

SUMMER 2024

IPSWICH INSTITUTE



READING ROOM & LIBRARY

CAFÉ

COURSES

TALKS

DAY TRIPS

SATURDAY WORKSHOPS & MORE

DAY PROGRAMME



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BOOKINGS

DAYTIME COURSE BOOKING FROM:

Monday 25th

March 2024

from 9am

Booking for a course:

All bookings - sent by cheque, in person or made online - will be processed on Enrolment Day (25/03).

We are unable to take payments in advance.

Shop online: www.ipswichinstitute.org.uk

Send a cheque: payable to 'Ipswich Institute' with your name, address and chosen course details included.

In person: At the Library & Reading Room,
15 Tavern Street. Open Mon-Sat, 9AM-4PM

Booking for an evening course, talk, trip or a workshop:

These events are bookable now, on receipt of payment. Phone enquiries are welcome, however,

Please note that we are unable to take payments over the phone.

Membership is open to all and you can purchase a membership online or in person at the library and reading room front desk.

Terms & Conditions for course and event booking, which include our policy on cancellations and refunds are available on our website. Please ask at Reception if you require a paper copy.

SUMMER 2024 : DAY COURSES

LANGUAGES

Spanish (Intermediate) continued: Monday 9:30-11:00 (Marga Spilman)

For students of Spanish at B1-B2 level; the class is also conducted mainly in Spanish.

Spanish (Advanced) continued: Monday 11:30-13:00 (Marga Spilman)

This class is for students of Spanish at a B2-C1 level. The lessons are conducted all in the target language. This class offers the opportunity to converse and debate cultural and current affairs topics in a friendly environment.

Spanish (Improvers) continued: Monday 13:30-15:00 (Marga Spilman)

Level A2- This is a group that has been running for 4 years (they have covered most of the indicative tenses and a great deal of grammar).

Spanish (Beginners Year 2) continued: Tuesday 9:30-11:00 (Marga Spilman)

This course is for those with some previous knowledge of Spanish and those who may wish to reacquaint themselves with the language.

Spanish (Beginners) continued: Tuesday, 11:30-13:00 (Marga Spilman)

This course is aimed at beginners; it will cover the basics, such as introductions, food and drink, ordering at a bar or restaurant, hotel bookings, shopping and more; learning about Spanish and Latin-American culture along the way.

French (Improvers 1 -GCSE/'O' level equivalent) Continued: Wednesday 09:45-11:15 (Anne Pattison)

A friendly class ideal for those with some prior experience of French and those who may wish to reacquaint themselves with the language after a break. There will be an emphasis on enjoying learning through a mix of speaking, reading and writing activities. Textbook: Access 2

French (Beginners Year 2) continued: Wednesday 11:30-13:00 (Anne Pattison)

A friendly class for those with a little experience of French. There will be an emphasis on enjoying learning through a mix of speaking, reading and writing activities.

French (Improvers 2 -"A" level equivalent) Continued: Wednesday 13:45-15:15 (Anne Pattison)

A mix of speaking, listening, reading and writing activities around a book "L'étranger" by Camus in a relaxed and friendly atmosphere.

Culture française: 1st Wednesday of the month 10:00-12:00 (Carole Hood)

Our continuing, less formal sessions are for more advanced French language students given entirely in French. (10 monthly sessions, 1st Wednesday of the month, October 2023 - July 2024) Existing students need not re-enrol.

Café Français – Chez l'Amiral: 3rd Wednesday of the month, 10:00–12:00 (Carole Hood)

Our continuing, less formal sessions are for more advanced French language students given entirely in French. (10 monthly sessions, 3rd Wednesday of the month, September 2023 - July 2024). Existing students need not re-enrol.

Italian (Upper-Intermediate): Thursday 9:30-11:00 (Eleanor Dickson)

This course is for students who are confident when speaking Italian, but who wish to develop their flexibility and fluency through broadening their vocabulary and revising grammar. Conversation is an important part of the lessons. We follow the same textbook and literary text as the advanced class, but at a more relaxed pace.

Italian (Advanced): Thursday 11:15-12:45 (Eleanor Dickson)

This course is for students who are able to use Italian confidently in a wide range of contexts, and who have covered most aspects of Italian grammar. Conversation will be an important part of the lessons, but reading texts and listening exercises will also feature. There will also be a cultural element, as texts will be drawn from a variety of themes including Italian history, art, cuisine and geography. This term we will also be following a set text from contemporary Italian literature (usually an Italian A-level text).

Italian (Intermediate): Thursday 13:00-14:30 (Eleanor Dickson)

This course is for students who already have a good knowledge of Italian grammar and vocabulary, but whom seek further practice in order to gain confidence when applying it. Conversation will feature considerably in the lessons. We will study aspects of contemporary Italy, in addition to looking at elements of its rich history.

Italian (Beginners Year 3/Pre-Intermediate): Thursday 14:45-16:00 (Eleanor Dickson)

This course for students who have some prior experience in Italian, but who are keen to build on their language and be able to get by when visiting Italy. We will focus on speaking and listening, and also take a more in depth look at Italian grammar by studying a wider range of tenses and object pronouns.



