

Knit and Fit a Sweater – Body Positive Craft

About the course

On this course you will be guided through each step of knitting a sweater that is altered to fit your body measurements. We will focus on the well-being potential of working with yarns and coming together as a craft group, for the time it takes to make a sweater.

This course is part of our creative specialist programme designed to enable learners to develop their practice in textiles and applied arts. Once you have completed this course you can continue your learning on one of our knitting progression courses to gain confidence and advanced skills. You could also join a social knitting group, either locally or online to continue knitting as a hobby.

****If you are unemployed, looking for work, and are in receipt of a means tested benefit, you do not have to pay the course fees. You will need to sign a self-declaration form stating that you are looking for a job and provide supporting evidence.***

****If you are in low paid employment and you earn less than £10.85p/h or £21,157.59 annual gross salary, you do not have to pay the course fees. You will need to provide proof of income, for example, this could be a wage slip within 3 months of the course start date, or a current employment contract, which states gross monthly/annual wages.***

What will I learn?

After this course you will be able to:

- Take accurate measurements of your body to be able to work out the correct fitting of the desired garment
- Develop skills to accurately work out gage/tension and how to mathematically calculate 'ease' to suit your body
- Complete a raglan sweater fitted for your measurement
- Discuss the importance of blocking a garment

What are the entry requirements?

- For this course, you need essential knitting skills, for example from the course Knitting for Beginners.
- We use Google Suite for Education to record your learning journey. If you are a new learner with us, we will create an account for you. Details will be sent to your personal email so please check your inbox and spam regularly prior to course start.

What do I need to bring with me?

- You will bring your own yarns and knitting needles. Your tutor will advise you on this in your first session.
- You may wish to bring a piece of paper and a pen to take notes

How will my learning be assessed?

This is a non-accredited course with the intent to benefit lifelong learning. Your tutor will give you regular verbal and written feedback to support your progression. You will submit your course work and track your learning in Google Classroom. You will participate in group discussions and receive guidance.

To successfully complete the course your attendance should be a minimum of 85% and course work should be completed by the end of the course. **Please note that the first session is an induction to the course and the centre, so it is therefore essential that you attend.** If you for any reason are unable to attend, please let us know and ensure that you read through the induction slides located in your Google Classroom and complete any related tasks.

What can I do after completing this course?

- The most obvious route after completing this course, would be to continue your knitting in a local activity group, or enrol on one of our Employability or Designed & Made in Hounslow courses to develop your craft skills for self-employment.
- At the end of the course your tutor will advise you on your possible next steps.
- You can call us to find out about upcoming courses on 020 8583 6000

Information, advice and guidance for employment

- Call 020 8583 6174 to speak to an advisor
 - Email work@hounslow.gov.uk
 - Visit <http://www.hace.ac.uk/employment-support>
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