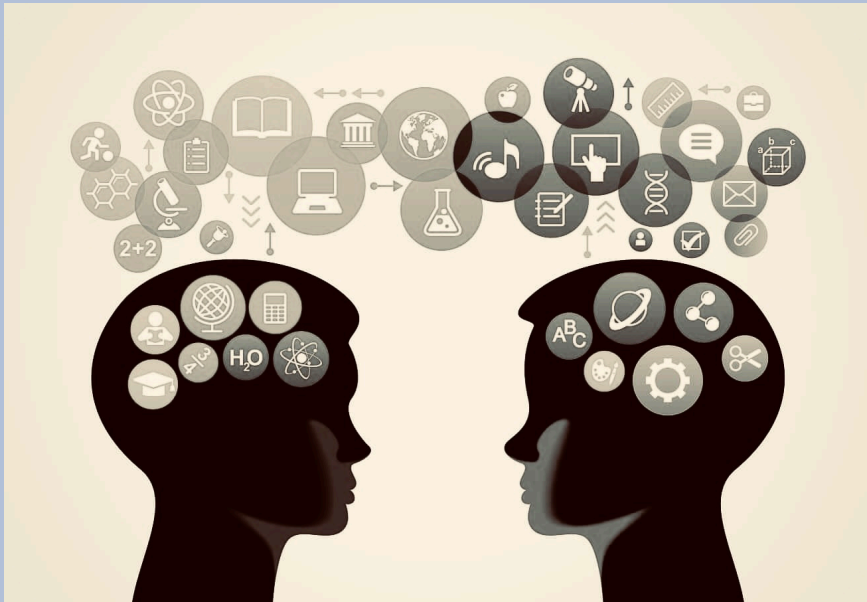


The Learning Exchange

LEARN

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Torbay and South Devon

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+**



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Becoming a Tutor

Lead Tutor: Shekinah Staff

Date and time: Tuesday 27/5. 14.30 – 17.00

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.



Hatha Yoga

Lead Tutor: Archie

Date and time: Tuesdays 1/4/25 - 26/8/25

Location: Shekinah, Endeavour House. 10.00 - 11.00

Course description:

Hatha practices are designed to align, cleanse and calm your body, mind, and spirit to achieve deeper states of meditation and spiritual realization.

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



Acoustic Guitar lessons

Lead Tutor: Centre Peace

Date and time: Thursdays 3/4/25 - 28/8/25. 14.00 - 16.00

Location: Centre Peace

Course description:

Everyone welcome no matter what level you are at. It's about giving it a go and learning something new or old.

Teaching and Learning Approaches: Workshop format



RAT Project

Lead Tutor: Bob

Date and time: Fridays 4/4/25 - 29/8/25. 10.00 - 13.00

Location: Shekinah, 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 using 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



Craft for mind and soul

Lead Tutor: Kelly and Tina

Date and time: Fridays 4/4/25 - 29/8/25. 13.00 - 15.00

Location: Centre Peace

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: Workshop format



Gardening

Lead Tutor: Mandy and crew

Date and time: Tuesday 8/4/25 - 26/8/25. 10.00 – 14.00

Location: Shekinah, 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



Meditation with Lily

Lead Tutor: Lily

Date and time: Saturdays 5/4/25 - 22/7/25, 11.00 – 12.00

Location: Centre Peace

Course description:

Sharpen your body, strengthen your mind, balance your emotions. Meditation significantly improves your mental health by reducing stress and anxiety. Regular practice can enhance focus and concentration leading to better productivity and cognitive function.

Teaching and Learning Approaches: Workshop format



Tai Chi

Lead Tutor: Lisa K

Date and time: Mondays 7/4/25 - 28/7/25. 13.30 - 14.30 (Excluding bank holidays)

Location: Shekinah, Endeavour House

Course description:

Description A series of gentle physical exercises and stretches with each posture naturally lowing 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 practicing Tai Chi it enhances body awareness, balance, coordination, strength, and flexibility. Great for beginners.