German (Improvers): Thursday 9:30-11:00 (Steve Godfrey)

This is a course for those with some prior experience of German and who wish to build upon their existing knowledge to develop their conversational skills. There will be a variety of speaking, listening, reading and writing exercises. Textbook: *Willkommen 2*.

German (Advanced): Thursday 11:15-12:45 (Steve Godfrey)

This is a class for those who already have a good knowledge of German and its grammar and wish to develop their conversational skills to a high level. The class will mostly be taught in German. There will also be an opportunity to read some German literature.

German (Beginners Year 2): Friday 11:30-13:00 (Steve Godfrey)

This continuing course is designed to teach the basics of the German language. It is suitable for people with some prior knowledge. By the end of the course, you will be able to understand and use simple phrases to exchange basic personal information in German. This course will include an introduction to the German alphabet, basic rules of pronunciation, asking and answering simple questions. Textbook: *Willkommen 1*.

Latin (Intermediate) Continued: Thursday 11:30-13:00 (David Clare)

This is a class at 'post-GCSE' level for those who already have a good knowledge of Latin and wish to build upon their existing skills. Textbook: *Cambridge Latin Course, Book 5* (4th Edition).

Latin (Advanced): Thursday 14:00-15:30 (David Clare)

This continuing course is for those who have previously attended our Advanced course or have a similar experience or knowledge of Latin and wish to appreciate the canonical writers in the original. This year likely authors for study include Ovid, Tacitus and Juvenal.

Latin (Beginners) continued: Friday 9:30-11:00 (David Clare)

This continuing course takes a ground-up approach to reading Latin without the traditional dryness of a 'grammar first' method. It is aimed at those with some previous knowledge of Latin, but who consider themselves a little rusty on the particulars, or novices well acquainted with a Romance language. We are discovering how the Latin language is constructed and how to translate it. At the same time we will understand its importance to the English language – 60% of English is derived from Latin.

Textbook: *Cambridge Latin Course – Book 2*.

ART AND PHOTOGRAPHY



The Wonder of Watercolour: Tuesday, 10:00-12:00 (Steve Joyce)

We will explore a wide range of watercolour techniques, including different ways of applying, agitating and manipulating the media for different effects. We will cover drawing, colour theory, composition and many other aspects and ideas, with a new focus for each term. Suitable for all levels, there will be some set tasks for you to try out with extension suggestions for those more advanced.

Drawing Practice: Tuesday, 14:00-16:00 (Steve Joyce)

New for the summer term.

This short course - suitable for all levels - will introduce a wide range of drawing methods to help improve your observational skills, identify key visual elements to focus on or work with. You will explore a wide range of different techniques, styles and shading effects using varied marks and pencil grades. There will be options to work from objects or images provided, or you may bring your own. Just bring pencil and paper or a sketchbook to start with. Or you can use graphite, charcoal, crayons or other media such as pens. Some alternative pencil types will be provided to try out, or to purchase if you wish.

Life Drawing: Tuesday 13:30-15:30 (Blue King)

New for the summer term.

This 5 week course is suitable for all who are new to life drawing or who wish to develop and extend their observational drawing skills. You will use charcoal and pencil to investigate different approaches to drawing the human form. Easels and drawing boards provided. Please bring paper, charcoal and pencils.

Traditional Textiles: Tuesday, 14:00 – 16:00 (Margaret Holder)

This course will explore a range of textiles techniques, including, appliqué, smocking, patchwork & quilting, rag rug making, weaving, knitting and crochet, Suffolk puffs, Dorset buttons, Kantha, Sashiko and more. The course is suitable for anyone who wishes to practise a range of crafts to develop small projects or gift ideas. Full instructions and bring lists will be given at each session. There will be additional charges for materials and kits.

Just Acrylics: Wednesday 9:30-11:30 (Amy Drayson)

A creative and friendly class for those who would like to explore painting in acrylic. You will look at different aspects of painting and seek inspiration from various artists. The course aims to help beginners and improvers enjoy painting and gain confidence with acrylics.

Art for All: Wednesday 12:30-14:30 (Amy Drayson)

A class for beginners and improvers who like to experiment with a range of ideas and techniques. We will look at different artists' work and use their ideas as a springboard for our own. In the past students on this course have drawn, painted, printed, made assemblages, collages and more! Think of it as adventures in art. All welcome.

Develop your Photography skills: Friday, 10:00-12:00 (Tom Owens ARPS)

This short course will help you develop your basic photography skills by looking at the whole process of image capture and image processing to get the best out of your digital photographs. It will focus on control of the camera and how to develop images using Adobe Lightroom. Subject to weather conditions, some sessions will be outside in order to develop your field/urban skills.

You should have knowledge of basic digital camera control, have your own digital camera and ideally you will have access to Adobe Lightroom on a tablet, laptop, or desktop computer to enable you to put your image processing skills into practise. Adobe Lightroom plans start at approx. £10 a month and your tutor can help you chose the appropriate plan.

