

# Adult Learning - Course Information Sheet



## SCB2DA01 - Sewing - Upcycling Your Home

### Beanfield Community Centre

Beanfield Avenue

Corby

Northants

NN18 0AX

Room

Start Date: 22 February 2022

End Date: 29 March 2022

Start Time: 12:30PM

End Time: 2:30PM

Day: Tuesday

Sessions: 6

Tutor: Mrs Karen Lloyd

### Course aim

Using your sewing machine you will create new items for your home from old materials. This course is suitable for anyone who is confident to use their sewing machine to sew straight lines. It is also suitable for those with more confidence in using their sewing machines.

### Course Outcomes

You will discover how old clothing, curtains and bedding can be upcycled.

You will gain experience in making simple paper patterns as the baseline for your project.

You will make a peg bag and a doorstep using repurposed fabrics.

You will learn to make at least 2 different types of cushion cover from the following - envelope, zipper, oxford, ties.

You will gain new ideas throughout the course for further upcycling ideas

### How will the course be taught?

The course will be taught using zoom as the online platform. Course information will be shared weekly via a padlet board, which you will learn about. The tutor is always available via email to answer any questions.

### What do I need to bring / have ready?

You will need a sewing machine in good working order. It is useful to have the instruction booklet to hand in case you have any problems with your machine. A sturdy needle (90) for your machine would be useful for sewing thicker fabrics. You can buy a pack of needles which usually include 80s and a 90.

You will also need: a good pair of dressmaking/fabric scissors, thread for your machine, pins, paper for making pattern, pencil, paper scissors, fabric – old curtains, old clothing, ideally not stretchy, and duvet covers/sheeting are perfect for these projects. Access to an iron for some projects will be needed. You will need a coat hanger for the peg bag, and cushion fillers for the cushions. I often repurpose old cushions or pillows or even old duvets!

We will start on the doorstep in the first week – you will need two pieces of your chosen pattern fabric 25cm x 25cm, two pieces of plain fabric 25cm x 25cm for the inner, some rice/sand/small gravel and a plastic bag, plus your sewing kit and machine.

### 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](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://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 session. For information on how to keep safe online, go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

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/>