Teaching and Learning Approaches: Workshop format



Wellbeing Yoga

Lead Tutor: Dee (Step One charity)

Date and time: Fridays 25/4/25 - 30/5/25. 09.30 - 10.30

Location: Shekinah, 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?



Bowel cancer awareness

Lead Tutor: Joana Castro (NHS)

Date and time: Monday 28/4/25. 11.30 - 13.00

Location: Shekinah, Endeavour House

Course description:

Did you know that in April its Bowel Cancer awareness Month factors of bowel cancer

Identify the risk factors of bowel cancer

Identify the signs and symptoms of bowl cancer

Understand the criteria of urgent referral for suspected bowel cancer

Develop an understanding of national screening programme for early detection of bowel cancer

Teaching and Learning Approaches: Workshop/Q&A



Yoga for anxiety and depression

Lead Tutor: Nina Adwick

Date and time: 29/4/25 - 20/5/25. 12.30 - 14.00

Location: Shekinah, Endeavour House

Course description:

Do you suffer from anxiety and depression.

Join this gentle trauma informed Free 4-week yoga course to learn tips to manage your mental health and promote a sense of wellbeing.

Stay after for a cup of tea

Teaching and Learning Approaches: Workshop format



Workshop for women

Lead Tutor: Joanna Kamionkova

Date and time: Tuesday 29/4/25. 15.00 - 16.00

Location: Shekinah, Endeavour House

Course description: Workshop for women - any age welcome

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 are 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

Reusable Menstrual/Incontinence Pads are ecological, economical, comfortable and much more. Let's care about our body and our Earth too.



Crafting at Grow

Lead Tutor: Georgie

Date and time: Tuesday 29/4/25, 27/5/25, 24/6/25, 29/7/24, 8/8/25. 10.30 - 12.30

Location: Shekinah, Grow

Course description:

Come along to the beautiful setting at Grow a 3-acre green space where you can take in the scenery and get your creative flow on. There will be plenty of crafting materials for you to choose from. Recycle something from old to new, paint, use nature to create something it's totally up to you. We're on hand to give ideas. A great way to be with like-minded people and make new connections.

Teaching and Learning Approaches: Workshop format



Mindfulness and Creative writing in nature

Lead Tutor: Iona

Date and time: Tuesdays 30/4/25 - 25/6/25. 10.00 – 12.30

Location: Shekinah, Grow

Course description: If you are interested in exploring ways of integrating mindfulness, writing 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:

- mindfulness, writing and nature connection skills
- skills in resilience and increasing your ability to cope
- skills and attitudes to help you to be kinder
- a deeper and more authentic relationship with self, community and environment
- ways to integrate mindfulness and nature connection practices and attitudes into your daily life, during and after the course.

The course is mainly practical and experiential. You will be led in some mindfulness and nature connection practices, followed by periods of inquiry to discuss and share experiences arising through the practices. You are welcome!



Behind the services – A deep dive into what we do?

Lead Tutor: Coproduced with many services

Date and time: Wednesday 30/4/25, 28/5/25, 11/6/25, 25/6/25, 9/7/25 and 30/7/25.

Location: Shekinah, Endeavour House

Course description:

Know your service. What, why and how and where?

Peer to Peer Naloxone - 30/4/25 10 - 11am

Coproduction – 28/5/25 10 - 11am

Mental Health Alliance - 11/6/25 10 – 11am

Phoenix Rising - 25/6/25 10 - 11am

Unity in the community – 9/7/25 10 – 11am

Restorative Justice - 30/7/25 10 - 11am

Teaching and Learning Approaches: Workshop format



Crochet with K

Lead Tutor: Kerenza

Date and time: Thursdays 1/5/25- 29/5/25.

14.00 - 16.00

Location: Shekinah, Endeavour House

Course description:

This crochet course is designed for beginners and experienced crafters alike, covering essential techniques, patterns, and creative designs. You'll learn the basics of holding a hook, making stitches, and reading patterns, progressing to more advanced techniques like shaping, colour changes, and intricate motifs. With hands-on practice and guidance, you'll create beautiful handmade pieces. Join us and master the art of crochet while developing a relaxing and rewarding hobby!

