

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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Course Plotting to Plant.

Lead Tutor: Mandy.

Date and time: Tuesdays 2/4/24 - 27/8/24.10 – 12 pm.

Location: Grow.

Course description: Are you looking for a fulfilling way to give back to your community, while also enjoying the benefits of gardening? Look no further than a community garden project!

This comprehensive guide will cover everything you need to know about community gardens, including benefits, types, how to start, potential problems and solutions, and much more.

1. Encourages Healthy Eating
2. Enhances Community Pride
3. Promotes Physical Activity
4. Improves Mental Health
5. Educational Opportunities

Teaching and Learning Approaches: Practical Workshop

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



Hatha Yoga.

Lead Tutor: Archie.

Date and time: Tuesday 2/4/24 - 30/7/24. 10 - 11 am.

Location: Endeavour House.

Course description: Hatha practices are designed to align, cleanse and calm your body, mind, and spirit to achieve deeper states of meditation and spiritual realisation. A regular practice can improve strength, stamina, flexibility, range of motion, and balance; reduce stress; promote mental calm; and provide many other therapeutic benefits as well.

This class is suited to anyone, any ability all very welcome.

Teaching and Learning Approaches:

Practical Workshop.

Assessment:

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



Crafting.

Lead Tutor: Kelly and Tina.

Date and time: Wednesday 3/4/24 - 28/8/24.

1 - 3 pm

Location: Endeavour House.

Course description: Come and get away from it all. Being creative can not only create something crafty but will transport you to be wholly present. A great mindful experience.

All materials are provided, lots of different craft projects to choose from.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



RAT Project.

Lead Tutor: Bob.

Date and time: Friday 5/4/24 - 30/8/24. 10 – 1 pm.

Location: Endeavour House.

Course description: Art Therapy - Every Friday, come and explore various ways on how to use the different methods to create something magical. This therapeutic process using art as a method of exploration and discovery of personal experiences and emotional expression.

Great way to meet new people and very informal.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



Tai Chi.

Lead Tutor: Lisa Kay and Friends.

Date and time: Monday 15/4/24 - 19/8/24.

1.30 - 2.30 pm.

Location: Endeavour House.

Course description: A series of gentle physical exercise and stretches with each posture naturally flowing in to the next, ensuring that your body is in constant motion. Tai Chi is sometimes described as meditation in Motion because it promotes serenity through gentle movements connecting mind and body. Benefits from practicing Tai Chi it enhances body awareness, balance, coordination, strength, and flexibility.

Great for beginners.

Teaching and Learning Approaches:

Practical Workshop.

Assessment:

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



Art Brut Group.

Lead Tutor: Sarah Tansey.

Date and time: Wednesday 17/4/24 - 22/5/24.

12 - 2 pm

Location: Endeavour House.

Course description: An Art Therapy group which will explore different art mediums. Art is a great way to explore and be truly creative. Making art can activate reward pathways in the brain, reduce stress, lower anxiety levels, and improve mood.

Art Brut is interesting because this area is done by a person or a group of socially, culturally, isolated people. The art created in these workshops will help express for personal purposes.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



Breathworks and Ice bath.

Lead Tutor: Karen and LX.

Date and time: Fridays 19/4/24, 17/5/24, 12/7/24 and 9/8/24. 1 – 2 pm.

Location: Shekinah Grow.

Course description: When it comes to ice baths, optimizing your breath is crucial. Many of us unconsciously adopt shallow breathing patterns, which differ from the deep, diaphragmatic breaths we naturally took as babies. During ice bath sessions, this shallow breathing becomes especially evident. Effective diaphragmatic breathing is essential for several reasons: Increased Oxygen Supply; Relaxation: Heart Rate and Blood Pressure Reduction.

Learn essential breathing techniques to elevate your experience in an ice bath, whether it's a home ice bath or a portable ice bath. Enhance your well-being with every breath.

Limited spaces so book in advance.

Teaching and Learning Approaches: Workshop format

Assessment: No assessment, but we welcome feedback on this course.



