



*Manual*

*Yes We Can*

*South Africa*

*Where strangers  
become friends  
and friends  
become family*

Meet *Mila Moreano,*  
founder of  
'Yes We Can'  
South Africa.

An NGO that was started in the townships to empower women through various skill sets and business training to earn an income and become financially independent. This helps mothers put food on the table without leaving the house sometimes.



*Cut along the dotted line*

With little resources, in less than 4 years Yes We Can has grown and trained 700 ladies! We work hard to share our sewing and business skills to instill the spirit of entrepreneurship and self reliance. Thanks to everyone who has supported us in our journey.

**Sewing in Mfuleni  
Nondinaye Tyalisi  
062 450 4847**



**SEWING IN MAKHASA  
KHAYELITSHA**

**PHAKAMA NTSODO**

**061 465 3295**

**064 493 2631**



**Sewing in Delft  
Mercy Lambert  
062 056 3218**

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**SEWING IN GUGS  
SUSARA ADAMS  
064 090 9105**



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**Meet our team of  
facilitators**

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**Imelda Cupido**  
**Kensington**  
**076 030 1583**



**SEWING IN ATHLONE**  
**Abieda Hendricks**  
**081 891 1898**



**Sewing in Brooklin**  
**Brenda Adams**  
**082 704 7140**



Beginners

Table Runner  
Placemat  
Waist Apron  
Shopping Bag  
Scatter Cushion

Intermediate

Full Apron  
Drawstring Bag  
Bottle Bag  
Toiletry Bag  
Coin Purse

Advanced

Teddy Bear  
Laptop Bag  
Handbag with zip  
Backpack  
Cooking Bag

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# Membership levels

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# Enter to learn.....

How to use basic sewing equipment.

Functions of the sewing machine.

How to wind a bobbin.

How to thread a machine.

Straight stitching.

Hemming (single and double).

Creating single seams.

Creating a french seam.

Pin, tack and sew techniques.

Back stitch.

Marking and measuring.

Cutting fabric.

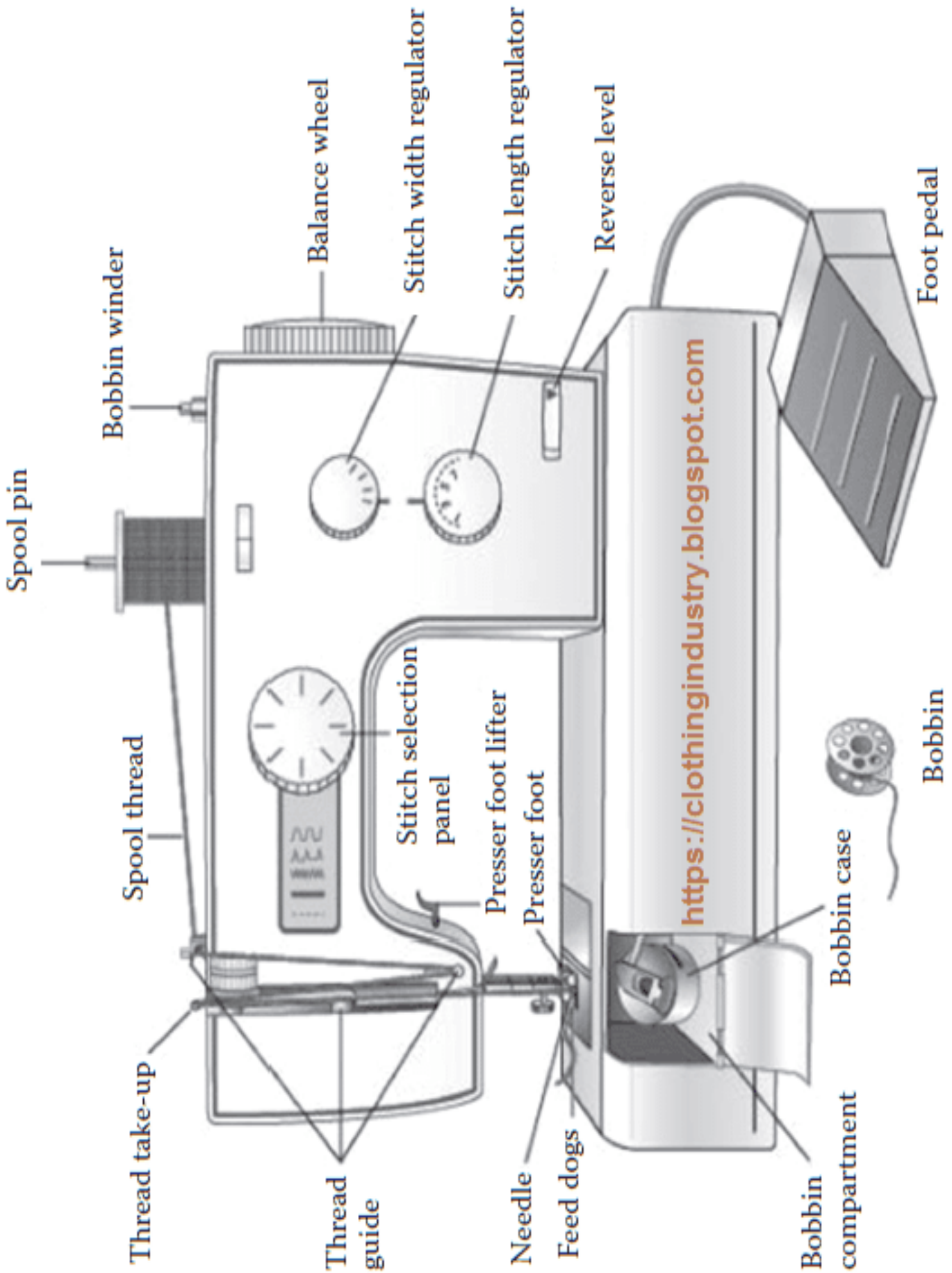
Attaching Velcro.

