



Mend^{the} Trend Academy



Courses & Workshops

Focused on upcycling
& reducing waste



Reuse & Repair Fund





Denim Day



Create something new with denim jeans, jackets or anything made from denim!

Denim is a fabric most of us have in our wardrobes - and quite often something that we get rid of when we grow out of it or stop wearing it. But it is an incredibly hardy fabric that can be upcycled into new and useful items.

Workshop Details

This will be a 6hr workshop including two small projects, demonstrations and time to work on your own projects

In this workshop we will:

- Look at how to cut up denim garments
- Sew a zip pouch from jeans pockets
- Make a basket from jeans leg
- Demonstrate a number of other denim projects
- Give you time to work on your own ideas.

Who is this Workshop for?

This workshop is ideal for complete beginners & expert sewists alike - you can make your project as simple or as complex as you desire.

Helpful sewing experience: know how to thread a machine, sew straight seams or sew basic straight stitches with a needle and thread.

What to Bring

- **Fabric Required**
 - One pair of jeans for the two small projects. They can be any size - obviously kids jeans will make smaller items
- **Ideal Garments**
 - Anything denim. You will have leftovers from the small projects but we recommend bringing multiple garments to use.
- **Other things to Bring:**
 - Any hardware or haberdashery you wish to use
 - Although we have plenty to use, you may wish to bring your own seam ripper & fabric scissors

Included

- Sewing Machines, Tools & Thread
- Interfacing (1m G700 & 1m F220)
- Zips for Pocket Pouch

Cost

£10pp

Part funded by the Highland Council Reuse & Repair Fund.



photo: pinterest

Need Ideas? 

Click to visit our pinterest board



photo: pinterest

Clothes Mashup



Learn how to combine pieces of clothing to create something new

This technique is a great way to give old, unwanted or damaged clothing new life. There are multiple options here - you can combine plain items with patterned to make them more colourful, use multiple damaged garments to make a new garment, combine tops and skirts to make dresses, add to garments to change their shape or size or create completely new patchwork items. We will demonstrate some different techniques and projects that we have created then help you create your new garment

Workshop Details

This will be a 6hr workshop. We look at different samples and ideas - if you have an idea in mind please send it to us prior to the workshop so we can assist. Then we will work on your projects

This is a very flexible workshop - you can bring multiple projects to work on, you can use multiple techniques, you can bring a pattern to work from or just wing it!

Who is this Workshop for?

This course is ideal for complete beginners & expert sewists alike - you can make your project as simple or as complex as you desire. This technique can also be done entirely by hand.

Crochet is also used in many of our examples - all crafters welcome

Helpful sewing experience: know how to thread a machine, sew straight seams or sew basic straight stitches with a needle and thread.

What to Bring

- **Fabric Required**
 - Multiple garments to combine or alter
- **Ideal Garments**
 - Anything you wish to change!
- **Other things to Bring:**
 - Scraps or stash fabric to add.
 - Yarn, hooks or needles (if you wish to crochet or knit)



photo: [pinterest](#)

Included

- Sewing Machines, Tools & Thread
- Haberdashery from our stash

Cost

£10pp

Part funded by the Highland Council Reuse & Repair Fund.



photo: [steel and stitch](#)

Need Ideas? 

Click to visit our pinterest board



Reverse Appliqué



Learn this simple technique to update or improve a garment

Reverse appliqué is a fun technique which allows you to use fabric scraps to embellish clothing, bags or other textiles. It can be done using either machine or hand sewing - we will look at both methods in this workshop

Once we have learnt the technique you can then use it to create your own project

Workshop Details

This will be a 6hr workshop.

In this workshop we will:

- Learn the process of reverse appliqué
- Explore additional techniques, such as using multiple pieces or different types of cuts
- Plan & work on your project

There is a lot of freedom in this workshop, you can work on a large project or bring multiple small items to embellish.

Who is this Workshop for?

This course is ideal for complete beginners.

Helpful sewing experience: know how to thread a machine, sew straight seams or sew basic straight stitches with a needle and thread.

