

## Course details

### Course title

Craft: Handstiching For Beginners

### Course code

Q00016761

### Course date

Start: 29/04/25

End: 15/07/25

### Number of classes

12 sessions

### Timetable

Tue 29th Apr, 12:30 to 14:30

Tue 6th May, 12:30 to 14:30

Tue 13th May, 12:30 to 14:30

Tue 20th May, 12:30 to 14:30

Tue 27th May, 12:30 to 14:30

Tue 3rd Jun, 12:30 to 14:30

Tue 10th Jun, 12:30 to 14:30

Tue 17th Jun, 12:30 to 14:30

Tue 24th Jun, 12:30 to 14:30

Tue 1st Jul, 12:30 to 14:30

Tue 8th Jul, 12:30 to 14:30

Tue 15th Jul, 12:30 to 14:30

## **Tutor**

Jo McIntosh

## **Fee range**

Free to £92.40

## **How you'll learn**

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

St Ives Library (St. Ives)

Gabriel Street

St. Ives

TR26 2LX

## **Level of study**

Beginners

## **Course overview**

Many people believe that they are no good at sewing and feel frustrated at not being able to repair or improve clothes to give them a longer life. This course will teach you a range of hand stitches which can be used to both repair and embellish clothes. You will be able to create a range of stitch samples and make a fabric book to keep them in. You will gain confidence in your sewing skills and use them to make items which can be given as presents. You will also learn how handstitching can have beneficial effects on your health and wellbeing as well as improving your confidence and creativity.

## Course description

The aim of this course is to help you to understand that, even if you do not believe that you are any good at sewing, by learning some stitches you will be able to repair and embellish clothes that you love and give them a longer life. This will also allow you to express your creativity and personal style, helping you to build your confidence and sense of self. You will also be able to save money and contribute to a more sustainable and eco-friendly lifestyle. Throughout the course you will learn a selection of hand stitches and how they can be varied. You will create some stitch samples and make a fabric book to keep them in. You will be able to select and use the appropriate tools and equipment and understand how to select the correct fabric for a project. As well as gaining some practical skills you will learn how sewing has been shown to have a calming effect on the mind and body, reducing stress and anxiety levels. The process of sewing can be meditative, promoting relaxation and improving relaxation and improve overall wellbeing. No experience is necessary as your friendly and experienced tutor will give help and guidance where needed and you will learn in a safe, welcoming and supportive environment.

## What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/arts-crafts/arts/29-april-craft->

*handstiching-beginners*