

classes  
and  
workshops

LEARNING

jan - mar 2012



exeter **phoenix**

To book call Box Office: 01392 667080

2011 JANUARY > MARCH: Classes & Workshops

## COURSES RUN BY EXETER PHOENIX

ADULTS | YOUNG PEOPLE | SCHOOLS | FAMILY

To book places on courses and events please call the Box Office on 01392 667080 or book online [www.exeterphoenix.org.uk](http://www.exeterphoenix.org.uk)

### ADULTS

#### MEDIA SKILLS TRAINING

Our media training & skills courses are run by Exeter Phoenix Digital, which is a dedicated production, access and training resource for all forms of digital media.

*Courses are aimed at over 18s, please check with the Box Office if you are under 18.*

#### **Introduction to Apple Mac**

Tue 17 Jan or Mon 6 Feb, 1/2 day course, 10.30-1.30pm, £25

A useful add-on if you are booking any of our digital media courses or are making the transition from PC to Mac. Learn how to use the OSX operating system and work efficiently with menus, icons and Mac apps.

#### **Introduction to Desktop Publishing**

6 week course starting on Tue 17 Jan, 6-8pm, £250 (£200)

Covering the basics of InDesign and Photoshop together with design and marketing skills, you will learn how to bring these two powerful programmes together to produce any kind of publicity material. Ideal for those who already have an understanding of marketing and wish to learn InDesign and Photoshop, or visa versa. **Not suitable for complete beginners.**

#### **Photoshop: Digital Image Manipulation for Beginners**

Wed 18 & Thu 19 Jan, 2 day course, 10.30-5.30pm, £140 (£120)

An intensive beginners course teaching Photoshop skills and concepts, giving you the confidence in using this powerful image manipulation software. The course will show you how to work with layers, and resize images for printing and website use. There will be time allocated for questions and individuals needs will be catered for where possible.

#### **NEW THIS SEASON! Making a Film for the Web**

Wed 25 & Thu 26 Jan, 2 day course, 10.30-5.30pm, £140 (£120)

Learn how to shoot and edit a powerful film for the web to be used as a marketing tool, to engage your audience and enhance your website. Discover the basics of good filmmaking, editing and sound work as well as how to upload your film and where. Ideal for businesses, artists and self employed people. Taught by Amanda Whittington [www.photicfilms.com](http://www.photicfilms.com)

#### **Introduction to InDesign**

Wed 1 Feb & Thu 2 Feb Oct, 2 day course, 10.30-5.30pm, £140 (£120)

For new users of InDesign or those who want a refresher. Become familiar with the programme's tools and the most important menu commands. You will also be given a solid introduction to the basics of good design.

## **Introduction to Web Design: Website Creation for Beginners**

Tue 7 - Thu 9 Feb, 3 day course, 10.30-5.30pm £200 (£180)

Using Adobe Dreamweaver and Photoshop, this three day course will cover the basic construction and upload of a website. Students will learn the foundations of web design and will gain the confidence to create their own site. Students should bring content (text and images) that they wish to transform onto the web. Ideal for students, small businesses and self-employed people. Some computer literacy is desirable and homework is recommended.

## **Introduction to Digital Photography for Beginners**

Thu 1 Mar, 1 day course, 10.30-5.30pm, £65 (£55)

Whether you have a digital camera or not, come and discover for yourself the possibilities offered by this exciting medium. We will show you how to take digital photographs, download them to the computer and use Adobe Photoshop to enhance, manipulate and print out superb results. For those with a digital SLR (or compact camera) who would like to improve their photography skills under the guidance of a professional freelance photographer. Gain confidence using your camera so you can get on with the most rewarding part, which is learning to capture the moments and compose interesting images.

## **People Photography**

Wed 7 & Thu 8 March, 2 day course, 10.30-5.30pm, £140 (£120)

An exploration into the many different ways of photographing people. You will learn about the history of portraiture photography and be taught how to take different types of portrait photographs. **Including;** Unobserved & observed portraits, Street photography, Group portraits. This 50% theory and 50% practical course suit those fairly confident with their SLR camera who want to improve. Tutor: Robert Darch.

## **Introduction to Video Editing in Final Cut Pro**

Wed 14 Mar, 10.30am–5.30pm, £65 (£55)

An intensive course that will introduce you to the scope of HDV (Desktop Video) editing.

This course covers the fundamentals of digital editing, media management and you will be shown the rudiments of the programme as well as how to import and export your video. Some computer literacy is desirable.

## **NEW THIS SEASON! Introduction to Wordpress**

Tue 20 & Wed 21 Mar, 10.30-5.30pm, £140 (£120), 2 day course

Learn how to download and customise this powerful web software. Whether you want to start up a blog or build your own website, this two day workshop will show you the process to get you started and help you create your own space on the web. Ideal for freelance artists, individuals and those wanting to join the millions already in the Wordpress family.

## **One-to-one training**

One Day Intensive Training for individuals and small groups.

**Courses run from 10.30am-5.30pm, dates arranged as required.**

### **Individuals / Self Employed**

Cost per day for one person £175

Cost per day per additional person £50

### **Commercial / Organisations**

Cost per day for one person £210

Cost per day per additional person £110

**Courses are tailored to suit the learner and can be arranged at different skill levels if required.**

**Please call Exeter Phoenix Digital on 01392 667066 to book.**

### **Courses available**

HDV/DV Camera Skills, Final Cut Pro – Video Editing, Adobe Premiere Video Editing, DVD Studio Pro – DVD Authoring, HDV/DV Post Production, Adobe After Effects – Motion Graphics, Adobe Photoshop – Photo Manipulation, Photography Techniques, Adobe InDesign – Desktop Publishing, Adobe Dreamweaver – Web Design, Adobe Flash – Web Design Interactivity & Animation, Animation Techniques

# ART CLASSES

Our art courses are run by professional tutors who specialise in teaching students of all abilities from beginners to established artists. They offer an exciting insight into historical and contemporary art.

