



The Learning Exchange

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Plymouth

Spring 2024

Welcome to The Learning Exchange!

We believe that everyone experiences personal growth and improved wellbeing through learning, and our purpose is to provide an enjoyable 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 will try to offer them in future terms.

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

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

**All courses are
FREE and INCLUSIVE
Students must be 18+**

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Create Your Own Comic Book

Lead Tutor: Paul Desborough

Date and time: Mondays 15/01, 22/01, 29/01.
3pm – 5pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: In this course, you will learn how to create a short, colourful, fun, comic book based on your own life experiences. These sessions will include a brief history of comic books, use of narrative in art, tutor guidance on drawing technique, use of colour, exchange of ideas and group discussion. You don't need to be a budding Picasso to take part, just as long as you enjoy drawing, painting and generally being a bit artistic!

Session 1: "Why do we enjoy reading comics?"

Session 2: "How do I make my art about me?"

Session 3: "Narrative: telling your story"

Teaching and Learning Approaches: Creative experimentation and self expression.

Assessment: There is no assessment, but we welcome feedback on this course.



Felting

Lead Tutor: Mary Toon

Date and time: Mondays 15/01, 22/01, 29/01.
4pm – 6pm

Location: Shekinah, Bath Street. Ground Floor

Course description: Local artist Mary Toon will introduce you to a variety of techniques to bind wool fibres together to craft unique items.

Session 1: Wet-felting using prefelts

Session 2: Nuno felting using fleece and fabric

Session 3: Wet-felting using yarn and other natural materials

Not suitable for those with a wool or lanolin allergy.

Please bring a small towel and recycled plastic bag if you can.

Teaching and Learning Approaches: Demonstration and practical activity. Sessions may be taken individually.

Assessment: None



German Language

Lead Tutor: Dagmar Schwitzgebel

Date and time: Tuesdays from 16/1. 2.30pm – 4pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: : You will learn simple interactions and ways to express yourself in German. You will be able to talk about the weather, ask for directions and tell the time. You will develop insight into cultural, historical, and geographical connections that shape a language and learn how to attach nonsensical gender articles to objects and animals.

Teaching and Learning Approaches: Participatory session, with interactive exercises that involve speaking, listening, reading, and writing.

Assessment: There is no assessment, but we welcome feedback on this course.



Emotional Logic

Lead Tutor: Marian Langsford

Date and time: Wednesdays 17/1, 24/1. 3pm – 6pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: These two introductory workshops will help you to look beyond behaviour to emotions and beyond those to the threatened values that are driving them. Then one small value can be recovered, resulting in a 'Butterfly effect' or cascade of recovery. Learning to activate your own, innate Emotional Logic not only builds your inner strength, it enables you to have creative conversations to help others too.

Teaching and Learning Approaches: Talk and demonstration with practical interactive workshop.

Assessment: No formal assessment but optional, anonymous before and after resilience questionnaires as well as feedback on the course would be very welcome.



Copper Bangle Making

Lead Tutor: Emmeline Kwaan

Date and time: Thursdays 18/1, 25/1. 3pm – 5pm **or**
Thursdays 14/3, 21/3. 5.30pm – 7.30pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: We are running this pair of sessions twice this term: in the first session you find out about the history and uses of copper bangles, and you will design your basic shape of the jewellery. The week after, you will work on the final patterning shaping and polishing.

Teaching and Learning Approaches: Practical workshop.

Assessment: None. You will have a pretty piece of jewellery to take home.



The Magic of Seeds

Lead Tutor: Hazel Wooding

Date and time: Wednesday 24/1. 3pm – 5pm

Location: Shekinah, Bath Street. Ground Floor

Course description: Join Hazel for a workshop that will encourage you to grow food even if you don't have a garden. Sample different seeds, sprouts and micro-greens and take some time to grow at home for highly nutritious meals.

Teaching and Learning Approaches: Interactive seed-growing workshop

Assessment: There is no assessment, but we welcome feedback on this course.



Dowsing for Beginners

Lead Tutor: Jacky Pearce

Date and time: Friday 26/1. 2pm – 4pm

Location: Starts and ends outside Shekinah, Bath Street

Course description: If you think dowsing is just about water, then think again! With your own further practice, in time you'll be able to find out what you're allergic to or where you lost that all important ring.

