

Wellbeing: Developing Your Sewing Skills

Course overview

Would you like to be able to make your own things? Make more complex adjustments to new or thrifted clothing? Make soft furnishings? Then this is the course for you.

This course will develop your skills and confidence to enable you to become more adventurous in your sewing.

Ideally, you should have completed the taster, completed one of our first steps courses (meet the sewing machine or get started with machine sewing) or be able to use a sewing machine.

What will I study?

You will:

- Be able to correctly adjust your machine for different fabrics
- Be able to correctly select and use a range of stitch styles
- Create different seam types
- Use some of the more advanced features of a sewing machine
- Learn tips and tricks for a more finished looking item

Assessment method

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

Entry requirements

This course is open to all. You must be able to understand enough English to follow safety instructions.

What should I bring with me?

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

Key information

You will need to bring a fabric of your choice to create the project you have chosen.

Possible next steps

During this course, you will be given advice and guidance on other suitable CPD, Wellbeing courses or wider courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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