The Pizza Apprentice.

Lead Tutor: Pizza Pirates.

Date and time: Thursday 2/5/24 - 25/7/24. 12 - 2 pm.

Location: Shekinah Grow.

Course description: Have you ever watched “The Apprentice” contestants starting small businesses and thought “I could do that better!”? Do you love pizzas, working with people and dealing with customers? Want to learn some fun new skills such as making sourdough, hand-stretching pizzas and cooking in a professional pizza oven? Pizza Pirates are bringing their experience and expertise to the Learning Exchange to teach you how to not only make amazing pizza, but how to start a small pizza business and sell to the public! Over the length of the course, you will learn the practical skills of making authentic pizzas, but also how to turn these skills into money. This course will work toward a one-day experience of selling pizzas to the public at a local market or event as a pizza pop-up.

Teaching and Learning Approaches: Practical Workshop.

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



Laughing Yoga.

Lead Tutor: Karen Watson.

Date and time: Fridays 19/4/24, 17/5/24, 12/7/24 and 9/8/24. 11 – 12 pm.

Location: Endeavour House.

Course description: Laughing yoga is a movement and breathing exercise that aims to cultivate joy and relieve stress. It involves various exercises to promote deliberate laughter, such as breathing, clapping, chanting, and improv. Learn the benefits, how to do it, and the evidence behind laughing yoga.

Come along and have a laugh!!

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Twig Craft Art.

Lead Tutor: Dave.

Date and time: Tuesday 7/5/24, 4/6/24, 9/7/24.

2 – 4 pm.

Location: Shekinah Grow.

Course description: Looking for beautiful, rustic nature crafts projects?

Making crafts using twigs has to be one of the all-time best craft-making ideas. Twig crafts projects are very inexpensive to make, and there is usually a great supply of twigs available. Come and be creative and I will show you how to create butterflies and more.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



Crochet Therapy with Karen.

Lead Tutor: Karen Slade.

Date and time: Mondays 22/4/24 - 29/7/24 excluding bank holidays. 10 – 12 pm.

Location: Endeavour House.

Course description: This 2 hour, in-person crochet workshop is held in a relaxed environment with all materials required provided for you to take part in the workshop including printed worksheets to support your learning. The workshop covers all the basic skills required to crochet including:

- How to hold your crochet hook and yarn
- How to make a chain
- Double crochet stitch
- Treble crochet stitch
- Half treble crochet stitches

Teaching and Learning Approaches: Workshop format

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



Sensory Garden Design.

Lead Tutor: Georgie Brown and Amanda Wycherley.

Date and time: Tuesdays 23/4/24 - 11/6/24.

10 – 12.30 pm.

Location: Shekinah Grow.

Course description: Be part of building a sensory project. This will include the planning and creating of the sensory garden as a community. The sensory garden will provide a therapeutic and calming environment, promoting relaxation and well-being for people of all ages and abilities.

8-week workshop.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



Revamp.

Lead Tutor: Georgie and Carrie Ann.

Date and time: Thursdays 2/5/24 - 25/7/24 every other week. 2 – 4 pm.

Location: Shekinah Grow.

Course description: Bring something from home to upcycle, make something old new and vibrant again. In this workshop we will explore how you can create something from old and completely transform your item.

Suggested items (as there is limited space) include:

Mirror; Wooden chair; Small coffee table; Bedside cabinet; Wooden shelving unit.

This is an up do workshop and not a repair shop, Items need to be safe and useable.

Teaching and Learning Approaches: Workshop.

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



Grounding.

Lead Tutor: Sally Renshaw.

Date and time: Thursday 2nd, 9th, 16th 23rd and 30th May. 11 - 12 pm.

Location: Endeavour House – Memorial Garden under the Cedar Tree.

Course description: A transformative experience, blending healing and education, allowing individuals to rejuvenate and restore their bodies through the profound practice of conductive contact with the Earth's surface, commonly known as Grounding.

