Hints for the laundry

- Do the washing when you feel like it and when you have more time

- Plan your workload so you don't end up doing the washing and ironing on the same day

- Try and stop for a rest in between tasks

- Store washing powder, stain remover etc. near washing machine

- Fabric conditioner used in the washing machine can make ironing easier or unnecessary

- If clothes are heavily soiled or if staining is likely, wash or soak the article immediately. Try spray on stain remover

- Sit on a stool or chair to wash clothes by hand

- Sort clothes out at waist height and never on the floor

- A light weight iron and ironing board may make ironing easier

- Iron items only necessary e.g. items that only get creased, items only seen by other people
• Be sure to sit as you iron, and have lots of room to hang or fold the clothes as you iron them

• Keep iron, spray starch, coat hangers etc near ironing board

• When buying clothes look for easy care and non iron fabrics

• A home collection laundry service is particularly useful for bed linen and towels which can be heavy when wet and bulky to manage

• In your home try wearing leisure or track suits, aprons or overalls to keep washing and ironing to a minimum

NHS South of Tyne and Wear is committed to raising the standard of written information to patients, their carers, people who use the NHS and general public.

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