*Courses are aimed at over 18s, please check with the Box Office if you are under 18.*

## **Art Class Taster Day**

Sat 4 Feb, 10:30am–4:30pm, £20 (£17)

Meet the tutors and sample some of the variety of 5 week art classes that we offer including; life drawing, portraiture, landscape, and sculpture. Basic materials are provided.

## **Creative Life Drawing**

5 week courses on Saturdays, starting 14 Jan & 25 Feb, 10:30am–12:30pm, £65 (£55)

5 week courses on Monday evenings, starting 16 Jan & 20 Feb, 6:30pm–8:30pm, £65 (£55)

Encouraging both technical and expressive approaches to life drawing, this course will cover a variety of drawing methods. The individual tuition offered is suitable for all levels of ability. Basic materials are provided.

## **Abstracting The Landscape**

5 week courses on Mondays, starting 16 Jan & 20 Feb, 10am–12pm, £65 (£55)

Take a photo or postcard of a favourite landscape (on holiday or at home), bring it along and develop it through drawing, collage and painting into a final work on canvas. Basic materials provided.

## **Experimental Drawing**

5 week courses on Mondays, starting 16 Jan & 20 Feb, 1pm–3pm, £65 (£55)

Explore drawing and mark making in playful and expressive ways, through a variety of techniques and materials to unlock creative artistic processes.

## **Portraiture**

5 week courses on Mondays, starting 16 Jan & 20 Feb, 3:30pm–5:30pm, £65 (£55)

Covering all aspects of drawing the face and head, you will look at facial expressions, control of three dimensions, tone, shadow and measurement while experimenting to develop your own individual style. Basic material provided.

## **Sculpture from Life**

5 week courses on Mondays, starting 16 Jan & 20 Feb, 6:30pm–8:30pm, £65 (£55)

Using Devon clay and working from a life model to create your own Rodin! Tutor: Sarah Noble.

## **Artist Talk: Steven Paige**

Tue 17 Jan, 7:30pm, FREE

An open talk with artist Steven Paige, who will discuss his Phoenix Gallery exhibition and wider practice.

## **Eye Opener: Steven Paige**

Wed 18 Jan, 1:30pm FREE

An informal tour and discussion of the current Phoenix Gallery exhibition, giving you the opportunity to ask questions, express your opinions and explore art with others.

## **Art History – Introducing ‘isms’ from 20<sup>th</sup> Century Art**

5 week courses on Thursdays, starting 19 Jan & 1 Mar, 6:30pm–8pm, £65 (£55)

Examining the main movements in 20<sup>th</sup> Century art and their political contexts. An illustrated series of talks with tutor Nicci Wonnacott.

## **Eye Opener: David Blandy**

Wed 22 Feb, 1:30pm FREE

An informal tour and discussion of the current Phoenix Gallery exhibition, giving you the opportunity to ask questions, express your opinions and explore art with others.

## Artist Talk

Sat 25 Feb, 2:30pm, FREE

An open talk with artist David Blandy, who will discuss his Phoenix Gallery exhibition and wider practice.

# YOUNG PEOPLE

## Young+Animated: Saturday Animation Club

6 week course, starting Sat 7 Jan or 25 Feb, 10am-1pm, £75, 8-15yrs.

A course in Digital and Stop Motion animation, for beginners and those with experience, ending with a special screening of the films produced. Advance booking only.



## Freefall Youth Arts Group

Thursday evenings, term-time only, FREE, 13+ yrs

Meet like-minded individuals who enjoy performing, visual and digital art, broaden your creative skills and increase your knowledge of and involvement in the Exeter arts scene. For more info, email [learning@exeterphoenix.org.uk](mailto:learning@exeterphoenix.org.uk) or check out [freefallexeter.wordpress.com](http://freefallexeter.wordpress.com)

## Playback Youth Arts Group

Term starts Wed 11 Jan, £21 per half-term, 5-6pm (7-10 yrs); 6-7.15pm (11-18 yrs)

Playback is a professionally-run company for young people, specialising in original theatre, music and film. Forthcoming projects will include filmmaking and live performance. Beginners are welcome.

Email [info@playbacktheatre.org](mailto:info@playbacktheatre.org) or call Jez on 01363 773337 for more info.

# SCHOOLS

Exeter Phoenix offers a broad range of experiences and resources for school groups, all of which can be tailored to meet your specific ideas and needs.

Please visit [www.exeterphoenix.org.uk/learning](http://www.exeterphoenix.org.uk/learning) or email [learning@exeterpoenix.org.uk](mailto:learning@exeterpoenix.org.uk) for more information or to discuss your requirements.

## Gallery Visits

Guided discussion and tour of current Phoenix Gallery exhibition.

## Artist-led Workshops

Full or half day practical workshops led by an artist educator.

## 3 Venue Tours

Exeter Phoenix, Spacex, CCANW and/or Thelma Hulbert Gallery run packaged 3 venue tours for groups of pupils/students.

## Exhibition Launches

Sign up to our mailing list(s) to receive regular invitations to launches and other gallery events. Sign up here [www.exeterphoenix.org.uk/art](http://www.exeterphoenix.org.uk/art)

## TEACHER TWILIGHTS

Informal sessions, helping teaching professionals to develop unusual and refreshing ways to interpret different kinds of visual and performing art forms with and for children of primary or secondary school ages.

## **Early Years Dance**

Thu 1 Mar, 4:30pm – 6:30pm, £20

How to engage children age 2-7 in dance. Please wear comfortable clothes.

# **FAMILY**

## **Jumping Beans**

Mondays 11am – 11:30am

Tuesdays 12pm – 12:30pm

Saturdays 1.30pm – 2pm

An energetic dance class for 2-5 year olds and their carers, encouraging little ones to move and dance, increase their co-ordination and have fun! Term time only. £2 per session.

