

SEWING: INTRODUCTION TO SEWING

01. Who is this course for?

During the course you will learn how to: • Thread up a sewing machine • Sew straight, neat seams with the correct seam allowance. • Learn the basic techniques of sewing • Cut fabric using a pattern • Make items from scratch! • Make a simple garment for yourself

02. What will I learn?

This course is for anyone who wants to learn to sew! You will gain skills in hand and sewing machine sewing techniques through small projects which will gradually increase your sewing ability and confidence.

03. How will I learn?

You'll be able to keep track of your progress with: Written and photographic records Feedback from the tutor One to one & group discussions. Peer assessment Individual Learning Plan

04. What will I need to bring?

Although there is some equipment (but not fabric) to borrow at the sessions, you are advised to bring your sewing kit with scissors, pins, tape measure, tailor's chalk and hand sewing needles. You may bring your own sewing machine if you wish but course machines are available to use in the sessions. You will need fabric for each project but the tutor will advise you each week what is needed.

05. What skills or experience do I need?

No sewing experience is needed. This course is especially for beginners so you will learn the basics and progress from there.

08. How will I be supported in my learning?

Once you start, if you have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.