

Wellbeing: Sewing – Taking Up, Taking In

Course overview

Sometimes we need or want to make small adjustments to our or our children's clothing but don't have the confidence to give it a go. Being able to adjust clothing can make it look better and also enables us to thrift our clothes and make them a perfect fit, have more choice at school uniform swaps or get them a little larger to allow room for growth.

What will I study?

- Hand sewing techniques
- Measuring and marking
- Pinning for the right adjustment

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 safety instructions in English.

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