

HELP THE NHS DRAIN BAGS

This week I wondered if you would like to help the NHS by making bags for ladies who have undergone surgery for breast cancer. Currently, mastectomies are being carried out at the Spire Murrayfield hospital and they are looking for people to make bags to hold the drains. This seemed to me like something we could all get involved with.

Notes

1. The bags can be made from all sorts of fabrics, but it is best if the fabric is washable and not too heavy.
2. Two layers of cotton are probably ideal for bags to be worn underneath clothing. Try to use contrasting fabrics for the outer and lining layers, the bags should be attractive as well as practical.
3. Following a double mastectomy two bags would be needed and so making some bags in pairs would be ideal.
4. Please bear in mind that these bags need to be made from clean fabric and in a clean environment, they are to be given to women who have just had surgery, and may also be undergoing chemotherapy and as such will likely have reduced resistance to germs.
- 5.



Step 1

Cut two rectangles of the main fabric and two rectangles of lining each 26cm x 30cm.

Cut a piece of the main fabric 13cm x 8cm (tab)

Cut a piece of the main fabric 140cm x 8cm (strap)

Step 2

Place the outer fabric right sides together, sew along the side seams and the lower edge using 1cm seam allowance. Do the same with the lining fabric but leaving a 15cm opening on one of the side seams (this is so that the bag can be turned through later)

Step 3

For the tab, fold the rectangle in half, right sides together and sew down the 13cm length with a 1cm seam allowance. Trim the seam and turn the tube right side out, press. Fold the tab in half and position centrally over the seam at one side of the bag matching raw edges sew in place.

Step 4

To make the strap, fold in half down the length of the strip, wrong sides together, press. Press in 1cm down the length of both raw edges. Tuck in one end, pin and sew the closed-end and down the length of the strap. The finished strap should be 3cm wide.

Step 5

As you did for the tab, with raw edges together sew the raw edge of the strap to the other side of the bag placing it centrally across the seam.

Step 6

Put the bag outer into the lining with right sides together and with the tab and strap tucked between the two layers. Sew around the top joining the two layers together and sew again over the tab and strap area to reinforce.

Step 7

Turn the bag right side out through the hole left in the lining seam. Topstitch the hole closed.

Step 8

Push the lining into the bag and press the top edge. Topstitch around the top edge of the bag to finish it off neatly.

Step 9

Please wash and iron your finished bag and then place in a zip-lock plastic bag.

You can then put the bag in the stamped addressed envelope and post it back to WHALE Arts -

OR

If you can not get out to the post box but receive a hot meal delivery from WHALE Arts on a Friday, you can give it to the delivery driver to take back to WHALE Arts. **PLEASE FOLLOW THE SAFETY STEPS BELOW**

- let the driver know you would like him/her to take back an envelope.
- Put the envelope on the ground on your doorstep.
- Say goodbye to the driver and go back into your house
- The driver will take your envelope back to WHALE Arts

