

## **Covid-19 Help from home sewing projects to get involved in.**

### **1) Pairs of Hearts:**

Are you able to knit, crochet or sew heart for families currently separated by the Coronavirus that are unable to visit in hospital?

Hearts need to be roughly 6.5cm.

Mail to;

York Hospital ICU  
Wigginton Rd,  
Clifton,  
York  
YO31 8HE



This is something I heard about from my son's childminder, it has been set up by Leeds Beckett Student union. There is no need to sign up, but see the link for more details:

<https://www.leedsbeckettsu.co.uk/volunteering-opportunities/nhs-heart-project-knit-crochet-a-heart-volunteer-from-home>

### **Instructions for fabric hearts using a sewing machine:**

- 1: Cut 2X hearts roughly 8cm wide and tall.
- 2: Sew inside out 1cm in from the edge using a straight stitch. Leave a gap along one of the straight sides.
- 3: Either trim the seam or snip towards the stitch to avoid it being bulky when you turn it the right way out.
- 4: Turn the right way out.
- 5: Stuff a little with wadding.
- 6: Sew up the gap either by hand or using the sewing machine again.

Alternatively sew felt hearts using blanket stitch around the edge or Knitted/crochet patterns are widely available on Youtube. This is a crochet one.

<https://www.youtube.com/watch?v=HH9PMEYxH6w>



## 2) Drawstring Scrub wash bags.

There are LOADS of different versions for these on Youtube. Basically you need to make a bag roughly the size of a pillow case, with a drawstring that they can put their scrubs in and pop straight in to the wash. The fabric must withstand a 60 degree wash.

You will need a sewing machine to make these strong enough to use again and again. The drawstring doesn't need to be made, if you have some cord/ribbon or similar that could also be the drawstring and makes this a very easy project.



There are even some where people have just used a pillow case and added the drawstring to the opening.

This link goes with the picture above and then leads in to several similar tutorials:

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

I am making mine for St Leonards Hospice in York as I have a friend who works there and so can get in touch with someone to organise a drop off. I have not found a national or regional scheme to post them to like the hearts, so I suggest making these for a specific location you know you can get in touch with. Equally, if we can organise some sort of co-ordination then I am happy to take more to St Leonards. I'm sure they will be able to direct me to other places in need if they didn't need any more.

The link below takes you to a BBC report about the bags:

<https://www.bbc.co.uk/news/uk-england-hereford-worcester-52205716>



### 3) Headbands with buttons.

These are used to take the pressure of face mask elastic off the ears.



**NURSES  
HEADBAND  
- SAVE  
THE EARS!**

#### Equipment list:

- A Sewing machine that does zig zag or stretch stitch. I have done mine with a zig zag-stitch length 3, stitch width 4.
- Needle/scissors and pins.

#### Materials and components list:

- Stretchy jersey fabric (t-shirt fabric) that can withstand a 60 degree wash. Cut in to rectangles 14cm X 50cm.
- Two buttons per headband. The smallest I used were 17mm in diameter, but as I ran out of small pairs I ended up with some as wide as 25mm, they look fine and work well.
- Cotton or polyester thread.

#### Instructions:

1: Fold the jersey in half, length ways and inside out. Secure along the long edge with a zig zag stitch.

2) Turn the right way out and arrange the seam to the middle of one side (this will be the back/inside).

3: turn the ends in and hold together with a pin or two. Make sure it is folded with the right sides facing so when you stitch it the seam can be on the inside and not sticking out.

4: Sew on the two buttons, roughly half way up each side.



I have made this batch for a friend who works at York District Hospital. As with the Scrub bags, you could make these for a local surgery or care home near you or we can co-ordinate a pick up.

Please note some places are not accepting crochet extenders for masks or home-made mouth/nose masks as they do not meet hygiene standards.