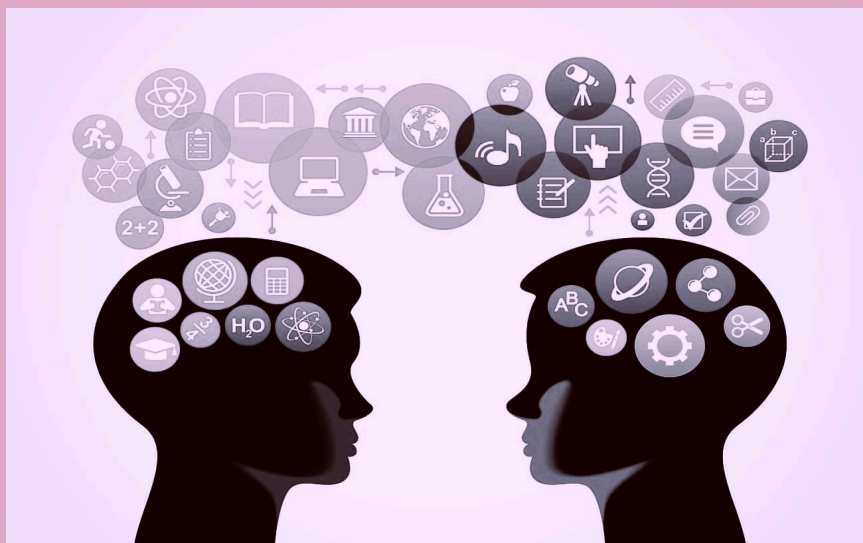


# The Learning Exchange

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**Torbay and  
South Devon**

**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.

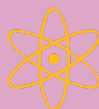
As you will see, there are a wide range of subjects available for you to try, and we hope that you will be inspired to come along and take part.

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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## **Yoga Wellbeing Group.**

**Lead Tutor:** Dee.

**Date and time:** Fridays 31/1/25 - 14/3/25. 09.30 - 10.30.

**Location:** GROW.

**Course description:** We invite you to start a new journey of self-discovery with BeWell@StepOne with our 6-week wellbeing beginners YOGA program offering many benefits, both physical and psychological, embracing the philosophy of Chinese medicine, and new in these sessions will be a greater focus on Yin. Latest inclusions will encourage consideration of longer, deeper stretches and rehabilitation, attuning to the parasympathetic nervous system to a greater degree. We will look at relaxing (pranayama) with muscle relaxation (yoga nidra) alongside meditation.

The sessions are aimed at all abilities regardless of age/health status, with an aim of inclusivity\*. All postures will be adapted, and different levels will exist to incorporate everyone in the group.

We'd love to meet you. Why not try something new, support your wellbeing and give it a go?



## **What is Restorative Justice?**

**Lead Tutor:** Claire Baldock.

**Date and time:** Wednesday 29/1/25. 10.00 - 13.00.

**Location:** Endeavour House.

**Course description:** Basic Restorative Justice and Restorative Language workshop.

A basic overview of what Restorative Justice is.

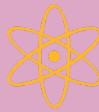
How it is used.

Restorative Language based on common values.

Better ways to communicate using Restorative Language.

**Teaching and Learning Approaches:**

Workshop format.



## **Mosaic.**

**Lead Tutor:** Andy Westcott.

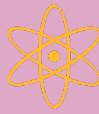
**Date and time:** Tuesdays 7/1/25 - 25/3/25. 11.00 - 13.00.

**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:**

Workshop format.



## **Make your own Menstrual pads.**

**Lead Tutor:** Joanna.

**Date and time:** Tuesday 4/2/2025. 15.00 - 16.00.

**Location:** Endeavour House.

**Course description:** Workshop - Reusable menstrual or incontinence pads - HOW to make them and WHY to use them. Did you know that disposable sanitary pads contain chemicals, plastics and other materials which may interfere with our body and affect women's health? Did you know that disposable sanitary pads stay in landfill for around 500-800 years before they break down?

In this workshop we will talk about:

- History of sanitary products
- Why and how to use Reusable menstrual pads
- We will talk about benefits of this products
- And I will show you how to make your own customised ones from materials you have at home.

Reusable Menstrual/Incontinence Pads are ecological, economical, comfortable and much more.

Let's care about our body and our Earth too.

## **Menstrual Cycle as a superpower.**

**Lead Tutor:** Joanna.

**Date and time:** Tuesday 11/02/2025. 15.00 - 16.00.

**Location:** Endeavour House.

**Course description:** Menstrual cycle is a big part of a woman's life, and it is considered as a vital sign of women's health. Let's explore Menstrual Cycle as a woman's SUPERPOWER.

