



The Learning Exchange

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Plymouth

Spring 2023

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, or needing information to be provided in alternative formats etc. We will do our best to meet your requirements and enable you to fully participate in our courses.

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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Volunteering

Lead Tutor: Kevin Tapscott

Date and time: Tuesday, 17/1. 2.30pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description:

In this session, will explore what volunteering means and the benefits to our community. We will share stories of solidarity and how acts of kindness benefit us all.

You will get practical advice on what volunteering networks there are locally and how to approach them. Volunteering can sometimes bring challenges which may involve 'safeguarding'.

We will also discuss boundaries and confidentiality and what to do if matters arise.

Teaching and Learning Approaches: Talk and workshop format

Assessment: None



Decision making: Are we rational?

Lead Tutor: Anne Paess

Date and time: Tuesday, 24/1. 2.30pm - 5.30pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description:

What is a rational decision? Do we actually behave that way? This three-hour course introduces some ideas from game theory and behavioural economics. The aim is to equip learners with useful language, tools, and awareness relevant to decision-making.

Teaching and Learning Approaches:

Presentation and group discussion

Assessment:

No formal assessment but we welcome feedback about the course



Decision-Making in an Uncertain World

Lead Tutor: Anne Paess

Date and time: Tuesday, 31/1. 2.30pm - 5.30pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description:

How is risk different to uncertainty? What is a black swan event? What is 'genuine uncertainty' and what can we do about it? This three-hour course introduces some ideas from game theory and behavioural economics. The aim is to equip learners with useful language, tools, and awareness relevant to risk and uncertainty.

Teaching and Learning Approaches:

Presentation and group discussion

Assessment:

No formal assessment but we welcome feedback about the course



Thinking About Thinking

Lead Tutor: Stuart Bakewell

Date and time: Tuesday, 14/2. 2.30pm - 5.30pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description:

'Thinking is common to all' - Heraclitus

We all do it; but what exactly is thinking? This three-hour course introduces some of the major philosophical ideas that try to answer these questions.

The emphasis is on making philosophy accessible, interactive, useful and fun.

Teaching and Learning Approaches: Talk and workshop format

Assessment:

There is no formal assessment although we welcome feedback about the course



Doing the Right Thing

Lead Tutor: Stuart Bakewell

Date and time: Tuesday, 21/2. 2.30pm - 5.30

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description:

When confronted by a choice, is there a 'right' thing to do, and how do we know what that might be? Ought we do anything more than please ourselves? Do we owe any consideration to others? And if so, why?

This short course sets out to consider these questions in more detail and introduce some ways we might think about these problems.

Teaching and Learning Approaches: Talk and workshop format

Assessment: There is no formal assessment although we welcome feedback about the course



Truth and Rationality

Lead Tutor: Stuart Bakewell

Date and time: Tuesday, 7/3. 2.30pm - 5.30pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description: What's truth? Clearly something most important. If we did not conceive of ourselves as truth seekers, we would miss a central human dimension. And when we seek the truth, we seek something objective that we can share and debate. If truth were only subjective, truth for you and truth for me, there would be nothing to share and to debate. However, what is it that we are seeking there? Its content seems elusive.

This workshop sets out to explore these questions and examine some of the main philosophical theories and explanations.

Teaching and Learning Approaches: Talk and workshop format

Assessment: There is no formal assessment although we welcome feedback about the course



Non-Western Philosophies

Lead Tutor: Stuart Bakewell

Date and time: Tuesday, 14/3. 2.30pm - 5.30pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description:

The concept of “a good life” is a value-laden one. Everyone has a different idea about what is involved in living a good life and these ideas can be strongly influenced by our social, cultural and historical contexts.

This course is a brief introduction to explore some of the major ideas and perspectives from non-Western philosophies.

Teaching and Learning Approaches:

Talk and workshop format

Assessment: There is no formal assessment although we welcome feedback about the course



A Journey Into the Past...

Lead Tutor: Robert Turner

Date and time: Wednesday, 18/1. 5.30pm - 7pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description: Robert Turner has put together a Powerpoint presentation on people and events at two 'British internee' camps during WW2. (In other words, if you were living in occupied France in 1940, with British or 'Empire' papers, then you were liable to be interned by the German authorities, and put in an internment camp.)

Buying a picture that had been painted from inside one of the women's camps led Robert to find out more about that particular artist, and some very brave deeds by others in opposition to the authorities.