Suitable clothing is advisable for outdoor sessions, a tripod may also be useful. The ability to get to a given location by foot or vehicle is required.



Life Drawing: Friday 13:30-15:30 (Blue King)

This 10 week course is for those wishing to further develop and extend their drawing practise and observational skills in a focused and encouraging studio setting. Easels and drawing boards provided. Please bring paper, charcoal and pencils.

MUSIC



Ukulele (Beginners) continued: Monday, 11:00-13:00 (Tim Laming)

The ukulele is a hugely popular and enjoyable instrument to learn to play. This course is ideal for beginners. You will learn to play chords in rhythm, simple melodies in various styles and how to read and understand ukulele tablature. You will need your own ukulele to take part.

Ukulele (Year 2): Tuesday, 11:00-13:00 (Tim Laming)

This course is for those who have previously attended our ukulele beginners class or already have experience of the ukulele. You will need your own ukulele.

Ukulele (Improvers): Thursday, 11:00-13:00 (Tim Laming)

This course is for players with some experience of the ukulele. You will broaden your repertoire and proficiency in playing chords in rhythm, playing melodies and reading and understanding ukulele tablature. You will need your own ukulele.

Guitar (Beginners) continued: Tuesday 13:30-15:00 (Tim Laming)

This course is the beginners introduction to guitar, guitar tablature, and chord progressions covering all styles of music. The course will enable you to read and play simple tunes and strum open chords in rhythm. You will need an acoustic or classical guitar to take part.

Guitar (Year 2): Thursday, 13:30-15:30 (Tim Laming)

This course is ideal for those with some experience of the guitar. You will learn chords and simple melodies in various styles and how to read guitar tablature. You will need your own acoustic or Spanish guitar.

Guitar (Improvers): Friday 13:30-15:30 (Tim Laming)

This course is for the more experienced guitar improver. You will learn to read and understand guitar tablature, play chord progressions and play melodies in a variety of styles of music. You will need your own acoustic or Spanish guitar.

Birkbeck Singers: Wednesday 10:00-12:00 (Lindsey Blay)

The Birkbeck Singers are a mixed vocal group which sings contemporary pop, folk and songs from the light classical repertoire. Vocal craft and instruction in singing techniques to achieve an excellent sound is the focus of the sessions. The choir holds a concert each year in aid of a Suffolk charity and many singers enjoy socialising with summer walks and Christmas joviality.

Flute Ensemble: Wednesday 10:00-12:00 (Sylvia Fairley)

The flute ensemble is a relaxed but dedicated group. The repertoire is varied, from light to classical. As Sylvia makes most of the musical arrangements herself to suit the abilities of each player, the standard range is wide, and we welcome players from grade 3 to diploma level.

LITERATURE AND FILM



Literature

Pat Barker's *Regeneration* Trilogy, Thursday, 10:15-12:15 (Dr Stephen Palmer)

In an interview she gave about the trilogy, Pat Barker said that it 'is trying to tell something about the parts of war that don't get into the official accounts' / In the three books, *Regeneration* (1991), *The Eye in the Door* (1993) and *The Ghost Road* (1995), Barker depicts the impact of WW1 on individual and collective psyches, and in doing so takes us into those 'unofficial' worlds - amongst others, of the new science of psychoanalysis, of conscientious objection and of 'deviancy'. On this course, you will read the novels (in order) with your own eyes on the doors they open onto the lives and the society that form their subject.

Recommended edition: *The Regeneration Trilogy* (Penguin 2014,) ISBN: 024196914X

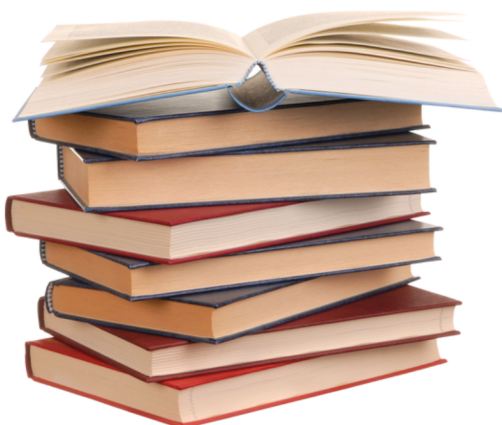
Borges: *Hunting the Other Tiger*, Thursday 13:15-15:15 (Dr Stephen Palmer)

In what is perhaps his best-known poem (in English, at least), the Argentinean writer Jorge Luis Borges tells of his endless (because doomed) quest to write into his poetry a tiger which will match that flesh and blood creature that 'paces the earth' of the forests on the other side of the world. That self-consciously impossible pursuit is emblematic of the work of Borges, wrestling as it does with the matter of the relationship - the troubling relationship - between reality and the symbols we use to represent it. On this course, you will enter into the world(s) that Borges creates in his stories (although that never seems quite the right word for them) and some of his poems and essays, in order to explore some aspects of that relationship as he presents therein.