We are going to talk about:

-why is our healthy menstrual cycle important for women's health

-benefits of living with our cyclical nature

-strengths and weaknesses of our menstrual cycle and its four Inner Seasons

And more...

The talk is determined for all women interested in their health, but anyone can benefit from shared information.

**Teaching and Learning Approaches:** Workshop/talk format.





## **Hatha Yoga.**

**Lead Tutor:** Archie.

**Date and time:** Tuesdays 15/1/25 - 26/3/25. 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:**

Workshop format.



## **Redevelop.**

**Lead Tutor:** Phil Hill.

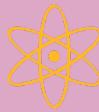
**Date and time:** Fridays 28/2/25 - 28/3/25. 10.00 - 14.00.

**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 format.



## **Revive.**

**Lead Tutor:** Phil Hill.

**Date and time:** 17/1/25 - 14/2/25. 10.00 - 14.00.

**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.



## Tai Chi.

**Lead Tutor:** Lisa Kay.

**Date and time:** Mondays 6/1/25 - 31/3/25. 13.30 - 14.30.

**Location:** Endeavour House.

**Course description:** A series of gentle physical exercises and stretches with each posture naturally flowing into 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 practising Tai Chi it enhances body awareness, balance, coordination, strength, and flexibility. Great for beginners.

### **Teaching and Learning Approaches:**

Practical workshop.



## **Rat Project.**

**Lead Tutor:** Bob.

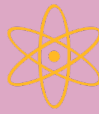
**Date and time:** Fridays 10/1/25 - 28/3/25. 10.00 - 13.00.

**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:**

Workshop format.



## **Crafting for Mind and Soul.**

**Lead Tutor:** Kelly and Tina.

**Date and time:** Fridays 13.00 - 15.00.

**Location:** CentrePeace, Paignton.

**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.

## How to be a tutor.

**Lead Tutor:** Rosanna.

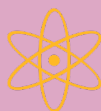
**Date and time:** Tuesday 25/3/25. 10.00 - 12.00.

**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 format.



## **Volunteer days at Grow**

**Lead Tutor:** Learning Exchange staff.

**Date and time:** Tuesdays 14/1/25 - 25/3/25. 10.00 - 15.00.

**Location:** Endeavour House.

**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.





## **Memorial Garden edible space.**

**Lead Tutor:** Tracey Pleece.

**Date and time:** Tuesdays 4/2/25 - 25/3/25 Every other week. 10.00 - 11.00.

**Location:** Memorial Gardens Union Street.

**Course description:** (between Union St and Morgan Ave) Every other Tuesday 10-11am, starting 4th Feb 2025 – do you fancy helping to bring a herb bed to life, from initial planting to helping to maintain it and keep it going? Of course, there will be the opportunity for you to sample what is grown.... There will also be other areas of the garden that you could get involved with, like the wildflower area.

Call Tracey for further info 07977 187138.

### **Teaching and Learning Approaches:**

Practical workshop.



## **Soma Yoga.**

**Lead Tutor:** Carol Yates.

**Date and time:** Tuesday 25/2/25 and 4/3/25. 11.00 - 12.00.

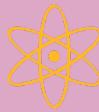
**Location:** Endeavour House.

**Course description:** Soma yoga is any number of practices that incorporate the movement healing system of somatic. The idea behind somatic is that slow, gentle exercises re-educate the nervous system and allow the release of tight, restricted muscles, thereby promoting healing. Yoga practices based on somatic blend this concept with appropriate yoga asanas.

Coma along and see.

### **Teaching and Learning Approaches:**

Workshop format.



## **Healthy Foundations.**

**Lead Tutor:** Matt Sweet.

**Date and time:** Wednesday 5/3/25 - 26/3/25. 09.30 - 11.00.

**Location:** Endeavour House.

**Course description:** A short course on how to best manage your wellbeing. This group will look at nutrition, sleep, mindfulness techniques and offer tools to look at the time and space to put you first. In our shared experience we will look at techniques to support you in each day to set realistic goals'.

### **Teaching and Learning Approaches:**

Workshop format.



## **Witness Service and criminal justice.**

**Lead Tutor:** Gareth Jones.

**Date and time:** Tuesday 18/3/25. 11.30 - 12.30.

**Location:** Endeavour House.

**Course description:** A Witness Care in Court workshop, a talk on how court staff, legal professionals, and volunteers with the knowledge and skills support witnesses throughout the often-challenging process of giving testimony. This workshop covers essential aspects such as understanding witness rights, managing pre-trial anxiety, and providing emotional and procedural support before, during, and after court appearances.

