





## **Welcome to The Learning Exchange!**

We believe that everyone experiences a sense of personal growth and improved wellbeing through learning, and our purpose is to provide an enjoyable learning experience for every person who attends our courses.

As you will see, there are a wide range of subjects available for you to try, and we hope that you will be inspired to come along and take part. If there are other subjects and courses that you would like to see being offered, please let us know and we'll try to offer them in future terms.

Please do also let us know if you have any specific requirements such as wheelchair access, or information provided in alternative formats etc. We will do our best to fulfil your requirements and enable you to fully participate in our courses.

Thank you for your interest in our programme, and we hope that you enjoy learning with us.



**Contents:**

<b>An introduction to contemporary drawing as a practice</b>	<b>3</b>
<b>'Just Be'</b>	<b>4</b>
<b>Knitting for beginners</b>	<b>5</b>
<b>Gardening Club</b>	<b>6</b>
<b>Crafts Through Nature</b>	<b>7</b>
<b>Movement &amp; Voice</b>	<b>8</b>
<b>Mini Beast Challenge</b>	<b>9</b>
<b>Introduction to Film Making</b>	<b>10</b>
<b>Nature Connection &amp; Wild Weaving</b>	<b>11</b>
<b>Thinking about Thinking</b>	<b>12</b>
<b>Wellness Planning</b>	<b>13</b>
<b>Understanding and Managing Anxiety</b>	<b>14</b>
<b>Forest Bathing Experience</b>	<b>15</b>
<b>Doing the right thing</b>	<b>16</b>
<b>Wood Carving</b>	<b>17</b>
<b>Becoming a tutor - how to prepare and run a workshop</b>	<b>18</b>



## **An introduction to contemporary drawing as a practice**

**Lead Tutor:** Sarah Chapman

**Dates/Times:** This is a four-week course running on Mondays

4<sup>th</sup> July, 10:30-13:00

11<sup>th</sup> July, 10:30-13:00

18<sup>th</sup> July, 10:30-13:00

25<sup>th</sup> July, 10:30-13:00

**Location:** Endeavour House

**Course Overview:**

A introduction to contemporary drawing as a practice. Experimentation, creativity and playfulness is encouraged through a series of activities that test out different ways of observing and drawing, including line, colour, the urban landscape and drawing from life.

A sketchbook will be provided to encourage drawing outside of the workshop sessions.

**Teaching and Learning Approaches:**

Practical and group discussion

**Assessment:**

There is no formal assessment although we welcome feedback about the course



## 'Just Be'

**Lead Tutor:** Jo Bailey

**Dates/Times:**

5<sup>th</sup> July, 10:00-12:00

15<sup>th</sup> July, 10:00-12:00

5<sup>th</sup> August, 10:00-12:00

30<sup>th</sup> August, 10:00-12:00

21<sup>st</sup> September, 10:00-12:00

**Location:** Shekinah Grow

**Course Overview:**

Our 'Just Be' sessions offer the opportunity to escape the pressures of modern life and enjoy the serenity of Shekinah Grow, within a safe and beautiful environment.

Our staff and volunteers will be around to chat to, bring a book, or simply close your eyes and listen to the hum of the bees and bird song.

These flexible sessions provide some time for you in nature, some time to 'Just Be'.

**Teaching and Learning Approaches:**

Flexible session to meet the needs of the individual.

**Assessment:**

No assessment.



## **Knitting for beginners**

**Lead Tutor:** Julie Bakewell

**Date/Time:** Monday, 11.00 -13.00 (from 11<sup>th</sup> July for 5 weeks)

**Location:** Endeavour House

**Course Overview:**

This course is designed for absolute beginners and/or those wishing to brush up their skills. Students will have the option of knitting a scarf, wrist-warmers or blanket.

Equipment and patterns will be provided.

**Teaching and Learning Approaches:**

Tuition will be relaxed group and one-to-one guidance.

**Assessment:**

There is no formal assessment although we welcome feedback about the course



## Gardening Club

**LeadTutor:** Chris

**Dates/Times:** Thursdays, 10:00-14:00

**Location:** Shekinah Grow

**Course Overview:**

Come along and potter about in our allotment beds. We grow to organic principles and in harmony with nature.

Enjoy some gentle gardening, light conversation, and the opportunity to meet new friends. Share knowledge and learn new skills.

(Contact: [jo.bailey@shekinah.co.uk](mailto:jo.bailey@shekinah.co.uk) for further information)

**Teaching and Learning Approaches:**

Practical and interactive

**Assessment:**

There is no formal assessment although we welcome feedback about the sessions.



## Crafts Through Nature

**Lead Tutor:** Amy Issac

**Dates/Times:**

12<sup>th</sup> July, 10:00-12:00

9<sup>th</sup> August, 10:00-12:00

23<sup>rd</sup> August, 10:00-12:00

6<sup>th</sup> September, 10:00-12:00

27<sup>th</sup> September, 10:00-12:00

**Location:** Shekinah Grow

**Course Overview:**

Our craft workshops are inspired by nature and connection. Using natural resources such as leaves and stones, join us in connecting your creativity with the natural world.

