BURY ADULT LEARNING SERVICE
LEARNING FOR LIFE & WORK
LET'S DO IT!

Course Information Sheet 2026/27
Introductory Course

Course title:	**Introduction to Upcycling or Create a Garment from Scratch**		**Code: B110X**
Tutor:	Tracy Caren		
Day & Time:	Monday 10.00am-12.00pm		
Start & End Dates:	Term 1 21/09/26-19/10/26 02/11/26-23/11/26	Term 2	Term 3
Number of sessions:	9		
Venue:	BALC		**Room No: 9-11**
Learner Numbers:	Minimum	Maximum	
	8	8	
Costs:	Full Fee	Discounted Fee	
	£89.46	£35.82	
Cost of Consumables			

What will I learn on this course?

Get creative and learn how to make your own clothes from scratch. This beginner-friendly course will help you build confidence while learning practical sewing and design skills in a supportive environment.

You will learn how to:

1. Operate a sewing machine and overlocker safely and effectively.
2. Cut and prepare fabric using commercial patterns accurately.
3. Design, create, and adapt patterns. This may include tracing from original templates.
4. Construct your own garments, such as pyjama tops and bottoms.
5. Apply embroidery techniques using a sewing machine.

Additional information

Before you enrol on a course, advice and information is available to help you decide if this is the right course for you. Contact Learner Services on 0161 253 7501 or e-mail at learner.services@bury.gov.uk. Alternatively, you can get advice and information from Bury Adult Learning Centre on 0161 253 5772.

Joining requirements

No prior experience is required.

Tutor profile

Tracy is an experienced artist with a background in sewing and soft furnishings. She completed a BTEC National diploma in fashion and textiles which taught pattern cutting and how to make garments for adults and children. She has experience in textile printing, and embroidery using an embroidery machine to make cushions and quilting and works within the wellbeing programme.

What will I need to provide myself?

A basic sewing kit including tape measure, pins and scissors and suitable sewing thread. Your tutor will discuss possible projects, sewing kit, fabrics and patterns at the first class. If you already have a project planned, please bring fabric and pattern if you have them to the first class. A note pad and pen may also be useful.

It is essential that you have the basics listed above to ensure you can participate in the first class. Your tutor will discuss materials further at the first class.
Please check that the class is running before buying anything.

What could I do next?

This course can help you take your first steps towards a range of jobs in the textiles and fashion industry such as machining, alterations specialist, fashion designer or costume maker. Alternatively, you could join the next Learning for Pleasure Sew Easy course.

Your tutor will be able to advise on the options available to you in their subject. If you would like to speak to someone about moving on, please ask your tutor to refer you to Learner Services or contact them directly on 0161 253 7501 or e-mail at learner.services@bury.gov.uk .

Can I get extra help?

Support with English and Maths is available. For more information, please contact Learner Services on 0161 253 7501.

Extra support is available for those learners who have sensory, physical or cognitive impairments, neuro-divergent or with mental health conditions.

Help with paying for your course

You may be entitled to a reduced fee for your course if you claim a benefit. Please the course guide or ask at the centre for more details. You will be asked to produce evidence on enrolment.

How to enrol

Phone: 0161 253 5772
Call into: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ

Please keep your copy of this information sheet. It will be useful throughout your course.

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