In a standalone 2-hour session, Jacky will teach beginners to dowsing how to make your own rods and then how to use them. You'll learn the types of questions you need to ask to get the answers you're looking for, such as where to find drinking water, and how to get back to your car on Dartmoor!

If it's not too windy, Jacky will even demonstrate how to dowse with a crystal, hag-stone or a bit of wood tied to a string.

Teaching and Learning Approaches: Dialogue, demonstration then learner practice.

Assessment: None



Victoria Park Historic Tour

Lead Tutor: Richard Fisher

Date and time: Tuesday 30/1. 11am – 1pm

Location: Victoria Park meet outside the Swiss cottage on Paradise Road. Ending at the Park cafe.

Course description: A historic guided tour of the local area. This will include how Victoria Park as we know it today came to be.

Teaching and Learning Approaches: Guided tour and dialogue.

Assessment: No assessment, just enjoyment



Meditation

Lead Tutor: Agnieszka Gonzales

Date and time: Wednesdays 31/1, 7/2. 3pm – 5pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: In this course you will learn how meditation works on your body and mind. Agnieszka will give you an insight into how meditation reduces stress, and increases focus and awareness. People who meditate experience how this practice influences their mental and physical health. You will be shown ways and tools that may help you to engage with meditation. A guided meditation is included in each session.

Teaching and Learning Approaches: Talk, conversation and guided meditation.

Assessment: None



Introduction to Permaculture

Lead Tutor: Tess Wilmot

Date and time: Thursday 1/2. 3pm – 6pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: Permaculture is more than just a different way to garden. It's a fresh perspective inspired by nature that helps us make better-informed choices which give the planet and its people the best chance at flourishing. This session will show examples of permaculture in Plymouth and inspire you to get designing!

Teaching and Learning Approaches: Workshop format

Assessment: There is no assessment, but we welcome feedback on this course.



Playwrighting

Lead Tutor: Sally Matthews

Date and time: Fridays 2/2 – 23/2. 3.30pm – 5.30pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: We will work together to embody characters and develop from initially writing monologues and gradually adding additional characters until you are writing natural sounding conversation scenes with multiple characters.

Sally will also help you with the dos and don'ts of writing scripts so that they are more acceptable to professionals and broadcasters.

Teaching and Learning Approaches: Workshop format

Assessment: There is no assessment, but we welcome feedback on this course.



Neurographic Art

Lead Tutor: Gemma Lake

Date and time: Mondays 5/2, 19/2, 26/2. 5.45pm – 7.15pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: Neurographic Art can be used as a form of art therapy to help individuals express themselves creatively and explore their emotions and thoughts. Forget your problems and meditate by focussing on art and create a piece of work despite any stress and anxiety. Students do not need any skill in drawing: if you can hold a drawing material, you are able to participate.

Teaching and Learning Approaches: Workshop format

Assessment: None



Watercolour: an Introduction

Lead Tutor: Robert Turner

Date and time: Tuesdays 6/2, 20/2 – 26/3. 5.45pm – 7.15pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: Informal watercolour painting classes, with input from tutor Robert Turner, on various techniques - but with the emphasis on you creating art that you are happy with, and in your own style. It is also hoped to look at the history of watercolour painting, and more closely at certain artists - and some science/physics underlying colour mixing.

The 7th and last of the sessions is planned to be different. There will either be a guest artist, or there will be meditative music to either paint to, or just sit and enjoy...

Teaching and Learning Approaches: Taught art class

Assessment: No formal assessment, as beauty is in the eye of the beholder.



Black History of Plymouth

Lead Tutor: Rachel Hawadi & Jackie Wacha

Date and time: Thursday 8/2. 3pm – 4.30pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: The Hidden Figures of Plymouth Project, sponsored by The National Lottery Heritage Fund aims “to raise awareness, to celebrate and to create a memorable legacy for those people of colour who have made an outstanding contribution to the city of Plymouth.”

In this course you will be introduced to some historical figures whom you may not be familiar with, and Living Figures who include authors, academics, poets, designers and business-people.

Teaching and Learning Approaches: As well as being educational, there will workshop elements and interactivity where you will be able to participate and contribute.

