

## Diary: At a Glance

### From January 2018

#### Mondays

Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
WEA_William Wordsworth's The Prelude	10am-12pm		
WEA_Just what is Democracy, Citizenship, etc.....	2pm-4pm		
WEA_William Wordsworth's the Prelude	3am-5pm		
Nikki Darling Yoga	5:45pm-8:30pm		
Exeter College—Art in the Evening	6:30pm-9pm		
Keibudo Karate	6:30pm-7:30pm		
Global Centre Book Club:	7pm-8:30pm		

#### Tuesdays

PD_Active Yoga	10am-11am		
Nature, Ecology & Permaculture: The History & Natural History of Trees	10am-12pm		
Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
Italian Language School	10am-4pm		
WEA_Golden Age Crime Fiction	2:30pm-4:30pm		
Exeter College—Life Drawing	6pm-8:45pm		
Yoga To De-Stress	6pm-7pm		
WEA_Broken Hierarchies _Geoffrey Hill	7pm-8:30pm		
Exeter Aikido	7pm-8:30pm		
Yoga For Healthy Living	5:45pm-7:15pm, 7:30pm-9pm		
Spectrum Choir	7:30-9.30		

#### Wednesdays

Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
Italian Language School	10am-4pm		
Exeter College- French Intermediate	10:30-12:30pm		
French Post - Intermediate Language & Culture	10:30am-12:30pm		
The People's Acupuncture Project	12pm-6pm		
Exeter College -Spanish Beginners	10am to 12pm		
Exeter College -Spanish Intermediate	1pm to 3pm		
Exeter College Art—Watercolour and Drawing	1pm-3:30pm		
Sunrise Psychology_ Mindfulness	6:30pm-8:30pm		
Wren Choir	7pm-9pm		

#### Thursdays

Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
Personal Development	10am-5pm		
Yoga To De-Stress	10am-11am		
Gentle Yoga for Arthritis & Similar Conditions	11:45-12:45		
WEA_Art in the Twentieth Century 1950-2017	1:30pm-3:30pm		
WEA—Lipreading and Communication Skills - Managing Hearing Loss	2pm-4pm		
Global Centre World at Lunch	1pm-2pm		
Iyengar Yoga	6:30pm-8pm		

#### Fridays

WEA_ Studio Practice for Drawing	10am-1pm		
Gentle Yet Strong Yoga	10:30am-11:30am		
Studio Practice for Painting	1:30pm-4:30pm		
WEA-Creative Writing	2pm-4pm		
WEA-Poetry Adventure	2:30pm-4:30pm		
Exeter Aikido	7pm-9pm		

#### Saturdays

Mindful Relaxation (monthly)	10:30am-12:30pm		
WEA_Discover Permaculture	Sat.13th Jan	9:30am-4:30pm	
WEA_A Beginners Guide to Buddhism	Sat 20th Feb	10am-3pm	
WEA_History of Venice in the C15 & C16	Sat 10th Feb	11am-5pm	

Map showing the location of Exeter Community Centre.



#### Exeter Community Centre

17 St David's Hill  
Exeter  
EX4 3RG

Phone: 01392 420549

E-mail: [admin@eccentre.org](mailto:admin@eccentre.org)

Website: [www.eccentre.org](http://www.eccentre.org)

Twitter: [@exetercommunity](https://twitter.com/exetercommunity)

The Centre has good wheelchair access and disabled parking.

Please phone to reserve your parking space.

The Mulberry Tree Café is open from 8.30am-4pm Monday-Friday.

Phone: Alex on 07957 195770

[themulberrytreecafe@gmail.com](mailto:themulberrytreecafe@gmail.com)

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# Activities and Events at Exeter Community Centre Winter Term 2018

Issue 1

Tel: 01392 420549

## Information on classes at the centre



**Art in the Evening**  
**Mon:** 10 weeks 6:30pm-9:00pm  
**Room:** Art Room  
**Cost:** £151 or £49 Concession-  
**Starts:** 8<sup>th</sup> January

Learn basic drawing, looking at line, tone & colour. Try out pastels, watercolour, acrylics & oils. Drawing pad (A3 size), pencil and rubber required.  
**Contact:** For more information visit [www.exe-coll.ac.uk](http://www.exe-coll.ac.uk) or telephone 01392 400500.



