

Wellbeing: Meet the Sewing Machine – learn to sew

Course overview

This short course will introduce you to the parts of the sewing machine and their names. You will learn the first steps in properly using a sewing machine and learn how to sew evenly. This course is ideal for anyone who has always wanted to use a sewing machine or who wants to develop their sewing skills and is a great first step in developing your confidence with using a sewing machine and creating the clothes, accessories and furnishings you want.

What will I study?

You will:

- Be introduced to the anatomy of the sewing machine
- Learn how to sew straight stitches
- Learn how to create a variety of seams
- Be introduced to patchwork techniques

Assessment method

You will participate in sewing activities, brief discussions and Q&A and receive support from the tutor throughout.

Entry requirements

This course is open to all. The ability to follow instructions given in English is essential.

What should I bring with me?

Please also bring a pen and you may like to bring your chosen method of note-taking such as notebook or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will be postponed.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to Read A Sewing Pattern, Wellbeing or CPD courses or be signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



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