Assessment: None



Becoming a Tutor: Prepare and Run a Workshop

Lead Tutor: Learning Exchange Staff

Date and time: Monday 12/2. 2:30pm – 5:30pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: 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 for the Learning Exchange.

Teaching and Learning Approaches: Talk and workshop.

Assessment: There is no assessment, but we welcome feedback on this course.

Please contact us if you would like to become a volunteer tutor.



Synagogue Visit

Lead Tutor: Jerry Sibley

Date and time: Tuesday 13/2, 11am – 1pm

Location: Meet at Shekinah, Bath Street, at 10:30am or at the Plymouth Orthodox Synagogue at 11am.

Course description: Jerry will be giving us a tour and overview of Plymouth's Orthodox Synagogue, exploring the shared history and evolution of Plymouth, its Jewish population, Catherine Street and the Synagogue. Some comparisons and explanation of Judaic and Christian signs and symbolism will be included.

Teaching and Learning Approaches: Guided Tour.

Assessment: There is no assessment, but we welcome feedback.



Gadgets, Hardware and Search Engines

Lead Tutor: Brian Milstone

Date and time: Tuesday 13/2. 3pm – 5.30pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: This course will teach you how to use computer appliances and gadgets such as smartphone, laptop and tablets. If you struggle sending pictures, saving files, changing a format, or searching the web then this course is for you.

Some functions might be a mystery to you - Brian will explain how they might be useful and make your daily life easier.

Teaching and Learning Approaches: Workshop format and 1-1 support.

Assessment: None



Self-Love and Forgiveness

Lead Tutor: Agnieszka Gonzales

Date and time: Wednesdays 14/2, 21/2. 3pm – 5pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: This course is designed to help individuals release the emotional and mental blocks that hold them back from becoming their true self.

"We can't forgive others until we first forgive ourselves. Self-love is the best love".

Have you ever told yourself that you are not good enough? Have you ever compared yourself to others? You are not alone. But how would you feel to learn to love yourself exactly as you are? If you have ever wondered how that would feel and wondered where to start, you are in the right place.

Week 1: Letting go.

Week 2: Love yourself.

Teaching and Learning Approaches: Talk, conversation and guided meditation.

Assessment: None



Housing Rights

Lead Tutor: Shelter Housing Rights Workers

Date and time: Thursday 15/2. 4.30pm – 7pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: Shelter Plymouth will be joining Shekinah for a Housing Rights workshop. We will be covering what your rights and responsibilities are, discussing the issues we see in Plymouth, and working with you to identify common problems and what we can do to fix them. This will be followed by a housing clinic should you wish to discuss any personal housing situations one on one with an adviser from Shelter.

Teaching and Learning Approaches: Workshop format

Assessment: There is no assessment, but we welcome feedback on this session.



Still Life Drawing

Lead Tutor: Dagmar Schwitzgebel

Date and time: Mondays 19/2 – 25/3. 3pm – 5pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: We will draw objects that are arranged in a specific way. In this course you will be able to explore mediums like charcoal, pencil and pastels. You will learn about composition, light and shades, and reflect on your work and the work of your peers each session.

Teaching and Learning Approaches: Loosely facilitated session.

Assessment: No formal assessment, as beauty is in the eye of the beholder.



Simply Systems Thinking

Lead Tutor: Mathew Cunningham

Date and time: Tuesdays 20/2, 27/2, 5/3. 3pm – 5pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: Struggling to deal with a messy situation at home or work? The same issues cropping up time and time again? Struggling to unpick complex global problems like climate change or poverty? Systems thinking can help.

Please bring a situation that interests you in which you'd like to see change. We will explore these to introduce new ideas, practices and tools that can help us understand the complex world:

Session 1: An introduction to basic system thinking concepts and an approach called PQRS.

Session 2: Draw a rich picture to capture a situation and use "system dynamics" to simplify your model.

Session 3: Use your model to identify methods of change, while including others' diverse viewpoints.

Teaching and Learning Approaches: Workshop format



Landscape Photography (Composition)

Lead Tutor: Jacky Pearce

Date and time: Friday 28/2. 2pm – 4pm

Location: Starts and ends outside Shekinah, Bath Street

Course description: Using any camera, from a smartphone all the way through to a DSLR, Jacky will talk you through a technique for you to take a few minutes to practise before returning individually for gentle critique, and then everyone moving onto the next technique together. These techniques include the rule of thirds and framing, which can be used in any type of photography.

