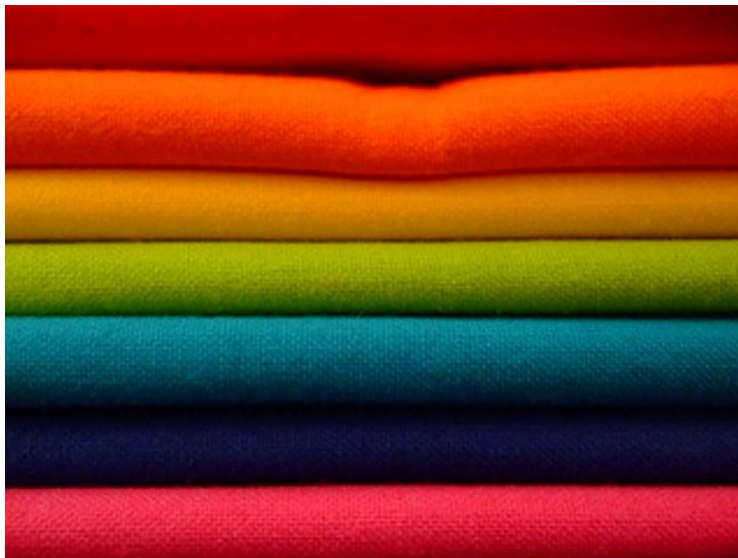


Can you, or someone you know, help to make face coverings for people in your neighbourhood?



Following the government's advice to wear face coverings, buzz Health & Wellbeing Service are asking anyone who enjoys sewing to help make face coverings for people in your community and all the communities across Manchester who need them most. Please can you help?

- See below for instructions on how to make a face covering.
- Please only use washed 100% cotton fabric that is new or like new.
- Do not make, send or deliver masks or materials if you have [COVID-19 symptoms](#).
- Thank you for your support!

REMEMBER:

Face coverings are not a replacement for social distancing and regular handwashing which remain the most important actions, says Chief Medical Officer. For more informant visit [gov.uk](https://www.gov.uk)

To speak to you local Neighbourhood Health Worker for more information and to find out where your local drop off point is please contact 0161 271 0505 and select option 5 or see the list of contacts below.

Making a sewn cloth face covering – Suggested design

Guidance from [gov.uk](https://www.gov.uk)

You will need:

- two 25cm x 25cm squares of cotton fabric
- two 20cm pieces of elastic (or string or cloth strips)
- needle and thread
- scissors



Two squares of
fabric 25cm x 25cm



Two pieces
of 20cm elastic



Scissors



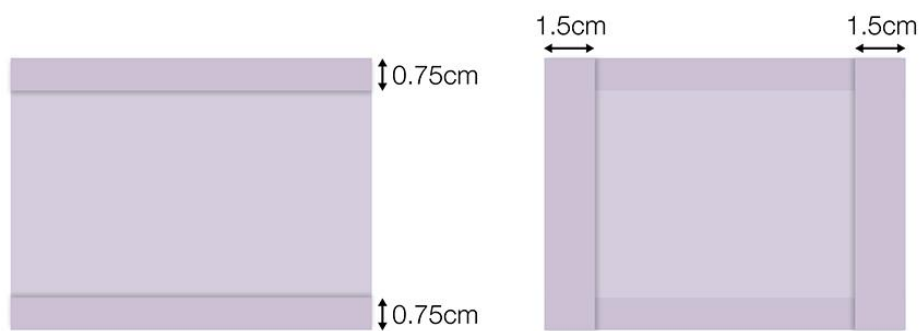
Needle and thread



Sewing machine (optional)

Step 1: Cut out two 25cm x 25cm squares of cotton fabric. Stack the 2 squares on top of each other.

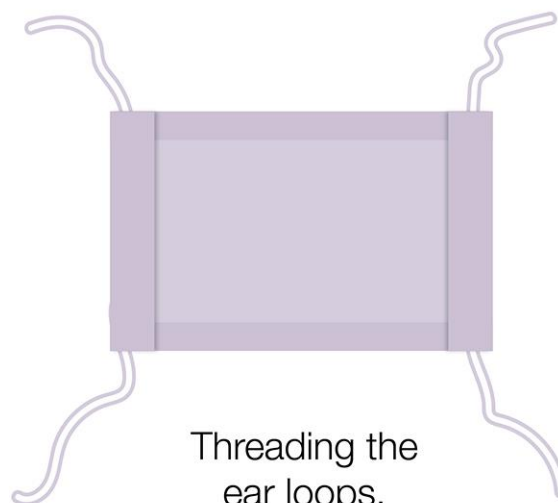
Step 2: Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.



