

Wellbeing: Sewing – Upcycling clothes for more use

Course overview

Just because something no longer fits or is no longer suitable to wear does not mean that it is no longer useful. Clothes and fabrics can be upcycled into new garments, household items, children's toys or even memory keepsakes.

What will I study?

- Identifying when clothes can be upcycled
- What can be made from different types of fabrics
- Tools needed for different types of upcycling
- How to plan an upcycling project

Assessment method

- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout.

Entry requirements

This course is open to all. You will need to understand English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

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



call: 020 8270 4722