# Heartfelt Collection CATALOGUE

Designed with heart WORN WITH PRIDE





### Key

Wash & wear – no ironing

Contoured fitIncludes natural fibres



Suitable for warm climates

Suitable for cool climates

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Our dedication to positive ageing is woven into the homes and hearts of many Australians. It's at the heart of everything we do, and reflected in what we wear with pride.

Bringing together a collection of garments that connect us as one team, we're excited to reveal our new Heartfelt Collection. From first sketch to final stitch, this collection has been informed and designed in collaboration with employees from across our organisation.

Our journey began with focus groups, where team members provided input

into what they wanted and needed in a uniform. Then, sample garments were tested by team members through wearer trials, who shared their feedback on things like fit, functionality, comfort and style.

The final collection features interwoven hearts, reflecting our connected care and living options delivered by the combined strength of our dedicated national team. Overlaid with the wattle, a symbol of unity, our bespoke fabric is a beautiful statement of the heartfelt commitment we all share in helping people live and age positively.





## It is a shirt I would feel comfortable wearing each workday.

#### 11

Garment is better than what we currently have, I prefer the bamboo garment.

#### 

Very beautiful and smart, enjoyed wearing it while in the office space.

#### 11

Love the style of the printed blouse with pockets, it looked smart.

#### 11

My favourite so far, wore it six times altogether, it's breathable.

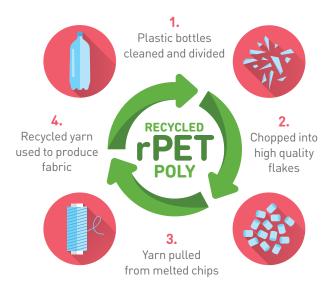
#### //

Good ventilation, the bamboo shirt was a nicer material and has good stretch to it.



### A SUSTAINABLE APPROACH

Sustainability has been stitched into every aspect of the new uniform, from the design and our choice of suppliers through to the fabric and features.



### FOR YOUR COMFORT

Each garment has been designed to maximise comfort, practicality and performance, especially in frontline care roles. They include cross-back ventilation, practical elements like deeper pockets and breathable fabrics, and come in extended sizing.

### COMMITTED TO MAKING A DIFFERENCE

#### **Eco-friendly fabrics**

Our rPET material is made from recycled plastic bottles. It is blended with bamboo, one of the fastest regenerating natural crops.

#### No hardware

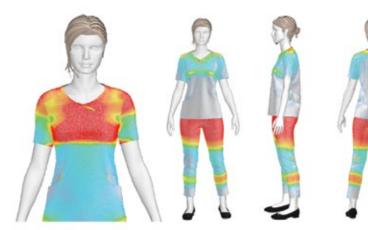
Our new Heritage Polos are designed without buttons. This minimises the manufacturing of any excess trims.

#### **Ethical practices**

Responsible and ethical sourcing and manufacturing practices are strictly maintained across the value chain.

#### **Recycling solutions**

We've implemented a recycling process for old uniforms so they don't end up in landfill, and can be transformed for use again in a range of fabric products.





The Heritage Polo proudly represents the vocation, values and history we all share as an organisation. The Care Flex symbolises our collaborative and compassionate approach to the care and support we provide.

The Joy Tunic reminds each of us of the opportunity we have to create moments of joy in every day.

### **Care Staff**

Women's Wardrobe Tops and Blouses



#### 

F467606BO Women's Care Flex Short Sleeve Top "Heartfelt" print - Charcoal 95% Recycled Polyester, 5% Elastane Size range 4-32 4 way stretch fabric "Heartfelt" pattern on sleeves and side panels Crossback mesh vents Contrast neck trim Two front pockets ID loop, side splits

