

The Learning Exchange

LEARN

SHARE

CONNECT



Plymouth

Spring 2025

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.

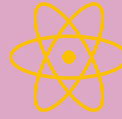
As you will see, there are a wide range of subjects available for you to try, and we hope that you will be inspired to come along and take part.

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.

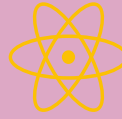
Thank you for your interest in our programme, and we hope that you enjoy learning with us.

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



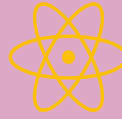
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Cuppa, Chat and Collaborative Art

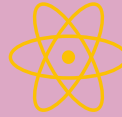
Lead Tutor: Gemma Lake

Date and time: Mondays 13/1 – 27/1. 5pm – 6.30pm

Location: Shekinah, Stonehouse Creek

Course description: A very relaxed sketch and swap for people, of all skill levels, who want a fun and relaxed way to be creative with others. Smiles and laughter welcome. Unpredictable outcomes are typical due to the nature of swapping.

Teaching and Learning Approaches: Informal group drawing



Holistic Practices for Well-Being

Lead Tutor: Lin Lovel

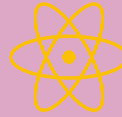
Date and time: Tuesdays 14/1 – 28/1. 2pm – 3.30pm

Location: Shekinah, Stonehouse Creek

Course description: Lin will lead a few taster sessions based on Holistic personal development, which encompasses a range of exercises to influence and improve mind, body and spiritual well-being.

The sessions will include Laughing Yoga, Mindfulness and Qigong.

Teaching and Learning Approaches: Tutor-led workshop



Bushcraft and Survival for Beginners

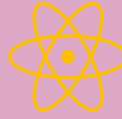
Lead Tutor: Jacky Pearce

Date and time: Friday 17/1. 10am – 12noon

Location: Shekinah, Stonehouse Creek

Course description: Learn some simple skills such as fire lighting with different kindling, tarp set ups, how to get drinkable water and so on.

Teaching and Learning Approaches: Indoor instruction and outdoor practicals, if the weather allows.



Business Start-Up - Building Blocks To Your Success

Lead Tutor: Multi Award Winning David J Rixon

Date and time: Fridays 17/1 – 21/2. 12.30pm – 3.30pm

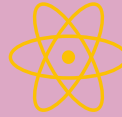
Location: Shekinah, Stonehouse Creek

Course description: This practical workshop series is designed to empower new entrepreneurs with the skills and knowledge needed to start and sustain a business. Each session covers core topics, from basics of business and understanding finances to building a brand and reaching customers.

By the end, participants will have a tailored action plan, essential resources, and a support network to confidently move forward.

Sessions: Intro to Entrepreneurship; Market Research & Business Planning; Financing Your Business; Branding & Marketing Essentials; Legal Essentials & Compliance; Action Plan & Pitch Preparation

Teaching and Learning Approaches: Workshop



Guitar for Beginners

Lead Tutor: Dagmar Schwitzgebel

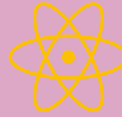
Date and time: Mondays 20/1 – 24/3. 2pm – 3pm

Location: Shekinah, Stonehouse Creek

Course description: In this course you will learn several chords and strumming techniques. Also, tuning a guitar, care and maintenance.

You will find a new way of expression, improve your eye-hand coordination and listening skills, and enter the community of musicians.

Teaching and Learning Approaches: Group session; individual practice required in between each session. Guitars will be supplied if needed.



Gadgets, Hardware and Search Engines

Lead Tutor: Brian Milstone, Richard Owen

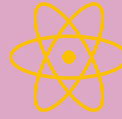
Date and time: Mondays 20/1 – 31/3. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

Course description: These sessions 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 and Rich will explain how they might be useful and make your daily life easier.

Teaching and Learning Approaches: Workshop format and 1:1 tuition.