You'll be taking quite a few photos, so please charge your phones or have extra batteries for cameras.

You'll soon be able to critique your own photos, but in case you forget any techniques, a handout will also be provided.

Teaching and Learning Approaches: Workshop format

Assessment: None



Découpage

Lead Tutor: Andy Thomas

Date and time: Thursdays 29/02, 7/3. 5.30pm – 7.30pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: Découpage is the art of cutting paper and using it to decorate objects such as wooden coasters, decorations, or wall hanging art.

We shall be using cut-outs from photos and magazines, etc. to decorate small, rustic log rounds.

Teaching and Learning Approaches: Workshop format

Assessment: There is no assessment, but we welcome feedback on this course.



Decision Making

Lead Tutor: Dr. Anne Paess

Date and time: Wednesdays 6/3, 13/3. 3pm – 5pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: These sessions introduce ideas from game theory and behavioural economics. The aim is to equip learners with useful language, tools, and awareness relevant to decision-making, risk and uncertainty.

Session 1, "Are We Rational?": What is a rational decision? Do we actually behave that way?

Session 2, "Decision Making in an Uncertain World?": How is risk different to uncertainty? What is a black swan event? What is 'genuine uncertainty' and what can we do about it?

Teaching and Learning Approaches: Presentation and group discussion. Sessions may be taken individually.

Assessment: None



Theatre Skills for Creativity & Confidence

Lead Tutor: Marion Clare

Date and time: Friday, 8/3. 3pm – 6pm

Location: Shekinah, Bath Street. Ground Floor

Course description: A relaxed afternoon of playful exercises taken from from theatre, dance and martial arts that help to build your mind-body connection, creativity, and invites you to stop and take a breath.

Useful for performers and artists as well as being beneficial for stress. anxiety and self-image. All abilities and bodies welcome.

Teaching and Learning Approaches: Embodied practice

Assessment: There is no assessment, but we welcome feedback on this course.



How Does The Internet Work?

Lead Tutor: David Sparkes

Date and time: Tuesdays 12/3, 19/3, 26/3.
3pm – 5.30pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: To a greater or lesser extent, we all use it, but how many of us know how what the Internet is made of or how it operates? What colour is it? Who owns it? Through a series of questions, descriptions and educational games, we will explore some of the origins, design principles, problems - and their solutions - that shaped the Internet, without digging into anything overly technical or mathematical.

Teaching and Learning Approaches: Presentation, demonstrations and interactive activities.

Assessment: None



Film(ing) in the City

Lead Tutor: Allister Gall, John Sealey, Patrycja Loranc

Date and time: Wednesday 20/3. 1pm – 5pm

Location: Shekinah, Bath Street. 1st Floor Classroom

Course description: Unlock moving image stories with “Film(ing) in the City”. How can we tell our own stories related to place through the use of video and sound? This workshop invites you to use accessible mobile phone technologies as storytelling tools.

We will look at examples, provide you with exercises and consider DIY approaches to image making. We will then explore playful methods for ways you can use images to capture places and environments to enable you to develop skills to tell stories about your city in a unique and personal way.

Teaching and Learning Approaches: This hands-on workshop combines group discussion, practical filmmaking exercises and exploration of innovative methods for storytelling within City environments.

The outcome will be to provide participants with the tools to make images and understand their meaning.

Assessment: None



Easter Eggs - Dyeing and Printing

Lead Tutor: Sarah and Jasmine Tyson

Date and time: Thursday, 21/3. 4pm – 6.30pm

Location: Shekinah, Bath Street. Ground Floor

Course description: Coming close to Easter, Sarah will provide us with a seasonal treat to celebrate the arrival of spring. In her workshop she introduces learners to several egg decorating techniques. It is a delicate craft, in which the hollow egg serves as a blank canvas for your art.

First, you will blow out an egg, that you will design to your taste. Techniques include plain dyeing, natural dyeing and silk printing. The finished eggs will be threaded up to hang from a branch representing your Easter tree.

Teaching and Learning Approaches: Workshop

Assessment: None, just "get cracking" with your designs that you can take home with you.



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**Please contact us if you would like
to become a volunteer tutor.**