SIZE	4	6	8	10	12	14	16	18
CHEST CMS	88	93	98	103	108	113	118	123
	20	22	24	26	28	30	32	
	128	133	138	143	148	153	158	



F494800B0	

Women's Heritage Short Sleeve Polo "Heartfelt" print - Charcoal 50% Recycled Polyester, 50% Bamboo Size range 4–32 Underarm breathable

mesh panel "Heartfelt" pattern on sleeves and side panels New and improved fit

Easy Care, Wash & Wear

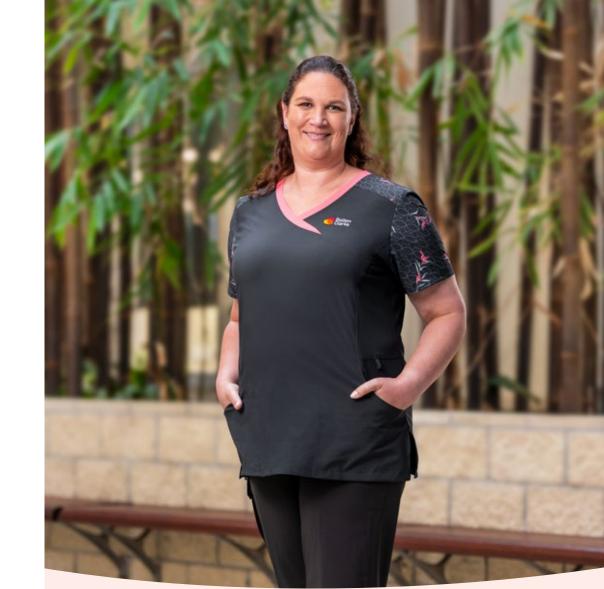
SIZE	4	6	8	10	12	14	16	18
CHEST CMS	84	89	94	99	104	109	114	119
	20	22	24	26	28	30	32	
	124	129	134	139	144	149	154	



#### F467202B0 Women's Joy Short Sleeve Tunic

"Heartfelt" print - Charcoal 100% Recycled Polyester Size range 4–32 Centre back zip "Heartfelt" pattern on sleeves and side panels Two hidden pockets Contrast neck trim Easy Care, Wash & Wear

SIZE	4	6	8	10	12	14	16	18
CHEST CMS	88	93	98	103	108	113	118	123
	20	22	24	26	28	30	32	
	128	133	138	143	148	153	158	



It's comfortable, it moves with me during the day and it's cool.

### **Care Staff**

Women's Wardrobe Tops



#### 

**MOO** 

F310512SB0

2% Elastane

Size range 4–26

collar and cuff

Easy Care

Purple

Women's Newport

Short Sleeve Shirt

65% Cotton, 33% Polyester,

Premium breathable fabric

Classic fit with front pocket

Contrast stripe inside

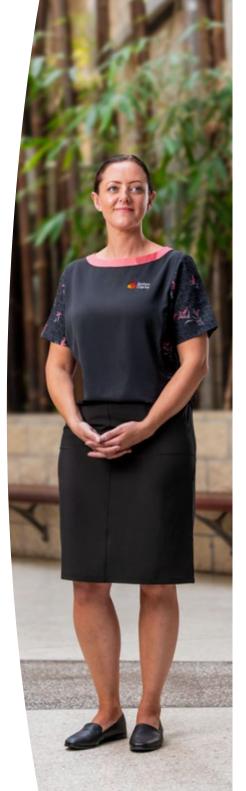
Stretch for comfort

F310425SB0 Women's Newport 3/4 Sleeve Shirt Purple 65% Cotton, 33% Polyester, 2% Elastane Size range 4–26 Premium breathable fabric Contrast stripe inside collar and cuff Stretch for comfort Classic fit with front pocket Easy Care

SIZE	4	6	8	10	12	14
CHEST CMS	89	91	96	101	106	111
	16	18	20	22	24	26
	116	123	128	133	138	143



SIZE 4 6 8 10 12 14 16 18 20 22 24 26 116 123 128 133 138 143





Charcoat
95% Polyester, 5% Elastane
Size range 4–32
Designed for Activewear
Light weight 4 way stretch fabric
Flexi waist with key loops
Two front and back pockets
Easy Care, Wash & Wear

SIZE	4	6	8	10	12	14	16	18
WAIST CMS	67	74	79	84	89	94	99	104
	20	22	24	26	28	30	32	
	109	114	119	124	129	134	139	



F267233S Women's Flexi Waist Cargo Short Charcoal 95% Polyester, 5% Elastane Size range 4–32 Pull on pant design for Activewear Light weight 4 way stretch fabric Flexi waist with key loops Two deep front pockets Side cargo pockets Easy Care, Wash & Wear

