



The Learning Exchange

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**Torbay and
South Devon**

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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Yoga with Nina

Lead Tutor: Nina Adwick

Date and time: Tuesdays 3/9/24 - 1/10/24 and 5/11/24 - 26/11/24. 13.00 - 14.00

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



Mosaic

Lead Tutor: Andy

Date and time: Tuesday 10/9/24 - 10/12/24. 11.00 - 13.00

Location: Endeavour House

Course description:

Beginners guide to mosaic. Come and have a go and learn the techniques of mosaicking, whilst meeting new people and having fun.

You can design your own piece or be part of designing something that will go back into the community.

Teaching and learning approaches: Practical workshop



Hatha Yoga

Lead Tutor: Archie

Date and time: Mondays 16/9/24 - 16/12/24. 10.00 - 11.00

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 is all very welcome.

Teaching and learning approaches: Practical workshop



Craft for Mind and Soul

Lead Tutor: Kelly and Tina

Date and time: Wednesdays 4/9/24 - 18/12/24. 13.00 - 15.00

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: Practical workshop



RAT project (Art therapy)

Lead Tutor: Bob

Date and time: Fridays 6/9/24 - 20/12/24. 10.00 - 13.00

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 uses 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: Practical workshop



Plotting to Plant

Lead Tutor: Mandy and the gang

Date and time: Tuesdays 3/9/24 - 10/12/24. 10.00 - 14.00

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



Tai Chi

Lead Tutor: Lisa Kay

Date and time: Mondays 2/9/24 - 16/12/24. 13.30 - 14.30

Location: Endeavour House

Course description:

A series of gentle physical exercises and stretches with each posture naturally lowing 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



Yoga and Mindfulness in Nature

Lead Tutor: Ione Harris

Date and time: Wednesdays 4/9/24 - 23/10/24. 10.00 - 12.30

Location: Grow

Course description: Explore ways of integrating yoga, mindfulness and nature connection practices into your daily life as a way of supporting your mental health, resilience and wellbeing, this course will provide you with a friendly, supportive and nurturing place if you are a well-seasoned practitioner and also if you are a newcomer and feel a bit shy.

In the course you will be given the opportunity to cultivate:

Yoga, mindfulness and nature connection skills

Skills in resilience and increasing your ability to cope with difficult and stressful situations

Skills and attitudes to help you to be more compassionate and kinder to yourself and others

A deeper and more authentic relationship with self, community and environment

Ways to integrate yoga, mindfulness and nature connection practices and attitudes into your daily life, during and after the course.

Teaching and learning approaches: Practical workshop



Bike Workshop

Lead Tutor: Nigel

Date and time: Wednesday and Fridays 4/9/24 - 11/12/24. 10.00 - 13.00

Location: Jatis Bike workshop Torquay

Course description:

Are you passionate about pedalling, yearning to unlock the secrets of your bicycle, or simply seeking a vibrant community of fellow riders? Look no further! Join us at our Bike Workshop, a hub for all things two-wheeled, where cycling enthusiasts come together to share knowledge, service their bikes, and embark on a journey of learning and adventure. Become a bicycle aficionado!

Our workshops offer a treasure trove of knowledge on bike maintenance, repair, and upgrades. From a quick tune-up to a comprehensive overhaul, you'll gain valuable skills, we ensure your bike is in top-notch condition for every ride. Safety and performance are our top priorities, saving you time and money on repairs. Please note that spaces are limited on this course.

Limited space will have to book on **01803 203895**



Bodie Stories

Lead Tutor: Ione Harris

Date and time: Wednesdays 4/9/24 - 23/10/24. 14.00 - 16.00

Location: Endeavour House

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.

In the course you will be given the opportunity to:

- Deepen your sensorial and physical awareness,
- Explore ways to express yourself using words,
- Practice a meditation (all bodies welcome),
- Have a space to listen and write from the heart.

Teaching and learning approaches: Practical workshop



Breathworks and Ice Baths

Lead Tutor: Karen and Georgie

Date and time: 6/9/24, 4/10/24, 1/11/24 and 29/11/24. 13.45 - 15.00

Location: Grow

Course description:

Come join us for a cold dip in the water studio at Grow. We will have 30 minutes of guided meditation followed by breathworks, and then a dip in one of the ice baths.

This therapy can help with:

- Easing sore and aching muscles.
- Helping the central nervous system.
- Limiting the inflammatory response.
- Decreasing the effect of heat and humidity.
- Training the vagus nerve. Just to name a few.

Please note that there are limited spaces.

Teaching and learning approaches: Practical workshop



Cold Water Swim

Lead Tutor: Sue From Healthscape

Date and time: 22/9/24, 21/12/24. 11.00

Location: Tor Abbey Sea Front

Course description:

Taking a dip in cold water or going for a bracing outdoor swim can boost mental and physical health.

