



CREATIVE STEPS

ONLINE SEWING CLASSES

AUGUST - SEPTEMBER 2021



Welcome!

What is the Creative Steps Programme?

We use creative participation to promote positive mental health and wellbeing.

Throughout August and September, our **sewing classes** will remain online. Our plan is to return to in-person classes in October, if possible.

If you are not yet signed up to the Creative Steps programme and want to find out more about how to get involved, please get in touch.

Class Information

- Classes last for **1 hour** each.
- Classes are delivered using **Zoom**. You will need a device with internet access to join the group. If you want to participate, your device will need a camera and microphone.
- Please follow our group guidance when attending an online session.
- All materials are provided. You can choose to use your own if you would prefer.

How to Sign Up:

1. Have a look through this booklet and decide which classes you want to sign up to.

2. Contact us to sign up: email **creativesteps@plantation.org.uk** or call **0141 387 2596**

3. Collect your materials pack from Gallery 966. We will be distributing all sewing class material packs on **Wednesday 11th August, from 10:00 - 12:00**. If you cannot make it during this time, please contact us to arrange an alternative appointment.

4. We will email the class link before the class, or you can use the Zoom code on your pack.

5. Click on the link at the time of the class. Have fun!

ZOOM CLASS GUIDANCE

Before the group starts, make sure you are comfortable and sitting a place in your home where you have peace and quiet, free from too much background noise.

ENGAGEMENT

If you need a break, please take one.

If you want to stop attending, you can do.

There is no expectation that you will take part - you can choose to just watch along and chat if you prefer.

It can be confusing if more than one person is speaking, so please be respectful and do not talk over others. We will remove anyone from the meeting that is being disruptive or making people uncomfortable.



CONFIDENTIALITY

You can choose to attend anonymously if you want to.

Please respect the privacy of those attending the digital group. Do not share the details of who is attending or anything you hear and please don't take photos or screenshots of the meeting.

Please do not share the class link or meeting details with anyone else.

If there is anything we can do to make things more accessible for you, or if you have any suggestions for us, please get in touch.

Sewing Classes

SEWING CLASS INFORMATION

- ◇ All of our sewing classes are taught by our tutor **Morag**.
- ◇ These projects use **hand sewing** techniques.
- ◇ All techniques and stitches will be taught, so these classes are **suitable for both beginners and those experienced at sewing**.
- ◇ Some classes run for one week and others over a number of weeks. You may not finish the project during class time - if this happens, you will be given instructions for how to finish the project in your own time.
- ◇ **You can sign up to more than one class.** We have a limit of 12 places for each group.
- ◇ We love to see what you have made so if you can, please **send us a photo** of your project when it is completed!

BUTTON HEART DECORATIONS



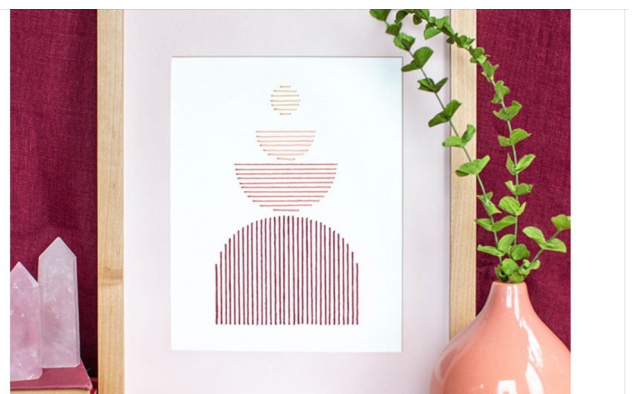
FRIDAY 13TH AUGUST (1 WEEK)

11:00 - 12:00

Create a beautiful little heart decoration, combining buttons and embroidery.

These would look lovely on a string to decorate your home.

GEOMETRIC THREAD ART



FRIDAY 13TH AUGUST (1 WEEK)

12:30 - 13:30

Try something a bit different with this unusual and striking geometric project.

This would look perfect up in a frame or could be used as the front of a card.

FELT FLOWER BASKET



FRIDAY 20TH AUGUST (1 WEEK)

11:00 - 12:00

Make yourself a pretty flower themed basket - ideal for jewellery, beads or sewing supplies.

These are easy to assemble and look very cute when finished.

LITTLE OWL DECORATION



FRIDAY: 20TH & 27TH AUGUST (2 WEEKS)

12:30 - 13:30

This lovely little owl is a wonderful decoration to keep for yourself or to give as a gift.

Over two weeks, we will cut, sew and assemble this project.

CIRCLE COASTERS



FRIDAY 27TH AUGUST (1 WEEK)

11:00 - 12:00

Make yourself a collection of coasters for your cup of tea or coffee.

You can personalise these to suit your colour preferences and styles.

AUTUMN LEAF GARLAND



FRIDAY 3RD SEPTEMBER (1 WEEK)

11:00 - 12:00

As we begin September, let's celebrate the change of seasons and start of Autumn with this colourful felt garland project.

Put this in your window to add a bit of joy.

Sewing Classes

THISTLE EMBROIDERY HOOP



FRIDAY 3RD, 10TH & 17TH SEPTEMBER (3 WEEKS)

12:30 - 13:30

Create a beautiful decoration and try out various embroidery techniques with this thistle themed class.

All techniques and stitches will be taught, so no prior experience is required.



MINI CHARM: SEWING MACHINE



FRIDAY 10TH SEPTEMBER (1 WEEK)

11:00 - 12:00

For those of you who love to sew, join us to make a fun little sewing machine charm. Put it on your bag, keys or sewing kits!

We will incorporate beads and buttons to add a 3D effect.

FELT DESK TIDY



FRIDAY 17TH SEPTEMBER (1 WEEK)

11:00 - 12:00

Get organised by making a little desk tidy for your home. These are great for pens and paintbrushes or any miscellaneous sewing supplies.

This is a fun and relaxed class, perfect for beginners.

Full Timetable

Friday 13th August	
11:00 - 12:00	Button Heart Decorations
12:30 - 13:30	Geometric Thread Art
Friday 20th August	
11:00 - 12:00	Felt Flower Basket
12:30 - 13:30	Owl Decoration
Friday 27th August	
11:00 - 12:00	Circle Fabric Coasters
12:30 - 13:30	Owl Decoration
Friday 3rd September	
11:00 - 12:00	Autumn Leaf Garland
12:30 - 13:30	Thistle Embroidery Hoop
Friday 10th September	
11:00 - 12:00	Sewing Machine Charm
12:30 - 13:30	Thistle Embroidery Hoop
Friday 17th September	
11:00 - 12:00	Fabric Desk Tidy
12:30 - 13:30	Thistle Embroidery Hoop



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www.creativesteps.org.uk