SIZE	4	6	8	10	12	14	16	18
WAIST CMS	65	70	75	80	85	90	95	100
	20	22	24	26	28	30	32	
	105	110	115	120	125	130	135	

### Women's Wardrobe

Lowers and Wet Weather Jacket

**Care Staff** 



SIZE	4	6	8	10	12	14	16	18
WAIST CMS	65	70	75	80	85	90	95	100
	20	22	24	26	28	30	32	
	105	110	115	120	125	130	135	



M894236B0

Unisex Wet Weather Jacket Graphite Black 100% Polyester showerproof outer 100% Lightweight polyester fleece lining Size range XXS–5XL Chest and front zip pockets Stowaway hood in collar Polar fleece lining Heavy weight Generous fit

SIZE	XXS	XS	S	М	L
CHEST CMS	118	124	129	132	136
	XL	2XL	3XL	4XL	5XL
	140	144	150	154	158

12

### **Administration Staff**

Women's Wardrobe Tops and Blouses



#### 

F410967SBO Women's Kayla V-Neck Pleat Blouse Dusty Rose 100% Polyester Size range 4–26 Silk-like hand feel Cap sleeves Front and back pleat Longer curved back hem Machine wash in garment bag on gentle cycle



### 

F467202BO Women's Joy Short Sleeve Tunic "Heartfelt" print - Charcoal 100% Recycled Polyester Size range 4–32 Centre back zip "Heartfelt" pattern on sleeves and side panels Two hidden pockets Contrast neck trim Easy Care, Wash & Wear

	SIZE	4	6	8	10	12	14	16	18
	CHEST CMS	88	93	98	103	108	113	118	123
ſ		20	22	24	26	28	30	32	
ſ		128	133	138	143	148	153	158	

CHEST CMS	92	100	105	110	115	120
	16	18	20	22	24	26
	125	131	138	149	148	153

SIZE 4 6 8 10 12 14





Women's Aria Fluted Sleeve Blouse Raspberry 100% Polyester Size range 4–26 Lightweight Georgette fabric Soft drape and surface texture Easy slip on top

Straight hem Wear tucked in or out Machine wash in garment bag on gentle cycle

SIZE	4	6	8	10	12	14
CHEST CMS	89	91	96	101	106	111
	16	18	20	22	24	26
	116	123	128	133	138	143

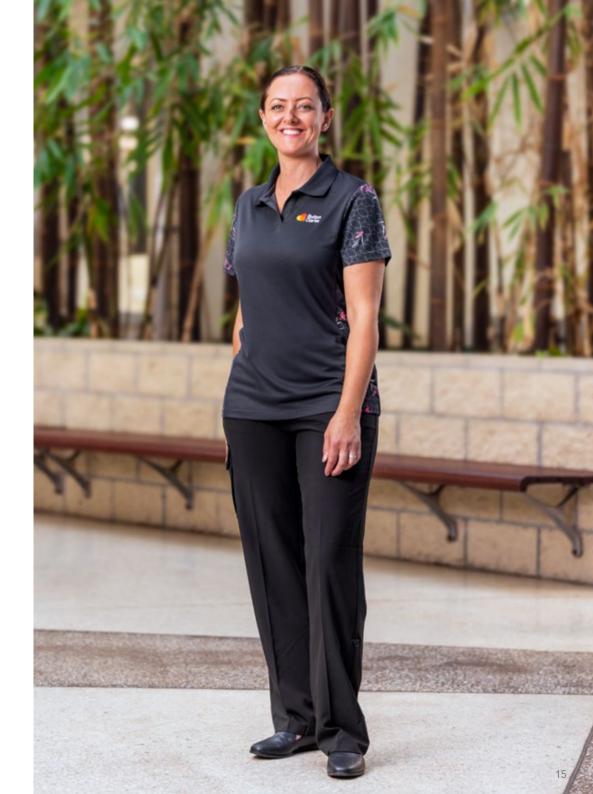


### 

F494800B0 Women's Heritage Short Sleeve Polo

"Heartfelt" Print - Charcoal 50% Recycled Polyester, 50% Bamboo Size range 4–32 Underarm breathable mesh panel "Heartfelt" pattern on sleeves and side panels **New and improved fit** Easy Care, Wash & Wear