### **Teaching and Learning Approaches:**

Workshop format.



## **100 ways to use your empty loo rolls with Di.**

**Lead Tutor:** Diane Laird.

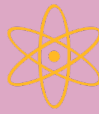
**Date and time:** Monday 10/2/25 and 24/3/25. 11.00 - 13.00.

**Location:** Endeavour House.

**Course description:** How to Use Your Empty Loo Rolls" workshop! In this session, we'll explore creative, eco-friendly ways to repurpose those empty toilet paper rolls you usually toss in the bin. From simple crafts to practical uses, you'll learn fun projects that are perfect for all ages and skill levels. We'll cover a variety of ideas, including transforming rolls into plant starters for seedlings, Pen pots and even crafting playful figures or DIY gift boxes. With just a few extra materials like paint, glue, and scissors, you can create something unique and useful, all while reducing waste. By the end of the workshop, you'll leave with hands-on projects and inspiration to turn these everyday recyclables into something wonderful!

### **Teaching and Learning Approaches:**

Workshop format.



## **Mentoring level 2.**

**Lead Tutor:** Warron Keates and Phil Hill

**Date and time:** Wednesday 22/1/25 - 2/4/25. 10.00 - 14.30.

**Location:** Endeavour House.

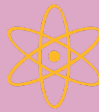
**Course description:** Develop the understanding of the role and nature of Mentoring. Utilise mentoring skills to reflect on your own performance and learn key listening and questioning techniques.

Understand how to organise mentoring activities and plan for effective mentoring sessions. Reflect on your own performance and define the goals, progress and actions you require.

This course is accredited at level 2.

**Teaching and Learning Approaches:**

Workshop format.



## Revamp.

**Lead Tutor:** Carrie-Ann and Georgie.

**Date and time:** Tuesdays 21/1/25 - 25/3/25. 12.30 - 15.30.

**Location:** Grow.

**Course description:** Ever looked at a piece of furniture and thought I like it, but it doesn't fit with your vision or home anymore?

Why not revamp it and give it a new look, something you can be proud of?

With just a lick of paint, new handles or trimming we can transform something into looking new that suits your needs. A great way to meet new people.

**Teaching and Learning Approaches:**

Workshop format.



## Pottery.

**Lead Tutor:** Vic.

**Date and time:** Tuesdays 18/2/25 and 11/3/25. 11.00 - 14.00.

**Location:** Endeavour House.

**Course description:** Want to begin a journey in working with clay? Why not come along and create something to take away.

In this pottery painting workshop, you will learn how to create beautiful and unique ceramic pieces to cherish at home. Guided by an experienced instructor, you will explore different painting techniques and unleash your creativity on clay. No experience is necessary; just come with an open mind and a willingness to learn.

Please note that there are limited spaces on this course.

**Teaching and Learning Approaches:**

Workshop format.





## **Boundaries and Assertiveness.**

**Lead Tutor:** Jane Eastwood and Esther Gorrod.

**Date and time:** Wednesdays 26/02/25 - 19/03/25.  
13.30 - 15.00.

**Location:** Endeavour House.

**Course description:** Over the next 4 weeks you'll learn about and practice ways to be assertive and maintain healthy boundaries, as part of a closed small group. We will look at how developing assertiveness and boundaries can positively impact all areas of your life.

Limited spaces.

### **Teaching and Learning Approaches:**

Workshop format.



## **Mindfulness.**

**Lead Tutor:** Leanne.

**Date and time:** Mondays 20/1/25 - 31/3/25 every other week. 12.00 - 13.30.

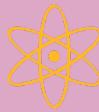
**Location:** Endeavour House.

**Course description:** Mindfulness comes in various ways and over the weeks we will explore Meditation, sharing open space, self-resourcing, gentle movement, and journalling.

A great way to connect with ourselves, reflect and grow. .

### **Teaching and Learning Approaches:**

Workshop format.



## **Vision Boarding.**

**Lead Tutor:** Amanda Wycherley.

**Date and time:** Tuesday 14/1/25. 13.00 - 15.00.

**Location:** Grow.

**Course description:** Learn how to create a vision board that will help you set goals and inspire you to act.

Vision boards are tools for personal and professional growth, and many people use their vision boards to turn dreams into realistic goals.

### **Teaching and Learning Approaches:**

Workshop format.