Teaching and Learning Approaches: Presentation. Upsetting events may be covered in a separate, (optional) presentation at the end of the session.

Assessment: None



Vegan Cooking on a Budget

Lead Tutors: Stuart Francis-Dubois and Amanda Sherriff

Date and time: Tuesdays, starting 17/1. 4pm - 6pm

Location: Shekinah, Bath Street, Kitchen

Course description: This is an interactive session where we cook together and eat together. We explore what is seasonal and available through gleaning networks and local free food sources and utilise cheaper nutrition rich ingredients such as dried beans and pulses to create delicious and healthy meals.

Vegan food is inclusive for all diets, such as halal, kosher, vegetarian and we regularly make them gluten free. If you want to get inspiration, or share your own tips and tricks preparing scrumptious foods, this course is for you.

Teaching and Learning Approaches: Practical demonstration and having a go

Assessment: It's all about the taste!



Basic Low Budget Video Production

Lead Tutor: Tobias Fearnside

Date and time: Wednesdays for ten weeks, starting from 18/1. 2.30pm - 4.30pm

Location: Hamoaze House, PL1 4JQ

Course description: The course is intended as a basic introduction to video production and that limited resources should not stifle creativity. The main areas of film and video will be covered, Pre-Production, Production and Post Production and will give those involved a good understanding of these steps. As the course progresses a project will be set, finished and published online showing why the three stages above are needed and work, the finished project will give practical experience and evidence of these steps.

Teaching and Learning Approaches: Talks, workshops and practical participation

Assessment: Observation, Question and Answer, Practical Work and a finished project.



Spoon Carving for Beginners

Lead Tutor: John Hamblin

Date and time: Wednesdays, 15/3, 22/3, 29/3. 2pm - 5pm

Location: Hamoaze House, PL1 4JQ, Gardens

Course description:

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. Introduction to finishing and oiling your spoon.

Teaching and Learning Approaches: The course will be a series of sessions, each building on the previous one.

Assessment: No final assessment. At the end of the last session, you will hopefully have a spoon you can take home and enjoy.



Watercolour Painting

Lead Tutor: Robert Turner

Date and time: Wednesdays (Fortnightly), 25/1, 8/2, 22/2, 8/3, 22/3, 5/4. 5.30pm - 7pm

Location: Shekinah, Bath Street, 1st Floor Classroom

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. It is also hoped to look at the history of watercolour painting, and more closely at certain artists - and some science/physics underlying colour mixing.

Teaching and Learning Approaches:

Taught art class

Assessment:

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



Still Life Drawing

Lead Tutor: Dagmar Schwitzgebel

Date and time: Wednesdays (Fortnightly), 1/2, 15/2, 1/3, 15/3, 29/3. 5.30pm - 7pm

Location: Shekinah, Bath Street, 1st Floor Classroom

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, pencils 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



Adventure Gaming

Lead Tutor: Nick Ingram

Date and time: Fridays, 2/3, 9/3, 16/3, 23/3, 30/3.
2.30pm - 5pm

Location: Shekinah, Bath Street, Ground Floor

Course description:

This is a collaborative workshop which is a theatre of the mind. From your seat at the table you will play an alter-ego character who will be able to perform feats of which is only limited by the scope of your imagination. We will tell stories of heroes and villains; of high adventure and low deeds; the tales of people whose names will be written into the history and the memory of the world.

Teaching and Learning Approaches:

Participatory workshop.

Assessment:

None.



Plymuff Sümpfonia

Lead Tutor: Dagmar Schwitzgebel

Date and time: Wednesdays, starting from 18/1.
3pm - 5pm

Location: Shekinah, Bath Street, Ground Floor

Course description: You don't need to be skilled or talented to be a musician. At least since the punk era, we know that there is a wide spectrum of how we can express ourselves through noise. You may be a novice to an instrument, an intermediate or expert. The aim of this project is to share any musical knowledge and skills, perform exercises and noise experiments, and eventually play your favourite tunes.

Teaching and Learning Approaches:

Exercises in rhythm, listening, some music theory, but mainly creative experimentation

Assessment:

None



Crochet

Lead Tutor: Dagmar Schwitzgebel

Date and time: Thursday, 19/1. 3pm - 5pm

Location: Shekinah, Bath Street, Ground Floor

Course description:

We will learn to work with wool and hook (supplied). Projects may include making something circular like a hat, or rectangular like granny squares or a blanket. We will talk about sizes of needles and different kinds of yarn, mental health benefits and cultures connected to this craft.