Recommended editions: *Fictions* (Penguin 2000) ISBN: 0141183845 & *The Aleph* (Penguin 2000) ISBN:0141183837

Poetry Matters: 'In this Year...'. Friday, 10:15-12:15 (Janet Dann)

Seamus Heaney said: "There is one important thing to say about poetry: you don't need to know a lot of it to have value and meaning in your life. Two or three poems, even two or three bits of poems, known by heart and genuinely cherished, can stand everybody in good stead. Building on our discussions of creating anthologies, and continuing our practise of searching out poems to read and discuss with each other, this term our themes will be drawn from anniversaries falling 2024, from the first appearance of *Liquorice Allsorts* to the departure of a king, not forgetting 200 years of the Ipswich Institute!



Film

French Cinema in the 1930s: Friday, 13:30-15:30 (David Clare)

To round off our year we dip into the surreally subversive worlds of Buñuel, Dali and Vigo. While sound cinema was still finding its feet, the surrealist movement was offered an avenue into the expensive world of film-making by the Vicomte Charles de Noailles, the husband of a direct descendant of the Marquis de Sade! Bunuel and Dali who had fallen out since making the short and relatively low budget 'Un Chien Andalou', nevertheless assembled a scriptful of atrocities with which to 'épater les bourgeois', under the title 'L'Age d'or'.

Meanwhile Jean Vigo, another film maker on the fringes of the commercial cinema, found his way into film production via the short format, but was to die before reaching 30 after making his only feature-length film, 'L'Atalante', which twice appeared in Sight & Sound's top ten critics' poll. More often associated with Poetic Realism than Surrealism, the film nevertheless contains elements that distinguish it from conventional narrative cinema and questions the assumptions of the time. We shall be dissecting both these films, as well as glancing at the shorter ones, before concluding with full-length projections of the headline works.



PHILOSOPHY



Philosophy Hegel, *Phenomenology of Spirit*: Thursday, 14:00-16:00 (Dr Nicholas Joll)

This ten-week reading course treats Hegel's rich, strange, demanding and enormously influential *Phenomenology of Spirit* (1807). One might say that the book tries, by steps and in the imagination, to construct an entity capable of knowing. Topics include scepticism, science, desire, enlightenment and terror, ethics, art and religion.

Several editions are available. The Oxford/Miller edition is decent but two newer editions - (1) Oxford/Inwood and (2) Cambridge/Pinkard - might be better.

In the first week you will be provided with background and you will read the book's short 'introduction'. (Probably at no stage will we read Hegel's 'Preface').



	COURSE	TUTOR	TIME	WEEKS	DATES	HALF TERM	COST
MONDAY	Spanish (Intermediate) continued	Marga Spilman	09.30 - 11.00	8	22 April - 1 July	6, 27 May & 17 June	£51.50
	Fit For Life	Bona Gerrie	10.00-11.00	10	15 April - 1 July	6, 27 May	£49.00
	Ukelele (Beginners) continued	Tim Laming	11.00-13.00	10	15 April - 15 Jul	6, 27 May & 3, 10 June	£85.00
	Spanish (Advanced) continued	Marga Spilman	11.30-13.00	8	22 April - 1 July	6, 27 May & 17 June	£51.50
	Fit For Life	Bona Gerrie	11.30-12.30	10	15 April - 1 July	6, 27 May	£49.00
	Spanish (Improvers) continued	Marga Spilman	13.30-15.00	8	22 April - 1 July	6, 27 May & 17 June	£51.50
	Sit & Stay Fit	Bona Gerrie	14.00-15.00	10	15 April - 1 July	6, 27 May	£49.00
	Yoga for all Abilities	Sarah Moss	14.00-15.15	12	15 April - 15 July	6, 27 May	£71.00
TUESDAY	Spanish (Beginners Year 2) continued	Marga Spilman	09.30-11.00	9	23 April - 2 July	28 May & 18 June	£57.50
	Yoga for all abilities	Sarah Moss	10.00-11.15	13	16 April - 16 July	28 May	£77.00
	The Wonder of Watercolour	Steve Joyce	10.00-12.00	9	23 April - 25 June	28 May	£68.00
	Ukulele (Year 2)	Tim Laming	11.00-13.00	10	23 April - 16 July	28 May & 4, 11 June	£85.00
	Yoga for all abilities	Sarah Moss	11.30-12.45	13	16 April - 16 July	28 May	£77.00
	Spanish (Beginners) continued	Marga Spilman	11.30-13.00	9	23 April - 2 July	28 May & 18 June	£57.50
	Guitar (Beginners) continued	Tim Laming	13.00-15.30	10	23 April - 16 July	28 May & 4, 11 June	£85.00
	Drawing Practice	Steve Joyce	14.00-16.00	5	23 April - 21 May	N/A	£37.50
	Life Drawing	Blue King	13.30-15.30	5	11 June - 9 July	N/A	£65.00
	Traditional Textiles	Margaret Holder	14.00-16.00	10	23 April - 2 July	28 May	£75.00
WEDNESDAY	Just Acrylics	Amy Drayson	09.30-11.30	10	24 April - 3 July	29 May	£75.00
	French (Improvers GCSE/O Equivalent) continued	Anne Pattison	09.45-11.15	10	24 April - 3 July	29 May	£64.00
	Flute Ensemble	Sylvia Fairley	10.00 - 12.00	10	24 April - 3 July	29 May	£75.00
	Culture Française (1st Wed of the month except*)	Carole Hood	10.00-12.00	4	*24/4 1/5 5/6 3/7	N/A	Continued
	Café Français (3rd Wed of the month)	Carole Hood	10.00-12.00	4	17/4 15/5 19/6 17/7	N/A	Continued
	Birkbeck Singers	Lindsey Blay	10.00-12.00	10	24 April - 3 July	29 May	£75.00
	French (Beginners Year 2) continued	Anne Pattison	11.30-13.00	10	24 April - 3 July	29 May	£64.00
	Art For All	Amy Drayson	12.30-14.30	10	24 April - 3 July	29 May	£75.00