## **FAMILY SUNDAYS**

**Sun 29 Jan, 12-4pm: Fantasy Family Portraits**

**Sun 26 Feb, 12-4pm: Animation**

**Sun 25 Mar, 12-4pm: Origami with the Paper Florist**

Activities for all the family on the last Sunday of the month, including storytelling, children's film screenings, art drop-ins, Bonjour Tonton French classes and Tatty Bumpkin yoga sessions.

See [www.exeterphoenix.org.uk/learning/family](http://www.exeterphoenix.org.uk/learning/family) for full details.

## **KinderKino – FREE films**

Preschool – for children at a preschool age and their parents or carers: Tue 17 Jan, Tue 21 Feb, Tue 20 Mar, 10:30am & 2:30pm

Families (part of Family Sundays): Sun 29 Jan, 26 Feb & 25 Mar

A comfortable and safe monthly cinema experience for little ones and their parents/carers, featuring a handpicked selection of animations, classics and world cinema.

**For full details contact Clare Saunders or Anna Aroussi  
on 01392 667081 or Email: [learning@exeterphoenix.org.uk](mailto:learning@exeterphoenix.org.uk)**

**Bradinch Place, Gandy Street, Exeter, EX4 3LS**

**For further details see [www.exeterphoenix.org.uk/learning](http://www.exeterphoenix.org.uk/learning)**

# COURSES RUN BY EXTERNAL TUTORS

## EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

### Mondays

#### Happy Mondays Art Group with Magic Carpet

Ongoing, term starts 9 Jan, 10am-12pm

Happy Mondays is a visual arts group with activities designed to encourage participation and enjoyment. This will be a supportive and undemanding group. This activity is for people with learning difficulties.

**For details: phone 01392 422938, [cre@magiccarpet-arts.co.uk](mailto:cre@magiccarpet-arts.co.uk) / [www.magiccarpet-arts.org.uk](http://www.magiccarpet-arts.org.uk) Please contact before attending.**

#### Theatrebugs Under 5's Club

Term starts 20 Feb, 9.45-10.45am, £5 a session paid per term in advance, first class is free

Theatrebugs Under 5's is suitable for 1-5 years. Our little bugs will go on imaginary journeys each week – meeting lots of animals, copying their moves and sounds. They sing songs, dance and shake shakers to wake the puppets up for the story.

**For details: Vicki-Jo 07766 311445 Email: [Vicki-joeva@theatrebugs.co.uk](mailto:Vicki-joeva@theatrebugs.co.uk)**

#### Open Studio with Magic Carpet

Ongoing, term starts 9 Jan, 2-4pm, £1.50 per session

This group offers a studio and materials for people to work as they wish in a supportive environment. Open to people with mental health issues and carers.

**For details: phone 01392 422938 Email: [cre@magiccarpet-arts.co.uk](mailto:cre@magiccarpet-arts.co.uk)**

#### Ballet for Adults (16+) with Mollie Penn

Ongoing, term begins 9 Jan, £48 in advance for a term of 12 weeks, single class £5

5-6pm: Level 2 post-beginners class for those with some experience.

6.15-7.15pm: Level 5 class for those at an advanced level.

**For details: phone 01392 272566**

#### Beginners Ballet for Adults with Hazel Greenlaw

Term starts 9 Jan, 7.30-8.30pm, £5.50 for first class, £65 for 13 weeks.

**For details: phone 01392 423577**

#### Women's Self-Defence

Term starts 16 Jan, 5.45-6.45pm, £40 per person, join with a friend – 20% discount, ages 17+, closing date for applications 9 Jan

Have fun whilst learning a life skill. Learn easy and effective moves without breaking sweat. And the good news.... classes are fun and almost anyone can do them.

**For details: André de Mendonça, Black Belt in Aikido & Self-Defence Instructor, 0774 7787299 Email: [info@defensivearts.co.uk](mailto:info@defensivearts.co.uk)**

#### Global Harmony

Ongoing, term starts 9 Jan, 7.30-9pm, £5 per night if paying per half term or £6 for a taster session

A cappella singing in glorious 4/5 part harmony. Folk, gospel, pop, classical, from around the world, ancient and upbeat contemporary. Booking essential.

**For details: Roz Walker 01803 862246. Email: [rozwalker@naturalvoice.net](mailto:rozwalker@naturalvoice.net)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

Digital Sounds Course (Garageband, Logic Pro)

Term starts 9 Jan, 6-8pm, participants: 6 max, £165

Want to make music on your computer? These weekly sessions will equip you with the skills and the know-how for you to create and produce your own pieces of music. We will cover recording, sequencing, sampling and arranging, using a range of music software platforms.

**For details: Maria Peters 01392-495301. Email: [marketing@sound-gallery.net](mailto:marketing@sound-gallery.net) Website: [www.sound-gallery.net](http://www.sound-gallery.net)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Tuesdays

### Award-winning Monkey Music Classes (3 months-4 years)

Term starts 10 Jan, Heigh Ho: 9.45am (1-2yrs), Jiggety Jig; 10.20am (2-3yrs), Rock 'n' roll: 11.00am (3-12mths), £6 per session paid per term in advance (discounts for siblings), first introductory class free. Places are limited. All ages welcome! The premium brand, pre-school music class, nurturing a lifetime of music. Winners of 'Best National Pre-schooler Development Activity 2010' by 'What's on 4 little ones' voted for by thousands of parents all over the country.

**For details: Daniele 0845 017 8766. Email: [daniele.coombe@monkeymusic.co.uk](mailto:daniele.coombe@monkeymusic.co.uk) [www.monkeymusic.com](http://www.monkeymusic.com)**

### Baby Bumpkin

Ongoing, term starts 3 Jan, 12-1pm, £36 for a 6 week term

For babies that can wiggle / shuffle / crawl! Baby Bumpkin runs Yoga Inspired classes for mums and babies that are designed to encourage movement, development and feelings of calm. Enjoy stretching, laughing, moving and relaxing together in a multi sensory environment to stimulate the senses and aid development.

