

## Introduction to Sewing

**Tutor:** Natalie Buvac

**Dates:** Tuesday 15/09/26 – 13/10 /26

**Times:** 13:00 -15:30

5 weeks

### **Course Information & Teaching Methods;**

Are you a total beginner? Do you want to start sewing but are unsure where to begin? Do you need a basic introduction to equipment and techniques? Maybe you haven't sewn for a very long time and want a refresher in the basics?

Then this course is for you!

Over the 5 weeks, we will cover;

- Essential equipment needed and how best to choose it
- Threading and use of a machine
- Useful hand and machine stitches and when to use them
- Cutting out and marking correctly
- Sewing Terminology explained

The objective of this class is to give a basic grounding to enable you to feel confident to make cushion covers. You will be given a pattern and you will make one or more cushion covers in the 5 weeks.

### **Equipment;**

The Arts and Crafts Centre has a variety of sewing machines available for you to use, but if you have your own you are welcome to bring it along and learn how to get the most from it. However, you will need to bring your own material to complete the project.

Fabric scissors

Dressmaking pins

Tape measure

Material can be purchased at Fabric World, if local to Bedford, or Haberdashery store.

### **Additional Information;**

Tea, coffee and biscuits are available in the kitchen area, for a small charge.

### **About the tutor;**

Natalie's experience started in school where she found that she really enjoyed the sewing class but it was never continued. So, for many years she didn't touch a sewing machine, she joined Jeanette's sewing class at the Bedford Arts and Crafts Centre and has been sewing for more than 8yrs. She has gained many skills and increased her knowledge continuing to learn new skills every day.

*Please adhere to the regulations concerning Personal Protective Equipment & Control of Substances Hazardous to Health (COSHH) and how they apply to the course or accommodation and to any 'Safe System of Work' as advised by your tutor.*

*In addition to the Centre's legal responsibility, students also have the responsibility to take care of the Health and Safety of themselves and others.*