



The Learning Exchange

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Plymouth

Summer 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 to 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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Emotional Logic

Lead Tutor: Marian Langsford

Date and time: Mondays 22/4, 29/4. 3pm – 5.30pm

Location: Shekinah, Stonehouse Creek

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: Optional, anonymous, before and after resilience questionnaires. Feedback on the course would also be very welcome.



Watercolour: an Introduction

Lead Tutor: Robert Turner

Date and time: Mondays 22/4, 29/4, 13/5, 20/5, 3/6, 10/6. 5.45pm – 7.15pm

Location: Shekinah, Stonehouse Creek

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.

Teaching and Learning Approaches: Taught art class

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



Copper Bangle, Intermediate

Lead Tutor: Emmeline Kwaan

Date and time: Tuesday 23/4. 5pm – 8pm **or** Tuesday 28/5. 2pm – 5pm.

Location: Shekinah, Stonehouse Creek

Course description: Emm will build upon the techniques that you learned in Copper Bangle Making with more skills, such as soldering. You will also have the opportunity to add up to 3 tiny silver charms to your bangle for that extra sparkle and skills practice!

This workshop will run twice this term for students who have already taken part in one of the previous Copper Bangle workshops (see page 11).

Teaching and Learning Approaches: Practical workshop.

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



Felting

Lead Tutor: Mary Toon

Date and time: Wednesdays 24/4, 8/5. 5pm – 7pm

Location: Shekinah, Stonehouse Creek

Course description: Over two sessions we will explore a theme and put together a felted wall-hanging to grace one of the walls in the new Shekinah workshop space.

Beginners welcome but also those who have felted with me already. Up to 8 people. Please bring a towel. We may add another session for assembly if we need to.

Teaching and Learning Approaches: Demonstration and practical activity.

Assessment: None



German Language, Intermediate

Lead Tutor: Dagmar Schwitzgebel

Date and time: Thursdays 25/4 – 30/5. 3pm – 4.30pm

Location: Shekinah, Stonehouse Creek

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.

This workshop is intended for those who have some grasp of basic German.

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.



Housing Rights

Lead Tutor: Shelter Housing Rights Workers

Date and time: Thursday 25/4. 3pm – 5.30pm

Location: Shekinah, Stonehouse Creek

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.



Create Your Own Collage

Lead Tutor: Paul Desborough

Date and time: Tuesdays 30/4, 7/5. 2.30pm – 4.30pm

Location: Shekinah, Stonehouse Creek

Course description: In this 2 part course you will learn how to create a colourful, fun and interesting collage using found images to tell the story of your life journey.

These sessions will include use of narrative in art, tutor guidance on creative techniques, exchange of ideas and group discussions. Materials will be provided but each learner is encouraged to bring in any photographs, magazines, books, newspaper clippings, images from the internet, etc. which they wish to include in their collage. If you would like to include any photos of your family, pets, etc to personalize your artwork that would be great. Come along and have some gluing and making fun!

Teaching and Learning Approaches: Workshop format

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



Copper Bangle, Beginners

Lead Tutor: Emmeline Kwaan

Date and time: Tuesdays 30/4, 7/5. 5.30pm – 7.30pm
or Tuesdays 14/5, 21/5. 3pm – 5pm.

Location: Shekinah, Stonehouse Creek

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.



Moss Appreciation and Creativity

Lead Tutor: Jenny Ayrton

Date and time: Wednesday 1/5. 3pm – 5.30pm

Location: Shekinah, Stonehouse Creek

Course description: Join us to discover the amazing role that tiny mosses play for our environment, then get creative and add to a mass-participation artwork, The Mossy Carpet, which shares and celebrates the many small steps we can take for a brighter greener future.

We'll start the session by looking closely at mosses, finding out how these tiny ancient plants survive and thrive in the gaps between the city paving slabs, right up to the peatbogs on Dartmoor. Then, using wool and thread you'll create your own moss-inspired textile piece to add to a large mass-participation artwork. No experience needed.

Teaching and Learning Approaches: Interactive workshop with time for individual creativity.

Assessment: None



Hand Sculpting Terracotta Clay

Lead Tutor: Lucy-Anne Mason

Date and time: Thursdays 2/5, 16/5. 4pm – 5.30pm

Location: Shekinah, Stonehouse Creek

Course description: With the guidance of Lucy-Anne, you will engage in the rewarding task of transforming raw terracotta ("baked earth") clay into a hand-sculpted pieces of art.

