



The Learning Exchange

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**Torbay and
South Devon**

Summer 2026

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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Walk and Talk

Lead Tutor: Jane Rowell and Damien Rowe

Date and time: Monday 6/4/26 - 17/8/26. 10.30 - 12.30.

Location: Grand Hotel Torquay

Course description:

Meeting every Monday at the Grand Hotel to do just that Walk and Talk. A great way to meet, connect and enjoy a walk with others. We suggest wearing suitable footwear, a drink and comfy clothes.

Teaching and Learning Approaches:

Practical session.

Assessment:

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



Grounding

Lead Tutor: Sally Renshaw

Date and time: Tuesdays 07/4/26 - 28/7/26. 10.00 - 11.00.

Location: Shekinah Grow

Course description: A transformative experience, blending healing and education, allowing individuals to rejuvenate and restore their bodies through the profound practice of conductive contact with the Earth's surface, commonly known as Grounding.

Delving into the profound benefits and nature of Grounding, offering an opportunity for attendees to openly discuss their personal health challenges and explore how grounding may serve as a healing catalyst. On completion of the meditation, they will have time to be in silence with the earth and their bodies to integrate the energies and reflect on their journey

Teaching and Learning Approaches:

Practical Workshop.

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



Poetry

Lead Tutor: Matt James

Date and time: Monday 13/4/26 - 27/4/26. 13.00 - 15.00

Location: Endeavour House

Course description:

Explore the beauty of Poetry poems of your own choice and create your own poetry in a relaxed environment.

Just bring your happiness of what this entails.

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Breath and Ice experience

Lead Tutor: LX and Karen Watson

Date and time: Friday 17/4/26, 15/5/26, 10/7/26.
14.00 - 15.30

Location: Grow

Course description: Experience a powerful mind–body reset through the combined practices of sound healing, breathwork, and cold-water immersion.

This workshop gently guides you through calming sound vibrations, intentional breathing techniques, and a supported ice-bath experience to help release tension, boost resilience, and reconnect with your inner strength. Suitable for all levels, this session offers a safe, uplifting space to relax, energise, and explore the healing potential of breath, sound and cold.

Teaching and Learning Approaches:

Practical session.

Assessment:

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



Tai Chi

Lead Tutor: Lisa Kay

Date and time: Monday 20/4/26 - 15/6/26 and 29/6/26 - 24/8/26 excluding bank holidays. 14.00 - 15.00

Location: Endeavour House

Course 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:

Practical workshop

Assessment:

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



Yoga

Lead Tutor: Archie

Date and time: Tuesdays 21/4/26 - 26/5/26, 2/6/26 - 7/7/26. 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 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:

Practical workshop.

Assessment:

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



Earth Day

Lead Tutor: Emma Thom and Claire Coyne

Date and time: Tuesday 21/4/26. 11.00 - 13.00.

Location: Grow

Course description:

Earth day celebration come and join us at Grow to celebrate Earth Day in a beautiful setting. Enjoy being connected with nature and watch how any anxiety lifts by grounding yourself on mother earth.

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Drumming

Lead Tutor: Julie Gregory

Date and time: Thursday 23/4/26, 28/5/26, 25/6/26 and 23/7/26. 12.00 - 13.30.

Location: Endeavour House

Course description: Step into a grounded, heart-opening space where rhythm becomes a tool for connection, healing, and personal expression. This Sacred Drumming Workshop invites participants to explore the ancient practice of collective drumming, using sound and vibration to restore balance, calm the mind, and cultivate a sense of belonging.

Guided by an experienced facilitator, the session blends gentle ritual, intentional rhythm, breath, and mindfulness. Participants will learn simple drumming patterns, explore improvisation in a supportive circle, and experience how shared rhythm can deepen awareness, relieve stress, and reconnect us with ourselves and each other.

No musical experience is required — just a willingness to listen, play, and be present. Drums and percussion instruments will be provided, but you're welcome to bring your own if you have one.



