

Courses for Members

SUMMER 2026



**IPSWICH
INSTITUTE**

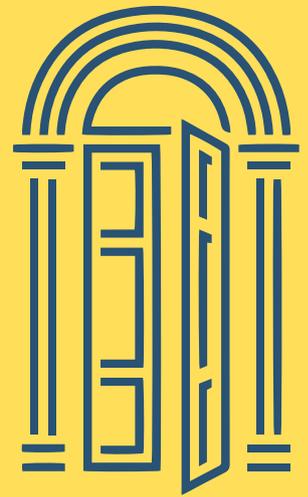
**Day
Programme**

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BOOKINGS

Enrolment - day course booking opens:
09:00, Tuesday 31st March 2026



How to book a daytime course - members only

- Online: www.ipswichinstitute.org.uk
- In person: visit the Library and Reading Room, 15 Tavern Street, open 09:00-16:00, Monday to Saturday.
- By post: send a cheque payable to 'Ipswich Institute', including your name, address and chosen course details.

All bookings, whether paid in person, by cheque or online, will be processed from 9am on Enrolment Day. Please note, places are randomly allocated in no particular order. We are unable to take payments in advance of Enrolment Day.

Talks, evening courses, trips and workshops - open to all

Talks, evening courses, trips and workshops are open for booking now, for both members and non-members. Places can be booked in person at the library or online through the Institute website. Please note, we are unable to take payments over the phone but telephone enquiries are welcome.

Membership is open to all and can be purchased online or in person at the library.

Terms and Conditions for course and event booking, including our policy on cancellations and refunds, are available on our website. Please ask in the library if you require a paper copy.

LANGUAGES

Spanish (Beginners continued): Monday 09:30-11:00 (Idoia Munoz-Lundy) (10 weeks) (£74.00)

This course is aimed at beginners and those with little previous knowledge of the language. You 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.

Spanish for Beginners (Year 2) : Tuesday 13:30-15:00 (Idoia Munoz-Lundy) (10 weeks) (£74.00)

This course is for those who previously attended our Beginners course or have some basic, previous knowledge of the language.

Spanish (Improvers): Monday 13:30-15:00 (Elisabeth Neal) (10 weeks) (£74.00)

This course is a follow on from our Beginners course and is suitable for those with some knowledge of the language.

Spanish (Intermediate): Monday 11:30-13:00 (Elisabeth Neal) (10 weeks) (£74.00)

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

Spanish (Advanced Conversation): Monday 11:30-13:00 (Idoia Munoz-Lundy) (10 weeks) (£74.00)

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

Italian (Pre-Intermediate): Thursday 14:45-16:00 (Giovanni Gravina) (10 weeks) (£61.00)

This course is 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.

Italian (Intermediate): Thursday 13:00-14:30 (Giovanni Gravina) (10 weeks) (£74.00)

This course is for students who already have a good knowledge of Italian grammar and vocabulary, but who 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 (Upper-Intermediate): Thursday 09:30-11:00 (Angela McGlennon) (10 weeks) (£74.00)

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 (Angela McGlennon) (10 weeks) (£74.00)

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 be a cultural element, with texts drawn from a variety of themes including Italian history, art, cuisine and geography, as well as a set text from contemporary Italian literature (usually an Italian A level set text).

French (Improvers): Wednesday 11:30-13:00 (Dominique Belkadi) (10 weeks) (£74.00)

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

French (Lower Intermediate) : Wednesday 09:45-11:15 (Dominique Belkadi) (10 weeks) (£74.00)

A friendly class ideal for those with some prior experience of French (GCSE/O level equivalent) and those who may perhaps wish to reacquaint themselves with the language after a break. There will be an emphasis on enjoying learning through a mix of speaking, reading, listening, and writing activities.

French (Improvers 2 – A level equivalent): Wednesday 13:30-15:00 (Carole Hood) (10 weeks) (£74.00)

A mix of speaking, listening, reading and writing activities around the book *Boule de Suif* by Guy de Maupassant, in a relaxed and friendly atmosphere. New book to be notified during the term.