Teaching and Learning Approaches: Workshop format



Dried flower sun catchers

Lead Tutor: Diane

Date and time: Friday 2/5/25, 20/6/25 and 18/7/25,
11.00 - 13.00

Location: Shekinah, Endeavour House

Course description:

Come and learn to make Sun catchers out of recycling plastic and dried flowers. They look amazing, good for gifting. Come along and have ago.

Teaching and Learning Approaches: Workshop format



Decoupage

Lead Tutor: Leggy

Date and time: Friday 9/5/25 - 16/5/25 and 11/7/25 - 18/7/25. 11.00 - 13.00

Location: Shekinah, Endeavour House

Course description:

This course provides the exploration of decoupage the art of decorating objects by applying cut-out paper designs and sealing them with layers of varnish or glue. Designed for beginners and enthusiasts alike, the course covers the history, techniques, and creative applications of decoupage on various surfaces such as wood, glass, metal, and ceramics.

Whether you want to upcycle old items, create personalized gifts, or start a craft business, this course will equip you with the skills to transform ordinary objects into stunning decorative pieces. No prior experience required—just bring your creativity!

Teaching and Learning Approaches: Workshop format



Mind movie creation Workshop

Lead Tutor: Amanda Wycherley

Date and time: Monday 12/5/25 and 21/7/25. 10.00 – 12.00

Location: Shekinah, Endeavour House

Course description:

Mind Movie Creation Workshop!

Do you want to take your vision board to the next level?

Make a movie to help you visualize, manifest, and align with your biggest dreams and goals.

we will create a digital vision board that speaks directly to our deepest desires and helps bring them to life.

You will need a smart phone or tablet for this workshop

Teaching and Learning Approaches: Workshop format



Menstrual cycle and it's superpower

Lead Tutor: Joanna Kamionkova

Date and time: Tuesday 13/5/25. 15.00 - 16.00

Location: Shekinah, Endeavour House

Course description:

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

We are going to talk about

- Why is our healthy menstrual cycle important for woman's health
- Benefits of living with our cyclical nature
- Strengths and weaknesses of our four Inner Seasons

And more...

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



Revive

Lead Tutor: Phill Hill

Date and time: Wednesday 14/5/25 - 11/6/25. 10.00 – 14.00

Location: Shekinah, 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



Meditation, breathworks, and ice bath

Lead Tutor: Karen Watson

Date and time: Fridays 16/5/25, 13/6/25 and 8/8/25.
13.00 - 14.30

Location: Shekinah, Grow

Course description:

When it comes to ice baths optimizing your breath is crucial. Many of us unconsciously adopt shallow breathing patterns, which differ from deep, diaphragmatic breaths we naturally took as babies.

Learn essential breathing techniques to elevate your experience, whether it's a home ice bath or portable ice bath. Enhance your wellbeing with every breath.

Limited spaces book in advance

Teaching and Learning Approaches: Workshop format



Clearing Clutter Part 2

Lead Tutor: Amanda

Date and time: Monday 19/5/25. 11.00 -13.00

Location: Shekinah, Endeavour House

Course description:

Declutter your space, transfer your life.

Have you ever walked into a messy room and instantly felt stressed or overwhelmed? Clutter isn't just about the physical mess—it has a profound impact on our mental, emotional, and even physical well-being.

In this workshop, we'll explore the hidden effects of clutter on your mind, energy, and daily life. We'll uncover how a disorganized space can drain your motivation, increase stress, and even impact your health. Most importantly, you'll learn practical strategies to clear the clutter, create a more peaceful environment, and invite positive energy into your home and life.

By the end of this session, you'll not only understand why clutter holds you back but also have the tools to set up and create a space that truly supports your well-being.



Why and How to make DIY NON-TOXIC products

Lead Tutor: Joanna Kamionkova

Date and time: Tuesday 20/5/25. 15.00 - 16.00

Location: Shekinah, Endeavour House

Course description:

Talk/Workshop - Why and how to make DIY NON-TOXIC products

Did you know that chemicals from our environment (cleaning products, cosmetics, perfumes, plastic containers, water/ air/soil pollution...) can negatively affect our hormonal system - Endocrine system and our health? By becoming more aware of endocrine disruptors we can reduce potential load of chemicals which can be harmful for us.