Delving into the profound benefits and nature of Grounding, offering an opportunity for attendees to openly discuss their personal health challenges and explore how grounding may serve as a healing catalyst. On completion of the meditation, they will have time to be in silence with the earth and their bodies to integrate the energies and reflect on their journey.

Teaching and Learning Approaches: Workshop.

Assessment: No assessment, but we welcome feedback on this course.



Navigation.

Lead Tutor: Pearl.

Date and time: Wednesday 8/5/24 - 29/5/24.

10 – 12 pm.

Location: Endeavour House.

Course description: If you're looking to explore hills, woods, even mountains and would like to learn how to use or further your map and compass skills this is the workshop for you. Over the 3 weeks I will help you learn skills and develop you as an effective navigator and walker.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



Kintsugi.

Lead Tutor: Claire and Georgie.

Date and time: Monday 13/5/24 and 15/7/24.

1 – 4 pm.

Location: Endeavour House.

Course description: Kintsugi (golden joinery) is the Japanese art of repairing broken pottery with lacquer dusted or mixed with powdered gold, silver, or platinum, a method similar to the maki-e technique. As a philosophy, it treats breakage and repair as part of the history of an object, rather than something to disguise.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



Revive.

Lead Tutor: Phil.

Date and time: Friday 19/4/24 - 17/5/24 and Friday 12/7/24 - 9/8/24. 10 – 1.30 pm.

Location: Endeavour House.

Course description: A 5-week course - Live the life you've always wanted. A safe place to sort out the things in your life that hold you back! Find out who you are, explore your self-belief, build your confidence, look at the roots and shoots of your behaviours, develop healthy choices and make plans for a positive future...

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



Pallet project.

Lead Tutor: Gary - Jatis.

Date and time: Tuesdays 21st and 28th May, 18th and 25th June, 23rd and 30th July. 1 – 4 pm.

Location: Shekinah Grow.

Course description: Build with Pallets – an opportunity to learn to build something to take home. Over the 2 sessions we will build from one of the items below. The first session will be stripping down and building the subject. Second session will be putting any last finishing touches.

Some ideas to build: Planter, Small Coffee table, Shelving/candle holder, Window planter, Hedgehog Hotel.

Teaching and Learning Approaches: Practical Workshop

Assessment:

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



Boxercise.

Lead Tutor: Claire Lear.

Date and time: Mondays 3/6/24 - 8/7/24.

1.30 - 2.30 pm.

Location: Endeavour House.

Course description: Boxercise is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads, but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

Teaching and Learning Approaches:

Practical Workshop.

Assessment:

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



Vision Board.

Lead Tutor: Amanda Wycherley.

Date and time: Thursday 6/6/23. 10 – 12 pm.

Location: Endeavour House.

Course description: Set your dreams into motion with a gorgeous vision board. Sometimes known as a personal goal board, it's a terrific way to envision your ideal life and make it happen. Put together boards for every life goal—from owning a home and getting a promotion to starting the business of your dreams.

Vision boards are a great way to foster motivation, help set our intentions, gain self-awareness and self-reflect on what is important to us.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



How to be a Tutor.

Lead Tutor: Rosanna.

Date and time: Thursday 6/6/24. 10 – 12.30 pm.

Location: Endeavour House.

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 in the Learning Exchange.

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Redevelop

Lead Tutor: Phil.

Date and time: Fridays 14/6/24 - 5/7/24.

10 – 13.30 pm.

Location: Endeavour House.

Course description: An opportunity to explore your relationships to determine whether they are healthy or toxic, learning day to day coping mechanisms and identifying triggers for abuse and learning how to avoid them.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



Dip and Dine.

Lead Tutor: Sue and Bernie.

Date and time: Friday 7/6/24 - 30/8/24. 11 – 2 pm.

Location: Torquay Sea Front and Endeavour House.

Course description: The main benefit of sea-swimming is to do with mental health. Hydrotherapy – typically known to help people with chronic joint pain and arthritis – has also been known to reduce levels of anxiety and depression. Studies have also shown that water therapy helps increase the production of beta-endorphins (the ‘feel good’ molecules).