**For details: Ria Fabian 08456 805208 Email: [classes@exeter.tattybumpkin.com](mailto:classes@exeter.tattybumpkin.com) [www.exeter.tattybumpkin.com](http://www.exeter.tattybumpkin.com)**

### Tuesday Club with Magic Carpet

Ongoing, term starts 10 Jan, 2-4pm, this group is for people with learning disabilities

**For details: 01392 422938. Magic Carpet holds a range of workshops and regular classes. For details please visit; [www.magiccarpet-arts.org.uk/Thisisgroups.html](http://www.magiccarpet-arts.org.uk/Thisisgroups.html) Please contact before attending.**

### A Chance to Dance - A movement group for people over 60

Ongoing, term starts 3 Jan, 2-3.30pm, £6 includes a drink or £4 without

Creative dance inspired by the success of the Sadler's Wells Elders Group in London. Age Concern invites men and women over 60 wanting to dance for fitness and fun to give this session a go. Drop in as little or as often as you like. It is not about learning steps but finding the dancer within, guided by a trained facilitator, accompanied by music. No dance experience necessary.

**For details: Jessica Cohen, Age Concern Exeter 01392 202092 (extension 2170)**

### Breaking/Breakdance

Ongoing, term starts 10 Jan, 5-6pm, any age (8+)

Breakin' (Breakdance) lessons for Beginners - Intermediates with Splinter and Rush from Just 4 Funk, Devon's top breakin' crew. Toprock (stand up dance), footwork (dance on the floor), get downs, powermoves (spins), freezes and tricks.

**For details: Matt 07716 002309. Email: [matt@just4funkproductions.com](mailto:matt@just4funkproductions.com) [www.just4funkproductions.com](http://www.just4funkproductions.com)**

### Zumba with Susanna Oxenham

Term starts 10 Jan, 5.45-6.45pm, £5 drop in or £20 for 5 week pass! Students £4 drop in or £20 for 6 week pass, with valid NUS card

Come and party yourself into shape with Zumba Fitness!! Beginners welcome.

**For details: Suzie Oxenham 07581559216 Email: [susanna.oxenham@googlemail.com](mailto:susanna.oxenham@googlemail.com)**

### Intermediate Jazz Dance with Nicholette Pollard

Ongoing, term starts 10 Jan, 6.15-7.45pm, £5 per session

For adults with dance experience, to improve technique and learn routines.

**For details: 07810 750950. Email: [info@jazzdanceexeter.co.uk](mailto:info@jazzdanceexeter.co.uk) [www.jazzdanceexeter.co.uk](http://www.jazzdanceexeter.co.uk)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Make Do and Mend

Every first Tuesday and third Wednesday of the month, 7-10pm, £3.50

The aim of the group is to meet regularly in order to share, inspire, start, continue and finish any type of craft project (knitting, crochet, sewing etc). We're a community based project bringing like minded people together with a vintage feel. Every month we have a different tutorial which you can join in at no extra cost. We provide tea, coffee & biscuits. Membership available.

**For details: Joe info@madeoandmend.info & check website for dates: www.madeoandmend.info**

## Abstract Art Classes with Patrick Jones

Term starts 10 Jan, 7-9pm £180 for ten sessions

The abstract art course is the only course in the UK dedicated to the practice of abstraction. Taught by the painter, Patrick Jones, the emphasis is on being able to express yourself in paint.

**For details: email patrickjonespainter@hotmail.com or call 07747116516 / 01395 446241**

## Life Clubs with Anne Walker

Term starts 3 January, 7.30-9pm, one workshop pass - £15, one-month pass - £55 (save 30%), three-month pass - £140 (save 45%), on the door - £20 (£10 for concessions)

If you want to gain motivation, confidence and a zest for life, choose Life Clubs. Each week we take a topic like confidence, balance or organisation. You'll gain inspiration, and learn practical tools to help you get more from life. Our clubbers achieve the things they previously only dreamed of.

**For details: Anne Walker – 07736963130 Email: anne.walker@lifeclubs.co.uk Book online at <http://www.lifeclubs.co.uk> for great discounts**

## Beginners to improvers Salsa Dance with Martin Travers

Term starts 10 Jan, 8pm £5 (£4 concessions) (£7 with follow-on Salsa class/all 3 classes for £9)

Have fun and get fit learning this exhilarating, vibrant partner dance. What you learn can be enjoyed at our regular Latin parties, or anywhere in the world! Martin has 14 years experience teaching authentic Salsa, Merengue and Bachata to thousands of people, in a friendly, encouraging atmosphere. No partner needed.

**For details: Martin: 07773 817359 Email: salsa\_brava@mac.com**

## Improvers to intermediate Salsa Dance with Martin Travers

Term starts 10 Jan, 9pm £6 (£5 concessions) (£7 includes beginners class/all 3 classes for £9)

Cuban or Cross-body? Whatever your Salsa style, Martin has outstanding skills to help you reach your full Salsa potential, blending excellent technique with enjoyment and fun!! Please consider including the new Beginners/Improvers class as a 'step-intro' and warm-up. Come with friends or make new ones!

**For details: Martin: 07773 817359 Email: salsa\_brava@mac.com**

## Beginners to improvers Bachata Dance with Martin Travers

Term starts 10 Jan, 10pm £5 (£4 concessions) (£8 with preceding Salsa class/all 3 classes for £9)

These classes are for beginners AND for existing Bachata dancers. Bachata is an engaging and sensual partner dance from Dominican Republic. It is danced to romantic, happy and rhythmic Caribbean music! Start your New Year with a new dance class.

**For details: Martin: 07773 817359 Email: salsa\_brava@mac.com**

## Improvers Printmaking Class

5 week beginners evening class on Tuesdays, starting 21 Feb & 12 June 6.30 – 9pm, £85

A fantastic introduction to a range of printmaking techniques. Ideal to kick-start a new interest or revisit rusty skills. Find out more about the flexibility of printmaking through monoprint, collagraphs, drypoint and relief print methods.

