

Diary: At a Glance

From January 2020

Mondays

Alliance Francaise French 10am-12pm 1-3pm 6:30-8.30pm
Acroyoga 6-9pm
Exe Pottery Open Studio 6-9pm
Global Centre Book Club: 7-8:30pm

Tuesdays

PD_Active Yoga 10-11am
Alliance Francaise French 10am-12pm 1-3pm 6:30-8:30pm
WEA_George Eliot's behemoths: Middlemarch and Daniel
Deronda 2:30-4:30pm
Yoga To De-Stress 6-7pm
Exeter Aikido 7-8:30pm
Spectrum Choir 7:30-9.30pm

Wednesdays

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

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 1-2pm
WEA_Art and Architecture of Cities - Madrid 2-4pm
Iyengar Yoga 6:30-8pm

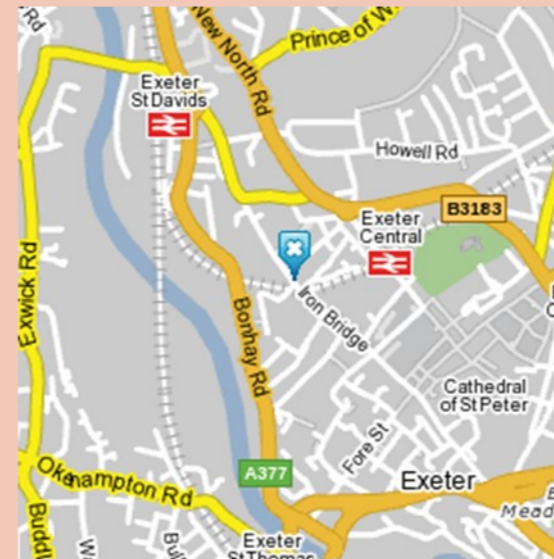
Fridays

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

Saturdays

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

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

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 08/01/2020



Activities and Events at Exeter Community Centre Spring Term 2020

Issue 1

Tel: 01392 420549

Information on classes at the centre



Acro Yoga Foundations

Mon: 6pm to 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 January 6th, 13th, 20th, February 3rd, 10th, 17th, March 2nd, 9th, & 16th
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



George Eliot's behemoths: Middlemarch and Daniel Deronda
Course Ref: C3530837

Tues: 2:30pm-4:30pm
Room: Heavitree
Cost: £74
Starts: January 14th (10 Sessions)
 This course will look at George Eliot's two longest novels, Middlemarch and Daniel Deronda. Considered by many to be her most intellectual and challenging works they also provide a detailed exploration of nineteenth-century culture and society. **No skills or experience needed**
Contact: [Enrolonline.wea.org.uk](http://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



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.

Information on classes at the centre



Spectrum Choir

Tues: 7:30pm-9:30pm

Room: Ballroom

Cost: £3-£5 1st session free.

Starts: January 14th

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: January 15th

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

M. 0785508820319



Mindfulness Based Stress Reduction

Weds: 8 weeks 6:30pm-8:30pm

Room: Art Room

Starts: January 29th

Cost: £175 (concessions available)

Over the 8 weeks you will learn a range of mindfulness practices to improve well-being and help you to manage stress from a trained and experienced mindfulness teacher and educational psychologist. **All welcome.**

Contact: Amanda on 07342958900 or visit www.sunrisepsychology.co.uk



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



Art and Architecture of Cities - Madrid

Thurs: 2pm-4pm

Room: Dinham

Cost: £74

Starts: January 16th (10 Sessions)

Course Ref: C3530564

The course will give an overview of the art and architecture of Madrid, concentrating mainly on the period from the 15th century to the present day, which could be used as a guide when visiting the city.

No skills or experience needed

Contact: Enrolonline.wea.org.uk , or call 0300 303 34693464.



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.



Poetry Adventure: Great American Poets

Course Ref: C3530983

Fri: 2:30pm-4:30pm

Room: Dinham/Northernhay

Cost: £74

Starts: January 17th (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: ceramexepottery@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 March & 2nd of April from 7:15pm to 8:45pm + 2 days out on Dartmoor to put it into practice on either the 28th or 29th of March and the 4th or Sunday 5th of April.

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:

7th December; 11th January; 8th February;
7th March

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.touchwoodsouthwest.com> for more information or call 07905841358

2 Day Plumbing Intensive - Course for Women

Dates: 29 Feb 2020 – 7 Mar 2020 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.touchwoodsouthwest.com> for more information or call 07905841358