your offer of items through our central enquiries line.

Telephone on 0300 303 8322

Email: COVIDenquiries.hdd@wales.nhs.uk

It is important that you wait for our advice on what is currently needed and make arrangements for safe delivery and distribution before you start sewing.

Please do not deliver any items made to any of our hospital sites.