

## Free Sashiko with Read Count Rise 1

If you are aged 19 and want to develop your literacy and numeracy skills, you can access free numeracy courses through 'Read Count Rise' to build your confidence and learn a new skill.

Join our professional tutor in our historic studio and be introduced to the ancient art of Sashiko. Join this friendly class for peaceful and productive 'Zen -stitching' sessions and learn some stitches and keep a wellbeing diary to record your progress. All whilst using some basic maths and literacy skills to improve your confidence.

Start Date: 09 September 2025  
Start Time: 13:00  
Lessons: 6  
Weeks: 6  
Hours: 18.00

Sashiko is a traditional Japanese hand-stitching technique suitable for all abilities which aims to decorate, strengthen and repair existing fabrics. We will use indigo dyed cloth to replicate that of historical Japan and create samplers of the various patterns which can be used for a further project.

All resources are provided and that includes the fabrics, specialist needles and threads.

### Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### What Will I Learn On This Course?

1. Use division to design at least 1 grid system
2. Use addition to allow the correct seam allowances on at least 1 item and subtraction to design at least 1 pattern with pleasing regularity
3. Keep a wellbeing diary of at least 3 entries to plot your progress and impact of the course

Learners will also:

- Count stitches accurately to achieve a regular design in the stitching.
- Use literacy skills to read patterns.
- Use and apply literacy skills to journal and create diary entries

### Is This Course Suitable For Me?

Suitable for beginners and those with some sewing experience

### Is There Anything Else I Need To Know About This Course?

All tools and resources are provided for learner use.

### Will There Be Additional Costs?

No

### What Could I Go On To Do After This Course?

Your tutor can talk to you about other subject related course available.

Medway Adult Education works with many partners locally such as medway School of Art and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide - range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester centre and again on Moodle. Your tutor will be able to talk through with you and your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

### What Is The Attendance Policy?

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 85%. If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

### **How Are IT/Digital Skills Used And Enhanced On This Course?**

Students will be encouraged to have a browse on the internet for designs jersey tops. They may choose to apply those new ideas to their designs, or to try and make another in the future with those ideas.

### **Health & Safety**

#### **Health and Safety Disclaimer**

By participating in the live class you accept that you understand that sewing involves potentially hazardous tools and equipment and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a practical activity and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with sewing equipment. MAE is not responsible for damage to items in your house / home or person.

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