We will explore various hands-on techniques in order to connect both with the material and the traditional art form.

The results of the first sessions will be taken away and fired and you will have an opportunity to decorate or paint your pieces in the second session.

Teaching and Learning Approaches: Workshop

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



Black History of Plymouth

Lead Tutor: Rachel Hawadi & Jackie Wacha

Date and time: Friday 3/5. 3pm – 4.30pm

Location: Shekinah, Stonehouse Creek

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



Poetry

Lead Tutor: Dr Rosemarie Corlett

Date and time: Wednesday 8/5, 1pm – 3pm

Location: Shekinah, Stonehouse Creek

Course description: A playful and curious session to enjoy and create poetry. Led by Rosemarie, a Creative Writing lecturer and Plymouth's Laureate of Words, we will work through some fun prompts, have a go at free writing and enjoy some inspiring readings. Suitable for complete beginners to experienced writers. The focus is on self-expression, the pleasure of experimenting with language, and meeting and sharing poetry with others.

Teaching and Learning Approaches: Workshop

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



Writing Space

Lead Tutor: Sally Matthews

Date and time: Fridays 10/5 – 7/6. 3pm – 5pm

Location: Shekinah, Stonehouse Creek

Course description: "Do you like to write, but never have the time? Spend two hours being inspired by a theme and writing about it.

Themes, paper, pens and two whole hours are yours to write a short story, monologue or even begin that novel you always wanted to start!

In these four stand-alone writing sessions, you will take a theme or idea and write on that theme. The themes include being given a first line, an invitation to an event, looking at rearranging the beginning, middle and end of a story and writing about an overheard conversation.

Teaching and Learning Approaches: Workshop format

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



Theatre Skills for Creativity & Confidence

Lead Tutor: Marion Clare

Date and time: Fridays, 10/5 – 14/6. 5.30pm – 7.30pm

Location: Shekinah, Stonehouse Creek

Course description: Five relaxed afternoons of playful exercises taken 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 anyone, not only 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.



Photography

Lead Tutor: Thomas Loveder

Date and time: Mondays 13/5 **or** 20/5. 3pm – 4.30pm

Location: Shekinah, Stonehouse Creek

Course description: A brief history of photography looking at its origins, both in action and why people may have originally called it *phōtós graphê*.

The course will also provide the basics of what is typically seen as a good image, touching on the rule of thirds, composition and lighting.

Teaching and Learning Approaches: A relaxed presentation style of delivery with potential for demonstrations and practice with equipment. All cameras are welcome, but some will be provided.

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



Meditation

Lead Tutor: Agnieszka Gonzales

Date and time: Wednesdays 15/5, 22/5. 3pm – 5pm

Location: Shekinah, Stonehouse Creek

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



Permaculture

Lead Tutor: Tess Wilmot

Date and time: Thursday 23/5. 3pm – 6pm

Location: Shekinah, Stonehouse Creek

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.



Synagogue Visit

Lead Tutor: Jerry Sibley

Date and time: Tuesday 28/5, 11am – 1pm

Location: Plymouth Orthodox Synagogue

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.

This is the same tour as we ran in Autumn 2023.

Teaching and Learning Approaches: Guided Tour

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



Self-Love and Forgiveness

Lead Tutor: Agnieszka Gonzales

Date and time: Wednesdays 29/5, 5/6. 3pm – 5pm

Location: Shekinah, Stonehouse Creek

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



The Magic of Seeds

Lead Tutor: Hazel Wooding

Date and time: Thursday 30/5. 3pm – 5pm

Location: Shekinah, Stonehouse Creek

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.



Talking Games

Lead Tutor: Mike Sadler

Date and time: Tuesday 4/6. 2.30pm - 4pm

Location: Shekinah, Stonehouse Creek

Course description: This session consists of simple, non-competitive, make-it-up-together-as-we-go-along games, and it involves making lists, stringing together sentences and engaging in brief conversations.

These playful exercises mimic real life small talk by embracing the playful and ludicrous side of it.

You may or may not actually learn much (except how to play such games!), but you will hopefully have a relaxing and amusing time.

