

Wellbeing: Sewing – Letting Down, Letting Out

Course overview

Sometimes we need or want to make small adjustments to our or our children's clothing, especially if we took them up or in at the start of the school year.

Being able to alter clothing allows us to adjust clothes for changes in size and can make it look better. These skills us to thrift our clothes and make them a perfect fit or make the most of school uniform swaps.

What will I study?

- Hand sewing techniques
- Measure and marking
- Making the right adjustment without identifying marks

Assessment method

- You will make alterations, participate in Q&As and receive verbal feedback from the tutor throughout.

Entry requirements

This course is open to all. You will need to understand English in order to follow safety instructions.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet. You can bring your own garment with you to adjust if you wish.

Key information

Possible next steps

During this course, you will be given advice and guidance on other wellbeing courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722