Term Three Culture française: First Wednesday of the month 10:00-12:00 (Carole Hood)

These monthly sessions began in October 2025 and run through to July 2026; please speak to a member of staff if you would like to join mid-term (seven sessions remaining this term). Aimed at more advanced French language students, these sessions are given entirely in French in a relaxed and sharing atmosphere. We look at various sources from books, magazines, online or paper articles and podcasts, discussing aspects of French culture and society. Past examples include works from Jean Giono, Jean-Paul Sartre, even Marcel Proust, and topics such as gastronomie, the arts, languages etc. - suggestions welcome!

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

These monthly sessions began in September 2025 and run through to July 2026; please speak to a member of staff if you would like to join mid-term (seven sessions remaining this term). These are less formal sessions for more advanced French language students, given entirely in French in a relaxed and sharing atmosphere. We look at, and discuss, all matters of French culture, society, news and lifestyles, from printed or online sources, written or audio. We share our experiences of various subjects brought up depending on what we have come across. All ideas are welcome, as long as they are French!



German for Beginners (Term 3): Friday 09:30-11:00 (Steve Godfrey) (10 weeks) (£74.00)

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

German (Pre-Intermediate/Intermediate): Friday 11:15-12:45 (Steve Godfrey) (10 weeks) (£74.00)

This course is designed for students with a grasp of the basics of German, who wish to expand their knowledge and develop a better understanding of the language. The aim will be to use German confidently in a variety of everyday situations. Textbook: *German 1*, Tom Carty (Second Edition).

German (Upper-Intermediate): Thursday 09:30-11:00 (Steve Godfrey) (10 weeks) (£74.00)

This is a course for those with a good prior experience of German, who wish to build upon their existing knowledge. There will be a variety of speaking, listening, reading, writing and grammatical exercises, including looking at authentic materials drawn from a variety of sources. Textbook to be confirmed.

German (Advanced): Thursday 11:15-12:45 (Steve Godfrey) (10 weeks) (£74.00)

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

Latin for Beginners (Year 2): Thursday 09:30-11:00 (David Clare) (10 weeks) (£74.00)

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 little previous knowledge of Latin. We will discover 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 1* (Fourth Edition).

Latin (Improvers): Friday 9:30-11:00 (David Clare) (10 weeks) (£74.00)

Formerly Latin Beginners, this course is for those who have at least two years of Latin under their belts. We continue with a similar approach to Latin Beginners, enjoying the ability to read engaging stories via language gradually increasing in complexity. Students will have already met the present, imperfect, perfect and pluperfect tenses and all the cases of nouns.

Latin (Intermediate): Thursday 11:30-13:00 (David Clare) (10 weeks) (£74.00)

This course is designed for experienced (or once experienced!) enthusiasts of Latin, roughly equivalent to GCSE in difficulty. Each week we look at a piece of text prepared in advance and examine an aspect of grammar. There is no book required, at least to begin with.

Latin (Advanced): Thursday 14:00–15:30 (David Clare) (10 weeks) (£74.00)

As its name implies, this course is for those who have done an O level or higher equivalent. We alternate between prose and verse authors, but the essence is an enjoyment of 'real' Latin as it has come down to us. Each week we go through some prepared material and work on either a piece of unseen or prose translation, with top-ups in grammar where necessary. Textbook: *Ovid Amores Book I (selected poems)*.

ART

Creating Beautiful Art with Coloured Pencils and Graphite

Monday, 10:30-12:30 and 13:30-15:30 (Janie Pirie) (9 weeks) (£77.00)

If you've ever thought about creating, or had the desire to create, drawings and pictures of your own, then come and learn from an RHS gold medal winner. Janie Pirie, an expert in the use of coloured and graphite pencils, will show you how to use them to obtain amazing results. You can add embellishments of real gold too, if you wish, to create an illuminated letter. If your thoughts are for something simpler then using graphite only to draw a monotone piece of work can be just as satisfying. Whatever your choice, you will learn techniques that will open up a whole new world of art and creativity.