Creative Collective

Lead Tutor: LX and peers.

Date and time: Fridays 24/4/26 every other week.

Location: Endeavour House

Course description: Join our relaxed, peer-led craft group where creativity and community come together. Whether you knit, sew, paint, crochet, collage, or just enjoy trying new things, this is a welcoming space to share your skills, learn from others, and enjoy some time making alongside people who love to craft too.

There are no pressure and no experience needed — just bring yourself. It's a great chance to meet new people, spark ideas, and enjoy a friendly, creative atmosphere.

Everyone is welcome. Come for the crafting, stay for the connection.

Teaching and Learning Approaches:

Workshop format

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



Trauma and the Body

Lead Tutor: Dr El and Steph

Date and time: Monday 27/4/26 and 18/5/26. 10.00 - 12.00.

Location: Endeavour House

Course description:

Come and learn how physical symptoms link to trauma experiences and complex childhoods. We'll discuss the body-mind connection and explore the role of trauma in our experience of the body.

Your physical symptoms could be chronic, diagnosed, long-term, or undiagnosed.

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Sea Swim

Lead Tutor: Claire Clark

Date and time: Monday 27/4/26 - 24/8/26. 10.30.

Location: Torquay Sea front opposite Torre Abbey.

Course description:

The main benefit of sea-swimming is to do with mental health. Hydrotherapy – typically known to help people with chronic joint pain and arthritis – has also been known to reduce levels of Stress, Anxiety and Depression. Studies have also shown that water therapy helps increase the production of beta-endorphins (the 'feel good' molecules).

We will meet at Torre Abbey for a chat about the benefits, we will then head to the beach where you can just dip your toe, or fully take a swim, it's up to you how you want this to go.

Assessment:

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



Couch to 5k

Lead Tutor: John H

Date and time: Wednesday 29/4/26 on going. 09.30 - 11.00.

Location: Meet at Endeavour House

Course description: Ready to take your first steps into running? Our Couch to 5K group is a supportive, weekly meet-up designed to help complete beginners gradually build confidence, stamina and fitness — all at a pace that feels right for you.

Whether you've never run before or you're returning after a break, this friendly group makes it easier to stay motivated. Together we'll follow a simple, structured programme that mixes walking and running, helping you progress week by week without pressure.

Along the way, you'll have the chance to meet new people, boost your mood, reduce stress and anxiety, and enjoy the benefits of being out in nature. Every session is relaxed, encouraging and open to absolutely everyone.

Just bring comfortable trainers, a bottle of water, and a willingness to give it a go. You'll be amazed at what you can achieve in a few weeks — and we'll be cheering you on every step of the way.



Monthly Book Club

Lead Tutor: Shekinah and HealthScape

Date and time: Wednesday 29/4/26, 27/5/26, 24/6/26, 29/7/26 and 26/8/26. 18.30 - 20.00.

Location: Endeavour House

Course description:

A relaxed, friendly space to discover new reads and share your thoughts. Each month we pick a different book, come together for a cuppa, and chat about the stories that inspire, challenge, or simply entertain us. Everyone welcome—just bring your curiosity!

Arrive from 6.30 to start for 7pm.

Assessment:

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



Mentoring level 2

Lead Tutor: Warren Keats and Phill Hill

Date and time: Wednesday 29/4/26 - 17/6/26. 10.00 - 15.00.

Location: Endeavour House

Course description:

Develop the understanding of the role and nature of Mentoring. Utilize mentoring skills to reflect on your own performance and learn key listening and questioning techniques.

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

Limited space so please book to avoid disappointment

Teaching and Learning Approaches:

Workshop format



Walking on Sunshine

Lead Tutor: Rossanna and LX team.

Date and time: Thursdays 30/4/26 - 30/7/26. 09.00 - 10.30.

Location: Meet at Endeavour House

Course description: Join us each week for a gentle, friendly walk designed to help you feel better in body and mind. Our Learning Exchange Walking Group is a relaxed space to meet new people, walk and talk, and connect with the nature around us.

