



The Learning Exchange

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Plymouth

Autumn 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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Bored by the Bard?

Lead Tutor: Anne Desborough.

Date and time: Mondays 15/9 - 6/10. 2pm - 4pm.

Location: Stonehouse Creek.

Course description: For-sooth! Gadzooks!

Come along and have a look at Shakespeare's plays

- Comedies (e.g. A Midsummer Night's Dream)
- Tragedies (e.g. Hamlet; Othello)
- Histories (e.g. Richard II; King John)

We will look at the plots, the characters, the backgrounds of the plays and read famous quotes we all know ("Alas, poor Yorick!", "A horse! a horse! my kingdom for a horse!", "Romeo, Romeo...").

We will watch how the plays have been portrayed in film and the theatre. Quizzes and games will be included.



Neurographic Art

Lead Tutor: Gemma Lake.

Date and time: Mondays 3/11 - 24/11. 5pm – 6.30pm.

Location: Stonehouse Creek.

Course description: Neurographic Art can be used as a form of art therapy to help individuals express themselves creatively and explore their emotions and thoughts.

Forget your problems and meditate by focussing on art and create a piece of work despite any stress and anxiety.

Students do not need any skill in drawing: if you can hold a drawing material, you are able to participate.

Teaching and Learning Approaches:

Workshop format.

Assessment:

There is no assessment, but we welcome feedback on this course.



Creative Speaking Club – Art & English for Beginners

Lead Tutor: Alina Vasyuta.

Date and time: Tuesdays 9/9 - 18/11. 5pm-7pm.

Location: Stonehouse Creek.

Course description: Each week, participants will practice speaking English through guided conversation and creative workshops. Every session will introduce a new artistic technique (painting, jewellery making, origami etc.), providing both language exposure and a fun, supportive space for self-expression.

English natives are also welcome to this course to help with practicing the language and indulging into cultural exchange.

Teaching and Learning Approaches:

Workshop format.

Assessment:

There is no assessment, but we welcome feedback on this course.



Holistic Practices for Wellbeing

Lead Tutor: Lin Lovel.

Date and time: Tuesday 9/9 - 30/9. 2pm - 4pm.

Location: Stonehouse Creek.

Course description: A set of sessions enabling Peace, Love, Harmony and Wellbeing.

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.

Assessment:

There is no assessment, but we welcome feedback on this course.



Spoon Carving

Lead Tutor: John Hamblin.

Date and time: Wednesdays 8/10, 15/10, 22/10. 1pm - 4pm.

Location: 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.



Graffiti Tour

Lead Tutor: Megan Whitehead.

Date and time: Tuesday 7/10. 4pm-6pm.

Location: Stonehouse Creek.

Course description: A guided tour exploring Plymouth's vibrant and rich graffiti culture. Specifically focusing on Stonehouse, this tour is intended to connect you to the artwork surrounding your everyday life, and give you some more information as to the methods and styles involved in this.

Starting point at Shekinah.

Teaching and Learning Approaches:

Workshop format.

Assessment:

There is no assessment, but we welcome feedback on this course.



Masks and Movement

Lead Tutor: Megan Whitehead and Kate Bastin.

Date and time: Thursdays 30/10, 6/11, 13/11, 20/11 and 27/11. 2pm - 4pm.

Location: Stonehouse Creek.

Course description: The session will begin with Kate leading you through the making of our own masks, using various artistic methods, styles and mediums to create textual and visually interesting props intended for use within performance. The masks are intended to represent personal creativity and emotion to then be embodied in the second half of the workshop with Megan, informed by a myriad of theatre methodology to explore some of the ideas and styles presented on the masks you create.

Teaching and Learning Approaches:

Interactive Workshop.

Assessment:

There is no assessment, but we welcome feedback on this course.



Self-Defence

Lead Tutor: Becky Cox-Symonds.

Date and time: Monday 22/9. 6pm - 7.30pm or
Wednesday 29/10. 2pm - 3.30pm.

Location: 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.

Assessment:

There is no assessment, but we welcome feedback on this course.



Dragons Ga-lore

Lead Tutor: Mike Sadler.

Date and time: Tuesday 21/10. 2.30pm - 4pm.

Location: Stonehouse Creek.

Course description: Would you like to know more about dragons? I'm not a dragonologist, but I recently had to give a short talk about them as part of a course at the library, and thought I could expand it for the Learning Exchange!

So I shall add a starting quiz, to be followed by a revised version of the talk (illustrated, and containing the answers to the quiz!), then hopefully a couple of poems and excerpts from stories, leaving time at the end for possible comments and general chat about dragons - or any other mythical animals!

Teaching and Learning Approaches:

Workshop format.

Assessment:

There is no assessment, but we welcome feedback on this course.



Talking Games

Lead Tutor: Mike Sadler.

