

## Free sustainable fashion upcycling with

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

Join our professional tutor in our professional studio and be introduced to basic upcycling skills. Join this friendly class to learn some sewing stitches and create a working diary to document your progress all whilst using some basic maths and literacy skills to improve your confidence.

Start Date: 08 January 2026  
Start Time: 13:30  
Lessons: 5  
Weeks: 5  
Hours: 10.00

We are working in partnership with Demelza Rochester who will be providing items to upcycle as part of Sustainable fashion week. Items will then be returned to the Rochester shop for display and to be sold. Learners will be able to purchase these items if they wish to do so.

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

### Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### What will I learn on this course?

1. Calculate the correct size of trim for one at least garment or project
2. Weigh and calculate the amount of fabric / components that you cannot use from your project and will need to go to landfill or donation
3. Keep a working diary of at least 6 entries to plot your progress and impact of the course to include annotations and evaluations

Learners will also:

- Plan and design an effective upcycle project or garment
- Use literacy skills to further research ideas
- Use and apply literacy skills to create diary entries and evaluations.

### Is this course suitable for me?

Suitable for beginners and those with some sewing experience.

### Is there anything I need to know about the 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.

### 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 digital skills used and enhanced on this course**

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

#### **Health and Safety**

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.

The creators, owners and distributors of this site and the material available MAE are not responsible for any injuries you may experience as a result of your use of this site and the material contained here on. By remaining on this site and/or accessing and / or using any material, you are accepting that you have read, understood and agreed to follow these basic instructions.