The Look of Looking - Drawing Ourselves and Others

Monday, 13:30-15:30 (Blue King) (10 weeks) (£120.00)

Using drawing, mark making, collage and a variety of media you will explore, observe and be fascinated by your own face – and others! Together we will create expressive self-portraits. Moving on from autobiographical drawing you will develop your experience of portraiture by making observational drawings of clothed models. Easels, drawing boards, paper, and basic drawing equipment of charcoal, pencils, and ink are provided.

The Wonder of Watercolour: Tuesday, 10:00-12:00 (Steve Joyce) (10 weeks) (£86.00)

We will explore a wide range of watercolour techniques and styles, 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.

NEW COURSE Creative Textiles - Slow Stitching

Tuesday, 14:00-16:00 (Margaret Holder) (5 weeks) (£43.00)

Explore the creative and mindful nature of hand stitching and making in this 5-week course. A beginner or experienced friendly course focusing on repair work, embroidery, Sashiko, and Kantha, as well as some traditional techniques such as Dorset buttons and our very own Suffolk Puffs. This course is suitable for anyone who wishes to practise a range of hand stitching techniques to develop small projects and gift ideas. Full instructions and bring lists will be given at each session. There will be a small charge for materials and kits.

NEW COURSE Introduction to Book Binding

Tuesday, 14:00-16:00 (Margaret Holder) (5 weeks) (£43.00)

We will explore basic bookbinding techniques for sketchbooks, journals or notebooks, including folding and stitching. We will encase our books in a range of decorative papers. This course is suitable for anyone who wishes to practise a range of traditional hand building book binding techniques that are suitable for further projects including photobooks, journals or gifts. Full instructions and bring lists will be given at each session. There will be a small charge for materials and kits.

Drawing Practice: Tuesday, 14:00-16:00 (Steve Joyce) (10 weeks) (£86.00)

This course will introduce a wide range of drawing methods to help improve your observational skills and identify key visual elements to focus on, or work with. We will explore a wide range of techniques, styles, and shading effects using varied marks and pencil grades, as well as investigating composition principles that relate to drawing in different ways. Each term has a different focus. 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.

Just Acrylics: Wednesday 09:30-11:30 (Amy Drayson) (10 weeks) (£86.00)

This course aims to help beginners and improvers enjoy painting and gain confidence with acrylics in a creative and friendly class. This term we will look at practical exercises for better painting, as well as time to work on your own painting project with one-to-one feedback. A suggested list of materials is available on request.

Art in the Afternoon: Wednesday 12:30-14:30 (Amy Drayson) (10 weeks) (£86.00)

A friendly class for beginners and improvers who would like to experiment with a range of materials, ideas and techniques. Inspired by the work of artists and makers, we will respond to different themes and projects, developing skills and ideas, and enriching our creativity. I like to think of it as adventures in art. All welcome.

Drawing from Life: Friday 13:30-15:30 (Blue King) (10 weeks) (£140.00)

Working with male and female, clothed and unclothed models we will have the opportunity to explore dynamic gestural poses with observational drawing. Using a variety of mediums we will make figurative drawings observing light and tone in a studio atmosphere. Suitable for beginners and practicing artists who want to work from the model. Please bring sketchbook, charcoal, eraser and a drawing board.

MUSIC

Birkbeck Singers: Wednesday 10:00-12:00 (Lindsey Blay) (10 weeks) (£86.00)

The Birkbeck Singers are a mixed vocal group which sings contemporary pop, folk and songs from the light classical repertoire. The sessions focus on vocal craft and instruction in singing techniques to achieve an excellent sound. 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) (10 weeks) (£86.00)

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

Guitar and Ukulele

If you are unsure of the best level for you, our guitar and ukulele tutor, Tim Laming, is happy for you to contact him to discuss: timlaming55@gmail.com or 07939 595826.

Guitar for Beginners (continued): Tuesday, 13:30-15:00 (Tim Laming) (10 weeks) (£95.00)

This course is for the complete beginner, or those with little experience in the guitar. You will learn chords, simple melodies, and how to read guitar tablature. You will need your own acoustic or Spanish guitar.

