

The Learning Exchange

LEARN

SHARE

CONNECT



Plymouth

Autumn 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.

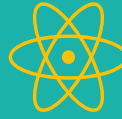
As you will see, there are a wide range of subjects available for you to try, and we hope that you will be inspired to come along and take part.

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. There will be no assessment, but we welcome your feedback at any time.

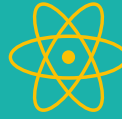
Thank you for your interest in our programme, and we hope that you enjoy learning with us.

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



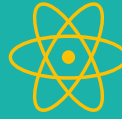
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Create Your Own Comic Book

Lead Tutor: Paul Desborough

Date and time: Tuesdays 10/9 – 1/10. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

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. Please feel free to bring any photos, images, books, etc. for inspiration.

It doesn't matter if you have taken part in this session before, there is always more to learn about art and yourself.

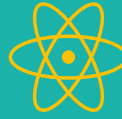
Session 1: "Why do we enjoy Comic Books?"

Session 2: "How do I make my Art about Me?"

Session 3: "Narrative; Telling Your Story."

Session 4: "Show and Tell; What is My Story?"

Teaching and Learning Approaches: Workshop format



Understanding the Influences on Your Mind

Lead Tutor: Ian Washington-Smith

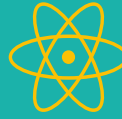
Date and time: Monday 16/9. 2pm – 3.30pm

Location: Shekinah, Stonehouse Creek

Course description: The programme offers the opportunity to develop individual introspection and knowledge of how you see and respond to situations. This is through an introduction to MST System Thinking.

MST System Thinking not only helps improve the understanding of mind and mental health but it is also a collaboration tool that we use in organisations and with leaders to understand the underlying structure in which people operate.

Teaching and Learning Approaches: Workshop session focussing on education and awareness, rather than therapy.



Watercolour

Lead Tutor: Robert Turner

Date and time: Mondays 16/9 – 21/10. 5.45pm – 7.15pm

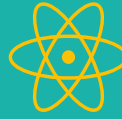
Location: Shekinah, Stonehouse Creek

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 of the science/physics underlying colour mixing.

The last session will feature a guest artist, who will give an introduction to her layered approach.

Teaching and Learning Approaches: Workshop format



Synagogue Visit

Lead Tutor: Jerry Sibley

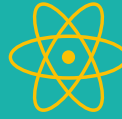
Date and time: Monday 23/9. 11am – 1pm

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. Some comparisons and explanation of Judaic and Christian signs and symbolism will be included.

This is the same tour as was run in the Spring, but different from the Summer term.

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



String Art

Lead Tutor: Rosanna Eveleigh

Date and time: Wednesdays 25/9, 2/10. 2pm – 4pm

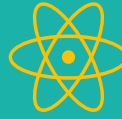
Location: Shekinah, Stonehouse Creek

Course description: Come and play with some string and create some artwork for yourself / the community!!

In the first week, we will look at a step-by-step method to create a simple collaborative string art project.

In the second week, we will make a dreamcatcher.

Teaching and Learning Approaches: Workshop format



Diversity Dinner – A Journey of British Immigrant Cuisine

Lead Tutor: Various

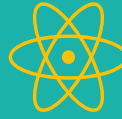
Date and time: Wednesdays 25/9 – 27/11. 3pm – 5pm

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: Shared kitchen activities and communal meal.



Gadgets, Hardware and Search Engines

Lead Tutor: Brian Milstone

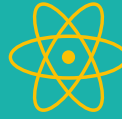
Date and time: Monday 30/9. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

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 tuition.



Yin Yoga

Lead Tutor: Clare Luscombe

Date and time: Mondays 7/10 – 28/10. 3pm – 4pm

Location: Shekinah, Stonehouse Creek

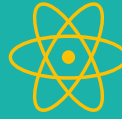
Course description: This gentle form of relaxing yoga is predominantly floor-based so anyone can take part, allowing us to embrace stillness.

We become aware of our embodiment, letting emotions and energy flow, while taking time out of the busy world.

At the end of the session you should feel more relaxed, open and centred.

Mats will be provided.

