



## Sleep Well - May 2023 Update

In 2020, during the covid pandemic, an estimated ten million volunteers stepped up for their communities, helping to support and care in a huge variety of ways. The entire country bore witness to the awe-inspiring mobilisation of hundreds of thousands of dedicated, volunteer sewers, who cut, stitched and donated millions of pieces of handmade PPE

for our NHS. Volunteering at that time felt like such a powerful way to support the community from the safety of our living rooms and helping felt so good! What then, I asked myself at 2am, sitting in A&E last year, would happen, if we called on those kind people for a second time? Would they still be ready to answer the call? Thread in hand? – and this time to sew for the patients of the NHS...

And answer, they did! Last November, amazing volunteers from across the county (and beyond)



united in kindness and made and donated a whopping two-hundred sleep/eye masks to be given to patients of the MSE hospital trust (Basildon, Southend and Broomfield Hospitals). Exquisite, lovingly handmade eye masks, sometimes with matching bags, were donated to Broomfield hospital in Chelmsford. They were extremely well received by the nurses and ward staff with patients reportedly feeling a sense of increased wellbeing and care. Certain wards, by necessity, have their lights on all the time and these little homely gifts, with a practical purpose, bring much-needed respite for those in need of rest and recuperation.

Since November another batch of masks have been donated - but there is still so much to do! The 'Sleep Well' campaign remains active and ongoing. All three hospitals are again requesting masks; lack of sleep is known to be one of the biggest hurdles to improving a patient's hospital experience and consequently they absolutely love them! Volunteering helps to support our communities across Essex and our NHS, it serves also to improve our own sense of connection and wellbeing; doing good makes us feel good! We're changing the world, one mask at a time, brightening days and darkening nights. If you'd like to volunteer for Sleep Well, you can be assured that every mask is valued and makes a difference (patterns available on request).



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