

# Course Information Sheet

Wellbeing Through Sewing Projects Christmas



**AE09E23B**

<b>Venue</b> Hyde Park House	<b>Start Date</b>	5 Nov 2024 18:00
	<b>End Date</b>	10 Dec 2024 20:30
	<b>Fee</b>	Full fee £55 Concession £21
	<b>Materials</b>	£10

[OCSW AE09E23B Wellbeing through Sewing Christmas Projects \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Sew the stress away and create unique Christmas gifts with Wellbeing Through Sewing Projects Christmas! This 6-week course for beginners teaches essential sewing skills while crafting festive projects that promote relaxation and creative joy.

## Course Description:

Dreading the holiday rush? Our Wellbeing Through Sewing Projects Christmas course offers a calming and creative escape perfect for the festive season. Learn essential sewing skills while crafting beautiful and personalised Christmas gifts for your loved ones. This beginner-friendly course guides you through selecting fabrics, mastering basic stitches, and following festive project patterns. Discover the joy of creating handmade gifts while practising mindfulness and reducing stress. By the end of the course, you'll have completed several festive sewing projects to take home, along with newfound skills and a sense of accomplishment.

## What will I learn?

- **Week 1: Introduction to Sewing & Mindfulness:** Explore the therapeutic benefits of sewing and unwind with mindfulness exercises. Learn about essential sewing tools and materials. Practise basic sewing techniques.
- **Week 2: Choosing Fabrics & Patterns:** Explore different festive fabrics suitable for Christmas projects. Learn how to read and follow simple sewing patterns.
- **Week 3: Mastering Basic Stitches:** Perfect your straight stitch, backstitch, and whip stitch techniques for constructing your projects.

- **Week 4: Constructing Your First Project 1:** Choose a beginner-friendly Christmas project like festive pillowcases or fabric gift bags and start sewing!
- **Week 5: Constructing Your Second Project 2:** Continue working on your chosen project, focusing on finishing techniques and adding festive embellishments.
- **Week 6: Sharing & Reflecting:** Showcase your completed Christmas 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 Christmas 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 during the festive season. It's perfect for beginners with no prior sewing experience, individuals interested in exploring art therapy techniques, or anyone looking to manage stress and create unique, handmade Christmas gifts.

### **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:**

- **Craft Business Owner:** Turn your passion for sewing into a business by selling your handmade Christmas decorations or gifts at craft fairs or online marketplaces.
- **Arts & Crafts Instructor:** Share your knowledge and techniques by leading seasonal sewing workshops focused on creating Christmas decorations or gifts.
- **Personal Tailor/Seamstress (with further training):** Develop your skills and offer alteration services for festive outfits or bespoke Christmas stocking creations.

**How do I enrol?**

If you are paying the full fee, the quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.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.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

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