We are going to talk about

- Endocrine System/Hormonal system
- How to recognise and reduce endocrine disruptors
- How to make DIY NON-TOXIC products

This talk/workshop is determined for everyone interested in their health and reduction of harmful chemicals from their homes.



Mindful Mandala workshop

Lead Tutor: Rachel South Devon Collage

Date and time: Friday 23/5/25. 10.00 – 13.00

Location: Shekinah, Endeavour House

Course description: Mandala is a circular figure representing the universe in Hindu and Buddhist symbolism, they are always a very soothing and creative outlet.

Using varied materials such as acrylic paint and pens you will make different patterns and designs following geometric circles. With a finished design set on a pebble/stone

The benefits- Taking time to be mindful of yourself and your feelings is vitally important. Creative art naturally shifts your attention away from life's problems, by creating a state of present awareness. known as mindfulness.

As your mind and body become centred, focused, and calm, your self-confidence and self-belief that you can achieve improves. You begin to access your right side of the brain, this is where creativity, intuition, visualisation, and emotion happen.

What do you need to know- No prior knowledge is needed, there are no expectations on you or your abilities, this is a relaxed and informal workshop. All equipment provided.



Wet Felt making

Lead Tutor: Rachel South Devon Collage

Date and time: Friday 30/5/25 - 13/6/25. 10.00 – 13.00

Location: Shekinah, Endeavour House

Course description: Wet felt making is a creative craft that combines wool fibres to create a bespoke piece of artwork. Over this 3-week course (2 hours per week) you will:

Gain Knowledge of the wet felting process.

Explore different types of needles felting and embellishment.

Produce a finished bespoke piece of felt, that you may wish to make into a book cover.

The benefits - Positive links between creative tactile making and mental wellbeing are clear. Wet felt making has low-tech appeal, touchable crafts create a mindful balance and help your mind and body become centred, focused, and calm.

Teaching and Learning Approaches: Workshop format



Creative Peace with Leanna

Lead Tutor: Leanna

Date and time: Tuesdays 3/6/25 - 19/8/25. 14.00 - 15.30pm

Location: Shekinah, Grow

Course description:

Playful, mindful and meditative offerings to uplift, resource, nourish, and inspire, with the intention to ripple peace out into the world. Come and join us, gently connect with a lovely likeminded group and find a lasting path towards the peace which is so needed in this beautiful world. Bring a journal, a blanket or yoga mat and your gorgeous selves.

Teaching and Learning Approaches: Workshop format



The world of AI

Lead Tutor: Rosanna

Date and time: Wednesday 4/6/25. 09.30 - 11.00

Location: Shekinah, Endeavour House

Course description:

Do you keep hearing about Artificial Intelligence and feel like you want to know a bit more? Find out about the jargon, benefits and challenges of using AI. Don't get left behind; come and find out about how to effectively use things like Chat GPT, Co-Pilot and why you might want to.

Teaching and Learning Approaches: Workshop format



Navigating Perimenopause and Menopause

Lead Tutor: Joanna Kamionkova

Date and time: Tuesday 10/6/25. 15.00 - 16.00

Location: Shekinah, Endeavour House

Course description:

A practical talk for women approaching or going through perimenopause and menopause.

We are going to talk about

- What is perimenopause and menopause
- How to change/adjust lifestyle for better symptom management
- Importance of mindfulness during this transformative phase in woman's life

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

Teaching and Learning Approaches: Workshop format



Redevelop

Lead Tutor: Phill Hill

Date and time: Monday 16/6/25 - 14/7/25. 10.00 – 14.00

Location: Shekinah, Endeavour House

Course description:

Learn from yesterday, live for today and hope for tomorrow. Over the 5 weeks we will learn coping strategies. We will break the 5-week workshop into areas. This will include Stress, Anger, relationships, anxiety and depression. Building confidence and self-esteem – Redevelop your life skills today. A great way to meet new people also.

Teaching and Learning Approaches: Workshop format

Notes:



The Learning Exchange

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