

Course Information Sheet

Wellbeing Through Sewing



AE09E23A

Venue Hyde Park House	Start Date	17 Sept 2024 18:00
	End Date	22 Oct 2024 20:30
	Fee	Full fee £55 Concession £21
	Materials	£10

[OCSW AE09E23A Wellbeing through Sewing \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Stitch your way to stress relief and self-expression with Wellbeing Through Sewing! This 6-week course for beginners teaches essential sewing skills while promoting relaxation, mindfulness, and a sense of accomplishment.

Course Description:

Feeling overwhelmed? Our Wellbeing Through Sewing course offers a calming and creative outlet for managing stress and boosting your well-being. This beginner-friendly course is designed to guide you through the fundamentals of sewing, from selecting fabrics and tools to mastering basic stitches and techniques. Learn at your own pace and discover the joy of creating beautiful and functional projects while practising mindfulness and reducing stress. By the end of the course, you'll have completed several sewing projects to take home, along with newfound skills and a sense of creative empowerment.

What will I learn?

- **Week 1: Introduction to Sewing & Mindfulness:** Explore the history and therapeutic benefits of sewing. Learn about essential sewing tools and materials. Practise basic sewing techniques and mindfulness exercises.
- **Week 2: Mastering Basic Stitches:** Learn the essential stitches used in sewing projects, including straight stitch, backstitch, and whip stitch. Practice techniques on sample fabrics.
- **Week 3: Working with Fabric & Notions:** Explore different types of fabrics and their properties. Learn about essential sewing notions like zippers, buttons, and elastics.

- **Week 4: Constructing a Simple Project 1:** Put your skills into action! Choose a beginner-friendly project like a tote bag or a pillowcase and learn basic construction techniques.
- **Week 5: Constructing a Simple Project 2:** Continue working on your chosen project, focusing on finishing techniques like seam finishing and adding embellishments.
- **Week 6: Sharing & Reflecting:** Showcase your completed projects, share your experiences, and reflect on the impact of sewing on your well-being.

How will I be assessed?

- **Formative:** Interactive discussions, group critiques, practical exercises like sewing machine operation, practising stitches, and completing project components throughout the course.
- **Summative:** Develop, create, and present your final sewing projects, reflecting on the learning process and its impact on your well-being.

Who is this course for?

This course is designed for anyone seeking a relaxing and creative outlet. It's perfect for beginners with no prior sewing experience, individuals interested in exploring art therapy techniques, or anyone looking to manage stress and boost their well-being through a new hobby.

Progression Opportunities:

After completing this course, you could explore online resources or workshops on advanced sewing techniques and garment construction. Consider enrolling in longer sewing courses focusing on specific areas like quilting or tailoring. Look for courses in art therapy to delve deeper into the therapeutic benefits of art-making. There are also online resources available on starting a craft business selling your sewing creations.

Career or Job Enhancement Pathways:

- **Fashion Designer (with further training):** This course can spark an interest in pursuing further training in fashion design.
- **Tailor/Seamstress:** Develop your skills and offer tailoring or alterations services.
- **Craft Business Owner:** Turn your passion for sewing into a business by selling your creations online or at craft fairs.

- **Arts & Crafts Instructor:** Share your knowledge and techniques by leading sewing workshops or online tutorials.

How do I enrol?

If you are paying the full fee, the quickest way to enrol is online at www.oncoursesouthwest.co.uk, simply create an account and select enrol now. Alternatively, you will need to speak to one of our customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.oncoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.