Guitar (Year 4): Thursday, 13:30-15:00 (Tim Laming) (10 weeks) (£95.00)

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

Guitar (Year 5): Friday, 13:30-15:00 (Tim Laming) (10 weeks) (£95.00)

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.

Ukulele for Beginners (continued): Tuesday, 11:00-12:30 (Tim Laming) (10 weeks) (£95.00)

This course is for the complete beginner, or those with little experience in the ukulele. You will learn chords, simple melodies, and how to read ukulele tablature. You will need your own ukulele.

Ukulele (Year 3): Monday, 11:00-12:30 (Tim Laming) (10 weeks) (£95.00)

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

Ukulele (Year 5): Thursday, 11:00-12:30 (Tim Laming) (10 weeks) (£95.00)

This course is for more experienced players. 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.

FILM

French Cinema in the 1950s: Friday, 13:30-15:30 (David Clare) (10 weeks) (£86.00)

Having crested for a term or so, the New Wave finally breaks upon us this term, with the year 1959 and its serial débuts from Truffaut, Godard and company. It's all in the new Linklater film, entitled '*Nouvelle Vague*', but in short a group of intellectuals writing for a cinema magazine finally decided to show their elders a thing or two and make their own first features.

We shall be looking in detail at Truffaut's *Les quatre cents coups*, Chabrol's *Les cousins* and Godard's *Breathless*, as well as sweeping up one or two also rans. Did it really change the future of film-making in France from then on?

LITERATURE

Shirley Jackson's *The Haunting of Hill House*

Tuesday, 10:30–12:30 (Andy Sievewright) (4 weeks) (£35.00)

This short course will explore Shirley Jackson's seminal work *The Haunting of Hill House*, a book that is not only "the best haunted-house story ever written" (Joanne Harris), but also an extraordinarily skilful and insightful exploration of the mind of a dislocated young woman, escaping from the constriction of her life into the "darkness within" the vile house on the hill.

In this short novel, Jackson explores themes of female identity, the use and abuse of social power, sexual repression, and the transformative power of the imagination. She creates a world whose messages are read on the house's walls and half-heard in the songs of childhood echoing through its shadowy rooms, a world that "seems sharper and clearer and weirder" (Carmen Maria Machado), as it pulls us in.

Pre-reading is recommended but not essential. Recommended edition: Penguin Modern Classics, 2009 (ISBN 978-0-141-19144-7).

The Modern American Short Story

Thursday, 10:15–12:15 (Dr Stephen Palmer) (10 weeks) (£86.00)

For this course, we will be reading from *The Penguin Book of the Modern American Short Story* (2021), which includes stories by such writers as Margaret Atwood, Ursula K Le Guin and Louise Erdrich.

Each week we will read and discuss a story from the collection (if possible, being led by at least some preferences expressed by the class), thinking about each story in itself and about what it might tell us - or lead us to believe - about the short story form as it has developed in the US over the last 50 years.

Edition: *The Penguin Book of the Modern American Short Story* (2021).

Two American Dystopias: *The Handmaid's Tale* (1985), by Margaret Atwood, and *The Road* (2006), by Cormac McCarthy. Thursday, 13:15–15:15 (Dr Stephen Palmer) (10 weeks) (£86.00)

These novels stand as two of the most important modern examples of the dystopian genre. Atwood's story, in particular, seems to rival such texts as *1984* and *Brave New World* in offering a vision of the world as it may well soon become (and possibly some kind of understanding of why it might become so).

McCarthy's novel, for its part, although perhaps less frequently referenced, may be seen as a variety of quest narrative set in the bleakest of post-apocalyptic landscapes. For all that bleakness, it is a story that moves me every time I read it, and I hope it will do the same for you - whether you have read it before or not.

Editions:

The Handmaid's Tale Margaret Atwood (1985) (Vintage) ISBN-10: 0099740915

The Road Cormac McCarthy (2006) (Picador) ISBN-10: 1035003791

POETRY

Poetry Matters: What's in a Word?

