

# Wellbeing: Meet the Sewing Machine – learn to sew

## Course overview

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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 anyone who has always wanted to use a sewing machine confidently 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?

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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

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

## Entry requirements

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This course is open to all. Only one child per parent.

## What should I bring with me?

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

## Key information

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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

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

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722