

## Wellbeing: Next steps in machine sewing

### Course overview

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This course is for those who can already use a sewing machine or who have completed one of our first steps courses (meet the sewing machine or get started with machine sewing). It will develop your skills and confidence to enable you to become more adventurous in your sewing.

### What will I study?

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You will:

- Be able to correctly adjust thread tension
- Be able to correctly select and use a range of stitch styles
- Create different seam types
- Use some of the features of a sewing machine
- Identify when to use different feet and needle sizes

### 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. Only one child per parent.

### 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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You will need to bring the fabric of your choice for the project item you choose to sew.

## Possible next steps

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

## 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