

WEST DORSET SCRUB HUB

Guide for making hospital scrubs at home,
including downloadable patterns and
advice on running your own community group

A community initiative from Chris Loder MP

About the project

Following research and feedback from individual healthcare providers, in late March 2020 Chris Loder MP launched an initiative to galvanise community support for West Dorset's frontline NHS doctors, nurses, GPs, care homes and support workers.

The plan was to produce additional numbers of scrubs and other products for healthcare workers who had requested them, including:

- 3-D printed shield visors
- Sanitiser gel and spray
- Scrubs (lightweight protective tunic & trouser sets)

About the project

Businesses and charities that have already risen to the local challenge during April 2020 include:

- Shield Visors: A collaboration between Emu Technologies (Europe) Ltd, South West Signs Ltd and Wincanton Print has made and delivered 60 visors to The Yeatman Hospital's dedicated COVID-19 ward.
- 120+ litres of Sanitiser Gel (using de-natured alcohol), in collaboration with Black Cow Vodka, has been delivered in person by Chris Loder to care homes and GPs surgeries in West Dorset who have asked for help. More to follow.
- Friends of the Yeatman Hospital responded to the MP's appeal with £1000 donation for materials for scrubs and a call-to-action that resulted in more than 400 volunteers applying. If you would like to donate to the Friends of the Yeatman's continuing appeal, to help them buy more fabric, then [CLICK HERE](#)
- Chris Loder's West Dorset Scrub Hub also has more than 200+ volunteers willing to get involved by sewing or donating.

Other groups

Chris Loder wholeheartedly supports and recommends a number of other local sewing and scrubs groups online, most of whom are in communication with his office. They offer invaluable advice, free patterns and downloadable files (not only for scrubs but also bags, 'cap' hats and headbands). Most are available on Facebook - this list is not conclusive but includes:

- [West Dorset Scrubbers](#)
- [For the Love of Scrubs East Dorset](#)
- [Plea for PPE](#)
- [Taunton Scrubbers](#) (with many makers in the Lyme Regis area)
- And the largest overall national group: [For the Love of Scrubs](#)

Chris was originally inspired by [The Scrub Hub](#) where you can link in to open-source resources, register your own groups and more.

Essential requirements to make scrubs

- Someone who has a **cutting table** or space to cut the fabric
- Someone with **pattern skills** to trace up the patterns into s/m/l/xl
- Confident sewers who have a sewing machine AND **an overlocker** so that the garments can have be made to the professional standard our NHS specifies
- Local people who can travel by foot/bike/car and don't mind offering to help with the logistics of delivering patterns/ fabric or posting finished item (while maintaining social distancing guidelines at all times).
- Someone with local experience to **order fabric**, elastic/drawstrings and supplies

Patterns

Patterns (also available on request as individual PDFs) are available to download here. Somebody with pattern cutting experience will need to print, piece together and trace off the pattern. Or you may be able to ask a friendly local printer to help print you off a full-sized pattern.

Overview and general instructions:

<https://drive.google.com/open?id=18PxXJexYk5FzBcleDrrzNVhd5ALkkt0P>

Print at home - Pattern for tunic

https://drive.google.com/open?id=1Zsv8Mu_s1l6bh3MNLUpdTDXfDjYgkBvn

Print at home - pattern for trousers

<https://drive.google.com/open?id=1FX6xr66XHlcDvX3B-wJRxVi-6R4IFLx6>

Cont/d...

Full Patterns

If you happen to have a plotter here are the full patterns

https://drive.google.com/open?id=1ni1gwfDHI90PzhD3ZGHoNmQo0G15l_Mi

https://drive.google.com/open?id=1mGh_RPpKFS65dBAEpFL1T0ZNnZQuVo3z

The pattern suggests elastic for the waist band but most hospitals prefer drawstrings

Professionally print:

Visit 'Sew Different' for a FREE full-sized pattern to download or send to a professional printer, along with some useful online tutorials. We can recommend Glenn Coombs at Shelleys Printers in Sherborne who has printed full-sized patterns for other makers:

t: 01935 815364 e: office@shelleystheprinters.com

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

Notes on fabric and making

If you are buying your own fabric, please choose plain, darker colours where possible. Hospitals prefer 100% cotton or a polycotton mix (ideally 50/50 although there are 65/35 variations which are acceptable), 115 (min) – 150 (max) gsm weight is ideal as heavier fabrics are too hot to wear with other PPE layers on top.

You may already have suitable fabric like this to use at home – on average each set of scrubs requires at least 4 metres of fabric. If not, there are many companies selling fabric online.

Fabrics must withstand washing at 60 degrees. If you are making for a specific hospital or care home on demand, please check requirements with them first. Please also machine stitch sizes (or write in indelible ink) on the neck and waist bands as clearly as possible. It doesn't need to be machine embroidered, a couple of rows of a simple running stitch will be sufficient.

Measure garments once made before deciding what size they are. The pattern suggests elastic for the waist band but most hospitals prefer drawstrings.

There is no need to wash the finished garments, as hospitals will do this before use.

Contact

If you need further help with your Scrub Hub sewing project, or have made-up scrubs you would like to donate in the West Dorset area, please get in touch. We can arrange collection of scrubs, or suggest a safe drop-off point.

Likewise, if you are a hospital, care home or GP surgery in West Dorset needing assistance with PPE, sanitiser or visors please contact:

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