

SCRUB HUB

*An open source guide to
Creating a local scrub making hub*

The Scrubs Shortage

Here in Hackney Wick we had a request from a local doctor who needed some scrubs making as she couldn't find them to buy anywhere. We have not been in touch with trusts or hospitals, but have been working to fulfil personal orders from individual Doctors who have reached out in our community. Some doctors including consultants don't usually wear scrubs - but are realising this is the safest and easiest way for them to dress during this crisis.

There is a now national shortage and we are hoping that by setting up our own small, local cottage industry in Hackney Wick we can help at least some of the doctors who live and work close to us. Due to the nationwide lock down we are operating a small and concise system with a small network of volunteers both with sewing skills and equipment, as well as those with the ability to help pick up and drop off fabric and scrubs. Many hands makes light work.

Could you form a local scrub making hub?

We've already had interests from all over London and the rest of the country just through word of mouth and I have now made a poster template for those of you who are interested in setting up their own making hub to get the information out to your local doctors. See page 9.

We've had an overwhelming response from far and wide from volunteers wanting to help. We now have all the volunteers we need in Hackney Wick for this round but think this is a great opportunity for people to set up hubs in their own area.

I've listed some of the key requirements that might be helpful on the next page, some wizards may be able to provide several if not all of these requirements themselves, particularly those who sew professionally and already have home studio setups

Essential Requirements

- 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 deserve
- Local people who can travel by foot/ bike/ car and dont mind offering to help with the logistics of delivering patterns/ fabric or posting finished item.
- Someone able to manage the **email orders** and allocate stock to doctors once requested.
- Someone with local experience to **order fabric** and elastic and supplies
- Someone with access to illustrator cc or microsoft Word to adapt the poster to your local area and email (if you want to use the poster)
- Start up Funding for materials and / or someone confident in using go fund me to raise funds.

*if you are interested in helping but are a hobbyist or don't have an overlocker please join our [facebook](#) for updates. Or see the last page of this document for other helpful projects to get involved with.

Joining the main hub

Once you've formed and can **fulfil the essential requirements** and are ready to go please fill in this form

This helps me understand who has a hub, and get the info out in the website so it easier for doctors and volunteers to contact you. I want to make sure we are never over promising what we can do so its important we know every hubs capability.

If you are working solo and can fulfil the essential requirements on your own feel free to fill in the form as well, not everyone has to be working in larger teams and have posters made up, but we do require that people are working to a professional level and overlocking, and a level of experience working with garments.

Don't forget you can update your answers if the details change or update, for example if you add a go fund me.

Suppliers and Key information

The fabric used for scrubs is usually cotton drill or poly cotton. There isn't a special fabric for these items as doctors will wear PPE such as aprons over the top. The only requirement is they wash well and are comfy. We also want to be as conscious as we can of the environment and have chosen to use cotton in our hub. There is fabric to go around so please buy fabric rather than donated bed sheets etc.

We have ordered 50 metres of royal blue cotton drill from this supplier who is trade only. We felt this was manageable for our small team. This make approx 17 uniforms.

https://wholesalefabrics.co.uk/index.php?route=product/product&product_id=4615&search=cotton+drill&description=true&sort=relevance&order=DESC

Another great shop is Minerva although quite a bit more expensive than wholesale

<https://www.minervacrafts.com/shop/fabric/dress-fabrics/mdrill-black-m-medium-weight-cotton-drill-dress-fabric?colour=Black>

Any similar weight (medium) cotton drill will be just fine from your stockist. Doctors have said ideally not white. You may have some in stock already!

Pattern - Print at home

The pattern is available to download here. Someone with pattern cutting experience will need to print, piece together and trace off the pattern.

Otherwise we have a very kind volunteer sending out patterns, see the next page.

Overview

<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>

Pattern - Large format plotter

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

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

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

If you don't have access to printing, a very kind volunteer has offered to provide plotter printed patterns to Scrub Hubs and for anyone else who needs them. Click the link below to order!

https://docs.google.com/forms/d/e/1FAIpQLSdsYP2KbG_-yPBp0DWftkbnUO5CDnXBh_NekmHBCCro3BSNBw/viewform

A Manchester based company have also offered their services, they have offices based in Bristol, Cardiff, Edinburgh, Glasgow, Leeds, Liverpool, London, Manchester, Newcastle, Nottingham, Sheffield, Solihull, Whitehaven, Winchester & York. Contact

Jane.Healeybrown@arup.com to order, with your hub location in the subject line.

Reaching out to Doctors

As I explained at the beginning we are making scrubs having had individual doctors approach us with requests, so it's a kind of a made to order service.

We realised if we bought fabric in bulk and worked together (not in person) it would be most efficient and our little hub was formed. But if you have one local doctor with a request and you have the skills and material to help go for it, or if you want to make scrubs to donate to a hospital we have some information on the most helpful way to do this, Please use this guide made by the fab Scrubup team.

<https://docs.google.com/spreadsheets/d/1mqnsrNFMggKSDW1i2LdN5RghPHoHLmzM1KU43hNI4ko/edit?usp=sharing>

If you want to advertise in your local area we have created a poster template which you can fill your own location and email address. You can then circulate this to get the message out to local doctors that you are offering the service.