We will meet at Torre Abbey for a chat about the benefits, we will then head to the beach where you can just dip your toe, or fully take a swim, it's up to you how you want this to go. We then will head back to Endeavour, and all enjoy fish and chips and hopefully discuss how you're feeling. We will provide dry robes for warmth. We suggest you bring a towel and wear something you feel comfy in.

Teaching and Learning Approaches: Practical Workshop.

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



Mind & Body Connection – maintaining balance.

Lead Tutor: Matthew Sweet and Bernie.

Date and time: Wednesday 5th, 12th, 19th & 26th June. 9 – 10.30 am.

Location: Endeavour House.

Course description:

Understanding the Mind and Body Connection - how to use posture and body awareness to improve mental and emotional health.

Pranayama Practice at a Desk - Stress Reduction and using yoga in the office or working from home

Self-Care Practice & Mindfulness - There is no need to sit there crossed legged for hours!

Teaching and Learning Approaches:

Practical Workshop.

Assessment:

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



Body Stories.

Lead Tutor: Ione Harris WEA.

Date and time: Monday 29/7/24. 10 – 2 pm.

Location: Shekinah Grow.

Course description: If you are interested in deepening your relationship with yourself, your community, and your surroundings through writing, this course is for you. You will be guided to a holistic understanding of person and place. The space will be held so you can listen to your bodies and surroundings to hear the stories they want to tell. It will provide you with a friendly, nurturing and fun place even if you feel a little shy of writing and self-inquiry. This course will support individual wellbeing, that of the community and the environment. Sharing your experiences in a supported community will help develop self-confidence and give the opportunity to explore meaning in your life. Openness is encouraged but you won't be asked to share more than you are comfortable with. Come practice with us, you are welcome!

Teaching and Learning Approaches: Workshop format

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



Love yourself.

Lead Tutor: Kim Fawcett.

Date and time: Thursday 8/8/24 - 22/8/24. 12 – 2pm.

Location: Endeavour House.

Course description: Wk. 1: Religious, Cultural, and Spiritual affiliations with learning to love yourself O.K. The first week will be with a longer icebreaker and plenty of discussion opportunities about how to centre ourselves with the above as well as in the natural world. There will be opportunities to work with natural objects in a cathartic way.

Wk. 2 Pop Culture and creative integrative arts with a focus on dissecting what we read and listen to and how it affects our mental health and how we interact with those around us —maintaining healthy boundaries.

Wk. 3: Short amateur dramatics session (No Pressure) and more enhanced sharing of our reflections on what we have taken from the course and how we will put it into practice. Please note that each session will have an ice-breaking section and short expressive grounding exercise that will involve free expression movement or creative writing of a script or storyboard. This is a course for those who feel that they have forgotten to spend time on themselves and nurture their true identities. When we know how to truly love ourselves, then we can be rightfully loved by others and give it out in a healthy way that doesn't compromise our own needs.

Teaching and Learning Approaches: Workshop format.



Yoga with Nina.

Lead Tutor: Nina Adwick.

Date and time: 30/4/24 - 21/5/24 and 2/7/24 - 23/7/24. 1 - 2 pm.

Location: Endeavour House.

Course description: If you can breathe you can do yoga, the most important aspect of yoga is the breath 'prana', 'lifeforce'. When we breathe consciously, we are expanding energy in our physical and spiritual bodies. Without breath there is no yoga and the more we practice yoga, we benefit physically, mentally and spiritually.

Nina's style of teaching is nurturing. We start with 'pranayama' breathing and then move into 'asanas' postures before moving into relaxation and meditation. Nina uses beautiful inspiring music playlists, sound healing, poetry and prose in her Yoga classes cultivating contemplation of life as it is.

Teaching and Learning Approaches: Practical Workshop.

Assessment: No assessment, but we welcome feedback on this course.



The Learning Exchange

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