



Sanctuary Care

# The Lifelong Learning Exchange

Cherise's simple guide to learn to hem a pair of trousers



# 4 easy steps to get started

1

## Gather your materials

Select the pair of trousers you want to hem and check that you have the items you will need to sew.

2

## Get your sewing kit ready

Find a matching colour thread, sewing needle, scissors, pins and iron.

3

## Check the hem length

Try on your trousers and check the length you want to hem them to. Fold the hem under and pin to desired length.

4

## Practice stitching

Thread your needle and gently push it through the fabric from the underside, then back down in smooth even stitches.

**Cherise's  
view**

*“I started to sew when I was 14 and it's nice to see how my granddaughter does too.”*

# Have a go at hemming your trousers

## 1 Set your length

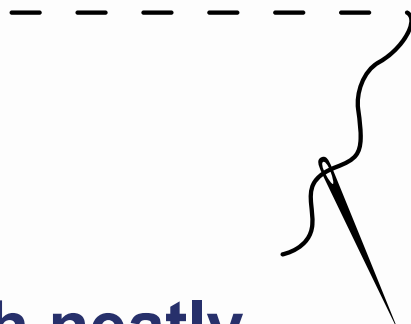
Pin the trousers to the right height while wearing shoes.

## 2 Prepare the hem

Mark, trim and double fold the fabric.

## 3 Sew carefully

Use small stitches and take your time. Ensure you go all the way around the entire hem. Keep the line straight like this:



## 4 Finish neatly

Press the hem flat so it looks sharp and professional. Iron the area for a neat finish.

## **Purpose driven learning across generations**

We hope you have enjoyed learning a new skill, with guidance and inspiration from Cherise Chapman at Nunthorpe Oaks Residential Care Home in Middlesbrough. At Sanctuary Care, we believe that purpose knows no age. It gives life meaning, direction and joy, and it plays a vital role in wellbeing at every age.

## **Share your learning experience**

We want to see how you got on learning how to hem a pair of trousers. To share your experience, follow Sanctuary Care on social media and use hashtag #LifelongLearningExchange when you post.

