

Sewing – Sashiko the Art of Mindful Sewi

Join our professional tutor in our historic studio and develop your skills in the ancient art of Sashiko. Join this friendly class for peaceful and productive 'Zen - stitching' sessions and develop your Sashiko skills and keep a wellbeing diary to record your progress.

Sashiko is a traditional Japanese hand-stitching technique suitable for all abilities which aims to decorate, strengthen and repair existing fabrics. We will use indigo dyed cloth to replicate that of historical Japan and create samplers of the various patterns which can be used for a further project.

If you are interested in developing your creative skills, book onto one of our courses from the Creative Arts offer.

Start Date: 21 April 2026
Start Time: 09:30
Lessons: 10
Weeks: 10
Hours: 30.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

What Will I Learn On This Course?

Learners will:

1. Learn the basic stitches of Sashiko grid patterns
2. Mark out and stitch create at least 2 grid designs.
3. Develop at least 1 design for a pleasing repetition.

Learners will also:

- Count stitches accurately to achieve a regular design in the stitching.
- Learn how to develop design
- Learn the history of Sashiko

Whether you would like to learn new creative skills or to investigate the possibility of a new sewing -based career, MAE Community Learning courses can provide you with a stepping stone to progress

Is This Course Suitable For Me?

Suitable for complete beginners or those with sewing experience

Is There Anything Else I Need To Know About This Course?

Please be aware that whilst this course is practical in nature some sessions will include theory and professional related training such as H&S, risk assessments, public liability etc

Learners will need the following tools and equipment please do not purchase until you are sure the course will run:

Basic tools and equipment will be provided for the first session, although if you already have some sewing tools, you may like to bring them with you to use.

Your tutor will discuss item for further classes during the first session.

Will There Be Additional Costs?

Basic tools and equipment will be provided for the first session. Learners will be advised what to buy after the first session.

Please do not buy any tools and equipment until you know that the course will run

What Could I Go On To Do After This Course?

Your tutor can talk to you about other subject related course available.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice, please telephone 01634 338400.

What Is The Attendance Policy?

To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

Health & Safety

Health and Safety Disclaimer

By participating in the live class, you accept that you understand that sewing involves potentially hazardous tools and equipment and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a sewing activity, and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with art materials. MAE is not responsible for damage to items in your house / home or person.

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