What to Bring

- **Fabric Required**
 - Garment, bag or other items to embellish
 - Fabric scraps (light to medium weight - cotton, jersey, linen etc)
- **Ideal Garments**
 - Sweatshirts & Hoodies are ideal for this project, denim also works well.
 - Cushion covers and bags are great options too.
 - Items which already have holes or rips are fantastic for this technique
- **Other things to Bring:**
 - Scraps or stash fabric to add. (the more the better!)
 - Although we have plenty to use, you may wish to bring sharp fabric scissors
 - If you want to do a large project you are welcome to bring an extra project in case you finish early.

Included

- Sewing Machines, Tools & Thread
- Haberdashery from our stash

Cost

£10pp

Part funded by the Highland Council
Reuse & Repair Fund.



photo: [flynn & mabel](#)

Need Ideas? 

Click to visit our pinterest board



Scrappy Tote



Upcycle old garments & fabric scraps to create a unique tote bag

In this workshop we will use the Noodlehead Fieldstone Tote pattern - which comes in two sizes. The tote features panels which we will create by piecing together fabric or garments. It also has inside slip & zip pockets and an option to add a zip closure.

We will show a number of techniques to create panels from scraps so you can make a unique bag

Workshop Details

This will be a 6hr workshop.

In this workshop we will:

- Plan our bag design
- Learn different techniques to create scrap panels
- Construct our bag

You will have the option to make either bag size and you can choose to add slip or zip pockets or a zip top

Who is this Workshop for?

This course is ideal for confident beginners.

Helpful sewing experience: know how to thread a machine, sew straight seams or sew basic straight stitches with a needle and thread. Experience with sewing zips would be useful but not essential

What to Bring

- **Fabric Required**
 - **External Fabric:** Mid-weight canvas or cotton (Mini 1m, Regular 1.5m)
 - **Internal Fabric:** lightweight cotton (Mini ½m, Regular 1m)
- **Ideal Garments**
 - Jeans or trousers, skirts, denim items, jackets or shirts/blouses
- **Other things to Bring:**
 - Zips (min 20cm, max 70cm)
 - Webbing or additional fabric for handles



Included

- Sewing Machines, Tools & Thread
- Noodlehead Fieldstone Tote Pattern
- Interfacing
- Haberdashery from our stash

Cost

£10pp

Part funded by the Highland Council Reuse & Repair Fund.



Need Ideas? 

Click to visit our pinterest board



T-Shirt Memory Quilt

Use old t-shirts, kids or baby clothes to create a quilt



In this course we create a basic patchwork quilt using old t-shirts. We will plan the size of your quilt based on the number of garments you want to use, then learn how to cut panels, add interfacing then construct our quilt.

Course Details

This will be an 8 week evening course (2hr sessions)

In this course we will:

- Plan our quilt layout
- Deconstruct our garments & cut quilt squares
- Construct our quilts, add backing & binding

No quilting experience is required but some basic sewing experience would be a bonus

Who is this Course for?

This course is ideal for beginners.

Helpful sewing experience: know how to thread a machine, sew straight seams or sew basic straight stitches with a needle and thread.

What to Bring

- **Fabric Required**

- Any amount is welcome
 - A small number of garments could be used to create mini quilts or wall hangings
 - 15-20 t-shirts will make a single size quilt
 - 20-30 t-shirts will make a double size quilt

- **Ideal Garments**

- T-shirts or Shirts are ideal
- Stretchy or non-stretchy garments can be used
- Garments with features such as slogans, embellishments, buttons etc work really well.

- **Other things to Bring:**

- Backing & Binding material (This could be created from garments, old bedding or blankets or stash fabric)

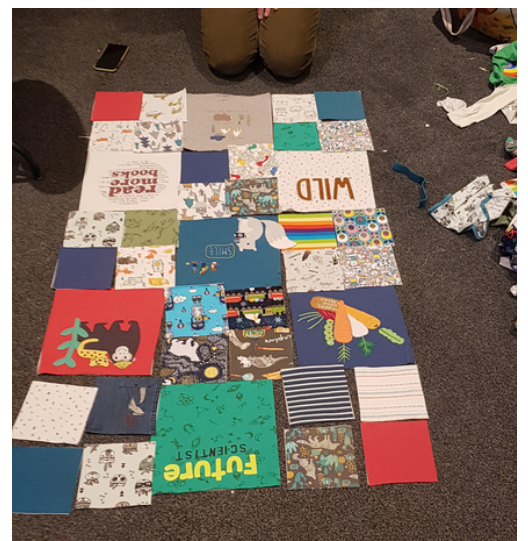
Included

- Sewing Machines, Tools & Thread
- Wadding
- Haberdashery from our stash

Cost

£20pp

Part funded by the Highland Council
Reuse & Repair Fund.



