



## Private Tuition

**Sessions available:** Fridays, 1 – 3pm or 4 – 6pm,  
Saturdays, 1 – 3pm or 4 – 6pm.

**Cost:** £30 per two hour session (a maximum of two people can attend). A block of four sessions can be booked for £100.

**Venue:** My studio, Dalgety Bay Business Centre, Ridge Way, KY11 9JN

**Bookings:** Please email [info@therachelhendersonstudio.co.uk](mailto:info@therachelhendersonstudio.co.uk) to book a slot. Payment are taken in advance via Bank Transfer/PayPal or by visiting my studio.

## Knitting

**Part 1 Beginner:** Holding your needles and yarn, how to cast on, a knit stitch, a purl stitch, a garter stitch, a stocking stitch, how to cast off, changing colour, darning in ends and understanding tension.

**Part 2 Beginner cont.:** Creating knitted fabrics (including a moss stitch, a rib stitch, a drop stitch and an open lace stitch).

**Part 3 Intermediate:** Understanding abbreviations and following a pattern, making a small project (baby booties), shaping and

finishing techniques.

**Part 4 Intermediate cont.:** How to create bobbles & cables.

**Part 5 Intermediate cont.:** How to create beaded knitted fabrics.

**Part 6 Advanced:** Colourwork (Intarsia & Fair Isle).

**Part 7 Advanced cont.:** Working with double pointed needles.

## Crochet

**Part 1 Beginner:** Holding your hook and yarn, a chain stitch, a double, a half treble, a treble, a double treble, adding in colour, understanding tension and finishing off.

**Part 2 Beginner cont.:** Increasing and decreasing, working in a round – creating circles and bobbles.

**Part 3 Intermediate:** How to create granny square motifs.

**Part 4 Intermediate cont.:** Decorative stitches (including a cross stitch, a mesh stitch, a cluster stitch and a rib stitch) and adding in beads.

**Part 5 Intermediate cont.:** Understanding abbreviations and following a pattern, making a small project (flower corsage).

**Part 6 Advanced cont.:** How to create crochet edgings.

**Part 7 Advanced cont.:** How to crochet colour blocks.

## Dry Felt Making

**Part 1 Beginner:** Understanding the process of needle felting, creating 2d designs using stencils, needle felted beads and working into polystyrene moulds.

**Part 2: Beginner cont.:** Creating 3D shapes (bowls/plant pots/vessels).

**Part 3 Intermediate.** Using special punch tools and creating applique textile designs with pure wool tops, spun wool and fabric.

## Wet Felt Making

**Part 1 Beginner:** Understanding the process of wet felting, creating 2d designs, adding in colour designs and embellishments.

**Part 2 Beginner cont.:** Creating felt beads and tubes.

**Part 3 Intermediate:** Creating seamless designs using a plastic template.

**Part 4 Intermediate cont:** Creating wet felt flower designs.

**Part 5 Advanced:** Nuno Felting – bonding loose wool into open weave fabrics.

## Machine Sewing

**Part 1 Beginner:** Intro to how to use a sewing machine – threading, tension, a straight stitch, creating hems and seams and producing decorative stitches.

**Part 2 Beginner cont:** How to work with a basic paper pattern and make an envelope cushion or tote bag.

**Part 3 Intermediate:** Creating a stitched applique design using bondaweb.

**Part 4 Intermediate cont.:** Creating button holes and adding zips.

**Part 5 Advanced:** Working with a darning foot and a hoop and creating free motion embroidered designs.

**Part 6 Advanced cont.:** Creating embroidered textile designs using water soluble Solufleece.

## Hand Embroidery

**Part 1 Beginner:** Basic hand embroidery stitches (including a running, a chain, a stem, french knots, a blanket, a satin, a lazy daisy and a cross stitch).

**Part 2 Intermediate:** Decorative hand embroidery stitches (including a fishbone, an open leaf, a fly, a cretan, a basket and a raised rose stitch).

## Fabric Manipulation

**Part 1 Beginner:** Folding, gathering and sewing into fabric to create 3d flowers (including suffolk puffs, roses, quilted and pom-pom designs).

**Part 2 Intermediate:** Experimenting with pleating and smocking.

## Fabric Printing

**Part 1 Beginner:** Hand printing using freezer paper stencils, fabric inks and stippling techniques.

**Part 2 Beginner cont.:** Disperse dye printing.

## Mixed Media Textiles

**Part 1 Beginner:** Experimenting with tyvek, 3D medium, angelina fibres and artist transfer paper.