



## Welcome to Summer at The Sewing Rooms!

With new projects off the ground, and upcycled manufacturing projects continuing, we're anticipating a very busy few months! We're proud to announce that we've registered with Social Enterprise UK and have certified our use of the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) in measuring the outcomes of our projects. Our team wishes you a wonderful summer, and we'll be back in touch again in the Autumn!



### Memory Cushions

For carers and those with early stage dementia, the Memory Cushion project helps make favourite stories tangible. Using upcycled materials, the cushion is a beautiful keepsake for families. We are running four five-week courses, so please contact [Maureen@the-sewing-rooms.co.uk](mailto:Maureen@the-sewing-rooms.co.uk) / 01695550772 to book.



### Donating sewing machines

Our thanks to ESH for grant funds and West Lancs Mayor Nikki Hennessey for her visit. We are donating sewing machines to project participants who are moving out from refuge or probation services and are planning to continue sewing in



### Tummy Time baby mats

Working with a variety of young people services, our teams are creating washable, rollable baby mats to encourage new mums to get their babies playing on their tummies. Training materials about the health benefits will

education or  
employment.

also be distributed.



### Co-founders visit Panaz

The Sewing Rooms uses roll-ends of beautiful fabrics donated by Panaz, a well-known fabric manufacturer, in a variety of upcycling and manufacturing projects. The Sewing Rooms co-founders Paula Gamester and Maureen Fazal recently visited the Panaz office to show the team some of the products The Sewing Rooms made from their donations.

### Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)

A 14-point scale, with five response categories, WEMWBS evaluation covers both feeling and functioning aspects of mental wellbeing. The Sewing Rooms is proud to be a registered user of WEMWBS. Our teams use the Scale to evaluate each programme and project, as well as provide individual participants with bespoke analyses with custom plans for ongoing personal development.



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