Autumn Equinox Dip 22/9/24 - Spiritually, the fall equinox is about gratitude and thanksgiving leading up to the time. A time to acknowledge growth and expansion as a natural evolution of organic being.

Winter Solstice 21/12/24 - A time to reflect and renew. Celebrate the moon and release your limiting ideas.



Epilepsy Peer Support

Lead Tutor: Bernie and Steph

Date and time: Tuesday 10/9/24 - 26/11/24. 09.30 - 10.30

Location: Endeavour House

Course description:

If you have been impacted by Epilepsy, this is a peer support group for you. Stephanie and Bernadette have both been diagnosed with epilepsy. We will be hosting a safe space to share experiences on all things epileptic!

We'll share our experiences, listen to each other, and explore what connects us. We welcome people at any stage of their journey with epilepsy. Each week will have a different subject such as epilepsy and parenting, medication side effects, mental health and beyond.

Teaching and learning approaches: Workshop and discussion



Build a Scarecrow

Lead Tutor: Georgie and Amanda

Date and time: Tuesdays 10/9/24 - 1/10/24. 11.00 - 13.00

Location: Grow

Course description:

Come and build a scarecrow, team up with another, create a scarecrow for Grow. We will have all the items needed and have a theme awaiting.

At the last session we will have a judging panel, and the winners will receive a prize.

Teaching and learning approaches: Practical workshop



Macrame

Lead Tutor: Paula

Date and time: Fridays 6/9/24, 4/10/24, 1/11/24, 6/12/24. 11.00 -13.00

Location: Endeavour House

Course description:

Craft with Paula will give you the skills to create various crafts from Macrame to gift making. Why not come along and meet new people and learn some new crafting techniques. Each week will be a different topic: Fish, bookmark, Christmas tree and Angel

Teaching and learning approaches: Practical workshop



Unleash Your Inner Diva (Drama Taster session)

Lead Tutor: Martin Harris

Date and time: Tuesday 8/10/24 and 12/11/24. 10.00 - 12.00

Location: Endeavour House

Course description:

The group offers a supportive, welcoming, affirming environment, with the aim of building confidence and self-worth, and drawing out performance skills.

There is also the exciting opportunity to develop devised theatre pieces that give voice to the many issues members face, as well as to perform in professional venues and in productions where they can use the skills learnt in sessions.

Teaching and learning approaches: Practical workshop



Pumpkin Carving

Lead Tutor: Grow crew

Date and time: Thursday 31/10/24. 13.00 - 16.00

Location: Endeavour House

Course description:

Come and have a go at pumpkin carving, creating a face, witch's hat or anything spooky.

Great way to be creative, get a little messy and have some fun.

Teaching and learning approaches: Practical workshop



Revive

Lead Tutor: Phil Hill

Date and time: Fridays 13/9/24 - 11/10/24. 10.00 - 14.00

Location: Endeavour House

Course description:

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 and discussion



Redevelop

Lead Tutor: Phil Hill

Date and time: Fridays 1/11/24 - 6/12/24. 10.00 - 14.00

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 and discussion



How to Be a Tutor

Lead Tutor: Rosanna

Date and time: Thursday 28/11/24. 09.30 - 12.00

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 and discussion



Naturally Well

Lead Tutor: Clare Coyne and Emma Thom

Date and time: Thursdays 5/9/24 - 26/9/24. 10.00 - 12.00

Location: Grow

Course description: This four-week course, with a new theme each week, will include forest bathing, mindfulness and ecotherapy elements. Forest bathing – also known as Shinrin Yoku – is a Japanese practice that has been shown to boost the immune system and promote relaxation and wellbeing. Gentle mindfulness exercises in nature and ecotherapy approaches will also form part of the sessions. We will use the land at Shekinah Grow and enjoy slow, guided, mindful walks into the adjacent woods.

The sessions are open to everyone, no experience needed and are planned to be as inclusive as possible in terms of age/health status.

The aim of the course is to promote a greater sense of calm and an opening to more creativity, whether in relation to arts and crafts or to life choices. Expect to come away with a deeper connection to yourself, each other and the environment, as well as the 'feel good' effect that being outside and among the trees naturally gives.

Teaching and learning approaches: Workshop format



Connecting with Nature

Lead Tutor: El from Coming Home

Date and time: Tuesday 17/9/24. 15.00 - 18.00

Location: Grow

Course description:

An opportunity to connect with the land at Grow through meditation and grounding practices, followed by a foraging walk. This will involve sharing skills in plant identification, nutrition and medicinal benefits, and responsible and ethical foraging practices. We will then connect to one plant we meet and get to know them through guided tasting and mindfulness.