These weekly walks offer a simple but powerful way to boost wellbeing. Spending time outdoors and moving at your own pace can help lift your mood, reduce anxiety, ease symptoms of depression, and gently improve physical health. Whether you're looking for company, fresh air, motivation, or a little time for yourself, you'll be very welcome.

There's no pressure, no special equipment needed - just comfortable shoes and a willingness to join in. Come along, make new connections, and enjoy the benefits of walking together.

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



Wellbeing Hour

Lead Tutor: LX and Friends.

Date and time: Friday 1/5/26, 29/5/26, 26/6/26, 31/7/26 and 28/8/26. 13.00 - 14.00.

Location: Endeavour House

Course description:

Take a moment for you. Each month we'll explore simple, nurturing practices—from sound therapy and acupuncture tasters to mindfulness and gentle relaxation techniques.

This is a calm, supportive space to unwind, rebalance, and reconnect with your wellbeing. Everyone welcome.

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Dissociation

Lead Tutor: Steph

Date and time: Friday 1/5/26 and 15/5/26. 10.00 - 12.00

Location: Endeavour House

Course description: This group is a space to come together and explore dissociation in its many forms, to better understand it, reflect on it, and place our experiences in context.

We'll offer each other a compassionate listening space, gently considering how we can hold these tendencies with greater acceptance, and exploring ways to move toward a place where dissociation feels less dominant in our lives.

Come as you are, with no pressure and no judgment, just space to listen, to share, and feel what's real.

Teaching and Learning Approaches:

Workshop format.

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



Mindfulness and creative Writing in Nature

Lead Tutor: Ione Harris - WEA

Date and time: Tuesday 5/5/26 - 16/6/26. 10.00 - 12.30.

Location: 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 with difficult and stressful situations · skills and attitudes to help you to be more compassionate and kinder to yourself and others · 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!



Naturally well

Lead Tutor: Emma Thom and Claire Coyne.

Date and time: Friday 8/5/26 - 19/6/26 and 17/7/26 - 21/8/26. 11.00 - 13.00.

Location: Grow.

Course description: Explore nature connection in this friendly, 6-week course. This nature connection course offers a welcoming, supportive space for adults experiencing low mood, stress or anxiety who would like to slow down, spend more time outdoors, and explore ways to support wellbeing through nature. The course invites you to gently reconnect — with nature, with yourself, and with others.

No previous experience of mindfulness or nature connection is needed.

Teaching and Learning Approaches:

Workshop format.

Assessment:

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



Mosaic

Lead Tutor: Andy Westcott

Date and time: Mondays 11/5/26 - 15/6/26, 22/6/26-20/7/26 and 27/7/26 - 31/8/26. 13.00 - 15.00.

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. This is a four-week rolling workshop.

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Declutter your space, Transform your life

Lead Tutor: Amanda Wycherley

Date and time: Wednesday 13/5/26 and 29/7/26. 10.00 - 12.00.

Location: Endeavour House

Course description: 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.

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



Chair Yoga

Lead Tutor: Nina Adwick

Date and time: Monday 8/6/26 - 29/6/26. 12.00 - 13.00

Location: Endeavour House

Course description:

Chair Yoga is a gentle, accessible form of yoga practiced while seated in a chair or using the chair for support. It focuses on mindful movement, stretching, breathwork, and relaxation, making it suitable for people of all ages, abilities, and fitness levels.

Participants are guided through simple postures that help improve flexibility, balance, circulation, and posture—without the need to get down on the floor. Chair Yoga is especially beneficial for those with limited mobility, recovering from injury, or looking for a low-impact way to stay active and reduce stress.

Teaching and Learning Approaches:

Tutor led workshop.