**For details: Lynn Bailey on 07855 206659 Email: info@doubleelephant.org.uk Website: [www.doubleelephant.org.uk](http://www.doubleelephant.org.uk)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Printmaking Courses (term time only)

10 week courses on Tuesday afternoons, starting 10 January & 1 May, 1pm – 4pm, £160

In these lively and supportive groups participants have the opportunity to learn about all aspects of fine art printmaking and develop individual projects. Suitable for all levels, from beginners to experienced artists. Classes are ongoing throughout the year and participants can enrol for as many terms as they wish.

**For details: Lynn Bailey on 07855 206659 Email: [info@doubleelephant.org.uk](mailto:info@doubleelephant.org.uk) Website: [www.doubleelephant.org.uk](http://www.doubleelephant.org.uk)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Wednesdays

### NEW CLASS: Pilates

Starts Wed 8 Feb, 1-1.45pm, price to be confirmed

**For details: Olivia Payne, Email: oliviamelissa@hotmail.co.uk**

### Indaba (Story telling) with Magic Carpet

Ongoing, 2-4pm

This group will be creating stories from participants' favourite poetry, lyrics and stories expressing these ideas in words and movement. This activity is open to all with mental health issues, learning disabilities and carers.

**For details contact 01392 422938, cre@magiccarpet-arts.co.uk. Magic Carpet holds a range of workshops and regular classes. For details please visit; [www.magiccarpet-arts.org.uk/Thisisgroups.html](http://www.magiccarpet-arts.org.uk/Thisisgroups.html) Please contact before attending.**

### Freehand Art Group with Magic Carpet

Ongoing, 2-4pm

This group will offer a wide range of visual arts activities designed to expand experience and skills. You will be encouraged to develop your artistic ideas and abilities. This will offer a gentle supported taught arts environment.

This activity is for people with learning difficulties.

**For details contact 01392 422938, cre@magiccarpet-arts.co.uk. Please contact before attending.**

### Street Jazz with Sammy B

Ongoing, term starts 4 Jan, 4.45-5.45pm, £4.50

Come and learn Street Dancing in a fun and relaxed environment. Routines are varied and incorporate a mixture of pop, hip hop and street moves.

**For details: 07762 793118**

### Playback Youth Theatre

Ongoing, term starts 4 Jan, 5-6pm for 7-10 year olds, 6-7.15pm for 11-18 years, £21 per half term

Playback is a professionally-run company for young people, specialising in original theatre, music and film. Acting, singing, dancing, writing, games and exercises. All are welcome to try one session. STOP PRESS: Our senior group will be creating a new musical to be performed later in the year!

**For details: Jez Taylor 01363 773337. Email: [info@playbacktheatre.org](mailto:info@playbacktheatre.org) [www.playbackyouththeatre.org](http://www.playbackyouththeatre.org)**

### Pole Dance Fitness with Spin City

Ongoing, beginners: 8-9pm & 9-10pm, first class free, £10 per hour, Students/NHS workers £5 per hour (ID required).

Pole is a great way to keep fit and have fun; we teach all abilities from complete beginners all the way to advanced so whether you have done pole before or not we will have a class for you! We run free fortnightly tasters, so what are you waiting for!

**For details: Alex Conley 07772373914 Email: [mail@spincityexeter.com](mailto:mail@spincityexeter.com) [www.spincityexeter.com](http://www.spincityexeter.com)**

### Shape up and Dance

Ongoing, beginners 6.45-7.45pm and improvers 8-9pm, £5, or £4.50 per class when booked on 12 week course

Exercise and contemporary dance with popular music and opportunities to perform. Booking is essential.

**For Details: Anna 07527055281 Email [shapeupanddance@gmail.com](mailto:shapeupanddance@gmail.com)**

### Zumba with Susanna Oxenham

Term starts 18 Jan, 6.30-7.30pm, £5 drop in or £20 for 5 week pass! Students £4 drop in or £20 for 6 week pass, with valid NUS card

Come and party yourself into shape with Zumba Fitness!! Beginners welcome.

**For details: Suzie Oxenham 07581559216 Email: [susanna.oxenham@googlemail.com](mailto:susanna.oxenham@googlemail.com)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## New Creative Class with Susanna Oxenham

Term starts in Feb, 8-9pm, more details coming soon

**For details: Suzie Oxenham 07581559216 Email: [susanna.oxenham@googlemail.com](mailto:susanna.oxenham@googlemail.com)**

## Make Do and Mend

Fortnightly: the first Tuesday and third Wednesday of every month, 7-10pm, £3.50

The aim of the group is to meet regularly in order to share, inspire, start, continue, finish any type of craft project (knitting, crochet, sewing etc). We're a community based project bringing like minded people together with a vintage feel. Every month we have a different tutorial which you can join in with at no extra cost. We provide tea, coffee & biscuits. Membership available.

**For details: Joe [info@makedoandmend.info](mailto:info@makedoandmend.info) & check the website for dates: [www.makedoandmend.info](http://www.makedoandmend.info)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Thursdays

### Tatty Bumpkin Yoga Inspired classes for Children

Ongoing throughout term time, 10am-11am (2yrs+), £36 for a 6 week course

Tatty Bumpkin runs Yoga inspired classes involving lots of fun, movement and animal poses alongside music and adventure stories to spark the imagination. Our classes involve a mix of activity and calming relaxation, and have been designed by specialists to help little ones develop.

**For details: Ria Fabian 08456 805208 Email: [classes@exeter.tattybumpkin.com](mailto:classes@exeter.tattybumpkin.com) [www.exeter.tattybumpkin.com](http://www.exeter.tattybumpkin.com)**

### Baby Bumpkin

Ongoing, 11.15am-12.15pm (confident crawlers and toddlers), 12.30pm-1.30pm (babies from 6 weeks old), £36.00 for a 6 week term.

Baby Bumpkin runs Yoga Inspired classes for mums and babies that are designed to encourage movement, development and feelings of calm! Enjoy stretching, laughing, moving and relaxing together in a multi sensory environment to stimulate the senses and aid development.