SIZE	4	6	8	10	12	14	16	18
CHEST CMS	84	89	94	99	104	109	114	119
	20	22	24	26	28	30	32	
	124	129	134	139	144	149	154	



### **Administration Staff**

Women's Wardrobe Tops



#### 

F310425SB0 Women's Newport 3/4 Sleeve Shirt Purple 65% Cotton, 33% Polyester, 2% Elastane Size range 4–26 Premium breathable fabric Contrast stripe inside collar and cuff Stretch for comfort Classic fit with front pocket Easv Care

SIZE	4	6	8	10	12	14
CHEST CMS	89	91	96	101	106	111
	16	18	20	22	24	26
	116	123	128	133	138	143



### TP ( C) (C)

Women's Newport Short Sleeve Shirt Purple 65% Cotton, 33% Polyester, 2% Elastane Size range 4–26 Premium breathable fabric Contrast stripe inside collar and cuff Stretch for comfort Classic fit with front pocket Easy Care

SIZE 4 6 8 10 12 14 16 18 20 22 24 26 116 123 128 133 138 143





#### F267409S

Women's Corporate Straight Leg Pant Charcoal 50% Wool, 45% Polyester, 5% Lycra Size range 4-34 Classic tailored styling Two front pockets Belt loops



**Administration Staff** 

Women's Back Pleat Skirt Charcoal 50% Wool, 45% Polyester, 5% Lycra Size range 4–32 Corporate styling Front pockets Back pleats for easy movement Belt loops Stretch lining

Women's Wardrobe

Lowers

SIZE	4	6	8	10	12	14	16	18
WAIST CMS	65	70	75	80	85	90	95	100
	20	22	24	26	28	30	32	34
	105	110	115	120	125	130	135	140

20 22 24 26 28 30 32



### 

F267222S Women's Flex Waist Cargo Pant Charcoal 95% Polyester, 5% Elastane Size range 4-32





SIZE 4 6 8 10 12 14 16 18 WAIST CMS 65 70 75 80 85 90 95 100 20 22 24 26 28 30 32

> Women's Flexi Waist Cargo Short Charcoal 95% Polyester, 5% Elastane Size range 4–32 Pull on pant design for Activewear

Light weight 4 way stretch fabric Flexi waist with key loops Two deep front pockets Side cargo pockets Easy Care, Wash & Wear

SIZE 4 6 8 10 12 14 16 18 WAIST CMS 65 70 75 80 85 90 95 100

SIZE	4	6	8	10	12	14	16	18
WAIST CMS	65	70	75	80	85	90	95	100
	20	22	24	26	28	30	32	
	105	110	115	120	125	130	135	

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#### All Staff Women's Knitwear and Outerwear



## F679201B0

Women's Cardigan With Front Pockets Black 50% Wool, 50% Acrylic Size range 2XS - 8XL Button front Flattering V-Neck Front waist level pockets



F167901B0 Women's Soft Shell Vest Black 97% Polyester, 3% Spandex Size range 4-32 Zip front closure Two concealed zippered front pockets Micro fleece lining Wind & shower proof Mandarin collar

SIZE	XXS	XS	S	М	L	XL	2XL
CHEST CMS	90	95	100	105	110	115	120
	3XL	4XL	5XL	6XL	7XL	8XL	
	125	130	135	140	145	150	

SIZE	4	6	8	10	12	14	16	18
CHEST CMS	92	96	100	104	109	114	119	124
	20	22	24	26	28	30	32	
	129	134	139	144	149	154	159	



F167903BO Women's Soft Shell Zip Jacket Black 97 % Polyester, 3% Spandex Size range 4–32 Subtle, stylish and contemporary Soft shell jacket Zip front closure Two concealed zippered front pockets Micro fleece lining Wind & shower proof Mandarin collar

SIZE	4	6	8	10	12	14	16	18
CHEST CMS	92	96	100	104	109	114	119	124
	20	22	24	26	28	30	32	
	129	134	139	144	149	154	159	



I love the pop of colour and being able to mix and match wardrobe items.

