



London Borough of Hounslow

Hounslow Adult & Community Education Course Information Sheet

Course Title	Course Code	Day/s	Time	Start Date	End Date
Custom Made : Make a Soothing Lavender EyeBag	MZ119JLA	Mon	1-4pm	30/11/20	

By the end of the course you will be able to:

- Sew and press a plain seam and corners
- Seal a seam opening, using whip stitches by hand



You will track your progress by accessing your online learning plan (ILP), at the start and at the end of the course. You will respond to questions and feedback in the Google Classroom.

What is required to attend the course?

- Material:
 - Fabric, 19x21cm (100% cotton, heavy or mid-weight)
 - Matching sewing thread
 - 250ml buckwheat hulls, *or rice or irish oats*
 - 1 tbsp dried lavender
- Basic sewing kit (sewing needle, shears, measuring tape, pins etc.), iron and ruler.
Sewing machine is useful but not necessary.

Technical Requirements for our Online Courses:

- Access to internet with camera and microphone.
- You must know how to independently access Google Suite Apps - access to a Chrome Browser or Download Phone Apps to access Google Meet, Google Classroom and Google Docs.
Link to download Chrome: <https://www.google.com/chrome/>
- A **hace.ac.uk** account – which will be created after enrolment if you do not have one. You will be sent the Log in Details to this NEW Gmail account the next day (initial password: Hounslow1).
- You must check your hace.ac.uk regularly and accept the invite to Join the Google Classroom a day before your class starts.

This course might be free/discounted for you please check your eligibility here:

- <https://www.hace.ac.uk/courses>

After this course you will be able to:

- Enrol onto another Adult Learning course.
- This course is one of a series of 'Custom Made' sessions in Autumn Term 2020. Together they provide a variety of basic and intermediate sewing skills.

Who can I contact for further information?

- For employment support, please visit <http://www.hace.ac.uk/employment-support>
- For more information please call 0208 583 6000

Image: Adobe Stock.