Fold over
the top and bottom
and hem

Fold over
the sides
and hem

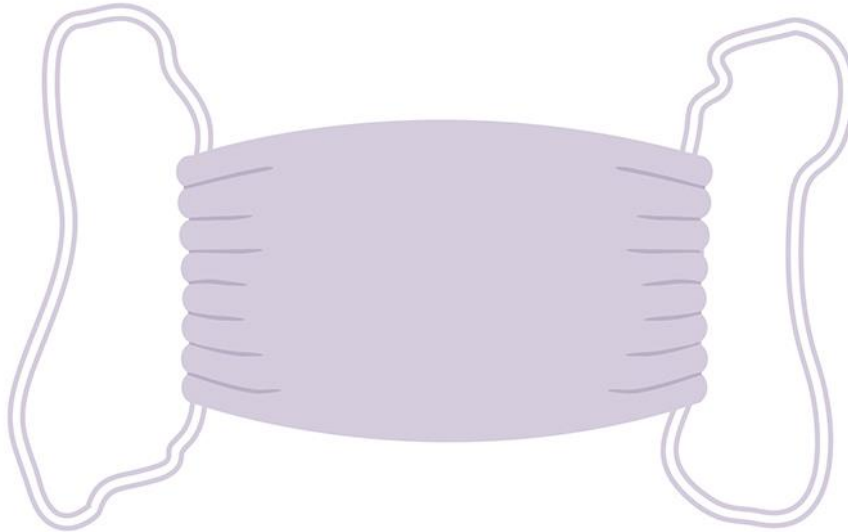
Step 3: Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.



Threading the
ear loops,
sewing into place

If you only have string, you can make the ties longer and tie the covering behind your head.

Step 4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.



Completed face
covering, knots tucked in,
cloth slightly gathered

Face coverings should not be used by children under the age of 2 or those who may find it difficult to manage them correctly. For example, primary age children unassisted, or those with respiratory conditions.

This information is a guide to making a simple face covering. We do not endorse any particular method and other instructions are widely available online. Always take care to use equipment safely to avoid injury. Children should only follow these instructions under the supervision of adults.

Government Advice

The public has been advised to wear face coverings in enclosed public spaces such as shops and on public transport such as bus's, coach's, train's, tram's, ferry's and aircraft. Passengers must wear a face covering on public transport to help reduce the risk of transmission.

The public have also been urged not to buy medical grade masks so they can be saved for frontline health and care workers, and instead make their own face coverings at home.

The guidance remains to work from home if you can and avoid public transport where possible. For more information visit [gov.uk](https://www.gov.uk)

To find out more about buzz please visit buzzmanchester.co.uk/

To find out more about Recovery Pathways please visit gmmh.nhs.uk/recovery-pathways

To speak to your local Neighbourhood Health Worker for more information and to find out where your local drop off point is please either contact 0161 271 0505 and select option 5 or see below for your local contact.

North

Location: Higher Blackley, Harpurhey and Charlestown
Lauren Evans – Neighbourhood Health Worker
Email: Lauren.Evans@gmmh.nhs.uk
Contact number: 0161 275 0565

Location: Cheetham Hill and Crumpsall
Charlie Piper – Neighbourhood Health Worker
Email: Charles.Piper@gmmh.nhs.uk
Contact number: 07771 805 278

Location: Miles Platting, Newton Heath and City Centre
Anna Jarawka – Neighbourhood Health Worker
Email: Anna.Jarawka@gmmh.nhs.uk
Contact number: 07484 925 151

Location: Ancoats, Clayton and Bradford
Mathew Brown – Neighbourhood Health Worker
Email: Matthew.Brown@gmmh.nhs.uk
Contact number: 07512 643 387

Central

Location: Hulme, Moss Side and Rusholme
Patsy Williams – Neighbourhood Health Worker
Email: Patricia.Williams@gmmh.nhs.uk
Contact number: 07818 523 098

Location: Gorton and Levenshulme
Noah Mellor – Neighbourhood Health Worker



Manchester
Health & Wellbeing
Service



Email: Noah.Mellor@gmmh.nhs.uk

Contact number: 07484 546 326

Location: Ardwick and Longsight

Aron Thornley - Neighbourhood Health Worker

Email: aron.thornley@gmmh.nhs.uk

Contact number: 07425 520 199

Location: Chorlton, Whalley Range and Fallowfield.

Laura Cassidy – Neighbourhood Health Worker

Email: laura.cassidy@gmmh.nhs.uk

Contact number: 07818 522 978

South

Location: Wythenshawe, Brooklands and Northenden

Emma Farrell – Neighbourhood Health Worker

Email: Emma.Farrell@gmmh.nhs.uk

Contact number: 07971 331 540

Location: Didsbury, Burnage and Chorlton Park

Bernie Murphy – Neighbourhood Health Worker

Email: Bernadette.Murphy@gmmh.nhs.uk

Contact number: 07971 331 537

Location: Withington and Old Moat

Sadie Roberts – Neighbourhood Health Worker

Email: Sadie.Roberts@gmmh.nhs.uk

Contact number: 07890 533 374

Location: Wythenshawe, Baguley, Sharston and Woodhouse Park

Phil Tomlinson – Neighbourhood Health Worker

Email: Philip.Tomlinson@gmmh.nhs.uk

Contact number: 07557 677 969