Teaching and Learning Approaches: Workshop format



Wellbeing in Nature Experience

Lead Tutor: Phil Harwin, Aydin Boyacigiller

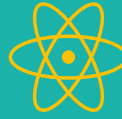
Date and time: Wednesday 9/10. 9am – 5pm

Location: Caradon Woods (meet at Shekinah, Stonehouse Creek)

Course description: Come and join Greenwood Music for a day of nature connection and greenwood crafting in our 40-acre ancient Cornish woodland. Greenwood craft is the age-old method of making practical and beautiful objects from freshly cut 'green' wood. Under the guidance of our experienced tutors, learn how to make items you can take home with you such as a butter knife and spatula.

Expect a steady supply of tea and coffee and time to just enjoy being in the beautiful green setting that is Caradon Wood. Food is central to anyone's wellbeing so we will share a hearty lunch cooked over the open fire: a great opportunity to connect and share.

Teaching and Learning Approaches: Guided tuition, hands on and experiential learning.



Ceramic Mugs

Lead Tutor: Emmeline Kwaan

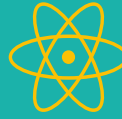
Date and time: Thursday 10/10. 1pm – 5pm **or**
Tuesday 15/10. 3pm – 7pm

Location: Shekinah, Stonehouse Creek

Course description: Join us for a hands-on experience where you can unleash your creativity and craft your very own ceramic mug! Emm will guide you through the process, from shaping the clay to painting and colouring your masterpiece.

No prior experience is necessary - just bring your enthusiasm and get ready to get your hands dirty!

Teaching and Learning Approaches: This workshop is a fantastic opportunity to learn a new skill, meet new people and take home a unique creation that you can proudly use every day.



Music and Wellbeing

Lead Tutor: Jonathan Spurling

Date and time: Friday 11/10. 2pm – 4pm

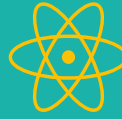
Location: Shekinah, Stonehouse Creek

Course description: Music plays a large part in our lives; but how does your mental health benefit from music and relieve stress and anxiety?

Jonathan Spurling will introduce theories and practices of how we engage with music on a personal and communal level and what influence this has on your emotional wellbeing.

This session will also involve a practical exploration of sound.

Teaching and Learning Approaches: Workshop format



Nuno Felting

Lead Tutor: Mary Toon

Date and time: Wednesday 16/10 **or** 23/10. 5pm – 7pm

Location: Shekinah, Stonehouse Creek

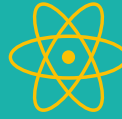
Course description: Local Artist Mary Toon will introduce you to Nuno Felting, a technique which binds various fibres like silk or muslin to a merino wool base. It is a versatile way to create your own unique piece of fleece and fabric.

These sessions are stand-alone sessions, so please indicate which date you prefer when enrolling.

Not suitable for those with a lanolin or wool allergy.

Please bring a small towel and plastic bag to the session.

Teaching and Learning Approaches: Workshop format



Sensory Herbalism

Lead Tutor: Klaudia van Gool

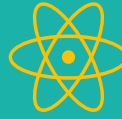
Date and time: Friday 18/10. 10am – 4pm

Location: Shekinah, Stonehouse Creek

Course description: A day of exploring and getting to know medicine plants of this land and beyond.

Get to know the healing properties through taste and smell and sight. Come and help create part of a healing garden and learn about simple medicines to take care of your health.

Teaching and Learning Approaches: Workshop format



Black History of Plymouth

Lead Tutor: Rachel Hawadi

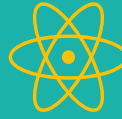
Date and time: Tuesday 22/10. 3.30pm – 5pm

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: Presentation and discussion



Queer History

Lead Tutor: Dr. Alan Butler

Date and time: Thursday 24/10. 3pm – 4.30pm

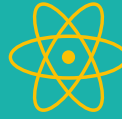
Location: Shekinah, Stonehouse Creek

Course description: The Rainbow Connection builds on the work of the Pride in Plymouth LGBT+ Community Archive in collecting and exploring the heritage of lesbian, gay, bisexual and transgender communities in the city of Plymouth, while acknowledging that the heritage is not handed down through generational lines in the same manner as other identity characteristics, so a younger generation does not automatically learn details of their LGBT+ heritage without direct intervention.