WEDNESDAY	Creative Writing (Alternate Wednesdays)	Peppy Barlow	13.30-15.30	6	24/4 8/5 22/5 5/6 19/6 3/7	N/A	£45.00
	French (Improvers 2 "A" Level Equivalent) cont.	Anne Pattison	13.45-15.15	10	24 April - 3 Jul	29 May	£64.00
	Current Issues in Economics	Paul Sutton Reeves	14.00-16.00	5	24 April - 22 May	N/A	£37.50
THURSDAY	Italian (Upper Intermediate)	Eleanor Dickson	09.30-11.00	10	25 April - 11 July	23, 30 May	£64.00
	German (Improvers)	Steve Godfrey	09.30-11.00	10	25 April - 4 July	30 May	£64.00
	Literature - Pat Barker's <i>Regeneration Trilogy</i>	Dr Stephen Palmer	10.15-12.15	10	25 April - 4 July	30 May	£75.00
	Ukulele (Improvers)	Tim Laming	11.00-13.00	10	25 April - 18 July	30 May & 6, 13 June	£85.00
	Italian (Advanced)	Eleanor Dickson	11.15-12.45	10	25 April - 11 July	23, 30 May	£64.00
	German (Advanced)	Steve Godfrey	11.15-12.45	10	25 April - 4 July	30 May	£64.00
	Latin (Intermediate)	David Clare	11.30-13.00	10	25 April - 4 July	30 May	£64.00
	Italian (Intermediate)	Eleanor Dickson	13.00-14.30	10	25 April - 11 July	23, 30 May	£64.00
	Literature - Borges <i>Hunting the Other Tiger</i>	Dr Stephen Palmer	13.15-15.15	10	25 April - 4 July	30 May	£75.00
	Guitar (Year 2)	Tim Laming	13.30-15.30	10	25 April - 18 July	30 May, & 6, 13 June	£85.00
	Latin (Advanced)	David Clare	14.00-15.30	10	25 April - 4 July	30 May	£64.00
	Philosophy - <i>Phenomenology of Spirit</i>	Dr Nicholas Joll	14.00-16.00	10	25 April - 4 July	30 May	£75.00
	Italian (Beginners Year 3)	Eleanor Dickson	14.45-16.00	10	25 April - 11 July	23, 30 May	£64.00
FRIDAY	Latin (Beginners) continued	David Clare	09.30-11.00	10	26 April - 5 July	31 May	£64.00
	Develop Your Photography Skills	Tom Owens	10.00 - 12.00	10	26 April - 5 July	31 May	£75.00
	Creative Writing (Alternate Fridays)	Sally Wilden	10.15 - 12.15	6	26/4 10/5 24/5 7/6 21/6 5/7	N/A	£45.00
	Poetry Matters - <i>In This Year</i>	Janet Dann	10.15 - 12.15	10	26 April - 5 July	31 May	£75.00
	Bridge (Beginners) continued	Tony Shearman	10.30-12.30	10	26 April - 5 July	31 May	£75.00
	German (Beginners Year 2)	Steve Godfrey	11.30-13.00	10	26 April - 5 July	31 May	£64.00
	Guitar (Improvers)	Tim Laming	13.30-15.30	10	26 April - 19 July	31 May & 7, 14 June	£85.00
	Life Drawing	Blue King	13.30-15.30	10	26 April - 5 July	31 May	£130.00
	French Cinema in the 1930s	David Clare	13.30-15.30	10	26 April - 5 July	31 May	£75.00
	Bridge Club	Tony Shearman	13.45-15.45	10	26 April - 5 July	31 May	£49.00
SATURDAY	Drama - <i>Act Your Age</i>	Scott Dolling	10.00 - 13.00	4	20 April - 11 May	N/A	£45.00

Terms & Conditions for course and event booking, which include our policy on cancellations and refunds are available on our website. Please ask at Reception if you require a paper copy.

CREATIVE WRITING AND DRAMA



Creative Writing: (Alternate Wednesdays) 13:30 – 15:30 (Peppy Barlow)

We all have stories to tell. It's how you tell them that matters. A course for anyone interested in writing at any level and in any style. The classes are informal and there is a lot of discussion. It is a place for exploring and developing your own talent with support and advice from the tutor. Most of the writing is done at home between classes.