**Teaching and Learning Approaches:**

Practical demonstration and guidance.

**Assessment:**

No assessment.



## **Movement & Voice**

**LeadTutor:** Bernadette McAuley

**Date/Time:** 13<sup>th</sup> July, 10:30-13:30

**Location:** Endeavour House

**Course Overview:**

Considering how we communicate using our bodies and voice. How differing tones, use of verbal and physical language portray differing messages. We will create a text together as a group, and use the text to create a movement and play with our voices. We can also bring in extracts of favourite text, newspapers or utilise work that's already inspired you in some of your other workshops at Shekinah.

**Teaching and Learning Approaches:**

Collaborative – group devising/creation

**Assessment:**

There is no formal assessment although we welcome feedback about the course



## Mini Beast Challenge

**Lead Tutor:** Jo Bailey

**Dates/Times:**

13<sup>th</sup> July, 10:00-12:00

10<sup>th</sup> August, 10:00-12:00

7<sup>th</sup> September, 10:00-12:00

**Location:** Shekinah Grow

**Course Overview:**

Come along and explore the world of mini beasts. Join the hunt and leap into the busy world beneath our feet, rotten wood, and leaf debris. Find them, identify them, learn about them, and if you're really quick – get a pic!

Discover what role they play in our ecosystem, all with minimal disruption to their lives and habitat. A great chance to peep into this hidden world.

**Teaching and Learning Approaches:**

Interactive learning through practical exploration and identification.

**Assessment:**

No need for assessment, just great fun exploring.



## Introduction to Film Making

**Lead Tutor:** John Tomkins

**Dates/Times:**

14<sup>th</sup> July, 14:30-17:00

**Location:** Endeavour House

**Course Overview:**

Ever thought about becoming a visual storyteller or having a career in film production. In this course you will have an introduction to film making, from your initial idea, pre- production, production and post-production.

Learn about the different production roles, watch clips from examples of locally produced documentaries - creative films and learn about skills in planning your production.

**Teaching and Learning Approaches:**

Practical and group discussion.

**Assessment:**

There is no formal assessment although we welcome feedback about the course



## Nature Connection & Wild Weaving

**Lead Tutor:** Emma Capper (WEA)

Dates/Times:

Tues 19<sup>th</sup> July, 10:00-15:00

Tues 20<sup>th</sup> September, 10:00-15:00

**Location:** Shekinah Grow

### **Course Overview:**

In this session you will learn to create simple vessels with some of the following weaves alongside an introduction to the nature connection practice of Shinrin-yoku - Forest Bathing. (No swimming involved)

- Spiral weave
- Basic flat weave
- Twining
- Cordage
- Square weave - bark & rush

With a mix of foraged and farmed materials. Including willow, rush, ivy, bramble, hazel, holly, and many more.

Deepen your relationship with the natural world through mindfulness invitations and the practice of forest bathing.

Learn a traditional craft and ancient craft. Create beautiful and useful vessels like - Bird feeders, platters and treasure pots.

2.5hrs Morning - Forest bathing and forage materials.

2.5hrs Afternoon - Weaving.

Suitable for ages 11yrs and up. Children must be accompanied by a responsible adult.

### **Teaching and Learning Approaches:**

Practical and interactive

### **Assessment:**

No assessment.



## Thinking about Thinking

**LeadTutor:** Stuart Bakewell

**Date/Time:** 22nd July, 09:30-12:30

**Location:** Endeavour House

**Course Overview:**

'Thinking is common to all' - Heraclitus

We all do it; but what exactly is thinking? This three-hour course introduces some of the major philosophical ideas that try to answer these questions.

The emphasis is on making philosophy accessible, interactive, useful and fun.

**Teaching and Learning Approaches:**

Talk and workshop format.

**Assessment:**

There is no formal assessment although we welcome feedback about the course



## Wellness Planning

**Lead Tutor:** Jane Eastwood and Kelly Davis

**Dates/Times:**

Two courses to run over three weeks on Wednesdays.

Course 1. 27th July, 3rd and 10th August, 10.00-11.30

Course 2. 17th, 23rd and 31st August, 10.00-11.30

**Location:** Endeavour House

**Course Overview:**

Start to develop your own wellness plan. This is a simple self - management tool that can support emotional wellbeing. It looks at what we need to do to stay well and what we can do when things aren't going as well. These sessions allow us to start to understand what might impact on our wellbeing and what will help us.

**Teaching and Learning Approaches:**

These sessions are delivered by people with lived/living experiences of challenges to their emotional wellbeing and have used a wellbeing plan to support their wellbeing. They are also trainers and Mental health workers.