**Just What is— Democracy, Citizenship, Identity, Diversity, Power and Ideology**  
**Mon:** 2pm—4pm

**Room:** Northernhay  
**Cost:** £45 (free if on qualifying means tested benefit)  
**Starts:** February 19<sup>th</sup> (6 Sessions)  
 To appreciate the diverse meanings of these commonly used terms. • To understand the assumptions and different perspectives behind them. • To take part as an equal in discussions about these terms.  
**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk) , or call 0300 303 3464.



**Keibudo Karate**  
**Mon:** 6:30pm-7:30pm  
**Room:** Haldon  
**Cost:**(See Contact below)

These regular weekly karate classes will cover all aspects of training and give continued improvement. Karate lessons are available for juniors aged 4½ years to 13 and adults.  
**Contact:** Sensei Keith Boardman Tel: (01803) 606305  
 Mobile: (07884) 017878 or [www.keibudokarate.com](http://www.keibudokarate.com)  
 email [keibudo@hotmail.co.uk](mailto:keibudo@hotmail.co.uk)



**Feel Good Mondays**  
**Holistic Yoga by Candlelight**  
**Monday:** 5:45 - 7:15pm  
**Room:** Heavitree

**Cost:** £8 drop-in / £49 for 7  
 A flow of dynamic and restorative asana, pranayama, meditation and relaxation to balance you for the week ahead.



**Auricular Acupuncture**  
**Monday:** 7:30 - 8:30pm  
**Room:** Heavitree  
**Cost:** £15 drop-in / £95 for 7

A deeply relaxing group treatment allowing your body to heal. Great for anxiety, stress and improved sleep. Helps to strengthen will power and aids detoxification. Needle free options and concessions are available. Booking advisable  
**Contact:** Nikki at [www.nikkidarlingyoga.co.uk](http://www.nikkidarlingyoga.co.uk) or 07900802120



**William Wordsworth's The Prelude - an autobiographical epic**  
**Monday:** 3pm—5pm  
**Room:** Rougemont

**Cost:** £84  
**Starts:** January 15<sup>th</sup> (10 Sessions)  
 To engage in the creative reading of the great autobiographical epic poem 'The Prelude', by William Wordsworth (1770-1850). To understand the relationship between the poet's vocation and the turmoil of historical and political events.  
**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk) , or call 0300 303 3464.



**Nature, Ecology & Permaculture: The History & Natural History of Trees**  
**Tuesday:** 10am—12pm

**Room:** Rougemont  
**Cost:** £68  
**Starts:** January 9<sup>th</sup> (9 Sessions)  
 Trees are major landscape features, once they provided people with many of their building materials. This course will look at the natural history of trees and woodland and how people have made use of the products.  
**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk) , or call 0300 303 3464.



**Broken Hierarchies - the Poetry of Geoffrey Hill (1932-2016)**  
**Tues:** 7pm—8:30pm

**Room:** Rougemont  
**Cost:** £74  
**Starts:** 15<sup>th</sup> January (10 Sessions)  
 To acquire an overview and appreciation of the work of one of the greatest poets of the past 50 years, Geoffrey Hill (1932-2016), as found in his Broken Hierarchies: Poems 1952-2012, (publ. 2015).  
**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk) , or call 0300 303 3464.



**PDYoga** (Parkinson's Disease)  
**Tues: Active Yoga** (based on Ashtanga Primary series): 10am- 11am  
**Fri:** Gentle but strong Yoga 10:30am-11.30am

**Cost:** 1st session £7; Thereafter £42 for 6 sessions  
**Room:** Dinham  
 Build muscle strength, flexibility, confidence and a solid foundation for physical activity, overall health and well-being.  
**Contact:** Dawn Williams on 07891 015713 [dawnwilliamsyoga@gmail.com](mailto:dawnwilliamsyoga@gmail.com)

## Information on classes at the centre

### Italian Language School

**Tues & Weds:** 10am-4pm

**Room:** Art Room (usually)

**Cost:** £100 per term (different levels)

**Starts:** September 12<sup>th</sup> (10 weeks)

The tutors are very keen to hear from you! They will then send you a questionnaire to fill in.

