

The Learning Exchange

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Plymouth

Summer 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.

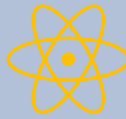
As you will see, there are a wide range of subjects available for you to try, and we hope that you will be inspired to come along and take part.

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+**



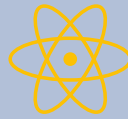
Index of courses (1/2):

Title	Page #
Art Therapy Taster	24
Audio Tour of Jewish Cemetery	23
Basic Bike Maintenance	20
Basic Cooking	10
Becoming a Tutor	16
Bushcraft	26
Business Start-Up	7
Conscientious Objection	29
Decorative Fruit Bowls	28
Drawing Skills: Mark Making	14
Emotional Logic	22
Guitar Sing Along	5
Hatha Yoga	9



Index of courses (2/2):

Title	Page #
History of Witchcraft	6
Holistic Practices	19
Improv!	18
Introduction to Self Defence	13
Orthodox Christian Church Visit	12
Pallet Planters	11
Paper Mâché	8
Papermaking	25
Talking Games	27
Understanding Your Neighbour	15
Watercolour	17
Wild Weaving	21
Contact Details	Back



Guitar Sing Along

Lead Tutor: Matt Goodman

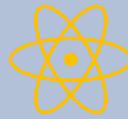
Date and time: Wednesdays 30/4 – 16/7. 11am – 12.30pm

Location: Shekinah, Stonehouse Creek

Course description: Make a noise and spread some joy - Come along to our Wednesday sessions to sing some classic hits with Matt.

If you are a beginner of guitar than you could support the singing while learning some new chords.

Teaching and Learning Approaches: Casual and interactive



History of Witchcraft

Lead Tutor: Sarah Adams

Date and time: Thursdays 1/5, 19/6. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

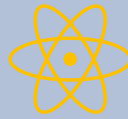
Course description: Sarah will give an overview of what is known about the period in time, when religion and gender were central issues to brutal power plays.

We will discuss what it means to be a witch and how to be a self-proclaimed witch today. The first session will include the meaning and rites on the festivals of Beltane and the second on those performed at Midsummer Solstice.

If you have taken part in the course before, there will be new elements to the content, such as setting good intentions for voicing spells.

All genders are very welcome to partake in this course.

Teaching and Learning Approaches: Workshop



Business Start-Up - Building Blocks To Your Success

Lead Tutor: Multi Award Winning Entrepreneur
David J Rixon

Date and time: Fridays 2/5, 9/5, 16/5, 23/5, 6/6,
13/6. 12.30pm – 3pm

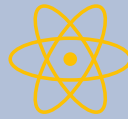
Location: Shekinah, Stonehouse Creek

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



Paper Mâché

Lead Tutor: Mary Toon

Date and time: Tuesdays 6/5, 13/5. 3pm – 4.30pm

Location: Shekinah, Stonehouse Creek

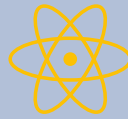
Course description: Making a solid shape out of wet, weak and floppy materials - How is this possible? Mary will introduce you to a versatile method of fabricating 3D models.

In the first session, you will sculpt paper mâché to a pre-made mould and then leave it to dry.

In the second session you have the opportunity to decorate your art piece, and might start on a new project - if time allows.

Please bring any old newspapers you might have.

Teaching and Learning Approaches: Workshop



Hatha Yoga

Lead Tutor: Birgit Cloos

Date and time: Wednesdays 7/5 – 25/6. 5pm – 6pm

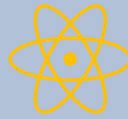
Location: Shekinah, Stonehouse Creek

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

It will focus on a form of and sun salutation breathing practices, in order to provide an anchor in a busy or stressful life and help participants to feel grounded and calm.

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

Teaching and Learning Approaches: Tutor-led



Basic Cooking

Lead Tutor: Dagmar Schwitzgebel

Date and time: Thursdays 8/5, 15/5, 22/5, 5/6, 12/6, 19/6, 3/7, 10/7, 17/7. 4pm – 6pm

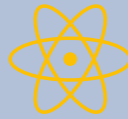
Location: Shekinah, Stonehouse Creek

Course description: During this course we will learn to cook cheap and simple meals, focussing on staples like potatoes, rice and pasta and the different ways you can cook them. We will then create a full meal around it. In later sessions, we will learn how to cook pulses and bake bread.

At the end of each session, we will eat together, and take notes of what we have learned, to enable you to try at home.

All meals will be vegan with a vegetarian option.

Teaching and Learning Approaches: Interactive workshop consisting of demonstration, participation, discussion, skill-sharing.



Pallet Planters

Lead Tutor: Dan Preece

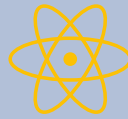
Date and time: Thursdays 8/5 – 22/5 **or** 5/6 – 19/6 **or** 3/7 – 17/7. 4pm – 6pm

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



Orthodox Christian Church Visit

Lead Tutor: Fr. Gregory Palamas

Date and time: Monday 12/5. 11am – 1pm

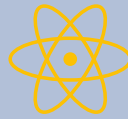
Location: St Demetrios & St Nikitas Greek Orthodox Church, Central Road, West Hoe, PL1 3BX

Course description: Fr. Gregory will explain the distinctive differences between western (Catholic and Protestant) Christians and eastern (Orthodox) Christians, with reference to the distinctive layout of his church building.

