

SEWING FOR WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Sewing for Wellbeing	14/09/2026	07/12/2026	ENDERBY ADULT LEARNING CENTRE	189.60
Sewing for Wellbeing	04/01/2027	15/03/2027	ENDERBY ADULT LEARNING CENTRE	158.00
Sewing for Wellbeing	12/04/2027	28/06/2027	ENDERBY ADULT LEARNING CENTRE	158.00

01. Who is this course for?

This course has been developed for learners who would like to learn some sewing techniques, by hand and with a sewing machine, and to make some simple, creative, useful items.

02. What will I learn?

The aim of the course is to learn how to support your own mental wellbeing through mindful sewing activities whilst making items for decoration and for the home.

03. How will I learn?

This is a tutor led course. You will learn through 1:1 Support, demonstrations by the tutor. You will also receive regular feedback on progress.

04. What will I need to bring?

Please bring any spare pieces of fabric you have, a pair of sewing scissors, stitch ripper, a sketch book for creating ideas, sewing thread, embroidery thread. We can supplement anything you may not have.

05. What skills or experience do I need?

You will need to be interested in sewing but you don't need to have advanced sewing skills, you will be supported to use a sewing machine if you haven't previously.

06. How will I be assessed?

Tutors will use 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 will also be documented through photographic evidence.

07. What could I do after this course?

The Sewing for Wellbeing course can be repeated twice. If you have completed all courses available in your current subject, other subjects are available. The Learning for Wellbeing curriculum offers a wide range of art, craft, sewing, cookery, dance and creative arts courses for you to continue developing skills specifically aimed at

improving your wellbeing. Courses are available to search on the GoLearn website on the 'courses' tab. GoLearn! offers courses in different curriculum areas: Mental Health, Learning for Independence (learners with learning differences), Skills for Life (English and Maths), EDS (Employment and Digital skills), ESOL English for Speakers of Other Languages, Languages – learn another language including British Sign Language, Family Learning – learn how your children learn or learn with your children, Work Based Learning apprenticeships

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.

09. Is help available with course fees?

Many of our courses are FREE to all learners. Your course may be FREE if you are unemployed or earn under £26,800 before deductions. If you are in receipt of state benefits or have a low income (£28,733.50 before deductions) you could be entitled to enrol on your course at a 70% reduced fee cost. 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 Business Support team are on hand to offer FREE and impartial information, advice and guidance on the options available to you. Please call FREEphone 0800 988 0308 or email adult.learning@leics.gov.uk