**For details: Ria Fabian 08456 805208 Email: [classes@exeter.tattybumpkin.com](mailto:classes@exeter.tattybumpkin.com) [www.exeter.tattybumpkin.com](http://www.exeter.tattybumpkin.com)**

### Award winning Monkey Music Classes (3 months-4 years)

Term starts 12 Jan, Heigh Ho: 2.05pm (1-2 yrs), Rock 'n' Roll: 2.45pm (3-12 months), Jiggety Jig/Ding Dong: 3.20pm (2-4 yrs), £6 per session paid per term in advance (discount for siblings), first introductory class free, places are limited, all ages welcome. Winners of 'Best national pre-schooler development activity 2010' by 'What's on 4 little ones' voted for by thousands of parents all over the country. Look out for school holiday workshops.

**For details: Daniele 0845 017 8766. Email: [daniele.coombe@monkeymusic.co.uk](mailto:daniele.coombe@monkeymusic.co.uk) [www.monkeymusic.com](http://www.monkeymusic.com)**

### Ballet for Adults (16+) with Mollie Penn

Ongoing, term starts w/k 9 Jan, 12.30-1.30pm: A level 3 class for dancers with experience, £48 in advance for term of 12 classes, £5 single class, 5-6pm: A level 3 class for dancers with experience

**For details: 01392 272566**

### Helen O'Grady Drama Academy

Term starts 19 Jan, 4.15-5.15pm, £72 for 10 week term, first session free

A self development course that teaches children better communication skills, enabling them to develop as creative individuals and to build on their confidence. Using speech exercises, movement and improvisation in every class to learn to adapt and overcome any of life's challenges. It's also a great way to meet friends and have fun!

**For details: Abbe Martin 07531 002894 Email: [Exeter@helenogrady.co.uk](mailto:Exeter@helenogrady.co.uk)**

### Rainbow Children

Term starts 26 Jan, 4.30pm £5 per session (paid per term in advance)

A magical workshop utilising storytelling, yoga, free-form dance and movement to harmonise the energy in the body, encourage free expression and help children flow through life's challenges. Suitable for ages 5 – 7 (ish).

**For details: Linda Ananda, Member of the IYN (Independent Yoga Network) and Level 3 REPs Instructor (Register of Exercise Professionals) Email: [linda@rainbowchildren.co.uk](mailto:linda@rainbowchildren.co.uk) T: 07814 687902**

### Beginners & Improvers Jazz Dance with Nicholette Pollard

Ongoing, term starts 12 Jan, 6.15-7.15pm, £5 per session

For adults with no or little dance experience, get fit & have fun.

**For details: 07810 750950. Email: [info@jazzdanceexeter.co.uk](mailto:info@jazzdanceexeter.co.uk) [www.jazzdanceexeter.co.uk](http://www.jazzdanceexeter.co.uk)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Pole Dance Fitness with Spin City

Ongoing, 5:45-6:45, 6.45-7.45pm, 7.45-8.45pm & 8:45-9:45, first class free, regular £10per hour, Students/NHS workers £5per hour

Pole is a great way to keep fit and have fun; we teach all abilities from complete beginners all the way to advanced so whether you have done pole before or not we will have a class for you! We run free fortnightly tasters, so what are you waiting for!

**For details: Alex Conley 07772373914 Email: [mail@spincityexeter.com](mailto:mail@spincityexeter.com) [www.spincityexeter.com](http://www.spincityexeter.com)**

## Belly Dancing

Ongoing, term starts 5 Jan, 7-8pm, £42 for 8 weeks

Complete beginners through to advanced dancers catered for. The classes are fun, friendly and informative. Advanced booking required.

**For details: Judith Edis 01404 548995 or 07510 261829. Email: [ysondedancer@aol.com](mailto:ysondedancer@aol.com)**

## Appalachian Clog Dancing with 'Alive & Kicking'

12, 19 & 27 Jan, 8-9pm, free taster sessions

Exciting American percussive dance with live music from our string band. Alive & Kicking invite you to three open practice sessions. Meet the team, see us dance and try it for yourself. We are looking for new team members. Why not give it a try?

**For details: Jo Wright, 01392 462531. Email: [enquiries@alive-and-kicking.org.uk](mailto:enquiries@alive-and-kicking.org.uk) [www.alive-and-kicking.org.uk](http://www.alive-and-kicking.org.uk)**

## Ballet for Adults with Hazel Greenlaw

Term starts 12 Jan, 7.30-8.30pm, £5.50 for first class, £65 for 13 weeks

For experienced dancers.

**For details: 01392 423577.**

## Introduction to Printmaking

5 week beginners evening class on Thursdays, starting 12 Jan, 23 Feb, 3 May & 14 June 6.30 – 9pm, £85

**For details: Lynn Bailey on 07855 206659 Email: [info@doubleelephant.org.uk](mailto:info@doubleelephant.org.uk) Website: [www.doubleelephant.org.uk](http://www.doubleelephant.org.uk)**

## Printmaking Courses (term time only)

10 week courses on Thursdays, starting 12 January & 3 May, 10am – 4pm, £265

In these lively and supportive groups participants have the opportunity to learn about all aspects of fine art printmaking and develop individual projects. Suitable for all levels, from beginners to experienced artists. Classes are ongoing throughout the year and participants can enrol for as many terms as they wish.

**For details: Lynn Bailey on 07855 206659 Email: [info@doubleelephant.org.uk](mailto:info@doubleelephant.org.uk) Website: [www.doubleelephant.org.uk](http://www.doubleelephant.org.uk)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Friday

### Pyjama Drama (2-5years)

Term starts 16 Jan, 10am-12pm, £5 a session paid per term in advance, first class is free

Pyjama Drama is a fun, creative drama class for babies and young children. Combining drama, music, movement and play, classes are designed to develop key social skills whilst igniting the imagination! For children aged 6 months - 3½ years.