He will cover theology, history and icons. After his initial presentation there will be time to ask questions.

The Orthodox Church is second in size to the Roman Catholic Church, comprising Greeks, Cypriots, Russians, Serbs, Romanians, Bulgarians, Georgians and Arabs, together with growing numbers in English-speaking countries.

Teaching and Learning Approaches: On-site visit, presentation and dialogue.



Introduction to Self Defence

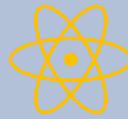
Lead Tutor: Becky Cox-Symonds

Date and time: Tuesday 13/5, Thursday 26/6. 6pm – 7.30pm

Location: Shekinah, Stonehouse Creek

Course description: These one off sessions are accessible and available to everyone. They include fun activities, pad work, open discussion and a practical introduction to self defence that will give everyone something to take away.

Teaching and Learning Approaches: Tutor-led workshop with hands on activities



Drawing Skills: Mark Making

Lead Tutor: Cassandra Agazzi Brooks

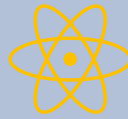
Date and time: Wednesdays 14/5, 21/5. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

Course description: Using charcoal and paper we will do a series of drawing exercises such as blind drawing and automatic drawing, to free up expression and to take the pressure off the end result.

It requires no experience, just a willingness to explore and discover your own unique mark making.

Teaching and Learning Approaches: Workshop



Understanding Your Neighbour: An Introduction to Islamic Faith

Lead Tutor: Mohamed Abu Muganzi and Imam Sheik Hichem Cheraga

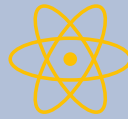
Date and time: Tuesday 20/5. 11.30am – 2pm

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.



Becoming a Tutor

Lead Tutor: Shekinah Staff

Date and time: Tuesday 27/5. 2.30pm – 5pm

Location: Shekinah, Stonehouse Creek

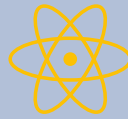
Course description: Are you interested in joining our group of workshop facilitators but feel unsure about how to develop and deliver your course?

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.



Watercolour

Lead Tutor: Robert Turner

Date and time: Mondays 2/6 – 7/7. 5.30pm – 7pm

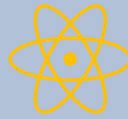
Location: Shekinah, Stonehouse Creek

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



Improv!

Lead Tutor: The Castaways

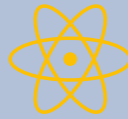
Date and time: Mondays, 2/6, 9/6, 16/6. 7.30pm – 9pm

Location: Shekinah, Stonehouse Creek

Course description: Ready to laugh, learn, and let loose? Join our Beginner's Improv Course and embark on a journey of creativity and spontaneity

This dynamic and interactive class is perfect for anyone looking to explore the exciting world of improvisational theatre.

Teaching and Learning Approaches: Learn the basics, boost your confidence, connect and collaborate, unleash your creativity and expect lots of laughter and fun.



Holistic Practices

Lead Tutor: Lin Lovel

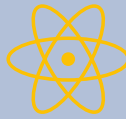
Date and time: Tuesdays 3/6 – 24/6. 2pm – 3.30pm

Location: Shekinah, Stonehouse Creek

Course description: A set of sessions enabling Peace, Love, Harmony and Well -being.

This will encompass: Enhancing Life force energy and Awareness of the Human Energy Field chakras, Food and Nutrition for optimum health, Qi Gong, Mindful Meditation and Laughter Yoga.

Teaching and Learning Approaches: Workshop format



Basic Bike Maintenance

Lead Tutor: Sarah Chapman

Date and time: Tuesday 3/6 – 24/6. 4pm – 5.30pm

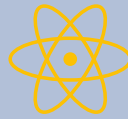
Location: Shekinah, Stonehouse Creek

Course description: In the first two bike maintenance sessions you will learn how to degrease the drive chain; repair a puncture, know what tire pressure you should have and ensure that your gears and brakes are working (well!). Cleaning materials will be provided, but you will need to provide your own bike.

In the remaining two sessions you will be taken out onto local roads to gain confidence and learn where you should – and shouldn't be: in traffic, for example; what to do at junctions and where to put yourself/your bike to maintain a safe riding position.

You must wear a cycle helmet for the road sessions.

Teaching and Learning Approaches: Workshop format



Wild Weaving

Lead Tutor: Emma Hodgson, Paula Barnes

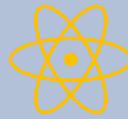
Date and time: Thursday 5/6. 2pm – 5pm

Location: Shekinah, Stonehouse Creek

Course description: In this session we will make a beautiful basket out of natural materials that can be found anywhere - we will be using brambles and ivy. These skills are a great introduction into weaving.

All materials will be provided.