Teaching and Learning Approaches: Tutor explains how each game goes, and then we try it out (and yes, you are allowed to say 'pass' or 'help' if your mind goes blank!)

Assessment: Absolutely not!



Diversity Dinner – A Journey of British Immigrant Cuisine

Lead Tutor: Mandeep Kallu

Date and time: Thursdays 6/6 – 4/7. 4pm – 6pm

Location: Shekinah, Stonehouse Creek

Course description: Culture is celebrated through food. We are embracing the cultural diversity that is around us, while acknowledging our not-so-easy-to-digest colonial past.

This course will involve how to make delicious food and how to challenge dangerous societal trends of hate and intolerance.

Teaching and Learning Approaches: Workshop format

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



Identity and Agency

Lead Tutor: Stuart Bakewell

Date and time: Wednesday 12/6. 3pm – 5.30pm

Location: Shekinah, Stonehouse Creek

Course description: As human beings, sense of 'self' appears central to how we think and act in the world. But how do we form our beliefs about ourselves in order to answer the question 'Who am I?' and what implications does our answer have for how we are in the world? This workshop sets out to examine these questions through a critical consideration of some of the main philosophical theories and perspectives.

Teaching and Learning Approaches: Talk and workshop format.

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



Neurographic Art

Lead Tutor: Gemma Lake

Date and time: Mondays 17/6 – 8/7. 5pm – 6.30pm

Location: Shekinah, Stonehouse Creek

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



Esperanto

Lead Tutor: Mike Sadler

Date and time: Tuesday 18/6. 3pm – 4pm

Location: Shekinah, Stonehouse Creek

Course description: Have you ever wondered what Esperanto is all about? This taster session incorporates the history and philosophy of the utopian language.

Mike will clue us up about some unique things in grammar and structure, from which influences Esperanto borrowed words and sounds, and how it is practised today. In a discussion, we will explore and share quirks of different languages.

Teaching and Learning Approaches: Workshop format

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



Conspiracy Theories, Cults and Charlatans

Lead Tutor: Stuart Bakewell

Date and time: Wednesday 19/6. 3pm – 5.30pm

Location: Shekinah, Stonehouse Creek

Course description: In a world where information flows more freely than ever, and with increasing claims of disinformation or 'fake news', people may seek to find comfort in the apparent consistency offered by conspiracy theories and/or cults. This workshop sets out to critically examine the appeal of these ideas, how they gain traction, and consider what, if any, function they can provide.

Teaching and Learning Approaches: Talk and workshop format.

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



Becoming a Tutor: Prepare and Run a Workshop

Lead Tutor: Learning Exchange Staff

Date and time: Tuesday 25/6. 2.30pm – 5pm

Location: Shekinah, Stonehouse Creek

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.



Dowsing for Beginners

Lead Tutor: Jacky Pearce

Date and time: Wednesday 26/6. 11am – 1pm

Location: Starts and ends outside Shekinah, Stonehouse Creek

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



Simply Systems Thinking

Lead Tutor: Mathew Cunningham

Date and time: Wednesdays 26/6 – 10/7. 3pm – 5pm

Location: Shekinah, Stonehouse Creek

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

Assessment: None



Landscape Photography (Composition)

Lead Tutor: Jacky Pearce

Date and time: Wednesday 3/7. 11am – 1pm

Location: Starts and ends outside Shekinah, Stonehouse Creek

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



Stonehouse Creek Historic Tour

Lead Tutor: Richard Fisher

Date and time: Tuesday 9/7. 11am – 1pm

Location: Meet at Shekinah, Stonehouse Creek

Course description: A historic guided tour of the local area. We will start at the new Shekinah building and walk up the long lost creek to Pennycomequick.

Teaching and Learning Approaches: Guided tour and dialogue.

Assessment: No assessment, just enjoyment



Baking Brownies

Lead Tutor: Melissa Blencowe

Date and time: Thursday 11/7. 3pm – 5pm

Location: Shekinah, Stonehouse Creek

Course description: Join Melissa from Mellibu Bakes and learn how to make delicious brownies. Learn simple baking techniques to get the best from lower cost ingredients which can be used to enhance baking skill overall.

Teaching and Learning Approaches: Cooking with demonstrations

Assessment: You get to assess the taste.



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