## **Clearing Clutter.**

**Lead Tutor:** Amanda Wycherley.

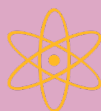
**Date and time:** Wednesday 5/2/25. 13.00 - 15.00.

**Location:** Endeavour House.

**Course description:** Want to know HOW to deal with a particular type of clutter or challenge? Want to go a bit deeper and have some exercises to help you turn the theory into action and 'Do the Doing?'.

### **Teaching and Learning Approaches:**

Workshop format.



## **Creative Writing for Wellbeing.**

**Lead Tutor:** lone Harris.

**Date and time:** Wednesdays 22/1/25 - 19/3/25. 10.00 - 12.00.

**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.
- rest in your true nature.

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.

## **Other Groups running at Endeavour House:**

### **Monday**

NA – Monday 10 – 11.30am.

A non- profit society of men and woman for who drugs had become an issue. No appointment needed. please Contact for more info 0300 999 1212

Relapse prevention – Mondays 3.15 - 4.30pm

This is a 6-week rolling program.

Each week we will a different subject running for 6, we will go into detail with such things like dealing with cravings and urges, Triggers and High risk situations, support networks, goals, looking at a relapse prevention plan, Healthy vs Unhealthy support. Stages of relapse.

Referral only – Shrublands 01803 291129

### **Tuesday**

Readiness for Change – Tuesdays 12-1pm

Is a group for people are ready to make the change, helps people reintegrate with going into a group setting and talking about change and how that change might happen, some people that may attended might be getting prepped for rehab.

Referral Only – Shrublands 01803 291129

Smart Recovery – Tuesday 14.15 - 16.00pm

A support group that helps individuals seeking abstinence from addictive behaviours to gain independence and achieve recovery. Please contact 01803 604334

Christian Talk - A friendly peer support group, why not come along and meet Ken and friends. Coffee, cake, sharing story's all welcome. 13.00 - 14.00pm Every Tuesday

YOGA 6.30-7.30 with the lovely Nina Adwick

Yoga is more than burning calories and toning the muscles. It's a mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

More info contact Nina 07847244810

### **Wednesday**

Smart Women – 11-12pm

A Women only support group that helps individuals seeking abstinence from addictive behaviours to gain independence and achieve recovery. Please contact 01803 604334

## **Wednesday cont'd...**

### Unity in the Community – 12-1pm

A relaxed environment for past and present services users to share experiences, learn about new developments and provide feedback to influence services.

### Mental Health Drop in – 1 –4pm

The Devon Mental Health Alliance learning Network brings together support, learning and connection opportunities into a single place, provided by a broad range of partners. It is open to everyone, whether you're looking for support for yourself, or for someone else.

## **Thursday**

### Woman's Circle with Sally and Georgie 10.30 - 12.30 PM.

Woman empowering woman supporting woman through encouragement. A safe space where women come together sharing stories, knowledge and supporting one another. Georgie Brown and Sally Renshaw 01803 203895

Women's Pathway to Wellness – Thursday 9 – 4.30pm The Endeavour Women's Day will run once a week Thursdays 9 – 4pm at Endeavour House, providing a holistic approach to help women rebuild their lives. The day will focus on creating a community of support, providing practical resources, and offering opportunities for personal growth and recovery

Girl's Circle - 5-7pm. A program for Girls aged 8-12years providing an emotionally safe and creative space. A way to make new friends, socialise support one another using their authentic voice, play and having fun.

Contact info Joanna Kamionkova – kamionkova@gmail.com

## **Friday**

### Smart Recovery 2.15-4.15

A support group that helps individuals seeking abstinence from addictive behaviours to gain independence and achieve recovery. Please contact Walnut lodge 01803 604334

### NA – 7.30 - 9pm every Friday

A non- profit society of men and woman for who drugs had become an issue. No appointment needed. please Contact for more info 0300 999 1212

## **Saturday**

Target – one Saturday a month. A recovery peer support group, exploring connections, engaging with community projects, outings and supporting one another. Referral only



**The Learning Exchange**

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## Where to find us:

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228 Union St,  
Torquay,  
TQ2 5QS.**

**Phone:** 01803 203895.

**Email:** Georgie.Brown@shekinah.co.uk

**Shekinah Grow,  
Preston Down Rd,  
Paignton,  
TQ3 1RN.**

**Phone: 07291 186 598**

**Email:** grow@jatisproject.org.uk



**www.shekinah.co.uk**

**Charity No. 1097409**

**ICO No. Z7608937**