Teaching and Learning Approaches: Workshop format



Emotional Logic

Lead Tutor: Marian Langsford

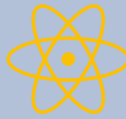
Date and time: Mondays 9/6, 16/6. 2pm – 5pm

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.



Audio Tour of Jewish Cemetery

Lead Tutor: Jerry Sibley

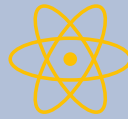
Date and time: Wednesday 11/6. 11am – 1pm

Location: Plymouth Orthodox Synagogue

Course description: You will partake in an audio tour whilst having tea in the vestry of the Plymouth Synagogue. Afterwards, Jerry will be leading us to the Jewish Cemetery.

This tour will be especially interesting to those who have already taken a historic tour of the synagogue with Jerry.

Teaching and Learning Approaches: Audio tour and walk



Art Therapy Taster

Lead Tutor: Lyn Douglass

Date and time: Wednesday 18/6 – 25/6. 2pm – 4pm

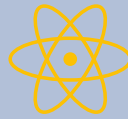
Location: Shekinah, Stonehouse Creek

Course description: These two introductory workshops will help you have an understanding of how art therapy works and how it can be used as another means of communication.

How do we perceive ourselves? How do we think others perceive us?

We will explore these perceptions in a fun way. Each session will have a warmup exercise, a main theme and then group discussion. It's your choice to share or not. And you don't have to be a talented artist, just an open mind.

Teaching and Learning Approaches: Workshop



Papermaking

Lead Tutor: Matt Thomas

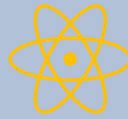
Date and time: Thursday 19/6 **or** Wednesday 2/7.
2pm – 5pm

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 format



Bushcraft

Lead Tutor: Sarah Tyson

Date and time: Monday 23/6 – 7/7. 11am – 3pm

Location: Shekinah, Stonehouse Creek

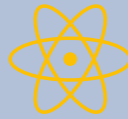
Course description: Session 1 (Fire): We will learn or refresh our knowledge on basic requirements you should have with you when you plan an outdoor excursion. This session will focus on making fire. We will cook and eat some simple nourishing snacks.

Session 2 (Shelter): In this session, we will learn about weather and appropriate clothing, and how to seek out or build shelters.

Session 3 (Water): Finally, we will experiment with gathering drinking water. After this last session we might set out into nearby areas and see if we can manifest the skills we have learned.

Please wear weather appropriate clothing. Parts of the session might be held inside, but we will be outside for most of it, no matter what the weather is like.

Teaching and Learning Approaches: Workshop format



Talking Games

Lead Tutor: Mike Sadler

Date and time: Tuesday 1/7. 2.30pm – 4pm

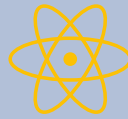
Location: Shekinah, Stonehouse Creek

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!)



Decorative Fruit Bowls

Lead Tutor: Emmeline Kwaan

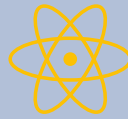
Date and time: Friday 4/7 **or** Friday 11/7. 3pm – 6pm

Location: Shekinah, Stonehouse Creek

Course description: You can choose between either of these stand-alone sessions. You will discover how clay can be formed into an aesthetically pleasing and useful receptacle.

Emmeline will show us various techniques, tools, and tips needed to embark on your ceramic bowl-making adventure. We will be forming and decorating the clay and paint the finished piece with coloured slips.

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.



Conscientious Objection

Lead Tutor: Simon Dell

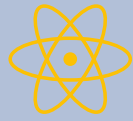
Date and time: Wednesday 16/7. 2pm – 4pm

Location: Shekinah, Stonehouse Creek

Course description: Simon Dell is a researcher and author on social history; his book “The Dartmoor Conchies” was published almost 10 years ago. He volunteered as a chaplain at Dartmoor Prison for some years until closure.

Simon's presentation will look at the National issue of Conscientious Objector in the First World War and will be bringing it up to date. He will look in particular at the Dartmoor Work Centre (HMP Dartmoor) and how men were treated there.

Teaching and Learning Approaches: Illustrated talk and discussion



Notes:

Learning Exchange Constitution

We are all people first, let's celebrate our differences and focus on our strengths.

No one likes to be hurt or humiliated, so let's respect each other.

In discussion and debate, we can challenge the opinion but not the person.

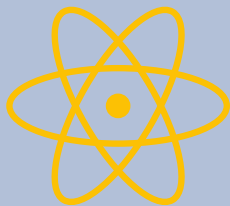
We will learn together and share together.

Come as you are, be friendly, positive and welcoming.

To celebrate our differences and feel safe we will not be discriminatory and will avoid racist, sexist, homophobic or ageist comments.

We will not be under the influence of drugs or alcohol.

We will LEARN together, GROW together and INSPIRE each other.

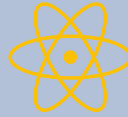


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Contact and Booking:

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Shekinah

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Kings Road
Plymouth
PL1 3SF



Email: learningexchange.plymouth@shekinah.co.uk

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