Papermaking

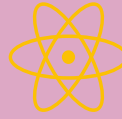
Lead Tutor: Matt Thomas

Date and time: Wednesday 22/1. 2pm – 5pm **or**
Thursday 6/2. 2pm – 5pm

Location: Shekinah, Stonehouse Creek

Course description: Each session is stand-alone and will cover collecting & shredding paper, soaking & making pulp, then forming sheets which will then be left to dry. Participants will then be free to collect the paper a couple of days later.

Teaching and Learning Approaches: Workshop with hands-on activities



Pallet Planters

Lead Tutor: Dan Preece

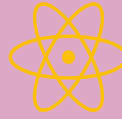
Date and time: Thursdays 23/1 – 6/2. 2pm – 6pm

Location: Shekinah, Stonehouse Creek

Course description: During these sessions we will take old pallets, sand them down, cut them up and assemble the pieces together into a beautiful garden planter. Afterwards you can either keep the planter or donate it to Shekinah for their new garden space.

We will provide all the tools you need and explain in easy steps what you need to do.

Teaching and Learning Approaches: Hands-on making



Sensory Theatre

Lead Tutor: Megan Whitehead

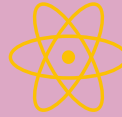
Date and time: Fridays 24/1 – 28/2. 5pm – 7pm

Location: Shekinah, Stonehouse Creek

Course description: The workshops would include demonstrations of different aspects of sensory theatre, and some sessions would include guest co-facilitators who specialise in those particular techniques.

Participants would also learn how to create their own piece of sensory theatre. The workshops themselves aim to make participants feel at ease and encourage them to use their senses to tap into their imagination.

Teaching and Learning Approaches: Workshop format



Emotional Logic

Lead Tutor: Marian Langford

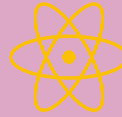
Date and time: Mondays 27/1, 3/2. 2pm – 5pm

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.



Macramé

Lead Tutor: Yvonne Mousley

Date and time: Tuesdays 28/1 – 11/2. 2pm – 4.30pm

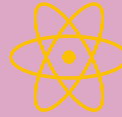
Location: Shekinah, Stonehouse Creek

Course description: Macramé -noun- the art of knotting string in patterns to make decorative articles.

Believed to come from an Arabic word meaning “knotting crossways” or “an ornamental fringe.”

Yvonne will introduce you to the basic knots and how to build on this to create decorative 3 dimensional objects. Make a gift for a loved one or for yourself. Suitable for complete beginners or to get back into a forgotten hobby.

Teaching and Learning Approaches: Workshop



Threads - Gently Untangle Your Complex Life

Lead Tutor: Rosanna Eveleigh

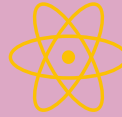
Date and time: Wednesdays 29/1, 26/2, 26/3. 1pm – 3pm

Location: Shekinah, Stonehouse Creek

Course description: Three open sessions to explore a useful tool for gently untangling different parts of your life, in a quiet reflective space. The first session will include half an hour of introduction to the tool and discussion around guidelines for how to use Threads, how the sessions will run and how to make the most of the sessions.

Teaching and Learning Approaches: Preparatory reading in own time and group discussion

Assessment: You will hopefully be able to track your own progress by attending all three sessions.



7 Ways to Think Differently

Lead Tutor: Tess Wilmot

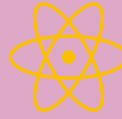
Date and time: Wednesdays 29/1, 12/2, 26/2, 12/3.
2pm – 5pm

Location: Shekinah, Stonehouse Creek

Course description: Working through the book “7 Ways to Think Differently” by Looby Macnamara, participants will read two short chapters before each session and the group will explore each chapter together through the lens of Permaculture.

The chapters are: Abundance Thinking; Solutions Thinking; Systems Thinking; Thinking Like Nature; Co-operative Thinking; Thinking For The Future; From Thinking To Doing.

