# Sew and Save Lives

make it
donate it

Coronavirus isn't over yet.

We're asking you to help support our campaign to Sew and Save Lives - making and distributing face coverings for vulnerable people in Bradford

We all need to play our part in stopping the spread of the virus, this is one way to get involved.

Do the right thing for you, your family and your community.
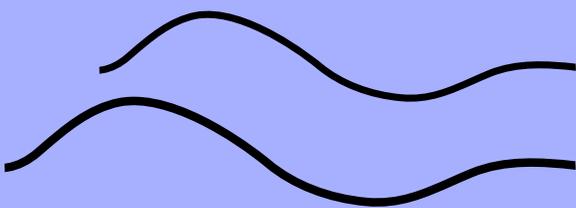
Here's what you'll need:
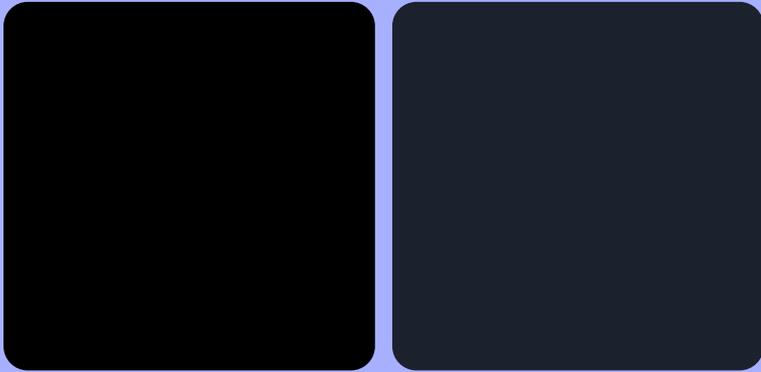
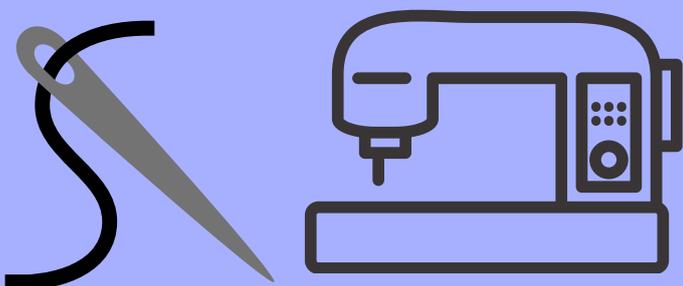Two pieces of thick cloth - 25cm x 25cm

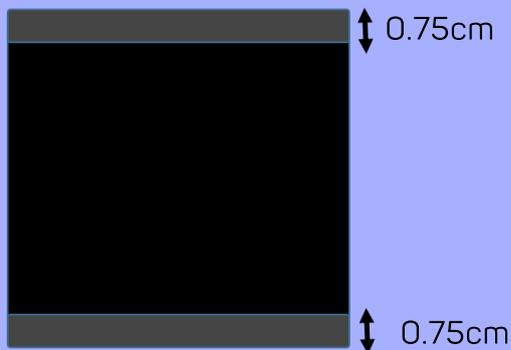*This could be an old t-shirt, spare fabric or bedding.
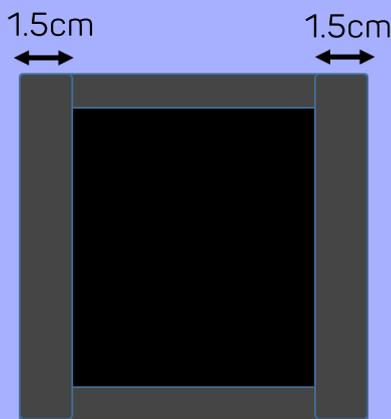
Scissors

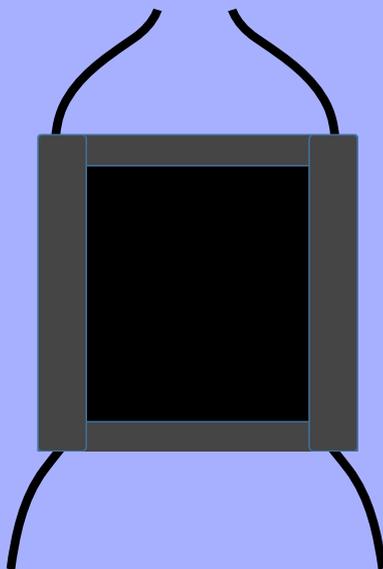Two pieces of elastic - 20cm in length

Needle and thread or sewing machine

Here's how to make a face covering:
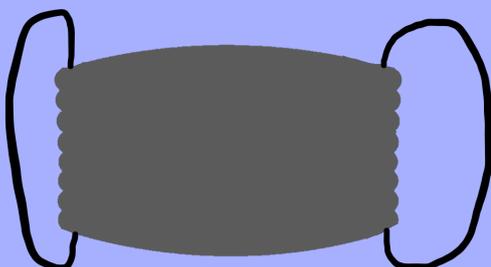
0.75cm

0.75cm

Stack the two pieces of fabric on top of each other, fold over the top and bottom by 0.75cm and hem it (sew it across)

1.5cm   1.5cm

Make 2 channels by folding both sides over by 1.5cm and stitching this down.

Thread the elastic through the wider hem on each side for ear loops. Tie the elastic together slightly, left side to left side, right side to right side.

Tuck the knots into the hem on each side. Gather the material on the elastic and adjust so the covering fits your face. Then stitch the elastic in place to keep from slipping.

Here's where and when to drop them off:

Central Bradford: City Hall

City Hall Reception, Centenary Square, Bradford, BD1 1HY
Days: **From Monday 6th July**, Monday to Friday
Times: 8:30am to 4:30pm

Shipley: HALE

HALE, 1 Westgate (above Yorkshire Bank), Shipley, BD18 3QX
Days: Friday
Times: 9:00am to 1:00pm

Keighley: Action Point

Action Point, 23 Temple Row, Keighley, BD21 2AH
Days: Monday to Thursday
Times: 10:00am to 2:00pm

How else can you get involved?

On social media:

Spread the word and use the following hashtags:
#SewAndSaveLives
#MakeItDonateIt
#StayHomeSaveLives

Spread the word:

For information on Coronavirus visit
nhs.uk/coronavirus
If you are concerned about symptoms contact
NHS111 by dialling 111 or visit www.111.nhs.uk

Share the key messages:

Stay at home as much as possible
Stay 2 metres apart where possible
Minimise contact with others
Wash hands regularly with soap and water
Wear face coverings in busy areas
Try not to touch your face
Self-isolate if you develop coronavirus symptoms