

## Making scrubs for the Royal Berkshire Hospital

**From:** Angella Hindle, Facilities Manager, Royal Berkshire Hospital

**Subject: Scrubs**

Thank you so much for your very kind offer of making scrub suits for our staff – if you and your family can set up a group your efforts will certainly be appreciated by our teams here at the hospital.

We have a number of volunteer sewing circles making scrubs for us at the moment (we just can't get enough), our suppliers are over extended and can't get the stocks or material to make the numbers we require so every little helps – if it helps I have put some guidance below.

Currently we are trying to issue 3 sets of scrubs per person – so they have one in the wash, one spare and the one they wear – so would it be too much to ask for a set of three in one size (in whatever size you wish to make), please be assured that they will be appreciated and be well used – if that is not possible maybe a single a set as there is always the lost soul who leaves their uniform at home /or on the bus or it gets fouled during shift and they need a spare so we are happy for single sets too.

Others who don't have lots of material are making string bags to help with laundering and headbands to stop the FFP3 masks rubbing and causing sores. Whatever you make, be it one set or one hundreds sets a head band or bag we will welcome them, they will be worn and they will protect our Dr's, Nurses and allied professions

Whilst there are many patterns and designs on the market, we are just looking for a simple unisex scrub suit. Below is a guide for a simple suit.

- Fabric - Polycotton is ideal for these type of light weight garment a normal specification would be 145gms 65% poly 35% cotton – but don't worry if the material is not exact – this is very similar to bed sheet material.
- Colours – we have a large range of colours here from blue, green, teal, raspberry, grey etc. Let that not limit you, as we can still do funky stuff too – plain bottoms and colourful tops if you wish.
- Bottoms – straight regular leg 31.5, a back pocket would be helpful – full draw string or elasticated waist – bit of reinforced stitching in the back seam & crotch area is helpful too.

- Tops – Back length is normally about 74cm with a front top pocket left hand side if possible – side vents are helpful for fitting over the hips.
- Sizes – sets of small & medium are in great demand at the moment.

Hopefully you will be able to see the pictures & size chart below of a simple scrub suit – sadly these suits will not fully utilise you sewing skills, but will be very much appreciated by those who wear them.

I can collect if you wish, or the delivery address is:

Sewing Room  
 Royal Berkshire Hospital  
 London Road  
 Reading  
 RG1 5AN

**Size Guide:**

<b>Unisex</b>	S (6-8)	M (10-12)	L (14-16)	XL (18-20)	2XL (22-24)
Chest	35-37	38-40	41-44	45-48	49-52
Waist	27-29	30-32	33-36	37-40	41-44
Hip	36-38	39-41	42-45	46-49	50-53

Kindest Regards

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