Teaching and Learning Approaches: Preparatory reading in own time and group discussion



Meditation

Lead Tutor: Agnieszka Gonzales

Date and time: Wednesdays 29/1, 5/2. 5pm – 7pm

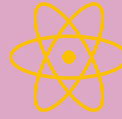
Location: Shekinah, Stonehouse Creek

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



History of Witchcraft

Lead Tutor: Sarah Adams

Date and time: Friday 31/1, Thursday 20/3. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

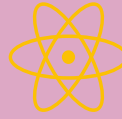
Course description: These sessions will focus on the festivals of Imbolc and Ostara.

Last term we discussed the witchcraft trials and we may revisit them.

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 a witch and how to be a self-proclaimed witch today.

Teaching and Learning Approaches: Workshop format



Cornish

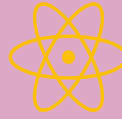
Lead Tutor: Matthew Spry

Date and time: Mondays 3/2 – 10/3. 5pm – 7pm

Location: Shekinah, Stonehouse Creek

Course description: A taster course covering the history and current situation of the Cornish language, its relationship to Welsh and Breton, some Cornish place names and basic conversational Cornish.

Teaching and Learning Approaches: Workshop format



Watercolour

Lead Tutor: Robert Turner

Date and time: Tuesdays 4/2 – 11/3. 5.45pm – 7.15pm

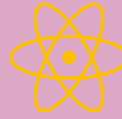
Location: Shekinah, Stonehouse Creek

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.

There will be an emphasis on practical work, and there should be time to compare traditional approaches to more modern ones, especially regarding colour mixing and the use of gouache.

It is hoped that there will be a guest artist for the last session.

Teaching and Learning Approaches: Workshop format



Spoon Carving

Lead Tutor: Mark Bignell, John Hamblin

Date and time: Wednesdays 5/2 – 19/2. 2pm – 4pm
or Wednesdays 5/3 – 19/3. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

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

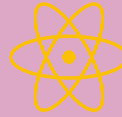
Session 1: Introduction to safely using an axe to produce a billet ready for carving a spoon.

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.



Hatha Yoga

Lead Tutor: Birgit Cloos

Date and time: Wednesdays 5/2 – 26/2. 5pm – 6pm

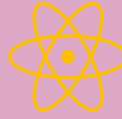
Location: Shekinah, Stonehouse Creek

Course description: This will be a mixed ability class of Hatha yoga (1 hour sessions), which will mostly focus on beginners, however there will be options to make it more challenging for the more experienced.

It will focus on posture work, some breathing practices and meditation, in order to make each participant more aware of their body and enable them to feel more comfortable in it.

Please bring a small blanket, if you can, as a support or for keeping warm during savasana (rest).

Teaching and Learning Approaches: Tutor-led



Self-Love and Forgiveness

Lead Tutor: Agnieszka Gonzales

Date and time: Wednesdays 12/2, 19/2. 5pm – 7pm

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".

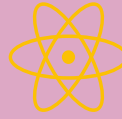
Have you ever told yourself that you are not good enough? Have you ever compared yourself to others?

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



Talking Games

Lead Tutor: Mike Sadler

Date and time: Tuesday 18/2. 2.30pm – 4pm

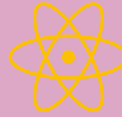
Location: Shekinah, Stonehouse Creek

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 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!)



Becoming a Tutor

Lead Tutor: Shekinah Staff

Date and time: Wednesday 19/2. 2.30pm – 5pm

Location: Shekinah, Stonehouse Creek

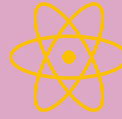
Course description: Are you interested in joining our group of workshop facilitators but feel unsure about how to develop and deliver your course?

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.



Stand Up To The Blues

Lead Tutor: Sally Matthews

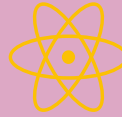
Date and time: Fridays 28/2 – 21/3. 2pm – 3.30pm

Location: Shekinah, Stonehouse Creek

Course description: You've put Christmas behind you. Get things off your chest by writing a stand-up routine that gets your feelings about the grey season off your chest.

