

# 4 Reasons Why Everyone Should **LEARN TO SEW**

*If you're looking to take up a new hobby, sewing is definitely one of the more useful pastimes you could turn your hand to.*



While the art of sewing has dwindled with the rise of fast fashion, the craft is enjoying a resurgence of late, and for good reason too! With the potential to be both practical and creative, this age-old skill brings many benefits...

## **SAVE MONEY**

Learning to sew gives you the skills to quickly and easily repair or alter your clothes, saving you money. With the help of a needle, thread and just a little bit of know-how, you can preserve the clothes you love and even make them fit you better!

## **FEEL GOOD**

Learning a new skill does wonders for your self confidence and mental health. If you're looking to boost your well-being and spend less time looking at screens, sewing could be just the hobby for you. The great thing about sewing is that it's easy to get started. Plus, you get something useful and beautiful at the end of each project, which is very rewarding.

## **GET CREATIVE**

When it comes to sewing, the world is your oyster. From toys and homeware to dresses, baby clothes and beyond, when you've mastered the basics you will be able to create one of a kind items to be cherished forever. What's more, when you can sew your own clothes you aren't bound by current trends. Instead, you can dance to the beat of your own drum and showcase your own style in prints and fabrics you adore.

## **REDUCE YOUR ENVIRONMENTAL IMPACT**

Every year 350,000 tonnes of clothes go to landfill, many of which are made from synthetic materials that take thousands of years to break down. On top of this, fashion is one of the most polluting industries, reportedly producing as many greenhouse gases as all the planes flying in the world. In sewing your own clothes, or repairing the ones you buy, you can reduce your environmental impact and do your bit to save the planet.

The four reasons listed above are just the beginning to the benefits of sewing. If you're thinking of taking the plunge, go for it! What have you got to lose? Head down to your local craft shop or haberdashery and grab yourself a needle, thread and some fabric and get started.

The staff at Fabrique Creations are friendly, trained and happy to help and advise on the right fabrics for your projects

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