### **Administration and Care Staff**

Men's Wardrobe Shirts



#### 

M310522SBO Men's Newport Short Sleeve Shirt Purple 65% Cotton, 33% Polyester, 2% Elastane Size range XS–5XL Premium breathable fabric Contrast stripe inside collar and cuff Stretch for comfort Classic fit with front pocket Gentle machine wash and cool iron



 SIZE
 SM
 MD
 LG
 XL

 CHEST CMS
 103
 108
 113
 120

 2XL
 3XL
 4XL
 5XL

### 

M494899BO Men's Heritage Short Sleeve Polo

"Heartfelt" print - Charcoal 50% Recycled Polyester, 50% Bamboo

Size range SM–5XL Underarm breathable mesh panel "Heartfelt" pattern on sleeves and side panels Classic fit Easy Care, Wash & Wear

SIZE	XS	SM	MD	LG	XL
CHEST CMS	73	77	81	85	89
	2XL	3XL	4XL	5XL	
	93	97	101	105	



M310520SB0

and cool iron

Men's Newport Long Sleeve Shirt Purple 65% Cotton, 33% Polyester, 2% Elastane Size range XS-5XL Premium breathable fabric Contrast stripe inside collar and cuff Stretch for comfort Classic fit with front pocket Gentle machine wash

 SIZE
 XS
 SM
 MD
 LG
 XL

 CHEST CMS
 73
 77
 81
 85
 89

 ZXL
 3XL
 4XL
 5XL
 54

 93
 97
 101
 105
 54



### **Administration and Care Staff**

Men's Wardrobe Lowers



#### M267244S Men's Flex Cargo Stretch Short Charcoal

80% Polyester, 18% Viscose, 2% Spandex Size range 72–137 Designed for Activewear Two front and back pockets Two deep front pockets Easy Care, Wash & Wear.



M267609S Men's Corporate Straight Leg Pant Charcoal 50% Wool, 45% Polyester, 5% Lycra Size range 74R - 119R Corporate styling Belt loops

SIZE	74	79	84	89	94
WAIST CMS	74	79	84	94	99
	99	104	109	114	119
	99	104	109	114	119





Men's Flex Cargo Stretch Pant
Charcoal
95% Polyester, 5% Elastane
Size range 72–132
Designed for Activewear
Light weight 4 way stretch fabric
Two front and back pockets
Two deep front pockets
Easy Care, Wash & Wear

SIZE	72	77	82	87	92	97	102
WAIST CMS	72	77	82	87	92	97	102
	107	112	117	122	127	132	
	107	112	117	122	127	132	



All Staff Accessories



 $\mathbf{3}$ M910BEANBO Unisex Streetworx Beanie 100% Acrylic knit One size



O M934247SB0 Unisex Wide Brim Hat Black Size range S–XL

	SIZE	S	М	L	XL
HE	AD CIRCUMFERENCE CMS	55	57	59	61

### All Staff

Men's Wardrobe Knitwear and Outerwear



### 

M679911B0 Men's V-Neck Pullover Charcoal 50% Wool, 50% Acrylic Size range XS–5XL Classic V-Neck Rib neck and basque Machine washable



### 

Unisex Wet Weather Jacket

Graphite Black 100% Polyester showerproof outer 100% Lightweight polyester fleece lining Size range XXS–5XL Chest and front zip pockets Stowaway hood in collar Polar fleece lining Heavy weight Generous fit

Men's Soft Shell Jacket

Size range XS–7XL

Two front zip pockets

Wind & shower proof

Micro fleece lining

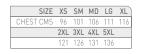
Mandarin collar

Zip front closure

97% Polyester, 3% Spandex

M167300B0

Black





CHEST CMS 103 108 113 118 123 128 133

M167800B0 Men's Soft Shell Vest Black 97% Polyester, 3% Spandex Size range XS–4XL Zip front closure Two concealed zippered front pockets Micro fleece lining Wind & shower proof Mandarin collar