Creative Writing: (Alternate Fridays), 10:15-12:15 (Sally Wilden)

Would you like to try your hand at different approaches to writing a short story? Each session of the course will explore a particular form of short story to discover the creative possibilities it can offer a writer. The aim is to provide a supportive and encouraging environment and offer feedback that helps the writer develop their work. The course will be six sessions at 2 weekly intervals. Writing will largely take place at home.

Act Your Age – Drama for Fun: Saturday, 10:00 - 13:00 (Scott Dolling)

Ever fancied trying a bit of acting but felt a little self-conscious?! This course will enable you to experience some basic concepts and try out some skills in a friendly environment. No previous experience is necessary – just enthusiasm and a sense of fun!

ECONOMICS



Current issues in Economics: Wednesday, 14:00-16:00 (Paul Sutton Reeves)

Economics may be considered as a social science and also as a branch of moral philosophy. On this highly flexible course you shall discuss, a different economic issue each week, investigating it's impact on the world around us. You will be provided with news articles and readings by leading economists and you will discuss these in class. We may consider some of the following: What proportion of our incomes should be taken as tax? How can we address the problem of water pollution? Should the railways be privately owned and operated? Has Brexit benefited Britain? Why does inflation matter? As a Development Economics graduate with over 30 years experience in economics education across a variety of colleges and schools, your tutor will provide you with theoretical and real-world context and facilitate the discussion.

FITNESS AND LEISURE



Fit for Life (Dance Fitness): Monday 10:00-11:00 & 11:30-12:30 (Bona Gerrie)

Dance Fitness is a fun and creative way to exercise using movement to music. These classes are designed to be suitable for older adults and those new to exercise. The course aims to improve your strength, balance and flexibility to do everyday tasks more easily, and maintain mobility and independence. The classes also contribute to cardiovascular fitness and improving coordination and rhythmic ability. There will be a variety of music used in the classes - particularly classic pop, and songs from musicals. You will be encouraged to work to your own ability, doing only what feels comfortable. I look forward to seeing you in class!

Sit and Stay Fit: Monday 14:00-15:00 (Bona Gerrie)

Sit & Stay Fit is a fun and creative way to exercise using movement to music whilst seated. These seated classes are designed to be suitable for older adults including those with medical conditions, limited mobility and impaired balance. Bona aims to improve your strength, balance and flexibility to do everyday tasks more easily, and maintain mobility and independence. There is a variety of music used in class particularly classic pop and songs from musicals. You will be encouraged to work to your own ability, doing only what feels comfortable. Please note that this course will take place on the ground floor.

Yoga For All: Monday 14:00-15.15 & Tuesday 10:00-11:15 & 11:30-12:45 (Sarah Moss)

I look forward to welcoming you to 'Gently into Yoga' for a total wellbeing of the mind, body and breath. I am a yoga teacher, trained for 4 years with The British Wheel of Yoga, with over 10 years experience. Yoga is for everyone so I make sure I offer many different levels into poses throughout the class. The class will include working with the breath, strengthening and flexibility for the body, mindfulness and a relaxation, all so important.

Bridge (Beginners) continued: Friday, 10:30-12:30 (Tony Shearman)

This continuing course is tailored to beginners, or those with little knowledge of the game. You will learn the processes, hand evaluation, simple bidding, what to look for in card play, and also how to play Mini-bridge, as an introduction to Bridge itself. It will provide you with the means to join the Institutes' own Club, or other Bridge Clubs of your choice.

Bridge Club: Friday, 13:45-15:45 (Tony Shearman)

The Institute's on-going club for experienced Bridge players.



DAY TALKS



Philosophy Lecture Mini-series: Three Female Philosophers: Weil; Murdoch; Foot

Dr Nicholas Joll

£6.50 each or £18 for all three

Each session comprises a fifty-minute lecture, a ten-minute break, and an hour of discussion.

Weil (1909-43), Murdoch (1919-99) and Foot (1920-2010) influenced each other but were (/are) philosophical outsiders and not just because female. What can they teach us?

Friday 10th May, 14:00-16.00, Weil

Weil was a philosopher, school teacher, activist, soldier, factory worker and mystic. We explore her ideas about value and love.

Friday 24th May, 14:00-16.00, Murdoch

We will explore Murdoch's ideas about perception, morality, art and love.

Friday 7th June, 14:00-16.00, Foot

The talk will concentrate upon Foot's naturalistic ethics of flourishing.



Behind the Curtains

Tuesday 14th May 10:00-12:00 John Adam Baker

£6.50

Come on a retro (pre-pandemic) 'virtual/audio' tour of the New Wolsey Theatre with John Adam Baker (who worked at NWT 2002-2020), commencing from the front of the theatre (foyer) and ending at the back (stage door). Intermediate areas covered on this 'descriptive version' of the tour include the Auditorium, Stage, Wings, Backstage, Traps, Dressing rooms, Green Room, Wardrobe, Admin, Marketing, Finance, Operations, Creative-Learning depts, Fly Floor and Sound and Lighting booth. Along the way, there will be a delve into some operational strategies, rehearsal's structure, Youtube videos, anecdotes, theatre superstitions, personal reflections, and opportunities for Q & A's.