Thursday and Friday (repeated) 10:15-12:15 (Janet Dann) (10 weeks) (£86.00)

We all have a great deal to say about words: what they mean, how to pronounce them, where they come from, how to use them correctly. But how well do we listen to them?

Every week we listen to each other reading poems we have found, based on a series of themes. This term our themes will be the words themselves and the stories they have to tell about our language.

For the first session please bring in a poem not longer than 30 lines, from a published poet. Your first theme-word is *Hoard*.

SCIENCE AND PHILOSOPHY

NEW COURSE Climate Change

Wednesday, 10:30–12:30 (Ian Hawker) (10 weeks) (£86.00)

Climate change is one of the most important issues of our time, affecting temperatures, weather patterns, agriculture, water supply, sea level rise and loss of biodiversity.

In this 10-week course we will explore the causes of climate change, how to mitigate its impact on ourselves and our environment, and the strategies we can use to adapt to its effects.

Philosophy, course 1: Julian Baggini, *The Pig that Wants to be Eaten and 99 Other Thought Experiments*

Thursday, 14:00-16:00 (Dr Nicholas Joll) (5 weeks) (£43.00)

Granta has published the book in various editions – any will do. In week one we will discuss: the preface; thought experiments in general; the first experiment ('The evil demon'). Each subsequent week will treat two or three or four experiments.

Philosophy, course 2: Crawford, *The Case for Working with your Hands*

Thursday, 14:00–16:00 (Dr Nicholas Joll) (5 weeks) (£43.00)

The most recent UK edition is Penguin 2011. (There is an older edition by Vintage, and the book appeared first, with Penguin in the USA, as *Shop Class as Soulcraft*.) For the first of the sessions on this book, please read the introduction and chapter 1.

ROOM	COURSE	TUTOR	TIME	WKS	DATES	HALF TERM	COST
OR	Spanish (Beginners continued)	Idoia Munoz-Lundy	09:30-11:00	10	13th April - 29th June	4th & 25th May	£74.00
BI	Fit For Life (Dance Fitness)	Bona Gerrie	10:00-11:00	10	20th April - 6th July	4th & 25th May	£52.00
FG	Coloured Pencil Workshop	Janie Pirie	10:30-12:30	9	27th April - 6th July	4th & 25th May	£77.00
AC	Ukulele (Year 3)	Tim Laming	11:00-12:30	10	20th April - 6th July	4th & 25th May	£95.00
BI	Fit for Life (Dance Fitness)	Bona Gerrie	11:30-12:30	10	20th April - 6th July	4th & 25th May	£52.00
CO	Spanish (Advanced Conversation)	Idoia Munoz-Lundy	11:30-13:00	10	13th April - 29th June	4th & 25th May	£74.00
OR	Spanish (Intermediate)	Elisabeth Neal	11:30-13:00	10	20th April - 6th July	4th & 25th May	£74.00
OR	Spanish (Improvers)	Elisabeth Neal	13:30-15:00	10	20th April - 6th July	4th & 25th May	£74.00
FG	Coloured Pencil Workshop	Janie Pirie	13:30-15:30	9	27th April - 6th July	4th & 25th May	£77.00
AC	The Look of Looking: Drawing Portraits	Blue King	13:30-15:30	10	20th April - 6th July	4th & 25th May	£120.00
HA	Sit and Stay Fit	Bona Gerrie	14:00-15:00	10	20th April - 6th July	4th & 25th May	£52.00
BI	Yoga for All	Sarah Moss	14:00-15:15	12	13th April - 13th July	4th & 25th May	£75.00
BI	Yoga (Intermediate)	Sarah Moss	10:00-11:15	13	14th April - 14th July	26th May	£82.00
AC	The Wonder Of Watercolour	Steve Joyce	10:00-12:00	10	21st April - 30th June	26th May	£86.00
FG	Shirley Jackson: <i>The Haunting of Hill House</i>	Andy Stevewright	10:30-12:30	4	21st April - 12th May	N/A	£35.00
HA	History: Whose Christianity is it Anyway?	Victoria Clark	11:00-12:30	5	21st April - 19th May	N/A	£43.00
DU	Ukulele for Beginners	Tim Laming	11:00-12:30	10	21st April - 30th June	26th May	£95.00
BI	Yoga for All	Sarah Moss	11:30-12:45	13	14th April - 14th July	26th May	£82.00
OR	Spanish for Beginners (Year 2)	Idoia Munoz-Lundy	13:30-15:00	10	21st April - 30th June	26th May	£74.00
HA	History: Whose Christianity is it Anyway?	Victoria Clark	13:30-15:00	5	21st April - 19th May	N/A	£43.00
DU	Guitar for Beginners (continued)	Tim Laming	13:30-15:00	10	21st April - 30th June	26th May	£95.00
BI	NEW Creative Textiles: Slow Stitching	Margaret Holder	14:00-16:00	5	21st April - 19th May	N/A	£43.00
BI	NEW Creative Textiles: Book Binding	Margaret Holder	14:00-16:00	5	2nd June - 30th June	N/A	£43.00
AC	Drawing Practice	Steve Joyce	14:00-16:00	10	21st April - 30th June	26th May	£86.00
AC	Just Acrylics	Amy Drayson	09:30-11:30	10	22nd April - 1st July	27th May	£86.00
FG	French (Lower Intermediate)	Dominique Belkadi	09:45-11:15	10	22nd April - 1st July	27th May	£74.00
BI	Flute Ensemble	Sylvia Fairley	10:00-12:00	10	22nd April - 1st July	27th May	£86.00
HA	Birkbeck Singers	Lindsay Blay	10:00-12:00	10	22nd April - 1st July	27th May	£86.00