They are also taking bookings for private lessons, so what a nice opportunity to make that plan of learning or improving your Italian become a reality!

Please, share this news and the email address for the lessons to anyone you think might be interested.

**Contact:** [italianoexeter@gmail.com](mailto:italianoexeter@gmail.com)



### Life Drawing:

**Tues:** 10 weeks 6pm-8:45pm

**Room:** Northernhay Room

**Cost:** £187 or £85 Concession-

**Starts:** 9<sup>th</sup> January

Working directly from the model, with individual tuition, you will learn drawing techniques– line tone, colour and abstracting. Paper, pencil and rubber required (or any other preferred medium).

**Contact:** For more information visit [www.execoll.ac.uk](http://www.execoll.ac.uk) or telephone 01392 400500.



### Yoga For Healthy Living

**Tues:** 10 weeks 6pm-7:30pm & 7.30pm-9.00pm

**Room:** Ballroom

**Cost:** £83 or £25 Concession

**Starts:** 9<sup>th</sup> January

Improve health, balance and flexibility with this mindful practice of postures, breathing exercises, meditation and relaxation.

**Contact:** For more information visit [www.execoll.ac.uk](http://www.execoll.ac.uk) or telephone 01392 400500



### De-Stress with Yoga

**Tues:** 6pm – 7pm

**Thurs:** 10am-11:30am

**Room:** Haldon Room

**Cost:** Tues\_Special offer 5 classes for £35 and get the 6th session free or Drop-in rate £7.

Thurs\_Special offer 5 classes for £40 and get the 6th one free or drop-in rate £8

**Starts:** Ongoing

Ashtanga Primary Series-based class for beginners to intermediate levels.

For more information contact Dawn on 07891015713 or [dawnwilliamsyoga@gmail.com](mailto:dawnwilliamsyoga@gmail.com)



### Aikido

**Tues:** 7pm –8:30pm

**& Fri:** 7pm-9pm

**Room:** Dinham Room

**Cost:** £35 per month (Concessionary fee £28) plus £15 insurance per annum

**Starts:** ongoing\_ Join anytime.

The first class is free. Aikido is a Japanese method of self-defence. It is fundamentally non-aggressive and non-competitive. The strikes, throws, locks and pins can be used to neutralise and immobilise aggressors without causing them injury, if you so choose. Exeter Aikido is a technical and Budo based Aikido, soft but dynamic. The Instructors at Exeter Aikido have all received their grades in Japan. Please visit our website [www.exeteraikido.co.uk](http://www.exeteraikido.co.uk) or phone 01392 496787 for more information.

### Spectrum Choir

**Tues:** 7:30pm-9:30pm

**Room:** Haldon

**Cost:** £3-£5 1st session free.

**Starts:** 5<sup>th</sup> September

Devon's choir for all lesbian, gay, bisexual & transgendered people & their friends. Come along and join us for a fun, social, great sounding time! No singing experience or auditions necessary!

**Contact:** Stuart on 07989 441862 or visit us on Facebook



### French Post - Intermediate Language & Culture

**Weds:** 8 Weeks 10.30pm-12:30pm

**Room:** Heavitree

**Cost:** £100 or £33 Concession

**Starts:** 20<sup>th</sup> January

This is a course for those that have already attended the beginners course or already have a basic knowledge of French. You will build on your knowledge of and skills enabling you to cope with more challenging everyday situations and you will gain more confidence in speaking and listening.

