

# Sewing: Dressmaking & Machine Skills 1A

This is a level 1A Sewing: Dressmaking & Machine Skills course for beginners and improvers. This class is tailored for complete beginners and those with basic sewing skills looking to enhance their confidence and expertise!

You'll have the flexibility to work on your personal projects or decide as a group to all make the same garment.

Throughout the course, you'll explore various sewing machine functions, delve into overlocking techniques, and learn methods for achieving a polished finish.

By the end, you'll gain an understanding of commercial patterns and relevant terminology while completing at least one project.

Start Date:	16 September 2026
Start Time:	14:00
Lessons:	12
Weeks:	12
Hours:	30.00

If you are interested in developing your creative skills, book onto one of our courses from the Creative Arts offer.

If you have attended a higher levelled sewing course with us (1B -2C) then you are not eligible to enrol onto this course.

## Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

## WHAT WILL I LEARN ON THIS COURSE?

Learners will:

1. Practice at least 2 different functions of the sewing machine
2. Use a commercial pattern and size for better fit for at least one item
3. Learn efficient cutting techniques and demonstrate this on at least one garment/item

Whether you would like to learn new creative skills or to investigate the possibility of a new sewing -based career, MAE Community Learning courses can provide you with a stepping stone to progress

## IS THIS COURSE SUITABLE FOR ME?

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If you have attended a higher levelled sewing course with us (1B -2C) then you are not eligible to enrol onto this course.

## IS THERE ANYTHING ELSE I NEED TO KNOW ABOUT THIS COURSE?

Please be aware that whilst this course is practical in nature some sessions will include theory and professional related training such as H&S, risk assessments, public liability etc

Learners will need the following tools and equipment please do not purchase until you are sure the course will run:

You will need to prepare the following tools and equipment before the start of the course:

- A basic sewing kit including dressmaking scissors, un-picker, tape measure, notebook, small scissors or snips, some sewing threads etc.
- Pen & Pencil (you will be provided with a sketchbook).
- You WILL need some scraps of fabric to practice techniques on, and it is always a good idea to have an old (CLEAN) sheet or duvet cover to use as practice fabric when we come to make a garment.

## WILL THERE BE ADDITIONAL COSTS?

You will need to buy a pattern and fabric – but please wait until after the first week of the course so that we can decide as a group what the course will cover.

## WHAT COULD I GO ON TO DO AFTER THIS COURSE?

Your tutor can talk to you about other subject related course available. Your progression courses are:

- R264058A Sewing: Dressmaking & Machine Skills L1B (afternoon)
- R2641A Sewing: Dressmaking & Machine Skills L1B (evening)

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts 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 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

Multiple sessions-

To get the most out of the course:

- Try to attend at least 90% of sessions
- Let your tutor know if you will miss a class
- If you are ill or absent, contact: 01634 338400

## HEALTH & SAFETY

Health and Safety Disclaimer

By taking part in this course, you understand that Sewing involves use of tools, materials and equipment and carries some risk.

You agree that:

- Sewing activities can involve some risk (tools, materials)
- Work at a level that suits your ability
- Wear suitable clothing and protect your work area
- Agree to the ground rules and follow safety guidance from your tutor
- Medway Adult Education is not responsible for personal injury or damage to personal property.
- By attending the course, you confirm that you have read and understood this information.