This project seeks to challenge this with the development of an inter-generational educational framework and resources that can encourage empowerment and the building of identity among LGBT+ groups of varying ages.

Through the collection of over 100 oral histories, Dr. Alan Butler will share with you a picture of queer life in the city and explain its importance.

Teaching and Learning Approaches: Workshop format



Still Life Drawing

Lead Tutor: Paul Desborough

Date and time: Mondays 28/10 – 18/11. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

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, pastels and chalk. You will learn about composition, mark making, light and shades, and reflect on your work and the work of your peers each session.

Please bring an object or artifact you would like to draw, such as a bottle or a piece of fruit.

Teaching and Learning Approaches: Workshop format



Becoming a Tutor

Lead Tutor: Shekinah Staff

Date and time: Tuesday 29/10. 2.30pm – 5pm

Location: Shekinah, Stonehouse Creek

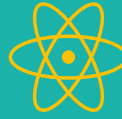
Course description: Are you interested in joining our group of workshop facilitators but feel unsure about how to develop and deliver your course?

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: Workshop format

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



Spoon Carving

Lead Tutor: Mark Bignell, John Hamblin

Date and time: Wednesdays 30/10 – 13/11. 2pm – 4pm

Location: TBC

Course description: The course will be a series of sessions, each building on the previous one.

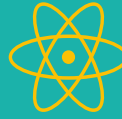
Session 1: Introduction to safely using an axe to produce a billet ready for carving a spoon.

Session 2: Introduction to safely using a knife to carve a spoon from a pre-prepared billet.

Session 3: Finishing and oiling your spoon.

At the end of the last session, you will hopefully have a spoon you can take home and enjoy.

Teaching and Learning Approaches: Practical demonstrations and hands-on experience.



A History of Witchcraft and Witchcraft Trials

Lead Tutor: Sarah Adams

Date and time: Thursday 31/10. 2pm – 4pm

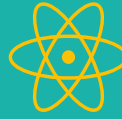
Location: Shekinah, Stonehouse Creek

Course description: This Halloween we will focus on a chilling part of our history - the witchcraft trials.

Sarah will give an overview of what is known about this period in time, when religion and gender were central issues to brutal power plays.

We will discuss what it means to be demonised as a witch and how to be a self-proclaimed witch today.

Teaching and Learning Approaches: Workshop format



Talking Games

Lead Tutor: Mike Sadler

Date and time: Friday 1/11. 2pm – 3.30pm

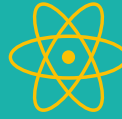
Location: Shekinah, Stonehouse Creek

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 exercises mimic real life small talk by embracing the playful 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!)



Neurographic Art

Lead Tutor: Gemma Lake

Date and time: Mondays 4/11 – 18/11. 5pm – 6.30pm

Location: Shekinah, Stonehouse Creek

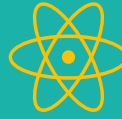
Course description: Forget your problems by focussing on art.

Meditate through 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.

Neurographic Art can be used as a form of art therapy to help individuals express themselves creatively and explore their emotions and thoughts.

Teaching and Learning Approaches: Guided mindfulness



Basics of Traditional Chinese Medicine

Lead Tutor: Stuart Bakewell

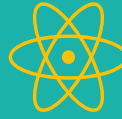
Date and time: Tuesday 5/11. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

Course description: This short workshop will introduce the basic philosophical and practical foundations of Traditional Chinese medicine.

Through a blend of theory and practice we will examine how we might integrate these powerful ideas into our daily lives to improve our health and wellbeing.

Teaching and Learning Approaches: Workshop format



Meditation

Lead Tutor: Agnieszka Gonzales

Date and time: Wednesdays 6/11, 13/11. 4pm – 6pm

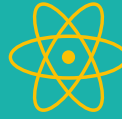
Location: Shekinah, Stonehouse Creek

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: Workshop format



Islamic Faith: Understanding Your Neighbour

Lead Tutor: Imam Sheik Hichem Cheraga

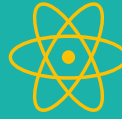
Date and time: Thursday 7/11. 11.30am – 2pm

Location: Piety, 19 Greenbank Ave, PL4 8PS

Course description: We are going to visit the Islamic faith community to gain an understanding of Islam and to get into dialogue about roles and practices, philosophy, history and rituals.

