

Diary: At a Glance

From September 2019

Mondays

diddi dance	9:45am to 10:30am
Alliance Francaise French	10am-12pm 1-3pm 6:30-8.30pm
WEA _ Beyond Ideologies	2pm -4pm
Acroyoga	6pm -9pm
Exe Pottery Open Studio	6pm-9pm
Global Centre Book Club:	7pm-8:30pm

Tuesdays

PD_Active Yoga	10am-11am
Alliance Francaise French	10am-12pm 1-3pm 6:30-8:30pm
WEA_The Works of Thomas Hardy	2:30pm-4:30pm
Yoga To De-Stress	6pm-7pm
Exeter Aikido	7pm-8:30pm
Spectrum Choir	7:30-9.30

Wednesdays

Alliance Francaise French	10am-12pm 1-3pm 6:30-8:30pm
The People's Acupuncture Project	12pm-6pm
Wren Choir	7pm-9pm

Thursdays

Alliance Francaise French	10am-12pm 1-3pm 6:30-8:30pm
Yoga To De-Stress	10am-11am
Gentle Yoga for Arthritis & Similar Conditions	11:45-12:45pm
Global Centre World at Lunch	1pm-2pm
WEA_Art and Architecture of Cities -	

	Florence and Siena	2pm-4pm
WEA_Memoir Writing		2pm-4pm
Iyengar Yoga		6:30pm-8pm
Exeter Street Choir		7pm -9pm

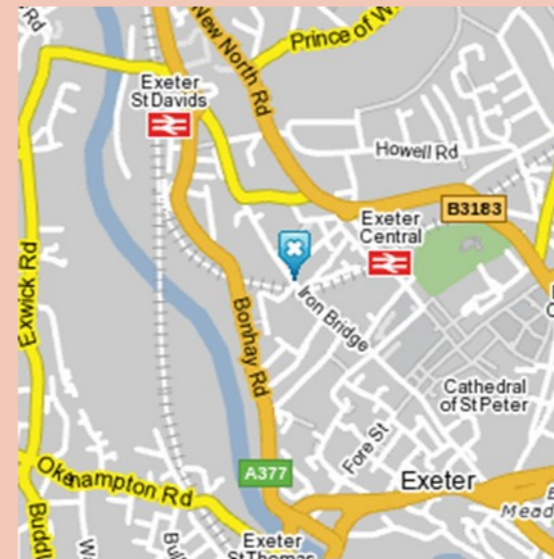
Fridays

Gentle Yet Strong Yoga	10:30am-11:30am
WEA_Poetry Adventure	2pm-4pm
Exeter Aikido	7pm-9pm

Saturdays

Mornings of Mindfulness (monthly)	9:30am- 12:30pm
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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

Website: 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

Brochure date 11/09/2019



Activities and Events at Exeter Community Centre Autumn Term 2019

Issue 1

Tel: 01392 420549

Information on classes at the centre



dididi dance

Mondays: 9.45am-10.30am

Cost: 1 session free, then £5 block booking through dididi dance website.

Room: Haldon

Starts: 30th September, Ongoing.

Fun, funky dance classes for boys and girls aged 18 months to 4 years. Dididi Dance classes are designed to help your toddler enhance their coordination and rhythm. We are here to nurture their natural love of movement in a structured yet relaxed 45-minute class. In our classes we use action songs, dancing games, fun exercises, hoops, ribbons and much more all to our own original, funky music.

Contact: www.dididance.com. Please email josie.ward@dididance.com



Beyond Ideologies

Ref: C3530561

Mon: 2pm—4pm

Room: Dinham

Cost: £44

Starts: October 7th (6 Sessions)

Course Ref: C3529478

To provide an introduction and overview of the main political ideologies that influence political parties in the UK and explore these in the context of Brexit. To discuss the prospects for new forms of political expression. **No skills or experience needed**

Contact: Enrolonline.wea.org.uk, or call 0300 303 3464.



Acro Yoga Foundations

Mon: 6pm—7:30pm

Room: Haldon

Acroyoga Foundations is a class for those new to Acroyoga or those who wish to refine the fundamentals.



Acro Yoga Open Jam

Mon: 7:30pm to 9pm

Room: Haldon

The Acroyoga Open Jam is a safe place for all levels to come and practice. The Jam is not a led class however teachers are present to provide guidance.

Cost: £7 or £12 if you attend Foundations & Jam Acroyoga is a blending together of the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing Arts. These three lineages form the foundation of a practice that cultivates trust, playfulness, and community.

Contact: yogawithjules@hotmail.co.uk
<http://www.yogawithjules.co.uk>



Exe Pottery Open Studio

Mon: 6pm–9pm August 5th, 12th, 19th, & September 9th, 16th, & 23rd

Pottery:

Suggested Donation: £35/month fee, or £5/hour for occasional use. The studio will be open for aspiring potters to come in and work with some basic support. Purchase clay at the studio or bring your own.

