

## Diary: At a Glance

### From September 2018

#### Mondays

Alliance Francaise French 10am-12pm 1-3pm 6:30-8.30pm  
 Exeter College—Art in the Evening 6:30pm-9pm  
 Global Centre Book Club: 7pm-8:30pm

#### Tuesdays

Exeter College –Spanish Beginners 10am to 12pm  
 PD\_Active Yoga 10am-11am  
 Exeter College –Spanish Intermediate 1pm to 3pm  
 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  
 French Post - Intermediate Language & Culture 10:30am-12:30pm  
 Literature: Poetry and Prose—Reading Challenging Texts with Jonathon Wooding 1pm-2:30pm  
 The People's Acupuncture Project 12pm-6pm  
 Exeter College Art—Watercolour and Drawing 1pm-3:30pm  
 Literature: Paradise Lost - Milton's epic poem of political failure with Jonathon Wooding 5:30 -7pm  
 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  
 Exeter College- French Intermediate 10:30-12:30pm  
 Gentle Yoga for Arthritis & Similar Conditions 11:45-12:45  
 WEA\_Art & Architecture of Cities - Rome 1:30-3:30pm  
 WEA—Lip-reading and Communication Skills - Managing Hearing Loss 2pm—4pm  
 Global Centre World at Lunch 1pm-2pm  
 Iyengar Yoga 6:30pm-8pm

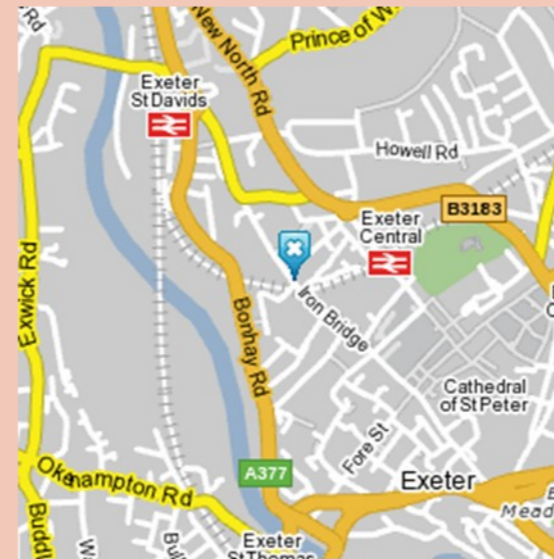
#### Fridays

WEA-Creative Writing: Writing Poetry with Mark Floyer 10am-1pm  
 WEA-Psychological Perspectives in Mental Health with Kevin Walker 10am-12:30  
 Gentle Yet Strong Yoga 10:30am-11:30am  
 WEA-Creative Writing: Psychogeography & Life Writing with Mark Floyer 2pm-4pm  
 WEA-Poetry Adventure with Allan Phillison 2:30pm to 4:30pm  
 Exeter Aikido 7pm-9pm

#### Saturdays

Mindful Relaxation (monthly) 10:30am-12:30pm  
 Royal School of Needlework classes September 8th & 9th, October 21st & November 24th

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 25/08/2018



# Activities and Events at Exeter Community Centre Autumn Term 2018

Issue 1

Tel: 01392 420549

## Information on classes at the centre



### Art in the Evening

**Mon:** 6:30pm-9:00pm

**Room:** Art Room

**Cost:** £156 £51 Reduced fee

**Starts:** September 24<sup>th</sup> (10 weeks)

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.



### 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)



### Life Drawing:

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

**Room:** Northernhay Room

**Cost:** £193 or £88 Concession

**Starts:** September 25<sup>th</sup> (10 weeks)

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.



### Spanish Beginners

**Tues:** 10 weeks 10am-12pm

**Room:** TBC

**Cost:** £128 or £44 Concession

**Starts:** September 25<sup>th</sup> (10 weeks)

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



### Spanish Intermediate

**Tues:** 10 weeks 1pm-3pm

**Room:** TBC

**Cost:** £128 or £44 Reduced fee

**Starts:** September 25<sup>th</sup> (10 weeks)

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



### Yoga For Healthy Living

**Tues:** 5:45pm-7:15pm & 7.30pm-9.00pm

**Room:** Ballroom

**Cost:** £85or £26 Concession

**Starts:** September 25<sup>th</sup> (10 weeks)

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

## Information on classes at the centre



### 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)



### Spectrum Choir

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

**Cost:** £3-£5 1st session free.

**Starts:** September 4<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



### 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



### 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.



### French Post - Intermediate Language & Culture

**Weds:** 10.30pm-12:30pm  
**Room:** Heavitree

**Cost:** £128 or £44 Concession

**Starts:** September 26<sup>th</sup> (10 weeks)

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.ex-coll.ac.uk](http://www.ex-coll.ac.uk) or telephone 01392 400500.



### Art: Watercolour and Drawing

**Weds:** 1pm—3:30pm  
**Room:** Art Room

**Cost:** £156 or £51 Concession

**Starts:** September 26<sup>th</sup> (10 weeks)

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.ex-coll.ac.uk](http://www.ex-coll.ac.uk) or telephone 01392 400500.

## Information on classes at the centre



**Literature: Poetry and Prose—Reading Challenging Texts with Jonathon Wooding**  
**Wednesday: 1pm—2:30pm**

**Room:** TBC

**Cost:** £55

**Starts:** September 26<sup>th</sup> (10 Sessions)

**Course Ref:** C3529577

Discover the challenges and pleasures of reading classic poetry & imaginative prose, developing a confident appreciation of expressive, literary language in its particular historical contexts. This course is suitable for beginners and improvers.

