

This is an email from Michelle Howes:

Something that might interest members, if they're getting bored and want to do something productive, is this - making mini headbands for the NHS and carers to avoid sore ears. Here's my Facebook post today:



If you have a sewing machine, some scraps of cloth and buttons, here's a way to pass the time and help NHS and care workers. Face masks with elastic loops for the ears hurt when worn long-term, but these simple-to-make buttoned bands take the pressure off the back of the ears. I made these 39 in a day and they're on their way to local hospitals.

They end up about 10-12cm long and 3cm wide so you need a strip of material about 24-25cm x 5cm then I found it easiest to iron a 1cm over from each edge. That goes on the inside so it won't fray, then fold it in half and put it right side out on the sewing machine and sew all round it, quite near the edge. Then hand-sew a button each end and it's done! I hope that makes sense. If you prefer you can cut the material 8cm by 14cm and fold it in half on the long side instead of the short side.

If you live in Fetcham or Bookham I have a contact who's collecting them.

Contact Michelle on howes@bookhamu3a.org.uk