Contact: ratsyfang@hotmail.com



PDYoga (Parkinson's Disease)

Tues: Active Yoga 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



The Works of Thomas Hardy

Ref: C3530566

Tues: 2:30pm—4:30pm

Room: Heavitree

Cost: £74

Starts: September 17th (10 Sessions)

Course Ref: C3529478

This course will look at a number of novels by the Victorian novelist Thomas Hardy. The course will focus on the cultural, literary and critical context of the work of this Victorian realist writer and consider aspects of his life and legacy. **No skills or experience needed**

Contact: Enrolonline.wea.org.uk, or call 0300 303 3464.



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 £45 and get the 6th one free or drop-in rate £9

Starts: Ongoing

These classes give you the opportunity to gain strength and balance and to release tension from your bodies and minds. In this way, you are more able to face the challenges in your daily life from a more balanced perspective

For more information contact Dawn on 07891015713 or dawnwilliamsyoga@gmail.com

Information on classes at the centre



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 or phone 01392 496787 for more information.



Spectrum Choir
Tues: 7:30pm-9:30pm
Room: Ballroom
Cost: £3-£5 1st session free.

Starts: September 3rd 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: hello@spectrumdevon.org.uk , visit spectrumdevon.org.uk or find 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
info@peoplesacupunctureproject.com
 Call: 07444718395



Wren Music
Weds: 7pm-9pm (term time)
Room: Dinham
Cost: 1st session free
Starts: September 18th

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
 T. 01837 53754



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



WEA Memoir Writing
Ref: C3530603
Thurs: 2pm–4pm

Room: Heavitree
Cost: £74
Starts: September 26th (10 Sessions)
 The purpose of the course is to study the memoir genre with a view to students beginning to appreciate and approach ways in which they might write about their own lives. **No skills or experience needed**
Contact: Enrolonline.wea.org.uk , or call 0300 303 3464.



WEA Art and Architecture of Cities - Florence and Siena
Ref: C3530559

Thurs: 2pm–4pm
Room: Dinham
Cost: £74
Starts: September 19th (10 Sessions)
Course Ref: C3529478

This course will give an overview of the art and architecture of Florence and Siena, concentrating mainly on the period from 1250-1600, which could be used as a guide when visiting them.

No skills or experience needed
Contact: 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
 See www.gaiaitreeyoga.com for more information.



WEA Poetry Adventure
Ref: C3530688
Fri: 2:30pm–4:30pm

Room: Dinham/Northernhay
Cost: £74
Starts: September 20th (10 Sessions)

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 skills or experience needed**

Contact: Enrolonline.wea.org.uk , or call 0300 303 3464.

Information on classes at the centre



CERAMEXE_A pottery cooperative working at the ECCT pottery studio.

CeramExe is a group of mainly amateur potters who have come together from a diverse range of backgrounds to share a passion for making ceramics. Committed to working together maintaining the exchange of ideas and supporting each other. A co-operative group, making decisions collectively, exhibiting together, and sharing the tasks of running the group. Members pay a yearly membership fee and have access to work from the studio mid-day Thursdays to mid-day Saturdays.

Contact: ceramexpottery@gmail.com



School of Bodywork

Introduction to Massage, Individual Massage Tuition and Professional Massage Qualification courses available throughout the year.

Haldon Room:

Course information and booking is available on the website: www.schoolofbodywork.com or call 07711 656011

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 26th of September & 3rd of October from 7:15pm to 8:45pm + 2 days out on Dartmoor to put it into practice on either Saturday the 28th or 29th of September and Saturday the 5th or Sunday 6th of October.

Course Fee £45.

Contact: Charlie Palmer for the Programme on 01392 426692 or email charliepalmer@outlook.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

Visit: 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

Mornings of Mindfulness

Saturdays:

14th September; 5th October; 2nd November & 7th 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, or see www.mindbase.co.uk



Carpentry Skills for Women

Learn basic principles that are fundamental to all carpentry and joinery work, so you can transfer what you've learnt to projects at home. You will also learn and practice the use of a variety of hand tools, All materials are included.

Contact: <https://www.touchwoodswest.com> for more information or call 07905841358

2 Day Plumbing Intensive - Course for Women

Dates: 23rd & 24th November 10am—4pm

Tues:

Room: Pottery

Cost: TBC

Learn to deal with plumbing issues yourself, and not having to call someone else to do the job!

Fix a leak or plumb in a washing machine for example. In this 2 day course you will learn how to carry out small plumbing installations yourself! You will also learn about the different water systems in your house and how to isolate your water supply so you can work on it safely.

Contact: <https://www.touchwoodswest.com> for more information or call 07905841358