The sessions encourage group participation, learning from each other during the process, with the aim to start your own wellness plan.

**Assessment:**

There will be a short form to complete on the first and last week and we value your feedback following the sessions at the end of the course.



## Understanding and Managing Anxiety

**Lead Tutors:** Jane Eastwood and Tracey Dillon

**Dates/Times:**

This is a 6-week course running on Wednesdays:  
27th July, 3rd, 10th, 17th, 23rd and 31st August, from 12.00- 2.00pm

**Location:** Endeavour House

**Course Overview:**

This course will provide information, practical tools and some techniques to support beginning to understand and manage anxiety more effectively. We will look at what we already do that helps and explore other self-management tools that we can use.

**Teaching and Learning Approaches:**

These sessions are delivered by people with living experiences of anxiety and how this impacts on their emotional wellbeing. They are also trainers and Mental health workers.

In the sessions we will explore how our anxiety impacts on our every day lives and what we can do to help ourselves. We ask people to set achievable goals to work on between sessions but this is not compulsory.

**Assessment:**

There will be a short form to complete on the first and last week and we value your feedback following the sessions at the end of the course.



## Forest Bathing Experience

**Lead Tutor:** Emma Capper (WEA)

**Dates/Times:**

Wednesday 27<sup>th</sup> July, 10:00-13:00

Tuesday 16<sup>th</sup> August, 10:00-13:00

Tuesday 13<sup>th</sup> September, 10:00-13:00

**Location:** Shekinah Grow

**Course Overview:**

Nature connection session for adults. Forest bathing is a sensory based practice with similarities to mindfulness in nature.

Its name is a translation from Japanese- "Shinrin-yoku". (No swimming involved)

The techniques are not only fun, but offer a gentle way to come back to yourself, find purpose and clarity in this ever changing world.

These walks support the 5 ways to mental wellbeing advocated by our NHS.

- Give
- Connect
- Be active
- Take notice
- Learn

Try something new as well as offering innumerable health benefits such as boosting your immunity, stress relief and supporting your nervous system and heart.

Suitable for all groups.

**Teaching and Learning Approaches:**

Practical and interactive

**Assessment:**

No assessment.



## Doing the right thing

**LeadTutor:** Stuart Bakewell

**Date/Time:** 29<sup>th</sup> July, 9:30 – 12:30

**Location:** Endeavour House

**Course Overview:**

When confronted by a choice, is there a 'right' thing to do, and how do we know what that might be? Ought we do anything more than please ourselves? Do we owe any consideration to others? And if so, why?

This short course sets out to consider these questions in more detail and introduce some ways we might think about these problems.

**Teaching and Learning Approaches:**

Talk and workshop format.

**Assessment:**

There is no formal assessment although we welcome feedback about the course



## Wood Carving

**Lead Tutor:** Rod

**Dates/Times:**

8<sup>th</sup> July, 10:00-13:00 + 22<sup>nd</sup> July, 10:00-13:00 (2 session workshop)

12<sup>th</sup> August, 10:00-13:00 + 26<sup>th</sup> August, 10:00-13:00 (2 session workshop)

9<sup>th</sup> September, 10:00-13:00 + 23<sup>rd</sup> September, 10.00-13.00 (2 session workshop)

**Location:** Shekinah Grow

**Course Overview:**

Whittle away the hours at Grow on our 2 session wood carving workshop. A traditional craft using sustainably and responsibly sourced wood. Learn about different types of wood for carving, and to master hand tools to create your very own whittled spoon.

**Teaching and Learning Approaches:**

Practical and interactive

**Assessment:**

No assessment (but you will hopefully have a spoon to take away!)



## **Becoming a tutor - how to prepare and run a workshop**

**LeadTutor:** Learning Exchange staff

**Date/Time:** 29<sup>th</sup> July, 9:30 – 12:30

**Location:** Endeavour House

**Course Overview:**

Are you interested in joining our group of workshop facilitators but feel unsure about how to develop and deliver your course? Don't worry - we can help.

This workshop will provide you with the essential basics to become a tutor in the Learning Exchange.

**Teaching and Learning Approaches:**

Talk and workshop format.

**Assessment:**

There is no formal assessment although we welcome feedback about the course



**Booking**

You can book courses by:

Coming to our enrolment session and signing up

**OR**

Phone Sarah Chapman on 07840 851 558 and give your details over the phone.

**OR**

You can call in at Endeavour House and pick up a form to fill in and leave with the Learning Exchange reception.

If you would like to talk to someone about options or have more questions, please get in touch. We will either answer your question immediately or get back in touch with you as soon as we can.

The Learning Exchange is new, and we are just starting out on the journey of offering something different – if you have any comments, we would love to hear from you.

We also hope to offer many more courses, so please also let us know what opportunities you would like to have available, and also if you would like to be involved in developing or running them.

## Where to find us

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