Teaching and Learning Approaches:

Workshop

Assessment:

None



Basic Feltmaking “From Fleece to Fabric”

Lead Tutor: Mary Toon

Date and time: Thursday, 26/1. 3pm - 5pm

Location: Shekinah, Bath Street, Ground Floor

Course description:

Come and discover the magical process of creating fabric from the back of a sheep!

No experience required. Not suitable to those with a wool allergy.

Please bring a towel and a plastic bag.

Teaching and Learning Approaches:

Workshop

Assessment:

There is no formal assessment although we welcome feedback about the course



Rag Rugging

Lead Tutor: Barbara Hampson

Date and time: Friday, 27/1. 4pm - 6pm

Location: Shekinah, Bath Street

Course description:

Learn how to upcycle waste fabrics in this practical introduction to proddy and hooked rag rug techniques with some inspiration and materials for you to start your own project.

Teaching and Learning Approaches:

Workshop

Assessment:

None



Resin Casting

Lead Tutor: Rob Horsfield

Date and time: Fridays, 3/3,10/3,17/3. 5.30pm - 7pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description: Session 1: Discussion around the properties and possibilities of working with resin. Considering what needs to be prepared in working with the materials and how the components might behave. Looking at examples of various shapes and determining the colour options.

Session 2: Selecting the molds for the pour. Preparation of mold, mixing and pouring the resin. Flame polishing and setting.

Session 3: Removing the piece from the mould cleaning up the rough edges. Sanding and polishing. Finishing the piece that you can take away with you.

Teaching and Learning Approaches: Workshop

Assessment: None



Spoken Word/Poetry “Shekinah Speaks!”

Lead Tutor: Nick Ingram

Date and time: Mondays, 9/1, 16/1, 23/1, 30/1. 3pm - 5pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description:

This is a participant led workshop where we will explore the nature of poetry and spoken word, both for the page and performance. We will write poetry, perform poetry and spoken word, through various exercises and fun activities; with the emphases always being centred on the human need to experiment and explore language.

Teaching and Learning Approaches:

Workshop games and creative exercises

Assessment: None



Writing: Have Your Voice Heard

Lead Tutor: Sarah Adams

Date and time: Thursday, 2/2. 3pm - 5pm

Location: Shekinah, Bath Street, 1st Floor Classroom

Course description:

Join us for a relaxed writing session. It doesn't matter if you have written before or not at all. You may be a purist of form, or don't care about the accuracy of grammar, spelling and punctuation. We want to hear what you have to say. We can support and prompt you and give feedback if you wish.

Teaching and Learning Approaches:

Supportive and encouraging workshop with tactile stimuli and possibility of immediate self-publishing

Assessment: None



Grow Your Own Food

Lead Tutor: Tess Wilmot

Date and time: Friday, 24/3. 2pm - 5pm

Location: Stonehouse - meeting and finishing at Shekinah

Course description: If you have never grown anything in your life, or if you want to improve and broaden your skills with useful tips, this course is for you. Growing food is cheap and rewarding, because it gets you in touch with nature and your community. If you think you haven't got "green fingers" you might be inspired when you learn about the processes involved in growing.

The session includes a tour to community gardens in Stonehouse, where we can find projects and unusual opportunities to grow things.

Teaching and Learning Approaches: Interactive workshop and tour

Assessment: There is no formal assessment although we welcome feedback about the course



Foraging

Lead Tutor: Tess Wilmot

Date and time: Friday, 31/3. 1pm - 5pm

Location: Ham Woods - meeting and finishing at Shekinah

Course description:

A gentle walk connecting with nature and discovering a wide range of interesting plants growing and their different uses. Learn what is in season and how to identify and harvest wild food safely.

Teaching and Learning Approaches:

Demonstration, discussion and tasting

Assessment:

There is no formal assessment although we welcome feedback about the course



Booking:

To enrol in our courses:

Phone Dagmar on 07840 851 555 and give your details over the phone.

OR

Email dagmar.schwitzgebel@shekinah.co.uk

OR

Call in at Bath Street and pick up a form to fill in and leave with the Learning Exchange reception.

If you would like to talk to someone about options or have more questions, please get in touch.

We will either answer your question immediately or get back in touch with you as soon as we can.



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Where to find us:

**Shekinah
Bath Street
Plymouth
PL1 3LT**