Need Ideas? 

Click to visit our pinterest board

Matchy Matchy Sewing Club -
Homebody Quilted Jacket



Matchy Matchy Sewing Club -
Storybook Swing Coat

Patchwork Jacket

Use old textiles to create a new jacket



In this course you can choose from two patterns by Matchy Matchy Sewing Club:

Homebody Quilted Jacket - an oversized jacket with a boxy shape, wide sleeves with elasticated cuffs and patch pockets

Storybook Swing Coat - a vintage inspired coat with an oversized Peter Pan style collar. It features patch pockets and a back pleat making it fitted on the shoulder but roomier elsewhere

Both patterns have multiple options for patchwork panels, making them ideal for upcycling.

Course Details

This will be an 8 week evening courses (2hr sessions)

In this course we will:

- Deconstruct our garments & design our jackets
- Work through pattern & construct jackets

Who is this Course for?

This course is ideal for confident beginners.

Helpful sewing experience: basic dressmaking (e.g. experience with clothes patterns or having sewn a basic garment before)

What to Bring

Homebody Quilted Jacket

- **Fabric Required:** light to mid weight woven fabrics like quilting cottons, linen, and blends.
- **Ideal garments would include:** shirts/blouses, skirts, cotton tops. Old bedding may also work well
- Between 2-3.5m of fabric is needed (in both external and lining fabric)
 - Approx. 4-6 garments
- You will also need 4x 1" buttons, bias binding & wadding.

Storybook Swing Coat

- **Fabric Required:** medium-weight woven fabrics like denim, twill, canvas, wool blends, and corduroy
- **Ideal garments would include:** jeans or trousers, jackets or thick shirts/blouses
- Between 3-4m of fabric is needed
 - Approx. 6-8 garments
- You will also need 3x 7/8" buttons & optional interfacing

Included

- Sewing Machines, Tools & Thread
- PDF copy of either pattern
- Haberdashery from our stash

Cost

£20pp

Part funded by the Highland Council
Reuse & Repair Fund.



Need Ideas? 

Click to visit our pinterest board

IMPORTANT INFO

Fabric

For Mend the Trend Academy all projects must be created with second hand or damaged clothing or textiles.

As part of the project we are required by the Highland Council Repair and Reuse Fund to record:

- Number of garments/items brought to session
- Number of new garments or items created
- Weight of scraps sent to be recycled by Terracycle

We will record this at the start and end of each course/workshop and participants will also be asked to complete feedback forms.

If the workshop requires **scraps** please bring:

- Damaged clothes
- Fabric leftovers
- Leftover pieces from previous projects

Stash Fabric - This refers to fabric you have already purchased and not used or leftover pieces of material from previous projects. We ask you to use these where possible to help reduce fabric waste. You could also use pre-loved fabric, we include a list of places to buy these below:

- Vinted <https://www.vinted.co.uk/>
- eBay: <https://www.ebay.co.uk/> (ensure you select 'Used' in the Condition filter)
- Destasher: <https://www.destasher.co.uk/>
- Facebook Marketplace: <https://www.facebook.com/marketplace>

PLEASE NOTE - we encourage you to mainly use clothing for projects rather than fabric pieces as our main purpose is to reduce clothes waste

Haberdashery

For Mend the Trend we encourage students to choose second hand or stash haberdashery rather than buying new.

We do have some items available to dig through - we recommend visiting us or emailing in advance of your course or workshop to ensure we have what you need.

You can also reuse items such as buttons and zips from garments you bring with you - our aim is to use up as much as we can to reduce waste.

Payment

These sessions are either fully or part funded by the Highland Council Reuse & Repair Fund.

Due to the low cost of part funded sessions we ask that you pay in cash or via bank transfer to help us avoid fees.



BOOKING



www.learn-create.org.uk/bookonline



lexy@learn-create.org.uk



07877182180



Learn & Create, Main St, Newtonmore, PH20IDA
///mason.markets.soggy