**Contact:** For more information visit [www.execoll.ac.uk](http://www.execoll.ac.uk) or telephone 01392 400500.



### The Peoples Acupuncture Project

**Weds:** 12pm-6pm

**Cost:** Our ambition is to provide quality acupuncture to everyone who needs it, whatever their financial means. Our fees are based on a sliding scale from £15-£30, per treatment session. Pay whatever you can afford.

**Room:** Haldon Room

**Book in advance:** We treat a wide range of conditions including chronic illness, injury and pain, as well as giving emotional support for general well-being.

**Contact:** [www.peoplesacupunctureproject.com](http://www.peoplesacupunctureproject.com) [info@peoplesacupunctureproject.com](mailto:info@peoplesacupunctureproject.com)

Call: 07444718395



### Art: Watercolour and Drawing

**Weds:** 10weeks 1pm—3:30pm

**Room:** Art Room

**Cost:** £151 or £49 Concession-

**Starts:** 10<sup>th</sup> January

You will work at your own pace in observational & expressive art techniques, from still life to landscape studies. Suitable for beginners or more experienced students.

**Contact:** For more information visit [www.execoll.ac.uk](http://www.execoll.ac.uk) or telephone 01392 400500.

## Information on classes at the centre



### Spanish Beginners

**Wed:** 8 weeks 10am-12pm  
**Room:** Heavitree  
**Cost:** £124 or £25 Concession  
**Starts:** 20<sup>th</sup> January

For complete beginners with no prior knowledge or those who wish to brush up their skills. You will learn the language you need for basic survival in Spanish speaking countries, including how to ask for information and have short conversations in a variety of settings. **Contact:** For more information visit [www.exe-coll.ac.uk](http://www.exe-coll.ac.uk) or telephone 01392 400500.



### Spanish Intermediate

**Wed:** 8 weeks 1pm-3pm  
**Room:** Rougemont  
**Cost:** £124 or £25 Concession  
**Starts:** 10<sup>th</sup> January

This is a course for those that have already attended the beginners course or already have a basic knowledge of Spanish. You will build on your knowledge of and skills enabling you to cope with more challenging everyday situations and you will gain more confidence in speaking and listening. **Contact:** For more information visit [www.exe-coll.ac.uk](http://www.exe-coll.ac.uk) or telephone 01392 400500.



### Wren Music

**Weds:** 7pm-9pm (term time)  
**Room:** Dinham  
**Cost:** 1<sup>st</sup> session free  
**Starts:** 20<sup>th</sup> September

Voices In Common are the Exeter Folk Choir run by Wren Music. A great way to release your voice, make new friends & have fun. All abilities and voices are welcome- all you need to join is to want to sing. Sheet music is provided for those who prefer it. Many existing projects and performances including Sidmouth Folk Festival & Exeter Cathedral and 'wassailing' early each year.

**Contact:** Paul Wilson [paul@wrenmusic.co.uk](mailto:paul@wrenmusic.co.uk)  
T. 01837 53754  
M. 0785508820319



### Mindfulness for managing stress and supporting our emotional well-being.

**Weds:** 8 weekly sessions 6.30pm to 8.30pm

**Room:** Heavitree

**Starts:** 24<sup>th</sup> January

**Costs:** £170 (including CD for home practice)

An evidenced based 8 week course to help us cope with life's difficulties and experience more of life's pleasures. Research on this 8 week course indicates that mindfulness is a useful tool for supporting our emotional wellbeing and is shown to reduce stress and increase feelings of well-being.

This eight week course is taught in a friendly environment where we will learn mindfulness practices to help focus our attention and notice our moment by moment experience, without judgement. Throughout the course we will look at how these practices can support us in our everyday life.

No previous experience needed.

To enquire about booking a place please contact Amanda Tyler (Educational psychologist and mindfulness teacher) on [admin@sunrisepsychology.co.uk](mailto:admin@sunrisepsychology.co.uk) or 07342958900.

## Information on classes at the centre



### French Intermediate

**Thurs:** 8 weeks 10.30am-12.30pm

**Room:** Heavitree

**Cost:** £100 or £33 Concession-

**Starts:** 11<sup>th</sup> January

This is a course for those that have already attended the beginners course or already have a basic knowledge of French. You will build on your knowledge of and skills enabling you to cope with more challenging everyday situations and you will gain more confidence in speaking and listening.