**For details: call Emma On 0844 504 2550 or Email [emma-luxton@pyjamadrama.com](mailto:emma-luxton@pyjamadrama.com) , [www.pyjamadrama.com](http://www.pyjamadrama.com)**

### Creative Change with Magic Carpet

Ongoing, 10.30am-12.30pm

Magic Carpet run a range of creative activities for people with learning disabilities and mental health issues each week at Exeter Phoenix, these include arts and crafts and drama.

For details: 01392 422938 or see: [www.magiccarpet-arts.org.uk](http://www.magiccarpet-arts.org.uk)

**For details: 01392 422938 or see: [www.magiccarpet-arts.org.uk](http://www.magiccarpet-arts.org.uk)**

### Yoga and Dancercise 'Moving into Bliss'

Term starts 27 Jan, 12.45-1.45, £6 per session

Increase flexibility and tone; simultaneously enlivening and relaxing you - encouraging energised and joyful states in mind and body so that you are able to go about the day with heightened energy and a calm mind. The class is a mixture of a yoga stretch and warm up, dancercise (no complicated routines, just great music/fun movement!), relaxation.

**For details: Linda Ananda (Member of the IYN (Independent Yoga Network) and Level 3 REPs Instructor (Register of Exercise Professionals) Email: [linda@movingintobliss.org](mailto:linda@movingintobliss.org) T: 07814 687902 [www.movingintobliss.org](http://www.movingintobliss.org)**

### Snap Dragon with Magic Carpet

Ongoing, 2.15-4.15pm

Magic Carpet run a range of creative activities for people with learning disabilities and mental health issues each week at Exeter Phoenix, these include arts and crafts and drama.

**For details: 01392 422938 or see: [www.magiccarpet-arts.org.uk](http://www.magiccarpet-arts.org.uk)**

### Street Jazz with Sammy B

Term starts 6 Jan, ongoing during term time, 6-7pm, £4.50

Come and learn Street Dancing in a fun and relaxed environment. Routines are varied and incorporate a mixture of pop, hip hop and street moves.

**For details: 07762 793118**

### Ballet for Adults (16+) with Mollie Penn

Ongoing, term starts, 13 Jan, £48 in advance for term of 12 weeks, £5 single class

5-6pm: A level 1 class-begin or refresh your basic ballet

6.15-7.15pm: A Level 4 class for those at a more advanced level

**For details: 01392 272566.**

### Pole Dance Fitness with Spin City

Ongoing, fortnightly, 6-7pm & 7-8pm, first class free, regular £10per hour, Students/NHS workers £5per hour

Pole is a great way to keep fit and have fun; we teach all abilities from complete beginners all the way to advanced so whether you have done pole before or not we will have a class for you! We run free fortnightly tasters, so what are you waiting for!

**For details: Alex Conley 07772373914 Email: [mail@spincityexeter.com](mailto:mail@spincityexeter.com) [www.spincityexeter.com](http://www.spincityexeter.com)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

Ballet for Adults with Hazel Greenlaw

Term starts 6 Jan, 7.30-8.30pm, £5.50 first class, £65 for 13 weeks

For those with some experience.

**For details: 01392 423577**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Saturday

### Belly Dancing with Judith Edis

Ongoing, term starts 7 January, 10.30am-12pm, £52 for 8 weeks

Complete beginners through to advanced dancers welcome and catered for. The classes are fun, friendly and informative.

**For details: Judith 01404 548995 or 07510 261829. Email: ysondedancer@aol.com**

### Flamenco classes with Elena Brandwood

Ongoing, term starts 7 Jan, 11am-12.30pm: for people with some experience, 1.30-2.30pm: for people with no experience, £10/class or £75 for 10 classes (1 hour of technique and half hour basic choreography)

Fun classes with live guitar suitable for people (men and women) of all ages and abilities. Try this traditional Spanish dance that has footwork and body work and loads of passion!

**For details: Elena on 07810521217, brand14wood8@aol.com**

### A.R.T.S Anonymous

Ongoing, 11.30-12.30pm, voluntary contributions

Artists Recovering Through the Twelve Steps (A.R.T.S) helps you break your creative block so you can follow your inspiration and your passions. A.R.T.S Anonymous is a fellowship of artists of all kinds (writers, painters, designers, actors, musicians etc.) Our primary purpose is to express our creative gifts and help others to achieve artistic freedom.

**For details: Jim 07832990261**

### Kinky and Quirky Burlesque Workshop

Last Saturday of each month, 3-5pm, £20 payable in advance, (includes free entry to Kinky & Quirky's Burlesque & Boogie Night)

Sexy, sassy, fun, confidence building – burlesque is the new black! The incredible Venus Noir leads this new workshop to encourage women of all ages, shapes & sizes to find their inner bombshell! Learn all the classic burlesque moves, bump and grind, shimmy and shake your tassels if you dare!

**For details: 0785 999 6368. Email: quirky@kinkyandquirky.com www.kinkyandquirky.com**

### Creative Music Technology Course (Garageband, Logic Pro, Reason)

Term starts 14 Jan, 1-4pm, participants: 6 max, £195

Beginners level: This course will equip you with the skills and the know-how as well as demystify the hardware and software required to create and produce music at home. We will cover basic recording, sequencing, sampling and synthesis. *Exeter Phoenix Digital (in association with Sound Gallery)*

**For details: Maria Peters 01392-495301. Email: marketing@sound-gallery.net Website: www.sound-gallery.net**

### Creative Music Technology Course (Logic Pro, Pro-Tools)

Term starts: 25 Feb, participants: 6 max 1-4pm, £195

Intermediate level: Improve your music creation, mixing and production skills. Create and produce your own piece of music and gain an insight in mixing techniques in a recording studio environment using Logic Pro and Pro Tools. *Exeter Phoenix Digital (in association with Sound Gallery)*

**For details: Maria Peters 01392-495301. Email: marketing@sound-gallery.net Website: www.sound-gallery.net**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Other classes

### Kagemusha Taiko

Kagemusha Taiko run a range of training programmes including "Taste of Taiko" half-day public workshops and occasional short courses.