SIZE XXS XS S M L

XL 2XL 3XL 4XL 5XL 140 144 150 154 158

SIZE	XS	SM	MD	LG	XL	2XL	3XL	4XL
MS	103	108	113	118	123	128	133	138





### Maintenance Staff

Unisex Shirts and Lowers



SIZE SM

XL

MD

2XL

LG

3XL

M319LH1SB0 FXD Long Sleeve Shirt Khaki Cotton - 180gsm 360 degree stretch Size range S–3XL Roll up sleeve option Drop tail Dual pockets Triple needle seams Tailored fit



**MOO** M319SH1SB0 FXD Short Sleeve Shirt Khaki Cotton - 180gsm 360 degree stretch Size range S-3XL Drop tail Dual pockets

SIZE SM MD LG 97-100 2XL 3XL XL

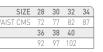


M219WS3S FXD WS 3 Work Short Black 360 degree stretch reversed twill Size range 28-40 Generous fit Dual reinforced pockets Triple needle seams, YKK zips Back yoke & stretch

knee panels Functional & durable performance

SIZE	28	30	32	34
WAIST CMS	72	77	82	87
	36	38	40	
	92	97	102	





#### M219WP3S

FXD WP 3 Work Pant Black 295gsm stretch cotton canvas Size range 28-40 Regular fit, slimmer leg

Reinforced pockets Triple needle seams, YKK zips Back yoke & stretch knee panels

Functional & durable performance





### Maintenance Staff





M219WP1S FXD WP 1 Work Pant Black DURA500™ reinforced pockets, heels and knee pad pockets Size range 28-40 Multiple utility pockets YKK nylon zip fly Stress point bar-tacks Triple needle seams Functional & Durable Performance

SIZE	28	30	32	34
WAIST CMS	72	77	82	87
	36	38	40	
	92	97	102	



M219LS1S FXD LS 1 Light Weight Short Black 125gsm quick dry lightweight taslon Size range 28-40 Generous Fit Double layer internal pocket & multiple utility pockets Stretch Back, stress point Tbar Triple needle seams, YKK zips Functional Lightweight Short

SIZE	28	30	32	34
WAIST CMS	72	77	82	87
	36	38	40	
	92	97	102	

### Chefs

Unisex Jacket, Cap and Lowers



### M1838385B0

Mesh Air Pro Long Sleeve Chef Jacket Slate Polyester/Cotton with Texpel stain resistant finish Size range S–3XL Mesh Air aerated mesh fabric Underarm gusset

Underarm gusset to increase air flow Concealed stud front Slim fit design

#### SIZE SM MD LG XL 2XL 3XL CHEST CMS 100 108 116 124 132 140





M201501S **Unisex Chef Pant** Black 65%, Polyester, 35% Cotton Size range XS-4XL Elastic drawstring waist





Mesh Air Pro Short Sleeve Chef Jacket Slate

Size range S–3XL Polyester/Cotton with Texpel stain resistant finish Mesh Air aerated mesh fabric Underarm gusset to increase air flow Apron tab ensures secure placement of apron Concealed stud front Slim fit design Sleeve pocket

SIZE	SM	MD	LG	XL	2XL	3XL
CHEST CMS	5 100	108	116	124	132	140





I like that there is a short sleeve and long sleeve option available depending on what I need.

### Food Assistants and **Housekeeping Staff**

Women's and Men's Wardrobe Polos



#### F494800B0

Women's Heritage Short Sleeve Polo "Heartfelt" print - Charcoal 50% Recycled Polyester, 50% Bamboo Size range 4–32 "Heartfelt" pattern on sleeves and side panels Underarm breathable mesh panel New and improved fit Easy Care, Wash & Wear

SIZE 4 6 8 10 12 14 16 18 CHEST CMS 84 89 94 99 104 109 114 119 20 22 24 26 28 30 32 124 129 134 139 144 149 154

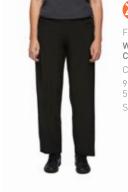






#### Men's Heritage Short Sleeve Polo "Heartfelt" print - Charcoal 50% Recycled Polyester, 50% Bamboo Size range SM-5XL "Heartfelt" pattern on sleeves and side panels Underarm breathable mesh panel Classic fit Easy Care, Wash & Wear