The Piety building is not only a mosque, but also a centre for community and education. There will be a chance to witness prayers and an opportunity to ask questions.

Teaching and Learning Approaches: Talk, tour, demonstration and discussion.



Stand Up To/For Christmas

Lead Tutor: Sally Matthews

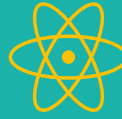
Date and time: Fridays 8/11 – 29/11. 2pm – 3.30pm

Location: Shekinah, Stonehouse Creek

Course description: Do you love or hate Christmas? Get things off your chest by writing a stand-up routine that expresses your feelings about the festive season.

In these four sessions we will learn about writing a comic monologue for an audience, editing, re-writing and exploring what makes Christmas funny.

Teaching and Learning Approaches: Workshop format



Non-Western Philosophies

Lead Tutor: Stuart Bakewell

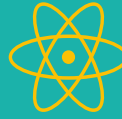
Date and time: Tuesday 12/11. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

Course description: The concept of “a good life” is a value-laden one. Everyone has a different idea about what is involved in living a good life and these ideas can be strongly influenced by our social, cultural, and historical contexts.

This course is a brief introduction to explore some of the major ideas and perspectives from non-Western philosophies.

Teaching and Learning Approaches: Workshop format



Oral History

Lead Tutor: Dr. Alan Butler

Date and time: Thursdays 14/11, 21/11. 3pm – 4.30pm

Location: Shekinah, Stonehouse Creek

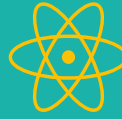
Course description: In some ways, oral history is the oldest form of history. People have shared stories around campfires since the world began.

However, since the advent of recording equipment in the last century, historians now have the opportunity to capture stories, transcribe them and make them part of the archive.

Oral History provides a means for previously unheard stories to be made part of history through people talking to one another. It can empower people and help them realise how important their story might be to future generations.

Join Dr Alan Butler for a workshop exploring the impact of this exciting process and how you might share yours and help capture someone else's story.

Teaching and Learning Approaches: Workshop format



Esperanto

Lead Tutor: Mike Sadler

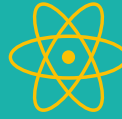
Date and time: Tuesday 19/11. 2.30pm – 3.30pm

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



Self-Love and Forgiveness

Lead Tutor: Agnieszka Gonzales

Date and time: Wednesdays 20/11, 27/11. 4pm – 6pm

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".

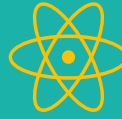
Have you ever told yourself that you are not good enough? Have you ever compared yourself to others?

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: Workshop format



Make a Festive Yule Wreath

Lead Tutor: Sarah Tyson

Date and time: Monday 25/11. 4pm – 6.30pm

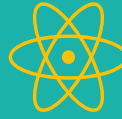
Location: Shekinah, Stonehouse Creek

Course description: Start the festive season off in style and join us for a relaxed afternoon of Yule Wreath making. Come and celebrate the turning wheel of time to the colder, darker season and look forward to welcoming the return of the sun and light.

Sarah will demonstrate, step-by-step, how to make a beautiful traditional wreath, using natural greenery, orange slices, pine cones and the odd bit of sparkly stuff and ribbon! Then you will learn how to make your own wreath or table centrepiece and create one to take home.

All materials and tools will be provided, but if you have something special that you would like to include in your wreath, please bring it along.

Teaching and Learning Approaches: Practical



Christmas Cupcakes

Lead Tutor: Melissa Blencowe

Date and time: Wednesday 4/12, Thursday 5/12.
3pm – 5pm

Location: Shekinah, Stonehouse Creek

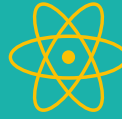
Course description: Join us for a festive Christmas-themed cupcake making class!

Unleash your creativity as you learn to bake delicious cupcakes and master the art of decorating them with enchanting holiday designs.

Whether you're a seasoned baker or a beginner, this fun and interactive session will guide you step-by-step in creating magical Christmas treats that are perfect for sharing with family and friends.

Don't miss out on the chance to add a little sparkle to your holiday season!

Teaching and Learning Approaches: Practical workshop



The Learning Exchange

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