Date and time: Tuesday 28/10. 2.30pm - 4pm.

Location: 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 games embrace the playful side of words and language.

You may or may not actually learn much (except how to play these 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!)

Assessment: There is no assessment, but we welcome feedback on this course.



Start a Worm Farm

Lead Tutor: Tess Wilmot.

Date and time: Tuesday 14/10. 2pm - 4pm.

Location: Stonehouse Creek.

Course description: We will build a worm farm for the garden of Shekinah using worms for breaking down kitchen scraps and making nutritious compost and fertilizer.

We will learn about worms, what they need to stay wriggly and happy (worm husbandry), and how they can benefit our garden.

Should you make your own wormery at home, you will be able to adopt some Shekinah worms.

Teaching and Learning Approaches:

Workshop including demonstration and activities.

Assessment:

There is no assessment, but we welcome feedback on this course.



Everyday Happiness

Lead Tutor: Gareth Retallick.

Date and time: Wednesdays 17/9, 24/9, 1/10, 8/10, 15/10, 22/10, 5/11 and 12/11. 2pm-4pm.

Location: Stonehouse Creek.

Course description: An introduction to two free online resources, exploring how making regular small changes can enrich our everyday experience. Looking at the website of "Action for happiness" and an introduction to meditation and kindness by renowned teacher Sharon Salzberg.

Take it at your own pace, from dipping into it to see how it feels, to committing to the whole course and working together to try out some new ideas. It's all free online so you can also explore for yourself during and beyond the course.

Together we might explore the wealth of personal growth material that's out there. The supportive connections we make between us being just as important as the material.

Teaching and Learning Approaches:

Workshop format.



Tie-Dye

Lead Tutor: Lindsay Drew.

Date and time: Thursday 11/9 and Friday 12/9. 11am - 2pm.

Location: Stonehouse Creek.

Course description: We will scrunch and bind a piece of fabric to get a wacky pattern with vibrant colours. Learn about different techniques, dyes and methods. In two sessions you will make a piece to keep.

Session 1: You will be taken through the dying procedure, preparing your garment, choosing colours and how to fix it to stop it from bleeding.

Session 2: Textiles will be left overnight, so you will be able to finish your garment off.

Bring a garment (cotton rich). We will also provide some plain t-shirts.

Teaching and Learning Approaches:

Practical demonstration and hands-on learning.



Synagogue Visit

Lead Tutor: Jerry Sibley.

Date and time: Wednesday 15/10. 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. Along with having tea in the succa when it's in use.

Teaching and Learning Approaches:

As well as being educational, there will workshop elements and interactivity where you will be able to participate and contribute.

Assessment:

There is no assessment, but we welcome feedback on this course.



Hatha Yoga

Lead Tutor: Birgit Cloos.

Date and time: Wednesdays 24/9 - 26/11. 5pm - 6pm.

Location: 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.

Assessment:

There is no assessment, but we welcome feedback on this course.



Macrame

Lead Tutor: Yvonne Mousley.

Date and time: Wednesdays 12/11 - 10/12. 1.30-3.30pm.

Location: 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.

Two weeks of beginner or refresher macrame followed by 3 weeks of Christmas Tree decorations. First two weeks - Join us to learn basic macrame knotting or refresh your skills. Follow on or join us on week three to create cute Christmas Tree decorations.

Teaching and Learning Approaches: Workshop format.



Equinox: A Time of Renewal

Lead Tutor: Sarah Adams.

Date and time: Thursday 18/9. 2.30 - 4.30pm.

Location: Stonehouse Creek.

Course description: The autumn equinox (Mabon) marks the time when the days and nights are of equal length. It is a point of balance, reflection and gratitude.

In Celtic folklore traditions it is a day when the abundance of harvest is celebrated, in preparation for the winter period.

Sarah will introduce you to the rich symbolism and rituals of Equinox.

Teaching and Learning Approaches:

Workshop format.

Assessment:

There is no assessment, but we welcome feedback on this course.



Halloween and the History of Witches

Lead Tutor: Sarah Adams.

Date and time: Friday 31/10. 2.30pm - 4.30pm.

Location: Stonehouse Creek.

Course description: This Halloween we will focus on a chilling part of our history – the witchcraft trials.

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

We will also uncover the folkloristic meanings and rituals to mark the beginning of the 'dark half of the year'.

Teaching and Learning Approaches:

Workshop format.

Assessment:

There is no assessment, but we welcome feedback on this course.



Yule Wreaths

Lead Tutor: Sarah Tyson.

Date and time: Monday 1/12. 4pm - 6pm.

Location: Stonehouse Creek.

Course description: Start the festive season off in style and join us for a relaxed afternoon of Yule Wreath making. Come and celebrate the turning wheel of time to the colder, darker season and look forward to welcoming the return of the sun and light.

