

# Wellbeing: Getting Started with Machine Sewing – Taster

## Course overview

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This short course will get you started with what you need for frustration free machine sewing!

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 parts of the sewing machine
- Be able to correctly thread a machine
- Be able to adjust thread tension
- Sew in straight lines
- Create neat seams

## 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. You must be able to understand enough English to follow safety instructions.

## 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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During this course, you will be given advice and guidance on other suitable sewing courses, wellbeing courses or wider college courses.

## 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