Putting in a zip.

Basic overlocking.

Exit to earn.....

# Know Your Sewing Machine





# The Basic Hand Sewing Kit

**Buttons and Other Fasteners.** Having buttons, snaps, and zippers in your sewing kit will come in handy for making quick repairs.

**Fabric Marking Pens.** These make it easy to measure and mark fabrics accurately. And the marking will come out in the wash.

**Hand-Sewing Needles.** You'll need needles in every length and size. You don't want to try hand sewing heavy fabrics like denim or corduroy with a needle that's too small.

**Measuring Tape.** No matter what you sew, measuring will probably be involved. So measuring tape is a must-have.

**A Needle Threader.** Instead of suffering the frustration of trying to get a tiny piece of thread to go through the tiny eye of a needle, use a needle threader instead.

**A Pincushion or Magnetic Pin Holder.** Good old fashioned pincushions help to keep straight pins under control. But if you want a more "modern" and "high tech" solution, use a magnetic pin holder instead.

**Sewing Scissors or Fabric Shears.** Don't settle for a standard pair of scissors. You'll just be making things harder on yourself than they have to be. Sewing scissors and fabric shears are specially designed to make cutting fabric easier.

**A Seam Ripper.** Seams can be surprisingly stubborn. While wrestling to remove a seam can give you a good workout, use a seam ripper if you want the job to be a little easier.

**Straight Pins.** Choose straight pins with round heads. They tend to be easier to work with than flat-headed straight pins.

**Thimbles.** Thimbles help to protect your fingers from the pointy ends of needles. They can also help you to get a needle through thick, heavy fabric.

**Thread.** You can buy thread in just about any colour you can imagine. You should also invest in a spool of invisible thread. If you have to sew something that's white or yellow, but don't have any white or yellow thread, invisible thread is the answer.

# Beginner Projects

Table Runner

Placemat

Waist Apron

Shopping Bag

Scatter Cushion



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# Table Runner

**Finished size: 97x45cm**

**Fabric cut size: 100x48cm**

## How to:

Cut fabric to size.

Create a double hem all round by:

Measure, fold and press 0.5cm to the wrong side of the fabric to create a single hem all round.

Measure, fold and press 1cm to the wrong side of the fabric creating a double hem all round.

Pin, tack and sew.

Use the edge line of your double hem created as your guide and sew all round as close to the edge as possible



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# Placemat

**Finished size: 45x32cm**

**Fabric cut size: 47x34cm**

## How to:

**Cut fabric and batting to size.**

**Layout fabric, right sides together with the batting.**

**Sew around a 1cm seam all round leaving a 10cm opening on one side.**

**Turn placemat inside out and press.**

**Sew a 1cm topstitch all round.**

**Measure 4cm from topstitch all round.**

**Topstitch on this line all round.**



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## Waist Apron

**Fabric:** 28 x 58 cm

**Cut fabric** 28 x 36 cm

**Pocket is** 28 x 12 cm

**Straps:** 2 pieces 28 x 5 cm

Begin with straps - fold in half ,

Right sides facing, press flats sew a straight line, at the end, take a 90° turn, sew straight. Turnover.

Place straps in place on the right side.

Sew up sides and bottom, leaving a 12cm opening at the bottom.

Turn right side out. Press and topstitch right around

On long side of pocket sew a double hem.



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## Shopping Bag

**Fabric:**  $\frac{1}{2}$ m fabric and  $\frac{1}{2}$ m lining

**Strap:** 4 strips, 49cm X 5cm

Cut fabric and lining to size.

Fold over short edge 1cm press, then 3cm, pin in place.

Prepare straps. Sew down 4 sides, leave a 10cm space to turn over. Topstitch all 4 sides.

Slide into place under hems, 4cm from side edge.

Sew close to folded edge.

Flip strap up, turn over. Stitch close to bottom edge and the top fold.

Fold bag wrong sides together. Stitch down side seam 1cm from edge.

Flip wrong side out, press side seams flat.

Sew 1,5 cm down both sides.



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## Scatter cushion

**Finished cushion: 50 x 50cm**

**Fabric: 54cm x 54cm**

**Zip: 50cm**

**Cut fabric to size.**

**Fold and press 1cm single hem on all 4 sides.**

**Place and sew in zip on one side.**

**Sew a single hem around 3 remaining sides.**

**Turn inside out and topstitch.**



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## Full Apron

Fabric needed: 1 meter

Cut fabric to size.