WOOLVERSTONE: THE EVOLUTION OF A VILLAGE THOROUGH MAPS, PICTURES, PHOTOGRAPHS AND FILM

Wednesday, 29th May 13:30-15:30

Simon Pearce

£6.50



This talk will explore vintage maps of the village showing how the landscape changed over the period of stewardship under the Berners family. There will also be a huge selection of heritage pictures and photographs, many coming from private collections and not seen in public before.

The centrepiece is a section from a reel of cine film taken just before the Woolverstone Hall Estate was sold in 1937. It is a bit faded, a bit jerky but nevertheless a stunning piece of history. The film will take you on a tour around the Estate: the walled garden, the dairy, the formal gardens, Holbrook ponds, even a drive along the near 2-mile carriageway from Freston Lodge to St Michael's.

This is the last in a series to mark the 250th anniversary of William Berners purchasing the Woolverstone Park Estate on Friday 13th August 1773. It is not necessary to have attended previous talks to enjoy this one.



THE EARLIEST ENGLISH SHIP, BURIED IN THE 7TH CENTURY, REBUILT IN THE 21ST

Tuesday, 4th June 13:30-15:30

Richard Brice

£6.50

An Anglo-Saxon king's burial ship and treasure lay hidden underground. Dormant for over thirteen centuries in the Sutton Hoo royal burial ground, all that remained of the ship was a shadow of its former glory. The King's ship is being resurrected as a full-size replica in Woodbridge. When complete it will slip once more into the River Deben, reconnecting our Anglo-Saxon maritime heritage with a modern-day sense of discovery.

DAY TRIPS



LINCOLN'S INN

Wednesday, 29th May

Members £40

Non-members £50



The honourable Society of Lincoln's Inn is an unincorporated association of students, barristers and judges. It has been in continuous existence for over 600 years and located on the present site since at least 1422. Documents in the Archive date from 16th November 1228. Our visit includes a **Guided Tour** - which includes buildings from medieval times right up to building work completed in 2019 - and will give access to interior spaces, including the Great Hall, usually only available to members of the Inn.

NB. *We are limited to 40 participants on this trip. Please book early to avoid disappointment.*



DOWN HOUSE (Charles Darwin's House)

Monday, 10th June

Members £40

(English Heritage members £30)

Non-members £50

(English Heritage members £40)

Down House was Charles Darwin's family home. It holds a unique place in the history of science and evolution and is a site of outstanding international significance. Step into the rooms where Darwin worked and lived, including the study where he wrote *'On the Origin of Species'*, and trace his story with a fascinating exhibition about his life and work narrated by Sir David Attenborough. The House is surrounded by beautiful gardens that acted as Darwin's 'living laboratory' - see recreated experiments and discover how his observations helped him develop his ground breaking theories.

Leonardslee Gardens

Friday, 12th July

Members £45

(RHS members £35)

Non-members £55

(RHS members £45)



The magnificent Grade 1 listed Leonardslee Lake and Gardens recently reopened its doors after a closure of nine years, following the largest garden restoration in England. Enjoy peaceful walks through the 'Finest Woodland Gardens in England' which boasts rare trees and shrubs, an extraordinary range of wildlife - including foxes, rabbits, grey squirrels, badgers, weasels, stoats, voles, and a famous colony of wallabies.

Leonardslee is also a treasure trove of art. Sculptures transform the woodlands, as well as the Art Gallery within Leonardslee House where smaller-scale works are displayed.



HYDE HALL GARDENS & BETH CHATTO GARDENS

Wednesday, 21st August

Members £40 (RHS members £30)

Non-members £50 (RHS members £40)

On this trip we will visit two beautiful but very different Essex gardens. First stop will be Hyde Hall (RHS), set in a landscape of rolling hills with beautiful panoramic views, this vast garden was established from a handful of trees to become a jewel in the landscape that embraces superb ornamental horticulture, wild woodlands, majestic meadows and stylish gardens.

The second stop of this trip is Beth Chatto Gardens, In 1960 author, lecturer and award-winning plantswoman Beth Chatto OBE took an overgrown wasteland and transformed it using plants adapted by nature to thrive in difficult conditions. Right plant, right place! An inspirational, informal garden has developed, along with a world renowned plants centre.

SATURDAY WORKSHOPS



CREATIVE PRINTMAKING

Steve Joyce

Saturday 18th May

09:30-15:30

Members £40

Non-members £50

A printmaking workshop for beginners or improvers, exploring a variety of different techniques. There will be options for a variety of printmaking methods, using lino, mono-printing, stencils or textures, and also combinations can be explored. There will be an extensive range of examples to guide your creativity. You can arrive with nothing or bring along your own ideas and printmaking projects to further develop. Working with an A5 press, most materials will be provided in the price including, inks, papers etc. *Starter kit for lino cutting can be purchased £8.50 TBC and lino £3.50 TBC.*

ENGLISH PAPER PIECED PATCHWORK

Margaret Holder

Saturday 25th May

09:30-15:30

Members £40

Non-members £50

Using traditional patchwork techniques we will explore the hand piecing of regular and irregular shapes to create patchwork samples that you can use as a panel in another project, or as a wall hanging, cushion or tote. This workshop is suitable for beginners and those with more experience, a materials list will be provided prior to the session and basic materials may be available to purchase from the tutor on the day, for a nominal cost.

