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| **RE-LOVING YOUR CLOTHES – VISIBLE MENDING TECHNIQUES** (Courses are offered subject to viable numbers.) |
| This course is for: | Adult learners whowish to learn skills to update and alter clothes and to recycle clothing. The course is suitable for all levels, but it would be helpful if you have basic sewing skills. |
| What will I learn: | Course content below is subject to change based on prior knowledge and skills of each cohort.**Week 1**InductionInitial and diagnostic assessment.Setting of personal targetsIntroduction to materials and toolsIntroduction to basic sewing skills requiredWhat is visible mending? Why mend – sustainability and extending wearMending techniques around the worldCreate a small boro patch**Week 2**Jumpers and knitted garments:* Close the holes – learn different techniques
* Weave mending
* Needle felted mending
* Embroider or patch to cover spills and stains

**Week 3**When you don’t want the holes in your jeans:* Using Japanese inspired stitching techniques – intro to sashiko stitching
* Decorative patches
* Add fabric to close the gap

**Week 4**Mending jeans and jackets part two* Applying techniques learnt to add colour and joy to mend your clothes
* How to mend thicker fabrics and add your own flair to fixing garments

**Week 5**Patching * Make patches using embroidery and fabric to mend
* How to make a sturdy patch with interfacing and couching

Apply your patch to the garment**Week 6*** Finishing mending your garments – how to make a pleasing finish and add value to your garment so that you can extend its life and save it from landfill.
* Different mending tools and how to use them
* What’s next
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| You will have the opportunity to discuss and set your individual learning targets with your tutor and discuss the support you might need to ensure you have an enjoyable and meaningful learning experience |
| Knowledge and skills needed: | This is not a beginner course and some basic sewing skills are required. A basic level of literacy is needed (L1)However, on this course you will need to: * follow verbal and written instructions and work through them at your own pace
* listen and join in group discussions
* jot down notes to record relevant information
* keep your work organised in a file
* have some basic knowledge of hand sewing

have some dexterity using your hands |
| Materials needed: | At enrolment, you will need your NI number and proof of benefits (if applicable).Your tutor will provide most of the learning resources, but you will need to come prepared to the lessons with an A4 pad; pen and folder or file to keep your work organised.**You will be asked to bring in items of clothing to mend during the class. This will be discussed during the first session.** Tools (i.e. sewing machines, scissors, tape measures etc.) will be available and some additional materials will also be available.It will be an advantage, but not essential, if you have access to the internet at home to extend your learning.  |
| How will I learn: | Each session will consist of a dynamic tutor demonstration followed by a range of interactive activities. You will discuss ideas with peers during lessons.There will be plenty of revision and consolidation and learning will build on previous learning. Your progress will be monitored by informal assessment tasks and you will receive verbal and written feedback from the tutor to help you make good progress. |
| Progression routes: | On completion of this course, you can progress to other craft courses run by SCLS including: Basic Sewing Machine Skills, Soft furnishings, Patchwork and Quilting, Sewing Skills – Creating a Soft Toy, Embroidery, Introduction to Felting and others. Other opportunities for further learning will be available on the Progression Ladder handed out towards the end of your course.Ask your tutor for advice and a copy of the progression ladder.SCLS offers a range of Functional Skills courses from Entry 1 up to Level 2 if you need to brush up your maths and English skills or require a qualification to support you with your career path.Our partner Sefton @ Work will be able to provide independent information, advice and guidance to support you making informed choices for progression into further education, volunteering or employment. |