



Knitting for us

Thank you for your interest in knitting for patients at Mid & South Essex NHS Trust.

To ensure the safety of our patients, we politely ask you to adhere to the following guidelines when kindly donating knitted items to our hospitals. Please note, all knitted items are single-use and they will be taken home with the patient when they are discharged.

01 Your Environment

If you smoke or have pets, you should do your knitting elsewhere. This is because even third-hand smoke contains harmful chemicals that can settle on clothes, hair, skin, etc. Many of our patients are extremely vulnerable to chemicals, smells and other external factors. Some may also be allergic to pet hair, so please consider this before delivering your items.

02 Hypoallergenic

Premature babies and elderly patients can have very delicate skin and are at risk of infection, so try using soft acrylic, cotton or cotton/acrylic blend yarns that can be easily washed at 90 degrees and won't irritate sensitive skin.

03 Quality Check

It is of the utmost importance that all donated knitting is thoroughly checked for pins, loose buttons, adornments or threads before delivering to the hospital.

04 Packing your item

In order to keep knitted items clean, we kindly request that the items are packed individually in either a clear sandwich bag or a larger carrier bag.



For more info:

**Mid and South Essex
Hospitals Charity**

**mse.charity@nhs.net
01702 385 337**



What do we need?

Knitted items are always well received throughout our hospitals, however **it is important to contact us beforehand to find out exactly what is needed, as our storage is limited and our requirements are quite specific.**

Patterns for knitted items are readily available on the internet but here are some suggestion of what we might need:

01 Premature Babies

Knitted or crocheted bonding squares, approx. 10cm x 10cm in size. Bonding squares are placed beside the baby, as close to their skin as possible, and one is kept with their parent on their skin. Every 12 hours these are swapped over, so baby is able to smell their parent and the parent is able to smell baby.

Seasonal knitted hats, such Christmas or Easter themed.

02 Care of the Elderly & Adult Services

These wards often accept twiddle cuffs / muffs, bands and mats. Adornments should be very firmly sewn on.

Blankets that are big enough to use across the shoulders / across a lap.

Pairs of pocket hearts, which are crocheted or stuffed hand-held hearts for patients and families.

Knitted teddies and dolls using CE approved stuffing.

03 Charity Shop

Please consider donating your knitted items to be sold in our charity shops. We particularly love seasonal themed knitted items such as chicks and bunnies at Easter or Reindeer at Christmas! The money from the sale of your knitted items is donated back into the hospitals.



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