ZE	SM	MD	LG	XL
٩S	103	108	113	120
	2XL	3XL	4XL	5XL
	407	400	411	450



SIZE	4	6	8	10	12	14	16	18
WAIST CMS	65	70	75	80	85	90	95	100
	20	22	24	26	28	30	32	
	105	110	115	120	125	130	135	



Women's Flex Waist Cargo Pant Charcoal 95% Polvester. 5% Elastane Size range 4–32



F267233S Women's Flexi Waist Cargo Short Charcoal 95% Polyester, 5% Elastane Size range 4–32 Pull on pant design for Activewear Light weight 4 way stretch fabric Flexi waist with key loops Two deep front pockets Side cargo pockets Easy Care, Wash & Wear

lowers

SIZE	4	6	8	10	12	14	16	18
WAIST CMS	65	70	75	80	85	90	95	100
	20	22	24	26	28	30	32	
	105	110	115	120	125	130	135	



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### Food Services -Signature Range

Women's and Men's Wardrobe Shirts and Aprons



M996HENBO Henry Bib Apron Charcoal One size Polyester/Cotton

Linen look Adjustable cross-back straps Practical spacious front pocket Chest pen pocket Easy Care, Wash & Wear



### ATA

M96WAISTBO Henry Waist Apron Charcoal One size Polyester/Cotton Antique gold reinforced press stud detail Practical spacious front pocket Leather look straps





	J
1	Cotton rich fabric
-	Cool and dry
1	Added stretch for comfort
	Subtle modern detailing with self-colour stitching
	Classic Fit

SIZE	SM	MD	LG	XL	2XL	3XL	4XL	5XL
CHEST CMS	109	114	119	127	135	143	151	159
NECK CMS	40	42	44	46	48	50	52	54



Women's Charlie 3/4 Sleeve Shirt 60% Cotton. 40% Polyester Mechanical stretch Size Range 4 - 26 Cotton rich fabric Cool and drv Concealed front placket Semi Fitted Style

SIZE	4	6	8	10	12	14
CHEST CMS	91	93	98	103	108	113
	16	18	20	22	24	26
	118	125	130	135	140	145

### Food Services -Signature Range



M310S68SB0 Men's Charlie Classic Fit Short Sleeve Shirt 60% Cotton. 40% Polyester Mechanical stretch Size Range SM - 5XL Cotton rich fabric Cool and dry Added stretch for comfort Subtle modern detailing with self-colour stitching Classic Fit

SIZE	SM	MD	LG	XL	2XL	3XL	4XL	5XL
CHEST CMS	109	114	119	127	135	143	151	159
NECK CMS	40	42	44	46	48	50	52	54



Women's Charlie Long Sleeve Shirt 60% Cotton, 40% Polyester Mechanical stretch Size Range 4 - 26 Cotton rich fabric Cool and drv Concealed front placket Semi Fitted Style

SIZE	4	6	8	10	12	14
CHEST CMS	91	93	98	103	108	113
	16	18	20	22	24	26
	118	125	130	135	140	145

### Food Assistants and **Housekeeping Staff**

Men's Wardrobe lowers



Men's Flex Cargo Stretch Pant Charcoal 95% Polyester, 5% Elastane Size range 72–132 Designed for Activewear Light weight 4 way stretch fabric Two front and back pockets Two deep front pockets Easy Care, Wash & Wear



#### **BAC** M267244S Men's Flex Cargo Stretch Short Charcoal

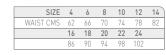
80% Polyester, 18% Viscose, 2% Spandex Size range 72–137 Designed for Activewear Two front and back pockets Two deep front pockets Easy Care, Wash & Wear

