

# Wellbeing: Learn to Read a Sewing Pattern

## Course overview

---

One you are familiar with your sewing machine many people want to go on to create more complex items which require a pattern. Sewing patterns often have notations and options which are hard to understand. In this workshop you will learn to read a sewing pattern and understand what the symbols and different lines mean. You will use this knowledge to sew a practice item.

## What will I study?

---

You will:

- Identify the meaning / instruction of different pattern notations
- Recap the basics of safely using a sewing machine
- Use a pattern to cut and sew a practice item

## Assessment method

---

You will participate in discussions, Q&A and sewing activities and will 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?

---

You can bring 1 yard (or 1 metre) of fabric of your choice. This could be new or upcycled from a sheet or pillow case. 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 other 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.



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



call: 020 8270 4722