**Contact:** For more information visit [www.exe-coll.ac.uk](http://www.exe-coll.ac.uk) or telephone 01392 400500.



### Personal Development: Stress Management and Relaxation

**Thursday:** 10am—5pm

**Room:** Art Room

**Cost:** £48

**Starts:** January 18<sup>th</sup> & 25<sup>th</sup>

This course looks at what are the causes of stress and how it impacts on your life. You will discover ways to relax, unwind and breathe using techniques including anchoring, meditation and visualisation.

**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk) , or call 0300 303 3464.



### Personal Development: Exploring Assertiveness

**Thursday:** 10am—5pm

**Room:** Art Room

**Cost:** £48

**Starts:** February 1<sup>st</sup> & 8<sup>th</sup>

This course will outline assertive thinking skills and explore different communication strategies that can be used to improve social interactions, build confidence and help you find the right words.

**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk) , or call 0300 303 3464.



### Lipreading and Communication Skills - Managing Hearing Loss

**Thurs:** 2pm—4pm

**Room:** Isca

**Cost:** £60

**Starts:** 11<sup>th</sup> January (10 Sessions)

This course aims to increase confidence and skills in communication through learning and practising lipreading techniques and coping strategies. To keep up-to-date with information on services and equipment for people with hearing loss.

**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk) , or call 0300 303 3464.



### Gentle Yoga for Arthritis & Similar Conditions

**Thurs:** 11:45-12:45

**Cost:** 1st session £7; Thereafter £42 for 6 sessions

**Room:** Dinham

**Ongoing:** Various

Yoga to strengthen the nervous and immune systems Using posture, breathing and relaxation.

**Contact:** Dawn Williams on 07891 015713 [dawnwilliamsyoga@gmail.com](mailto:dawnwilliamsyoga@gmail.com)



### Art in the Twentieth Century 1950-2017

This course will aim to develop an understanding of the transition from

Modernism to Post-Modernism in the second half of the 20th Century, as well as looking at issues, such as Feminism and its effect on the development of women's art. It will also explore the development of other forms of art, such as Conceptual art, Performance and Body art, Land art and Environmental art, Installation art and Film and Video art through to the present.

**Thurs:** 1:30pm—3:30pm

**Room:** Various

**Cost:** £74

**Starts:** January 11<sup>th</sup> (10 Sessions)

**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk) , or call 0300 303 3464.



### Mindfulness

**Thurs:** 8 weeks 1pm-3pm

**Room:** Heavitree

**Cost:** £83 or £25 Concession

**Starts:** 11<sup>th</sup> January

This course is based on the mindfulness-based-stress reduction course developed by Jon Kabat-Zinn, which found scientific recognition in its effectiveness.

**Contact:** For more information visit [www.exe-coll.ac.uk](http://www.exe-coll.ac.uk) or telephone 01392 400500.



### Iyengar Yoga

**Thurs:** 6:30pm—8pm

**Room:** Dinham

**Cost:** £90 per 10 week block

**Starts:** Ongoing

The physical benefits of yoga are numerous and affect all systems of the body, helping to bring balance where there is imbalance and misalignment. As we begin to use the mind to work more skilfully with the body, the mind too receives the benefit of becoming more aware, more sensitive and the beginning of Self-knowledge takes place.

**Contact:** Isabelle Luterbacher 01626 867 057 or 07403 374 722 email: [i\\_luterbacher@hotmail.com](mailto:i_luterbacher@hotmail.com) See [www.gaiaitreeyoga.com](http://www.gaiaitreeyoga.com) for more information.



### Studio Practice for Drawing Studio Practice for Painting

**Friday:** 10am—1pm\_ Drawing 1:30pm—4:30pm\_ Painting

**Room:** Haldon

**Cost:** £132 each

**Starts:** January 5<sup>th</sup> (11 Sessions)

Practical art classes where learners can work on their own themes with idea development provided by the tutor. An informal environment, with an exhibition at the course end.

