

## Diary: At a Glance

### From April 2018

#### Mondays

Alliance Francaise French	10am-12pm	1-3pm	6:30-8.30pm
WEA_James Joyce's Ulysses			3pm-5pm
Nikki Darling Yoga & Acupuncture		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	
WEA_Great Longer Poems of the 20th Century		7pm-8:30pm	

#### Tuesdays

Being Well with Others, Being Well Alone		10am-12pm	
PD_Active Yoga		10am-11am	
Alliance Francaise French	10am-12pm	1-3pm	6:30-8:30pm
Exeter College—Life Drawing		6pm-8:45pm	
Yoga To De-Stress		6pm-7pm	
Exeter Aikido		7pm-8:30pm	
Yoga For Healthy Living	5:45pm-7:15pm,	7:30pm-9pm	
Spectrum Choir		7:30-9.30	

#### Wednesdays

Alliance Francaise French	10am-12pm	1-3pm	6:30-8:30pm
Exeter College -Spanish Beginners		10am to 12pm	
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 Intermediate		1pm to 3pm	
Sarah Johns Pottery		2pm-5pm	
Exeter College Art—Watercolour and Drawing		1pm-3:30pm	
Wren Choir		7pm-9pm	

#### Thursdays

Alliance Francaise 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—Lip-reading 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	
Royal School of Needlework	2 classes	June 30th -July 1st & July 28th & 29th	

### 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

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)

Brochure date 31/03/2018



# Activities and Events at Exeter Community Centre Summer Term 2018

Issue 1

Tel: 01392 420549

## Information on classes at the centre



### Art in the Evening

**Mon:** 8 weeks 6:30pm-9:00pm  
**Room:** Art Room  
**Cost:** £124 or £42 Concession

**Starts:** April 23<sup>rd</sup>

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.execoll.ac.uk](http://www.execoll.ac.uk) or telephone 01392 400500.



### 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:** £8 drop-in / £49 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



### James Joyce's Ulysses

**Monday:** 3pm-5pm  
**Room:** Rougemont  
**Cost:** £84

**Starts:** April 23<sup>rd</sup> (10 Sessions)

To acquire a confident appreciation of the nature and achievement of James Joyce's Ulysses, an often neglected classic of English literature. **Contact:** [Enrolonline.wea.org.uk](http://enrolonline.wea.org.uk), or call 0300 303 3464.



### Great Longer Poems of the Twentieth Century

**Tues:** 7pm-8:30pm

**Room:** Rougemont

**Cost:** £62.50

**Starts:** April 23<sup>rd</sup> (10 Sessions)

A look at Thomas Hardy, W B Yeats, T S Eliot, Ezra Pound, Wallace Stevens, David Jones, W H Auden, Basil Bunting, Seamus Heaney and Geoffrey Hill, contextualising their work and personalities, and reading aloud passages from their greatest works.

**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)



### Being Well with Others, Being Well Alone

**Tues:** 6 weeks 10am-12pm  
**Room:** Rougemont

**Cost:** £57 or £17 Concession

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

This course aims to raise awareness of how we, as individuals, relate to the physical environment, other people and ourselves. It addresses our need for contact and connection and our need for being alone. Participants will become more aware of the ways in which they relate and form relationships. The aim is to experience oneself holistically and authentically in different environments and situations.

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

## Information on classes at the centre



### Life Drawing:

**Tues:** 10 weeks 6pm-8:45pm  
**Room:** Northernhay Room  
**Cost:** £187 or £85 Concession

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

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 6:45pm-7:15pm & 7.30pm-9.00pm  
**Room:** Ballroom

**Cost:** £83 or £25 Concession

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

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:** April 17<sup>th</sup>

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:** 6 Weeks 10.30pm-12:30pm  
**Room:** Heavitree

**Cost:** £68 or £25 Concession

**Starts:** April 25<sup>th</sup>

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:** 8 weeks 1pm–3:30pm

**Room:** Art Room

**Cost:** £124 or £42 Concession

**Starts:** April 25<sup>th</sup>

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:** 6 weeks 10am-12pm

**Room:** Heavitree

**Cost:** £68 or £25 Concession

**Starts:** April 25<sup>th</sup>

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:** 6 weeks 1pm-3pm

**Room:** Rougemont

**Cost:** £68 or £25 Concession

**Starts:** April 25<sup>th</sup>

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.



### Sarah Johns Pottery

**Wednesday:** 2pm-5pm

**Room:** Pottery

**Cost:** £90 for 5 weeks and a little for clay, materials and firing

**Starts:** April 18th (5 Sessions)

A basic ceramics course where you will learn hand building, throwing and sculpture techniques. More experienced learners will make slips and glazes. Bring an apron and an old towel.

**Contact:** [Sarahjohnb709@gmail.com](mailto:Sarahjohnb709@gmail.com) or telephone 07557407763



### Wren Music

**Weds:** 7pm-9pm (term time)

**Room:** Dinham

**Cost:** 1<sup>st</sup> session free

**Starts:** April 25th

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

## Information on classes at the centre



### French Intermediate

**Thurs:** 6 weeks 10.30am-12.30pm

**Room:** Heavitree

**Cost:** £68 or £25 Concession

**Starts:** April 26<sup>th</sup>

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.



### Lipreading and Communication Skills - Managing Hearing Loss

**Thurs:** 10:30am -12:30pm &

2pm-4pm

**Room:** Isca

**Cost:** £60

**Starts:** 12<sup>th</sup> April (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



### 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.gaiatreeyoga.com](http://www.gaiatreeyoga.com) for more information.



### 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)



### Personal Development: Exploring Assertiveness

**Thursday:** 10am-5pm

**Room:** Art Room

**Cost:** £48

**Starts:** April 12<sup>th</sup> & 19<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.



### Mindfulness

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

**Room:** Heavitree

**Cost:** £83 or £25 Concession

**Starts:** April 26<sup>th</sup>

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.execoll.ac.uk](http://www.execoll.ac.uk) or telephone 01392 400500.

## Information on classes at the centre



### Creative Writing

**Fri:** 2pm—4pm

**Room:** Dinham

**Cost:** £90

**Starts:** April 13<sup>th</sup> (12 Sessions)

A course designed to open up the muse of creative writing covering poetry, fiction and life writing with a view to expanding your repertoire strategies for writing. A typical session will allow students to share their writing in a supportive and positive group situation in which appreciation and hints for development will be equally balanced. All that is required is an open mind, a willingness to undertake new assignments each week and a capacity for tolerance.

**Contact:** The Workers' Educational Association



### Poetry Adventure

**Fri:** 2:30pm—4:30pm

**Room:** Heavitree

**Cost:** £74

**Starts:** April 27<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.



## 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:** 01803 864 242  
**Email:** [info@allianceexeter.co.uk](mailto:info@allianceexeter.co.uk)  
**Visit:** [www.allianceexeter.co.uk](http://www.allianceexeter.co.uk)



**Global Centre:** <http://www.globalcentredon.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



### 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)



### Day Classes in Exeter

**Saturday June 30th—Sunday July 1st**

Stump work & Silk Shading: 'Violets' A mixed ability class.

**Saturday July 28th— Sunday July 29th**

Advanced Elizabethan Stitches: 'Elizabethan SweetPea'

**More information can be found at:-**

<https://www.royal-needlework.org.uk/>