

Course title:	Intro to Upcycle or Create a Garment from Scratch		Code: B110X
Tutor:	Tracey Caren		
Day & Time:	Monday 10.00am-12.00pm		
Start & End Dates:	Term 1 22/9/25-20/10/25 3/11/25-24/11/25	Term 2	Term 3
Number of sessions:	9		
Venue:	Bury Adult Learning Centre		Room No: 9 & 11
Learner Numbers:	Minimum	Maximum	
	8	10	
Costs:	Full Fee	Discounted Fee	
	£86.94	£34.74	
Cost of Consumables			

What will I learn on this course?

This course is for complete beginners who will be empowered and encouraged to explore the following:

1. How to thread and set up a sewing machine.
2. Basic tailoring e.g. alterations of size.
3. Creating your own patterns and how to read a pattern.
4. Creating a mood board and a project of your choice i:e Cushion making
5. Also, batik and embroidery can be utilised being shown how to use the equipment.

You will be encouraged to create your own designs with support.



Additional information

- Learners are able to work on their own chosen projects with guidance.
- New learners will start by learning how to use extra sewing machine stitches and machine accessories.
- Advice will be given on using commercial patterns and also how to make alterations to achieve a well fitted garment.
- Choice of fabric, haberdashery, construction methods and additional sewing techniques are discussed and demonstrated throughout the course.

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.

Tutor profile

Tracey is an artist who has worked with 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.

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?

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 see 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.