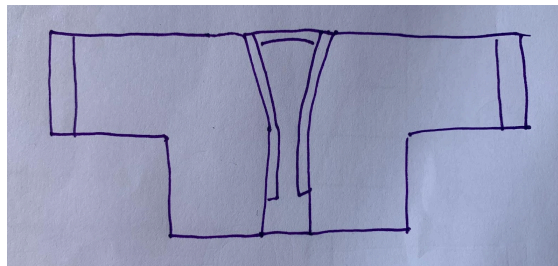


SEW FAB

SUSTAINABLE | COMMUNITY | EDUCATION

Zero Waste Workshop - Sew a Robe Jacket



This course aims to:

Provide you with an introduction to the general principles and skills of zero waste sewing by making a Robe Jacket. It is a waist length, wide sleeved robe jacket made of a woven fabric with a stepped band on the opening (no fastenings) and one pocket. There are options to shorten the sleeves, and add top stitching to the bands.

We will be following the instructions from the book Zero Waste Patterns by Birgitta Helmersson. Zero Waste sewing uses all the fabric with no pieces leftover for the scrap bin. Ideal for thrifted or leftover fabric from other projects. There are no paper templates for the garment - shapes are measured and drawn directly onto the fabric.

We will cover how to draw out the basic shapes, cutting fabric and assembling the garment sewing straight seams.

Who is this course for?

Suitable for those who have used a sewing machine before and can confidently thread up and change basic settings. There is optional use of an overlocker to finish seam edges -basic instruction can be provided.

What will I be able to do by the end of the course?

- Assemble a pocket with top stitched detail
- Sew a double turned hem

- Attach a woven band with top stitched detail to front of jacket and cuffs

What materials do I need to buy?

Most fabric types would be suitable. Zero Waste patterns do not work with one-way print (eg flowers growing up) or anything with a nap (velvet or corduroy). Plain, spot or all over patterned woven fabric such as cotton or linen is ideal. Please wash all fabric before use to avoid shrinkage at a later date.

Different effects can be achieved with different weight fabrics. A lightweight fabric like viscose would produce a drapery robe and a heavier weight like twill would work well for a warmer jacket.

Materials Required

- Matching thread
- Fabric

For Size 1: a piece of fabric 120cm wide by 120cm long

For Size 2: a piece of fabric 140cm wide by 130cm long

Check the table below for preferred sizing according to your body measurements.

Use this link for information on measuring yourself:

<https://blog.cashmerette.com/2020/10/how-to-measure-yourself-for-sewing.html>

<i>Finished measurements of garment</i>	<i>Size 1</i>	<i>Size 2</i>
Length nape (back of neck) to hem:	56cm	66cm
Width across back (armpit to armpit):	58cm	68cm
Inside Sleeve (armpit to cuff)	46cm	51cm

Our sewing studio is well stocked with sewing tools equipment including Janome sewing machines and overlockers.

Local Fabric Suppliers :

[Ditto Fabrics, Kensington Gardens, Brighton](#)
[Cloth Control, Kensington Gardens, Brighton](#)
[Haberdashery & Fabrics, 73 Western Road, Brighton](#)

Online Suggestions:

[Fabricgodmother.co.uk](#)

[Fabricland.co.uk](#)

[Minerva.com](#)

[Frumble.co.uk](#)

[Raystitch.co.uk](#)

[Merchantandmills.com](#)