

Re-use cascade training session plan



Theme

Repair

Objectives

To teach people how to sew on a button to prevent them from disposing of clothing just because the button has come off.

Outcomes

To be able to sew on a button

You will need

- Material
- Cotton
- Needles
- Needle threader
- Scissors

recycleforscotland.com/re-use

Instructions for the group

Your task is

1) To sew a button onto the material provided
Optional extra challenge: If you have internet access and computers/smart phones, you could also get the group to search and find their nearest textile repair person/organisation and a sewing class.

Step 1 Select your thread and cut it to a workable length – around 35-40cm should be enough, as you usually double the thread to sew on a button.

Step 2 Double up the thread, and thread your needle.

Step 3 Tie a small knot at the end of the thread.

Step 4 Find where you want the button to be placed on the garment. You can use the previous button marks to help you.

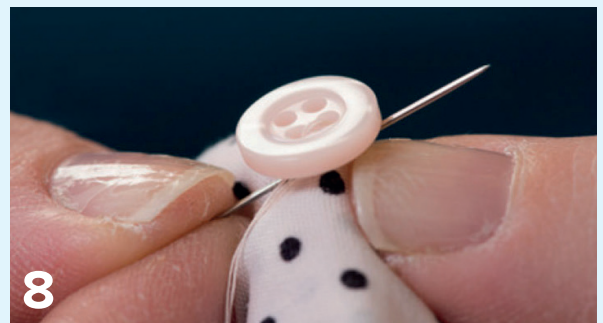
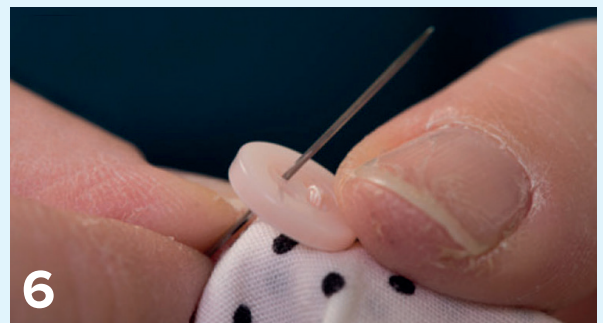
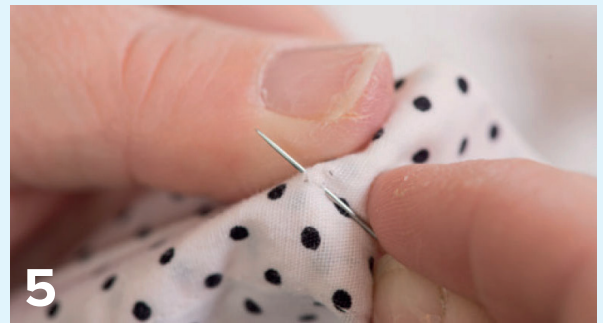
Step 5 Pull the needle right through until the knot reaches the back of the fabric.

Step 6 Next, insert the needle into one of the holes on the button, pull the needle through.

Step 7 Continue to sew stitches through the holes in the button, catching the fabric underneath each time.

Step 8 When you feel the button is nicely secured, bring the needle between the garment and the button and wrap the thread around the base of the button tightly, 5 or 6 times.

Step 9 Secure with a final few stitches. Using scissors carefully trim off any excess thread and neaten things up.



Source www.loveyourclothes.org.uk

Hints/useful links

More information and tips can be found at;

- loveyourclothes.org.uk
- thesewingdirectory.co.uk (directory of sewing classes)

Some regional groups you might want to know about;

- sewconfident.co.uk (Glasgow, Edinburgh, Dundee and Aberdeen)
- facebook.com/groups/sewlateadough (Glasgow)
- sewshed.co.uk (Peebles)
- edinburghremakery.org.uk (Edinburgh)

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