



KHY

Know How You

Sewing & Textiles

Absolute Beginners - learn to use a sewing machine - Level 1

This is a great class for the complete novice or those with a "last did it a school" experience. Start with the basics from threading a bobbin, elementary stitches and understanding different fabrics/patterns. You'll then gain confidence and momentum whilst making a project using your new skills ready to move onto our next steps classes. One day course 10 - 5pm 24 April (Adults 16+) £99

Mixed Media Cushion - Level 2

We focus on using conventional stitches in a creative and fun way, experimenting with fabric and applique using these skills to create a piece of textile art, incorporating this into and making a simple cushion with a tie back. Monday 22 February and 29 February 7-9pm £50

Free Motion Embroidery - Level 2

If you want to start exploring the more creative side of your sewing machine whilst starting to understand how innovative and exciting textiles can be, then this course will open your eyes to a more artistic approach to using your machine. You will learn about appliqué and the term we call Free motion embroidery. In this course we draw with the machine creating a piece we will incorporate into a fashionable bag.

Monday 7 and 14 March 7-9pm £50

Japanese Cushion Course - Level 2

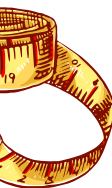
Using conventional stitches and exploring techniques like folding and pleating into textiles, this course will get your creative juices flowing combining some traditional sewing techniques to create a beautiful cushion cover, in this class you will also learn how to insert a zip enclosure.

Monday 20 and 27 April 7-9pm £50

Children's sewing

A weekly stitch club after school Wednesdays and Thursdays visit www.splattermake.co.uk for more details.

Book online at www.knowhowyou.co.uk



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Art Journals

What do you do with those favourite quotes, ideas, dreams and wishes? Join our very own author to create beautiful art journals, a place you combine art and words to express yourself. An inspirational way to explore and develop your inner creativity. You don't need any drawing skills.

Art Journals for Beginners

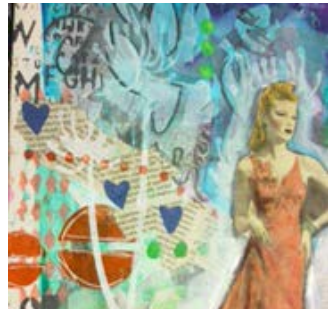
Tuesday 23 February 10am – 1pm £40 per person
Friday 1 April 10am – 1pm £40 per person

Art Journals – the next steps

A course for those who have some experience and understanding of the process or have perhaps delved into scrapbooking but want a little bit more meaning to their Journaling experiences. You don't need to be able to draw in this great class to get you started, great if you have lots to say and no where to put it! are going on a journey or just want to do some grown up doodling!...

- Creating your own books
- How to use and incorporate photos and images
- Expressing your thoughts and ideas
- Using text, textures and fabrics and layering.

Saturday 12 March 10am – 1pm £40 per person
Tuesday 26 April 10am – 1pm £40 per person



knowhowyou.co.uk

BOOK NOW 020 8658 1634

Venue 28, 28 Beckenham Road, Beckenham BR3 4LS