

Adult Learning - Course Information Sheet



SCB1DA04 - Hand Sewing For Beginners

Beanfield Community Centre
Beanfield Avenue

Corby
Northants
NN18 0AX **Room**

Start Date: 10 January 2022
End Date: 07 February 2022
Start Time: 2:00PM
End Time: 4:00PM
Day: Monday
Sessions: 5
Tutor: Mrs Karen Lloyd

Course aim

This course is to learn more about the subject and develop new skills. We will be looking at various sewing methods to upcycle fabrics which you already have. All sewing will be done by hand which, with practice, can be a very therapeutic activity.

Course Outcomes

- Be able to complete a piece of patchwork using paper piecing techniques
- Make Japanese fabric flowers
- Discuss and use various methods for mending and upcycling items of clothing, including embellishment, applique and embroidery.

How will the course be taught?

This course will be taught face to face using group and one to one tuition, demonstration and practical activities.

What do I need to bring / have ready?

We recommend that you have a pen and notepad to hand during the sessions. Please also have available a selection of cotton/polycotton fabrics which you are happy to cut up and upcycle, e.g., old skirts, blouses, mens' shirts, duvet cover/pillowcase/sheet. (Polyester fabrics and upholstery fabrics are more tricky to work with if this is new to you). If you already have fabrics you would like to use, bring them along too. You will also need sewing needles, pins, scissors, sewing thread, embroidery thread, paper, pencil and a ruler.

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefivestopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Further Information

This course is suitable for beginners and intermediate skill level.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