Whether you know lots about foraging, are a gardener or are newly curious about plants and wild food, you are welcome. This session seeks to connect you with plants and community to enhance our collective wellbeing and share a nourishing experience with our leafy friends!

For more info, visit: www.wearecominghome.co.uk

Teaching and learning approaches: Practical workshop



Watercolour

Lead Tutor: Ashley Raddon

Date and time: Wednesday 6/11/24 - 27/11/24.
10.00 - 12.00

Location: Endeavour House

Course description:

Immerse yourself in art by exploring the process of painting & drawing including watercolours, acrylic paints, pastels and other mediums. The sessions will be attendee led, relaxed, using the process of art to allow individuals to express themselves through painting and drawing.

The sessions are intended to be fun, inclusive with creativity being the aim and no experience is necessary. It's not about a finished painting or a masterpiece, it's about enjoying the process of art and the joy of painting. Over the 5 weeks, I will assist you to learn new skills, develop your own style, learn how to simplify what you see, consider composition, express your feelings and thoughts in art and to paint and draw with confidence.

Teaching and learning approaches: Practical workshop



Card Making

Lead Tutor: Diane

Date and time: 22/11/24 and 13/12/24. 10.00 - 12.00

Location: Endeavour House

Course description:

Christmas is looming, why not come and make your Christmas cards? Diane is holding an Xmas card workshop and will help you create something unique.

Lots of materials to choose from. Great way to explore your creativity and meet new people.

Teaching and learning approaches: Practical workshop



Manifesting Workshop

Lead Tutor: Amanda

Date and time: Thursday 12/12/24. 10.00 - 12.00

Location: Grow

Course description:

A manifesting workshop at the beautiful setting Shekinah Grow. Embark on your development journey with our collection of meditations and positive affirmations. These resources are here to support and empower you in your unique manifesting journey.

Explore the transformative power of mindfulness and positive thinking as you progress towards your goals. December marks the opening of the 12/12 portal, a numerical day that brings powerful energy to the air.

If you have been looking for the perfect time to connect with your dreams, then this is the workshop for you.

Teaching and learning approaches: Practical workshop



Xmas Decoration Making

Lead Tutor: LX team

Date and time: Thursday 14/11/24 - 5/12/24. 10.30 - 12.30

Location: Grow

Course description:

Fancy making some xmas decs? Why not come along and be creative, recycle from old, forage in the grounds of Grow or use some of your old decs and revamp them.

Great way to meet new people and have fun along the way.

Teaching and learning approaches: Practical workshop



Computer Skills

Lead Tutor: CentrePeace

Date and time: Mondays 2/9/24 - 9/12/24. 13.00 - 15.00

Location: CentrePeace Paignton

Course description:

Do you struggle with computers? Want to feel more confident with using a computer. Then this is the course for you.

Learn basic skills, how to email and access emails, poster making, cv writing, power points and more.....

Teaching and learning approaches: Practical workshop



Navigation

Lead Tutor: Pearl

Date and time: Mondays 14/10/24 - 4/11/24. 10.00 - 12.00

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 4 weeks I will help you learn skills and develop you as an effective navigator and walker.

Teaching and learning approaches: Practical workshop and discussion



Volunteer Days at Grow

Lead Tutor: Grow crew

Date and time: Thursdays 3/9/24 - 10/12/24. 10.00 - 14.00

Location: Grow

Course description: Are you passionate about holistic horticulture and eager to contribute to a thriving green space? Look no further!

Why Volunteer at Grow for Life?

- **Holistic Horticulture:** Immerse yourself in the world of sustainable and holistic gardening practices.
- **Community Connection:** Join a like-minded community of individuals passionate about nurturing nature.
- **Learn and Grow:** Acquire valuable gardening skills from seasoned experts in a hands-on, supportive environment.
- **Personalised Garden Bed:** Your dedication deserves recognition! Enjoy your own garden bed to cultivate and harvest the fruits (and vegetables) of your labour.



Pizza Apprentice

Lead Tutor: Simon from Pizza Pirates

Date and time: Thursdays 12/9/24 - 10/10/24. 13.00 - 15.00

Location: 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.



Textiles and Up-cycling

Lead Tutor: Kristina

Date and time: Tuesdays 10/9/24 - 10/12/24.

Session one 10.00 – 12.00 or Session two is at 13.00 – 15.00

Location: CentrePeace Paignton

Course description:

Whether you want to darn, repair, alter or make fabric art this is the course for you.

Machines and materials are provided, although if you had an item you would like to work on, please bring it with you.

No experience needed.

Teaching and learning approaches: Practical workshop



Basics of Traditional Chinese Medicine

Lead Tutor: Stuart Bakewell

Date and time:

Location: Endeavour House

Course description:

This short workshop will introduce the basic philosophical and practice 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: Practical workshop and discussion



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