SIZE	72	77	82	87	92	97	102
WAIST CMS	72	77	82	87	92	97	102
	107	112	117	122	127	132	
	107	112	117	122	127	132	

SIZE	72	77	82	87	92	97	102
WAIST CMS	72	77	82	87	92	97	102
	107	112	117	122	127	132	137
	107	112	117	122	127	132	137











**Maternity** 

Lowers and Top

SIZE	4	6	8	10	12	14
WAIST CMS	76	80	84	88	92	96
	16	18	20	22	24	
	100	104	108	112	116	

### **Volunteers**

Unisex Polo



M488M05BC Unisex Volunteer **Contrast Polo** Cerise / Grey 100% Polyester Micro Interlock Size range S-5XL Cool Air Flow Fabric Flattering Contrast Panels Easy Care, Wash & Wear

SIZE S M L XL 2XL 3XL 4XL 5XL CHEST CMS 104 109 114 119 126 140 146 154



F488M43SB0 Maternity Ruched Side T-Top 60% Viscose, 40% Polyester Round Neck Long Line Top Size range 6-20 Side ruching feature Comfortable stretch jersey

SIZE 6 8 10 12 14 16 18 20 CHEST CMS 70 75 80 85 90 95 100 105

### **Garment Care**

#### Garment care

- Always refer to the care label on the inside of each garment for specific instructions
- Hang garments on appropriate hangers

#### Ironing

- Iron wool-rich garments inside out to avoid unwanted shine
- Synthetic fabrics should be ironed on low temperatures
- Use of a pressing cloth will help to avoid fabric shining, particularly for wool and polyester garments

#### Machine washing

- Do not let garment get too dirty before washing
- Empty the pockets, unfasten the buttons and lift the collar of shirts before washing
- All garments are washed using cold water unless otherwise stated on the garment care label
- Separate whites from coloured garments

#### Dry cleaning

• Scarves should be dry cleaned only

#### Stains

• Pre-wash spray is recommended for stain removal

#### Shirts

- Always iron the collar away from the point. This prevents creasing on the collar
- High alkaline anti-perspirants should be avoided to reduce permanent stains appearing under arms

#### Trousers and skirts

- Hang your trousers full length from the bottom. This will help creases to drop out and prevent hanger marks
- If you need to re-crease your pants press one leg at a time
- Place a clean tea-towel or cloth over the trousers/skirt. Spray lightly with water and then iron
- Steam your trousers/skirts in the bathroom
- Let your trousers/skirts hang out of the wardrobe overnight to air after wearing
- Never hang in direct sunlight

#### Knitwear

- To dry, lie your knitwear flat on a naturalfibre towel, away from direct sunlight
- Store your knitwear only after it is completely dry
- Do not spin or tumble dry knitwear
- Always fold and store flat
- Remove pilling, loose fibres with a de-pilling comb



### **Measurement Guidelines**

Here are some tips for measuring.

Using the correct measuring method will help you to make informed choices for your wardrobe selection.

It is important to measure yourself in the correct places as this will impact how well your wardrobe items fit.

Use a tape measure, keeping the tape taut but not stretched, ask a family member or friend to help you if necessary.

Record your measurements in centimetres.

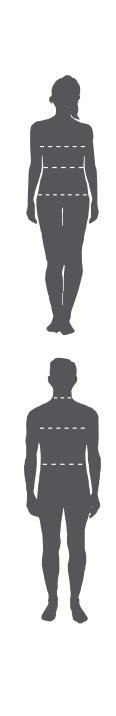
#### Women

- Waist measure where your skirt or pant waistband usually sits, while holding two fingers between your body and the tape. Keep in mind that items are designed to be fastened at the waist, not the hips or above the waist. This reflects a classic fit.
- Bust measure under your arms and around the fullest part of your chest, across the bust line. Hold two fingers between the body and the tape.
- Hips measure around the fullest part of your hips (about 20 to 24cms down from the waist) while standing naturally. Hold two fingers between the body and the tape.

#### Men

- Neck measure around the middle of your neck at collar level, keeping the tape loose to make allowance for comfort.
- Chest measure under your arms and around the fullest part of your chest. Hold two fingers between the body and the tape.
- Waist measure over your shirt at the position your trousers would normally sit. Hold two fingers between the body and the tape.

Once you have your individual measurements, refer to the sizing chart for each garment to find the correct sizes for you.







HEART OF POSITIVE AGEING