

## **REUSE FABRIC - MAKE A PAIR OF TROUSERS (ALL GENDERS)**

### **01. Who is this course for?**

This course is for budding garment makers. You will be able to make a pair of unisex, casual full length or cropped trousers, or shorts, with an elasticated waist and two types of pocket. You'll be encouraged to make use of existing fabric such as bedlinen or curtaining to reduce the impact on the environment. The pattern can accommodate sizes from approx. 70cm waist/83cm hip to 140cm waist/153cm hip

### **02. What will I learn?**

You will learn how to make use of existing fabric you have at home, cut fabric using a pattern or measurements, sew straight, create neat seams with the correct seam allowance, make buttonholes, insert a zip, finish raw edges on the inside of your item and make a useful item from scratch.

### **03. How will I learn?**

This course combines tutor-led activities with independent learner projects. Learners will be supported through class demonstrations and 1:1 assistance to develop their skills and create their own pieces. Learners will receive regular verbal and written feedback on their progress. Please avoid taking holidays during the course. Missed lessons can affect funding for adult learning courses.

### **04. What will I need to bring?**

Please bring; approx. 2.5m of fabric for trousers or approx. 2.1m for shorts. Suggested fabrics: medium to heavyweight cotton or linen, corduroy, needlecord and similar woven fabrics. You can use more than one fabric from home, such as curtains or heavier-weight bedlinen; Gütermann thread or Moon thread; enough 3cm elastic to go round your waist; a sewing kit with scissors, pins, tape measure, tailor's chalk and hand sewing needles. Machines are available to use in the sessions.

### **05. What skills or experience do I need?**

You must have recent experience of using a sewing machine as you will not be taught how to thread up a machine or how to use it, but your tutor will guide you if you need reminders or support.

### **06. How will I be assessed?**

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the tutor will take place throughout the course, both individually and in groups. Your progress may also be documented through photographic evidence.

### **07. What could I do after this course?**

Learning for Wellbeing provide a wide range of sewing courses, including; Start to Sew with your Machine, Asian Fashion – Salwar Kameez, Reuse Fabric – Make a Shirt (all genders) 24LB405P. Or why not try something else from the Learning for Wellbeing curriculum. There is a wide range of art, craft, sewing, cookery, dance and creative arts courses for you to continue developing your skills while improving your wellbeing. Courses are available to search on the GoLearn website.

## **08. How will I be supported in my learning?**

We aim to support all learners to succeed. Our tutors will work with all learners to meet individual needs by using a range of resources and teaching methods. When you enrol on your course you will be asked if you have any additional learning needs or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners, this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

## **09. Is help available with course fees?**

Many of our courses are FREE to all learners. For fee-paying courses, if you are in receipt of state benefits or have a low income (£26,211.90 before deductions) you could be entitled to enrol on your course for FREE, or at a 70% Reduced Fee cost. If your course is accredited (working towards a formal qualification) your course may be FREE if you earn under £25,000 before deductions. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

## **10. How do I choose the right course for me?**

If you are unsure about which course may be right for you, our team of Learning and Work Advisers are on hand to offer FREE and impartial information, advice and guidance on learning and work options available to you. To book your free, confidential, and impartial appointment, please call FREEphone 0800 988 0308 or email [LALS.LWA@leics.gov.uk](mailto:LALS.LWA@leics.gov.uk).