Follow instructions in class.



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## Drawstring Bag

**Fabric needed:**  $\frac{1}{2}$  m fabric

4m cord

Cut fabric to size. Measure out the side seams and the top hem. Sew sides with a French seam.



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# Bottle Bag

**Fabric:** 35cm x 40 cm

**Lining** same as above

**Strap** 43cm x 17cm

**Bottom** 12cm x 12cm round.

Join side seam of outer fabric. Place S.A. label 6cm from the top.

Attach the bottom circle to the body of the bag.

Join side seam of lining leaving a 1cm opening 4cm from the edge for the elastic.

Attach the bottom circle to the body of the lining.

Place lining inside bag, wrong sides facing.

Prepare handle the same as for toiletry bag.

Put handles in place.

Tuck in 1cm of fabric and lining to form top hem with handle in place.

Top stitch.

3cm down, sew 2 rows 1cm apart for elastic.

Insert elastic.



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# Toiletry Bag

2 x Outer Fabric 36cm x 27cm

2 x Lining 36cm x 27cm

Zipper = 35cm

Handle = 27cm x 8cm

Take 1 outer and 1 lining, place zipper with the slider down.

Tape in place.

Sew zipper in place.

Repeat with the other two pieces.

Open up the 4 pieces with the zipper in the centre, iron and topstitch,

Place right sides together, pin in place.

Place the handle 3cm down from zip and SA label just below.

Sew side and bottom seams, leaving a 10cm gap in bottom lining.

Trim seams down.

Sew corners to make a box bottom.



## Rhodes Book / Bible Bag

Body: 40 cm x 65 cm

Top: 7 cm x 40 cm

Zip: 39cm

Strap : Men: 33 cm x 10 x cm

Ladies: 43 cm x 10 cm



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# Advanced

Teddy Bear  
Conference Bag  
Cross Body Bag  
Backpack  
Cooking Bag



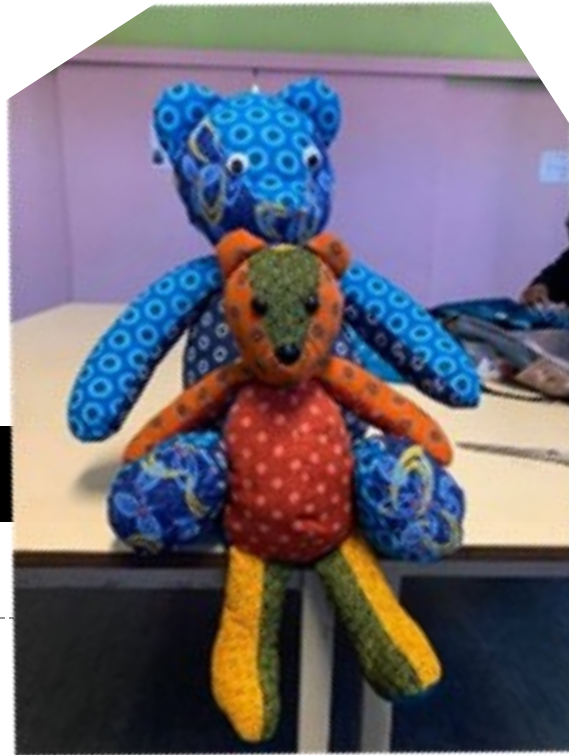
## Teddy Bear

You will need a selection of matching colours to create this masterpiece.

Stuffing.

Set of eyes and a nose.

Follow the instruction sheet that will be handed out by the facilitator in class.



## Conference Bag

Body: 91cm x 51cm

Handles: 72cm x 10cm (2)

### French Seams:

Straight stitch down sides with wrong sides together.

Turn inside out, straight stitch right next to first stitch.

### Top Fold:

First fold - 2.5cm

Second fold - 4cm

Place handle under second fold, then, fold it over second fold.

Stitch over handle at the bottom.

Fold each handle in half, then, open up and let ends meet the middle.

Block corners 4cm



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## Cross Body Bag

x Outer Fabric 25cm x 24cm

24cm zipper

Handle = 150cm

### Measure and cut fabric to size.

Place one side of zipper and sew onto one piece of fabric.

Do the same with the second part of the zipper.

Take 3<sup>rd</sup> piece of fabric, turn over a 1cm hem at the top.

Place hemmed piece, wrong side to right side of zipped piece, ( back of bag),  
sew down center.

Put slider into zipper.

Right sides together, place your handle 2cm from top edge and your label just  
below handle.

Stitch right around your bag.

Zigzag to neaten the raw edges.

Turn bag inside out.



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## Backpack

### *Fabric needed:*

± 1½ to 2 meters of fabric of choice.

± 1 meter of batting

2 zips

Some elastic

*Follow instructions as given in class by the facilitator.*



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## Cooking Bag

*Fabric and Lining: 1 m x 1 m*

*Stuffing for the bag*

*Straps x2 66cm x 14cm*

*Lid: 44cm in diameter.*

*Fold fabric in half, then in quarter, then in half again.*

*Measure from center point 22cm.*



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