**For details: 01392 494486. [www.taiko.org.uk](http://www.taiko.org.uk)**

### Love to Sing?

28 Jan, 25 Feb, 24 Mar, 2-5pm, £25 (concessions available on request)

An eclectic mix of vocal theatre technique, natural voice practice and eastern European gypsy songs. Make the most of your voice in these monthly sessions. Develop expression and confidence. Enjoy greater resonance, range and musicality. Experience the benefits of deeper breathing and clearer communication. All material taught by ear. Open to all, beginners welcome.

**For details: Michelle 01823 680172 or 07969600853 Email [attagattis@yahoo.co.uk](mailto:attagattis@yahoo.co.uk)**

### Tribal Fusion Belly Dance with Samantha Emanuel Level 2

Sat 7 Jan, 2-5pm, £45

For those with previous Belly Dance experience. UK Tribal Fusion pioneer presents yet another challenging brew of Tribal Fusion drills and combinations to kick off 2012 in style. Expect to sweat and raise the bar to the next level.

**For details: Samantha Emanuel Email: [vagabondprincess@gmail.com](mailto:vagabondprincess@gmail.com) [www.vagabondprincess.com](http://www.vagabondprincess.com)**

### Tribal Fusion Belly Dance Level 1

Sat 14 Jan, 2-5pm, £35

Explore Tribal Fusion Belly Dance as taught by international instructor and performer Samantha Emanuel. An eclectic blend of Middle East Folk steps, Hip Hop, Indian and Flamenco stylization. This fun and challenging session develops muscle isolation and liquid movement technique. Geared towards beginners, however those with experience are also welcome. Samantha promises to challenge all levels.

**For details: Samantha Emanuel Email: [vagabondprincess@gmail.com](mailto:vagabondprincess@gmail.com) [www.vagabondprincess.com](http://www.vagabondprincess.com)**

### Studio Experience with Sound Gallery (ages: 15+)

Weekend course, dates to be arranged as required, 11am-4pm, participants: 3 max, £190

Explore all aspects of recording and mixing in a professional recording studio and learn about mic placement and multi-tracking using Logic Pro and Pro Tools.

**For details: Maria Peters 01392-495301. Email: [marketing@sound-gallery.net](mailto:marketing@sound-gallery.net) Website: [www.sound-gallery.net](http://www.sound-gallery.net)**

### Work Experience with Sound Gallery (SiMPTI: Standards in Music Production Technology and Industry)

Weeks: 6-10 Feb, 20-24 Feb, 25-29 June, 2-6 July, 9-13 July, 16-20 July. 11am-4pm, £25 per day

SiMPTI is a programme of training, learning and working experiences designed to provide access to a commercial recording studio and the tools used in creative production and recording. More info: [www.simpti.com](http://www.simpti.com)

**For details: Maria Peters 01392-495301. Email: [marketing@sound-gallery.net](mailto:marketing@sound-gallery.net) Website: [www.sound-gallery.net](http://www.sound-gallery.net)**

### Acrylic-Resist Etching Weekend

Weekends: 14 & 15 Jan 10am – 4pm, 7 & 8 July 10am-4pm, £90

All the expressive mark-making typical of traditional etching without the use of harmful organic solvents. Hard ground, soft ground, aquatint, wash and semi-permeable grounds on offer. Plus an introduction to different ways of applying colour.

**For details: Lynn Bailey on 07855 206659 Email: [info@doubleelephant.org.uk](mailto:info@doubleelephant.org.uk) Website: [www.doubleelephant.org.uk](http://www.doubleelephant.org.uk)**

# EXTERNAL TUTORS AT EXETER PHOENIX

Please contact the appropriate tutor for further details on a class

## Relief Print Weekend

Weekends: 11 & 12 Feb 10am – 4pm, 11 & 12 Aug 10am – 4pm, £85

Lino cut offers a range of style possibilities from strong simple forms to sophisticated multi layered complexity. Come prepared to experiment with different methods of mark making and approaches to colour. The use of other materials such as card and wood can also be explored.

**For details: Lynn Bailey on 07855 206659 Email: [info@doubleelephant.org.uk](mailto:info@doubleelephant.org.uk) Website: [www.doubleelephant.org.uk](http://www.doubleelephant.org.uk)**

## Photo-Etching Day

Sat 25 Feb 10am - 4pm, Sat 25 Aug 10am - 4pm, £55

Explore ways of combining photographic, digital and drawn imagery. Designs are transferred from transparencies onto metal plate then printed the same way as etchings. An amazing variety of possibilities without the use of acids.

**For details: Lynn Bailey on 07855 206659 Email: [info@doubleelephant.org.uk](mailto:info@doubleelephant.org.uk) Website: [www.doubleelephant.org.uk](http://www.doubleelephant.org.uk)**

## Screenprint Weekend

10 & 11 Mar 10am – 4pm, £90

Techniques on offer range from simple cut paper stencils, to highly versatile and surprisingly easy photo stencils. Water based inks are quick drying and a pleasure to use.

**For details: Lynn Bailey on 07855 206659 Email: [info@doubleelephant.org.uk](mailto:info@doubleelephant.org.uk) Website: [www.doubleelephant.org.uk](http://www.doubleelephant.org.uk)**

## Writing for Publication

10 Mar 2 – 4pm, £8

Expert advice and tips on how to get your book or journalism published – approaching editors, how to get an agent, the editing process, finances.

**For details: Maria McCarthy on 07799527974 Email: [maria@mariamccarthy.co.uk](mailto:maria@mariamccarthy.co.uk) Website: [www.mariamccarthy2.blogspot.com](http://www.mariamccarthy2.blogspot.com)**

## Drypoint Day

Sat 24 Mar 10am-4pm, £55

A direct way of working on metal or Perspex plate. The process lends itself to lively, expressive mark making, using needles, roulettes, sandpapers and power tools.

**For details: Lynn Bailey on 07855 206659 Email: [info@doubleelephant.org.uk](mailto:info@doubleelephant.org.uk) Website: [www.doubleelephant.org.uk](http://www.doubleelephant.org.uk)**