Notes on orders

I would suggest you wait until you have interest and responses before ordering supplies and making scrubs. I would also order fabric in reasonable sized batches that you know are manageable for your team and your budget. In a few weeks time the shortage may be over and you wouldn't want to end up with 100 metres of fabric in stock with no scrubs to make. Particularly if you are self funding your first batch. I shouldn't have to say but please use your common sense and only take on work you are confident and capable to do as a team. I want to stress that our team is made up of professionals from the fashion and communications world and we have used these skills to get things moving quickly, professionally and to the highest quality level. This guide and document is aimed at those who have a professional knowledge of garment making and we hope it will be a useful open source guide.

Email and communication

Our recommendation is to set up a unique Google account (ScrubsSouthLondon@gmail.com for example). This will be the email address you will put on your poster\social media graphic. Once you have a Google account you can create a [Google Form](#) for Doctors to order with. Suggested info to get from google form:

- **Name and email of nhs worker**
- **Size (could also include leg length)**
- **Quantity (We suggest an upper limit so theres not bulk ordering which might be difficult to deliver)**
- **Delivery (when, where, how to deliver)**
- **Hospital / trust they are part of**

You can set up a vacation auto-reply to the Gmail settings. I've given a template on the following page. You can include you google form link in this so its really easy to get the information from doctors without having to email separately. Just make sure you check your google form often to gather orders. And make sure you reply to doctors to confirm their order.

Example email bounce back

Hello! Thank you for getting in contact!

We are so happy that we have the chance help you during this time.

A little info for health care staff requesting scrubs :

Due to the community scale we are working at and the demand we have received, we are offering 2 uniforms per order / person. We can't currently offer bulk orders from trusts or wards at this time. We are volunteer run and can't technically sell the scrubs but we have set up a go fund me ([link here](#)) and are suggesting a donation of £20 per scrub which covers materials, delivery and running cost. Any money left at the end of the shortage will be donated to NHS Practitioners health. (<https://www.practitionerhealth.nhs.uk/>)

Due to the way we are sourcing fabric at the moment we are offering (add your own fabric here) which is great quality and good for the environment. We are making these with love, to last.

We are part of a network of seamstresses and volunteers across the country, and we are quickly forming scrub making hubs so we can hopefully help as many health care workers as possible.

We are here to plug the gap as an emergency helping hand for health care professionals who are without scrubs during this crisis, so we would appreciate if you only make request if you think that applies to you. Please fill in this google form to order your scrubs ([link here](#)) and we will confirm your order by email.

A little info for Scrub Hub volunteers : We will aim to reply as soon as we can, please check our webpage www.scrubhub.org.uk for info on regional hubs and resources (or please join our facebook/ whatsapp etc group here include link)

Many Thanks,

your name here & the Scrub Hub team X

Questions for volunteers

It's also great to get an idea of what your volunteers can do, so here is a list of questions to ask.

- Name
- Phone Number
- Email address
- Do you live in the X area or nearby? (Y/N)
- Were you displaying any symptoms or live with someone who displayed symptoms in the last 14 days? (Y/N)
- Do you feel confident in your ability to sew scrubs to a pattern? (Y/N)
- Do you have an overlocker? As this would be preferable (Y/N)
- Will you have availability to sew X sets of scrubs on [dates you think you will have the materials by]? (Y/N)
- Can you drive and do you have access to a car? (Y/N)

Posters

Here is a link to the poster template for your local hub. You will need a volunteer who has access to Adobe illustrator cc to edit the poster for you

<https://drive.google.com/open?id=10TFZ8T8WxXvQiW8hhV8h-0l8J0VX6sPS>

Otherwise here is a blank which you can manually add the info to.

https://drive.google.com/open?id=1DddMTaalyWxaXh-M3DJinc2m7ZH_n-U

Here is a word document where you can add your own text

<https://drive.google.com/file/d/1iKwZGYuxT9LVIXcCZIVq08MQAOTy24uC/view?usp=sharing>

Here is the Uk wide poster 1.for Doctors and 2.for Volunteers

<https://drive.google.com/file/d/1avMeOVSFrdLmBhix4YnM9viCb3FRCvFW/view?usp=sharing>

https://drive.google.com/open?id=1eXEXT2XQXZPUvsVOwRkuahpXVJ_1mOe0

Funding and costing

For us to make our first batch the materials costs us £200. We will be offering our time voluntarily. The doctors we were working with wanted to pay for their uniforms as this is what they would usually do. We cannot legally take payment so we have set up our own go fund me within which we are suggesting a donation of around £20 per uniform, which doctors themselves can contribute to once they've received their scrubs. Of course the local community and public can donate to this fund as well to show their support and help us buy more fabric. The donation is voluntary and now we have more donations we are waiving it unless a doctor wants to donate. We are also using our extra donations to provide batches of scrubs to charitable hospices, clinics and organizations.

