

Course Description and Outline

Course Title	Get Started in Sewing		
Level of Course	All Levels	Course Code	A3081
Duration in Weeks	10		
Brief Description of Course	<p>This course is for you if you want to learn or develop some basic sewing skills. You do not need to own a sewing machine and you do not need any previous experience or knowledge. On this course you will construct a basic garment. You will also learn:</p> <ul style="list-style-type: none"> How to thread up and use a sewing machine; How to sew using different stitches; Understand basic health and safety requirements in the studio and using the machines; Be introduced to the basics of dressmaking; Be introduced to fabrics and cultural influences in fashion; Learn some new words (professional terminology) to develop your language skills; Learn how measure and record measurements accurately and Learn how to adapt patterns in the construction of a simple garment. 		
Entry Requirements	This course is suitable for beginners or those with some limited sewing experience or knowledge.		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Set up and thread a sewing machine along with winding the bobbin		
2	Use professional terminology		
3	Produce a variety of different seams, use different stitches such as straight stitch, zig zag and use thread tensions appropriately		
4	Use your folder of hand-outs to refer to and select appropriate sewing techniques		
5	Produce a garment or simple garment		
Equipment Required What will I need to bring to class?	For the first lesson you need to bring a note book and pencil. You will be advised of any equipment required at the first lesson as some haberdashery materials will be required throughout the course.		
What courses can I go on to?	<p>You may wish to enrol on other courses held at Idea Store Learning such as Pattern Cutting and Sewing Intermediate. Please see a course guide for further information or speak with your tutor.</p> <p>Your tutor will support you in researching these and other courses outside of Idea Store Learning.</p>		

What examination or assessment will there be and what will it involve?

At the beginning of the course the tutor will carry out an initial assessment to help identify the level of experience, knowledge or skills in this area.

The tutor will also carry out informal assessments to check your understanding, **there is no exam.**

You will complete a self-assessment at the beginning, middle and end of the course.

Your tutor will let you know how you are getting on throughout the course to you will help you work to your full potential.

At the end of the course you will receive written feedback.

How will I know I am making progress?

You will have an 'Individual Learning Plan' where the course learning outcomes are shown and where you can set your own learning goals and monitor your own progress.

You will need to evaluate your own progress and manage your time.

Your tutor will give ongoing feedback and will keep you informed of your progress.

Is there anything else I need to know?

To maximise your chances of benefiting from the course fully we expect you to attend **all** scheduled sessions and that you do so **punctually** and are ready to start learning at the start of the class.

What if I want extra support?

Come and see one of our experienced and friendly advisors. For further information, email **ideastore@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

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