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



**Literature: Paradise Lost - Milton's epic poem of political failure with Jonathon Wooding**

**Wednesday: 5:30pm—7pm**

**Room:** TBC

**Cost:** £55

**Starts:** September 26<sup>th</sup> (10 Sessions)

**Course Ref:** C3529579

To read the entirety of John Milton's great epic poem, Paradise Lost (1674), appreciating its historical context, personal motivations and poetic achievement. To understand the biblical sources of much of the narrative and drama.

No skills or experience needed

This course is suitable for beginners and improvers

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



**Wren Music**

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

**Room:** Dinham

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

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

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



**French Beginners (Part-1)**

**Weds:** 1pm-3pm

**Room:** Heavitree

**Cost:** £128 or £44 Reduced fee

**Starts:** 26<sup>th</sup> September (10 weeks)

For complete beginners or those who wish to brush up their skills. Learn the language you need for basic survival in French speaking countries, including how to ask and give basic 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.



**Sarah Dilley Pilates - Beginners Course**

**Thursday: 1:30pm-2:30pm**

**Room:** Isca

**Cost:** £50 for the 6 week the course

**Starts:** September 13<sup>th</sup> (6 Sessions)

Improve core strength, flexibility and posture with gentle exercise. A happy mind lives within a healthy body. Beginners class

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

tel: 07800319978 Inst Sarahdilleypilates

fb Sarah Dilley Pilates



**Art & Architecture of Cities - Rome,**

**Thursday: 1:30pm—3:30pm**

**Room:** Dinham

**Cost:** £74

**Starts:** September 20<sup>th</sup> (10 Sessions)

**Course Ref:** C3529400

This course will give an overview of the art and architecture of Rome, from its ancient past to the present, which could be used as a guide to the city.

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

## Information on classes at the centre



### French Intermediate

**Thurs:** 10.30am-12.30pm

**Room:** Art Room

**Cost:** £128 £44 Concession

**Starts:** September 27<sup>th</sup> (10weeks)

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.ex-coll.ac.uk](http://www.ex-coll.ac.uk) or telephone 01392 400500.



### Gentle Yoga for Arthritis & Similar Conditions

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

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

**Room:** Dinham

**Starts:** Ongoing

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)



### 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.



### Creative Writing: Writing Poetry with Mark Floyer

**Fri:** 10am—12pm

**Room:** Rougemont

**Cost:** £88

**Starts:** October 5<sup>th</sup> (10Sessions)

**Course Ref:** C3529465

This course is for writers who have some experience of writing poetry and wish to explore fresh ideas for composition and technique in their work

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



### Poetry Adventure with Allan Phillipson

**Fri:** 10:30am-12:30pm or

2:30pm—4:30pm

**Room:** Heavitree

**Cost:** £74

**Starts:** September 21<sup>st</sup> (10 Sessions)

**Course Ref:** C3529477

Explore different periods and styles of writing, from Shakespeare to the present day. Includes case studies of John Keats, Geoffrey Hill, and Helen Dunmore. To explore the links between poetry, history and the individual. We will read a text closely; be it poem, criticism, film or painting. We will then examine that text in its literary and historical context No experience necessary. Must be able to read English.

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



### Creative Writing: Psychogeography and Life Writing with Mark Floyer

**Fri:** 2pm—4pm

**Room:** Rougemont

**Cost:** £88

**Starts:** September 21<sup>st</sup> (12 Sessions)

**Course Ref:** C3529466

This course aims to introduce students to ways in which we fashion our identities through journeys of autobiographical geography and experience, and how to reflect that in our writing. This course is suitable for beginners and improvers You will need to possess a satisfactory level of writing skill.

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

## Information on classes at the centre



### 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)



## 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)



### Day Classes in Exeter

**Saturday September 8th**

Stitching for the Terrified: 'Oak Tree'

**Sunday September 9th**

Introduction to Embroidery: 'Grasses'

**Sunday October 21st**

Introduction to Crewelwork: 'Little Leaf'

**Saturday November 24th**

Silk & Metal Thread Art Nouveau Tiles:

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

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

### \*Mornings of Mindfulness\*

**Saturdays 11th August; 8th September;  
13th October; 10th November; 8th December  
9.30am to 12.30**

An occasional Saturday morning event for those with some experience of mindfulness or similar awareness practice. A simple programme of sitting, walking, and lying down meditation, mindful movement – and a tea break.

There is spoken guidance and discussion to close. The cost of the morning is £12. To find out more, call Mark Bowden on 01392 439715,

07951 820803,

e-mail [info@mindbase.co.uk](mailto:info@mindbase.co.uk), or see

[www.mindbase.co.uk](http://www.mindbase.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

### \*Map + Compass Dartmoor Walking\*

A Course with a DCC Qualified Moorland Leader, covering Practical Land Navigation. Grid Refs and Compass Bearings, Pacing and Timing, Route Planning and Completing a Route Card, Clothing, Equipment and much more.

2x Classroom Sessions on Thursdays 20th and 27th of September. 7:15pm to 8:45pm + 2 days out on Dartmoor 10:15am to 4pm.

**Course Fee** £40.

**Contact:** Charlie Palmer for the Programme on 01392 426692 or email [chaliepalmer@outlook.com](mailto:chaliepalmer@outlook.com)