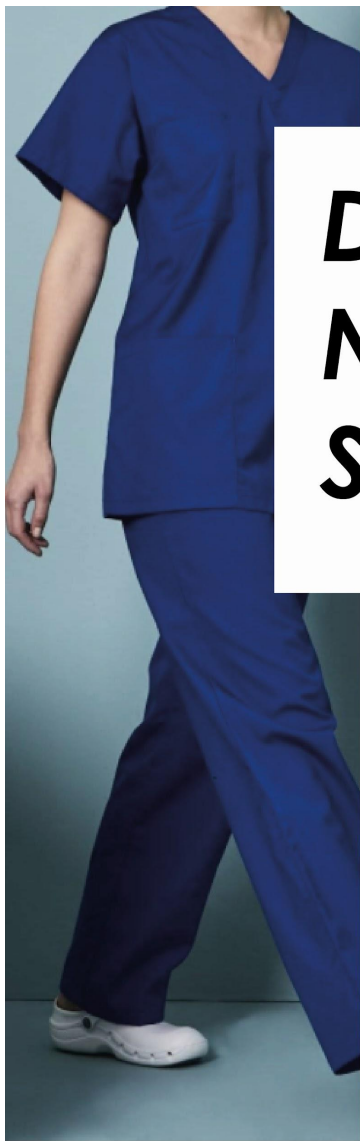
Funds raised will be used to cover material and delivery costs so we can make more scrubs and help more doctors and NHS workers. Any left over funds at the end of the scrubs shortage we will donate to NHS Practitioner health, an organisation dedicated to supporting the unique needs of health care professionals and their mental health, which we think will be of great importance in the coming months.

Funding and costing

For the first batch of scrubs, we self funded the cost of supplies. We were in quite a rush and will pay ourselves back with the money we have raised through our fundraiser. However don't put yourself in any difficult financial situation. You can set up a GoFundMe page to raise the funds you need for supplies. It is important to try and get an estimate of the costs before setting this up (costs of fabric, costs of printing patterns, costs of fuel for car delivery, etc.)

If you plan on using a go fund me, feel free to use your own copy, but if it's helpful please also include the following paragraph so that its clear to the public where funds are going.

“Funds raised will be used to cover material and delivery costs so we can make more scrubs and help more doctors and NHS workers. Any left over funds at the end of the scrubs shortage we will donate to NHS Practitioner health, an organisation dedicated to supporting the unique needs of health care professionals and their mental health, which we think will be of great importance in the coming months.”



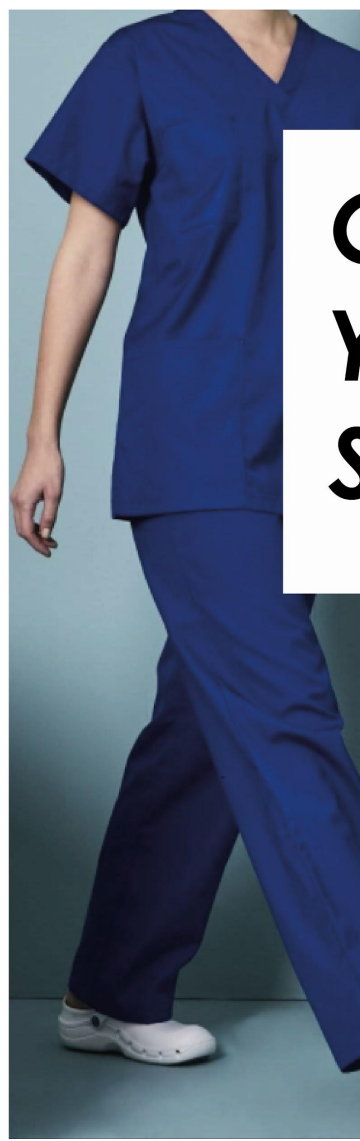
DO YOU NEED SCRUBS?

WE'D LOVE TO HELP

We are a voluntary community group who love to sew and are making scrubs to order for NHS staff across the UK. to find out more information visit

www.scrubhub.org.uk

#scrubhub
#DresstheNHS



COULD YOU SEW SCRUBS?

THERE'S A SHORTAGE

Do you have garment production experience? We are a network of voluntary community groups making scrubs to order for NHS staff across the UK.

To find out more visit

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LOGO

<https://drive.google.com/open?id=1iMEQ4B2KAP4P6reu-L7Sm0RmH802I3bG>

Use this link to access our logo designed by our brilliant friend [Joseph Luxton](#)

Helpful Sewing Projects

Simpler sewing projects which are perfect for solo volunteers or as off shoot projects for your scrub hubs!

Scrub Bags - These bags are needed by some doctors who bring their scrubs home to wash. Here are instructions, no overlocker is needed!

<https://alongthelanes.com/2020/04/12/scrubs-drawstring-bag-for-the-nhs/?fbclid=IwAR1sXyUVuwJV95Z7tBqK1PjUtSr7n0WzVWYkdJ4MufZ35CrKjo8Ys8HGDz4/>

Scrub Hats - one of our members Katie has shared instructions on how to make Scrub hats which minimise contact between the virus and the Doctors hair, We've started getting alot of requests for these.

https://www.dropbox.com/sh/lm5em8f44qk9vzv/AAAf_AO0_NtizrvJyNAJGKRha?dl=0