In these four sessions we will explore the positive aspects of winter. Writing and performing will be practiced with an eye to performing at an open mic venue in the City for those who feel brave enough.

Teaching and Learning Approaches: Workshop format



Reading Poetry

Lead Tutor: Anne Desborough

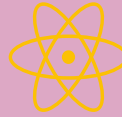
Date and time: Tuesdays 25/2 – 11/3. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

Course description: Think poetry is boring? Please be prepared to have your mind changed. Anne will lead readings of a variety of popular poems and poetry forms. From Betjemen wandering lonely as a cloud, to Lewis Carroll, ee cummings and haiku.

By the final session you may even be prepared to bring in an example of a poem that you like and even put pen to paper yourself.

Teaching and Learning Approaches: Tutor-led readings and discussion



Food, Energy and Health

Lead Tutor: Mike Sadler

Date and time: Tuesday 4/3. 2.30pm – 4pm

Location: Shekinah, Stonehouse Creek

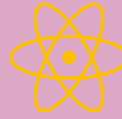
Course description: Rates of obesity, diabetes and heart disease have increased in recent decades, and diet seems to be a contributing factor.

I am in no way a nutrition expert but, as someone who eats and wants to stay healthy-ish, I've been reading up on what foods do inside our bodies, and would like to try and share some of that information - in a way even I can understand!

It's a huge subject, so I will talk mostly just about the stuff in food that we can get energy from: carbohydrates (sugar, starch and fibre), fats and proteins.

After I've talked for a while we can hopefully share our thoughts about food and health.

Teaching and Learning Approaches: Introductory Talk and Chat



Ceramic Mugs

Lead Tutor: Emmeline Kwaan

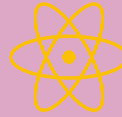
Date and time: Friday 7/3. 3pm – 7pm **or** Friday 14/3. 3pm – 7pm

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.



Synagogue Visit

Lead Tutor: Jerry Sibley

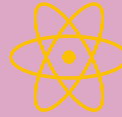
Date and time: Wednesday 12/3. 11am – 1pm

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 Summer, but different from the Autumn 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.



Basics of Traditional Chinese Medicine

Lead Tutor: Stuart Bakewell

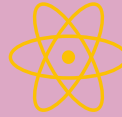
Date and time: Tuesday 18/3. 2pm – 4.30pm

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



Easter Eggs - Dyeing and Printing

Lead Tutor: Sarah Tyson

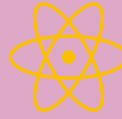
Date and time: Wednesday 19/3. 3pm – 5.30pm

Location: Shekinah, Stonehouse Creek

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

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

Teaching and Learning Approaches: Just "get cracking" with your designs.



Music and Wellbeing

Lead Tutor: Jonathan Spurling

Date and time: Wednesday 26/3. 3pm – 5pm

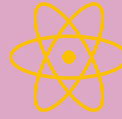
Location: Shekinah, Stonehouse Creek

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



Cake Pan Mosaic

Lead Tutor: TBC

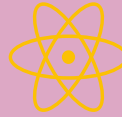
Date and time: Thursday 27/3. 3pm – 6pm

Location: Shekinah, Stonehouse Creek

Course description: Since the 3rd millennium BCE humans have created mosaics to decorate floors and walls with patterns and images.

In this course you will make a mosaic from pebbles, glass beads, pieces of crockery, tiles or mirror. You might want to bring some found materials of your own to the session. These will be assembled in your desired shape and held together by cement. At the end of the session, you will have a mosaic ornament to take home or add to the garden design of Shekinah.

Teaching and Learning Approaches: Workshop format



The Learning Exchange

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Contact and Booking:

Angela - 07833 051 819

David - 07719 564 726

Dagmar - 07840 851 555

Shekinah

Stonehouse Creek,
Kings Road
Plymouth
PL1 3SF



Email: learningexchange.plymouth@shekinah.co.uk

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