Sarah will demonstrate, step-by-step, how to make a beautiful traditional wreath, using natural greenery, orange slices, pine cones and the odd bit of sparkly stuff and ribbon! Then you will learn how to make your own wreath or table centrepiece and create one to take home.

All materials and tools will be provided, but if you have something special that you would like to include in your wreath, please bring it along.

Teaching and Learning Approaches: Practical Workshop.

Assessment: There is no assessment, but we welcome feedback on this course.



Purses and Pouches

Lead Tutor: Emmeline Kwaan.

Date and time: Thursday 16/10 or 23/10. 5pm - 7pm.

Location: Stonehouse Creek.

Course description: 'No Sew Leather/faux leather or canvas purses/pouches'.

Learn how to use poppers and rivets to create purses with NO SEWING!

Cut the material using a template, add the holes and use rivets and poppers to secure. Perfect for storing change, cards or even as a pencil case.

Come along and join the fun.

No experience necessary and take home your finished product.

Teaching and Learning Approaches:

Practical workshop.



Watercolour

Lead Tutor: Robert Turner.

Date and time: Mondays 8/9 - 13/10. 5.30pm - 7pm

Location: 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:

Practical workshop.

Assessment:

There is no assessment, but we welcome feedback on this course.



Gadgets and Gizmos

Lead Tutor: Brian Milstone.

Date and time: Mondays and Wednesdays. 2pm - 4pm.

Location: 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 will explain how they might be useful and make your daily life easier.

Teaching and Learning Approaches:

Workshop format.

Assessment:

There is no assessment, but we welcome feedback on this course.



Wild Weaving

Lead Tutor: Emma Hodgson.

Date and time: Thursday 2/10. 2pm - 5pm.

Location: 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.

Assessment:

There is no assessment, but we welcome feedback on this course.



Still-Life

Lead Tutor: Dagmar Schwitzgebel.

Date and time: Thursdays from 18/9. 11am – 12.30pm.

Location: Stonehouse Creek.

Course description: We will draw objects that are arranged in a specific way. In this course you will be able to explore mediums like charcoal, pencil and pastels. You will learn about composition, light and shades, and reflect on your work and the work of your peers each session.

Teaching and Learning Approaches: Loosely facilitated session.

Assessment: No formal assessment, as beauty is in the eye of the beholder.



Conscientious Objection

Lead Tutor: Simon Dell.

Date and time: Tuesday 11/11. 2pm - 4pm.

Location: 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:

Workshop format.

Assessment:

There is no assessment, but we welcome feedback on this course.



Pallet Benches

Lead Tutor: Dan Preece and Andrew Thomas.

Date and time: Fridays 19/9, 26/9 and 3/10. 11am - 2pm.

Location: Stonehouse Creek.

Course description: During these sessions we will take 3 old pallets, sand them down, cut them up and fix them together to change them into a beautiful garden bench. Afterwards, you can either keep the bench or donate it to Shekinah for their new centre.

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

Teaching and Learning Approaches: Discussion and practical activities.

Assessment: Sit on the bench and tell us all how comfy it is!



3D Froebel Stars

Lead Tutor: Dagmar Schwitzgebel.

Date and time: Monday 1/12. 2.30- 3.30.

Location: Stonehouse Creek.

Course description: It's not origami, but another type of nifty paper craft. Out of 4 strips of paper we will fashion our own beautiful Christmas decorations. Through step-by-step instruction that involves weaving, bending and folding you will get a star with 16 points.

The finished piece is a great gift; it can be strung up as a dangling decoration or attached to a Yule Wreath.

Teaching and Learning Approaches:

Practical workshop.

Assessment:

There is no assessment, but we welcome feedback on this course.



Paper Making

Lead Tutor: Matt Thomas.

Date and time: Thursdays 25/9 or 9/10. 2pm - 5pm.

Location: 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:

Practical workshop.

Assessment:

There is no assessment, but we welcome feedback on this course.



The World of AI

Lead Tutor: Rosanna Eveleigh.

Date and time: Wednesday 19/11. 2pm-4pm.

Location: Stonehouse Creek.

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.

Assessment:

There is no assessment, but we welcome feedback on this course.



Becoming a Tutor

Lead Tutor: Rosanna Eveleigh.

Date and time: Monday 27/10. 2.30pm - 5pm.

Location: 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.

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.



The Learning Exchange

LEARN

SHARE

CONNECT



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Contact and Booking:

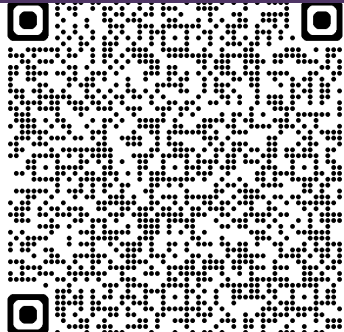
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Shekinah

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