Revive

Lead Tutor: Phill Hill

Date and time: Friday 1/5/26 - 5/6/26. 10.00 - 13.00

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

Assessment:

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



Doodle with Di

Lead Tutor: Diane Laird

Date and time: Tuesday 2/6/26, 7/7/2026 and 4/8/2026.
13.00 - 14.30.

Location: Endeavour House

Course description: Let your imagination run wild in this playful and creative workshop! Doodle with Di invites you to explore drawing in a relaxed, no-pressure environment where there's no right or wrong — just fun.

Each session begins with a simple theme or subject, and participants are encouraged to doodle their own interpretation of it. Whether it's abstract, detailed, quirky, or completely unexpected, every version is celebrated. It's all about creativity, expression, and enjoying the process.

Perfect for beginners and seasoned doodlers alike, this workshop is a great way to boost confidence, spark imagination, and unwind. Come along, pick up a pen, and see where your doodles take you!

Assessment:

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



Photography

Lead Tutor: Richard

Date and time: Wednesday 29/4/26 runs every other Week. 10.30 – 12.30

Location: Endeavour House

Course description: Join us every other Wednesday for a relaxed and welcoming photography session that's perfect for all abilities. You don't need a fancy or professional camera to take part — your phone camera is absolutely fine! This group is all about exploring creativity, noticing the world around us, and capturing moments in a way that feels meaningful to you.

Alongside learning simple photography skills, this group also doubles as a mindfulness photography session, helping you slow down, connect with your surroundings, and find calm through the lens. Whether you're a complete beginner or already enjoy taking photos, you'll find a supportive space to experiment, share ideas, and enjoy the process.

Come along, take a breath, and see what you can discover through mindful photography.

Teaching and Learning Approaches: Workshop format



How to be a Tutor

Lead Tutor: Rosanna

Date and time: Thursday 16/7/26. 12.00 - 14.00.

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 for the Learning Exchange.

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Stone Painting

Lead Tutor: Mairead.

Date and time: Tuesday 5/5/26 - 26/5/26 and 9/6/26 - 30/6/26. 13.30 - 15.30.

Location: Endeavour House

Course description:

Unleash your creativity and enjoy a mindful, hands-on session in our Stone Painting Workshop. During this relaxing and uplifting workshop, you'll learn simple techniques to transform ordinary stones into beautiful mini works of art.

Whether you prefer bold patterns, calming mandalas, inspiring words, or playful characters, there's something for every skill level.

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Self-Healing

Lead Tutor: Wycherley Wisdoms

Date and time: Tuesday 30/6/26 and 25/8/26. 14.00 - 16.00.

Location: Endeavour House

Course description:

We will look at hands on self-healing reiki, how it can be beneficial and the importance of using self-healing. We will explore other forms of self-healing and handouts will be provided.

Teaching and Learning Approaches:

Workshop format

Assessment:

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



Cake Decorating

Lead Tutor: Leah from Wild Flour Cakes.

Date and time: Wednesday 6/5/26 and 20/5/26. 10.00 - 13.00.

Location: Endeavour House

Course description: Join us for a fun, hands-on cake decorating workshop designed for beginners and baking enthusiasts alike! In this relaxed and creative session, you'll learn essential techniques for turning a simple sponge into a beautifully decorated showstopper.

Guided by an experienced tutor, you'll explore: Piping, colouring, tips for Butter icing, and much more

You'll have plenty of time to practice, ask questions, and personalise your cake to your own style. All materials, tools, and decorations are provided—just bring your creativity!

Teaching and Learning Approaches:

Workshop format

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



Mandala Stone Painting

Lead Tutor: Rachel Huxley

Date and time: Monday 11/5/26 - 18/5/26. 10.00 - 12.00.

Location: Endeavour House

Course description: Discover the soothing art of mandala stone painting in this gentle, hands-on workshop designed for all abilities. Whether you're a seasoned creative or picking up a paintbrush for the first time, this session offers a relaxing space to explore colour, pattern, and mindful making.

Teaching and Learning Approaches:

Workshop format

Assessment:

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

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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