**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk) , or call 0300 303 3464.

## Information on classes at the centre



### Creative Writing

**Fri:** 2pm—4pm

**Room:** Dinham

**Cost:** £68

**Starts:** January 12<sup>th</sup> (9 Sessions)

A course designed to open up creativity in your writing both to beginners and those with some experience. Covering different genres, sessions will offer some focus on exemplar materials followed by appropriately tailored creative writing exercises, group discussion and, the opportunity for supportive group appreciation and critiquing of each member's work under the Tutor's direction. It's fun, stimulating and you make new friendships.

**Contact:** The Workers' Educational Association  
[Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk), or call 0300 303 3464.



### Poetry Adventure

**Fri:** 2:30pm—4:30pm

**Room:** Heavitree

**Cost:** £74

**Starts:** January 12<sup>th</sup> (10 Sessions)

Explore the links between poetry, history and the individual. Read a text closely; be it poem, criticism, film or painting. Then examine that text in its literary and historical context. Includes one long poem and a case study of "Ars Poetica" works. Feature writers such as Keats, Hardy, Yeats, Rilke, and many more. No experience necessary.

**Contact:** **Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk), or call 0300 303 3464.



### Discover Permaculture

**Sat. January 13<sup>th</sup>** 9:30am—4:30pm

**Room:** Heavitree

**Cost:** £40

To give learners a brief overview of permaculture, what it is, how it can be and, is used in various situations and how it can be applied in your own life.

**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk), or call 0300 303 3464.



## Alliance Française-Devon

Learn French with the French!

Develop your spoken French in a safe and fun environment with our dedicated native French teachers. Beginning in September our language courses will boost your confidence and revive your enthusiasm for the French language. Please go to our website for exact timings, course information and prices or:-  
**Call:** 0 1 8 0 3 8 6 4 2 4 2  
**Email:** [info@allianceexeter.co.uk](mailto:info@allianceexeter.co.uk)  
Visit: [www.allianceexeter.co.uk](http://www.allianceexeter.co.uk)



**Global Centre:** <http://www.globalcentredevon.org.uk>  
DDE runs a programme of community events at the Global Centre in Exeter and occasionally in other parts of Devon. These events are listed here for your information, most are free and registration is not required unless you choose to show your interest.

**World at Lunch Thurs:** 1pm to 2pm

**Gown meets Town** meets evenings

**Book Club** meets Mondays 6:30pm to 8pm



### A Beginners Guide to Buddhism:

**Your path to a meaningful life**

**Sat. January 20<sup>th</sup>** 10am—3pm

**Room:** Northernhay

**Cost:** £30

How can learning about the Buddhist faith help us to gain more satisfaction in our life? Join us for a journey "The way itself is the goal" into the history, teachings and practices of this fascinating world religion.

**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk), or call 0300 303 3464.



### History of Venice in the fifteenth and Sixteenth Century

**Sat. 10th February** 11am—5pm

**Room:** Heavitree

**Cost:** £30

Venice was in its heyday in the fifteenth and sixteenth Centuries, but rather than focus solely on its art and architecture, this day school will provide the backdrop for those artistic achievements by considering the culture, economy, politics, and religion of the Venetian Republic.

**Contact:** [Enrolonline.wea.org.uk](http://Enrolonline.wea.org.uk), or call 0300 303 3464.



### Mindful Relaxation

**Sat:** 10:30am—12:30am

**Room:** Dinham

**Cost:** £14 per session, £24 if two weeks are booked at the same time

**Starts:** Monthly ~ ongoing

This is a 2 hour session to practice mindfulness and to nurture yourself through breathing, restorative yoga postures, meditation and a deep relaxation at the end. It is suitable for all abilities.

**Contact:** For more information contact Dawn on 07891015713 or [dawnwilliamsyoga@gmail.com](mailto:dawnwilliamsyoga@gmail.com)