ABSTRACT APPLIQUÉ & QUILTING

Margaret Holder

Saturday 1st June

09:30-15:30

Members £40

Non-members £50

You will be guided through the design, production and completion of a sample or small wall hanging, using abstract appliqué shapes or the pieced patchwork sample if you attended the previous workshop. You will hand quilt, bind and finish your piece creating your own unique hanging. Suitable for beginners and those with more experience, a materials list will be provided prior to the session and basic materials may be available to purchase from the tutor on the day, for a nominal cost.

MEDITATION: SOOTHE YOUR SOUL

Hilli Thompson

Saturday 15th June
09:30-15:30

Members £40
Non-members £50

Meditation is an ancient tradition - perhaps needed even more today - which may help you to relax your body and clear your mind.

Hilli is an experienced teacher of Meditation and will offer you a variety of techniques to give you emotional and physical support for your daily round. The aim is to help you find a way of developing calm and stillness that you can use independently. For this session you should wear comfortable, warm clothes, you will mostly be sitting in chairs but are welcome to bring a cushion if you prefer.

MIXED MEDIA ART JOURNALS & SKETCHBOOKING

Margaret Holder

Saturday 22nd June
09:30-15:30

Members £40
Non-members £50

In this workshop you will learn how to make several sketchbooks into which you will explore a range of mark making and mixed media techniques including block, Gelli plate and transfer printing. You will be shown how to make and use stencils, templates, printing blocks, as well as found objects in your print works. This course is suitable for anyone with an interest in making and using sketchbooks and art journals. A materials list will be provided.



PAPERMAKING ONE

Saturday 29th June
09:30-15:30

Mary Crehan

Members £40
Non-members £50

On this workshop you will be joining a long chain of attempts to develop communications between people, which goes back to the use of tree bark in the first century and Egypt's stone carvings.

You will recycle the used papers of today and giving them a fresh use. Later, at the follow up workshop (27th July) you will have the opportunity to create something with your handmade paper.

Continued on next page...

SATURDAY WORKSHOPS

continued

PAPERMAKING ONE CONTINUED

Requirements -

Mary will be available at the Institute 25th June 10:30-12:00 to discuss equipment and where to purchase it, if required.

- Deckle and Mould. (2 rectangular frames, of the same size, one of which has a layer of net stretched across it).
- Two oblong trays to take the Deckle and Mould.
- Two pressing boards slightly larger than the Mould.
- Paper (Of quality like computer, envelopes, photocopier gives the best results) not newspapers.
- Roll of kitchen cloths

Pre workshop preparations -

- Making pulp: Tear paper into stamp sized pieces and pulp in a liquidiser.
- Roll into tennis sized balls.
- Dry and bring to the workshop.

PAPERMAKING TWO - CREATING WITH HANDMADE PAPER

Mary Crehan

Saturday 27th July
09:30-15:30

Members £40
Non-members £50

Now comes your chance to make something decorative or useful. Using the handmade paper you created in the previous session you will now create a piece to use, exhibit or enjoy!



MEMBERS INTEREST GROUPS

Small, friendly, informal groups for you to come along and join in:

- Happy Snappers (Photography): Monday, 10:00-12:30 (Alan Waters)
- Reading Group: 2nd Monday, monthly, 10:30-12:30 (Sue Scotchmere)
- Play Reading Group: Tuesday, 14:00-16:00 (Simon Lavington)
- Chess Group: Friday, 10:00-12:00



EVENING PROGRAMME

The Summer Term programme of evening classes is now available and includes a choice of Art, Languages, Art History, Guitar and more. Evening classes are open to all, with Institute Members receiving a discount on course fees. Further information may be found on our website, from the separate Evening Course leaflet, or by contacting the library desk.

01473 253992, email library@ipswichinstitute.org.uk



Ipswich Tourist
Guides Association

We are pleased to announce that Ipswich Tourist Guides are now commencing all their Guided Walks from the Institute - including their regular public walks. Public walks take place every Tuesday and Thursday from May - September - starting from the Institute at 14:00 - just £5 per person (no need to book).

Pick up a leaflet for more details.

THE CHART ROOM & PAGE'S CAFÉ



The Chart Room

Admiral's House,
13 Tower St.

Open Mon-Fri

9.00 - 15.45

Tel: 01473 253992,
extension 3



Page's Café

15 Tavern Street

Open Mon-Fri

9.00 - 14.30

Sat 9.00 - 13.30



Phone

01473 253992

E-mail

library@ipswichinstitute.org.uk

Website

www.ipswichinstitute.org.uk

Social media



Ipswich Institute

To complement our leisure learning our two cafés offer a wide variety of home made snacks, meals, hot and cold beverages as well as daily lunchtime specials and seasonal meals.