D	OR	NEW Climate Change	Ian Hawker	10:30-12:30	10	22nd April - 1st July	27th May	£86.00
A	FG	French (Improvers)	Dominique Belkadi	11:30-13:00	10	22nd April - 1st July	27th May	£74.00
Y	AC	Art In The Afternoon	Amy Drayson	12:30-14:30	10	22nd April - 1st July	27th May	£86.00
	FG	From the Gracchi to Augustus: The Fall of the Roman Republic	David Clare	13:30-15:30	10	22nd April - 1st July	27th May	£86.00
	OR	French (Improvers 2: A Level equivalent)	Carole Hood	13:30-15:00	10	22nd April - 1st July	27th May	£74.00
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	HA	Literature: The Modern American Short Story	Dr Stephen Palmer	10:15-12:15	10	23rd April - 2nd July	28th May	£86.00
	CO	Poetry Matters: What's in a Word?	Janet Dann	10:15-12:15	10	23rd April - 2nd July	28th May	£86.00
	DU	Ukulele (Year 5)	Tim Laming	11:00-12:30	10	23rd April - 2nd July	28th May	£95.00
T	OR	Italian (Advanced)	Angela McGlennon	11:15-12:45	10	23rd April - 2nd July	28th May	£74.00
H	BI	German (Advanced)	Steve Godfrey	11:15-12:45	10	23rd April - 2nd July	28th May	£74.00
U	FG	Latin (Intermediate)	David Clare	11:30-13:00	10	23rd April - 2nd July	28th May	£74.00
R	OR	Italian (Intermediate)	Giovanni Gravina	13:00-14:30	10	23rd April - 2nd July	28th May	£74.00
S	HA	Literature: Two American Dystopias	Dr Stephen Palmer	13:15-15:15	10	23rd April - 2nd July	28th May	£86.00
D	DU	Guitar (Year 4)	Tim Laming	13:30-15:00	10	23rd April - 2nd July	28th May	£95.00
A	FG	Latin (Advanced)	David Clare	14:00-15:30	10	23rd April - 2nd July	28th May	£74.00
Y	BI	Philosophy: Julian Baggini	Dr Nicholas Joll	14:00-16:00	5	23rd April - 21st May	N/A	£43.00
	BI	Philosophy: Matthew Crawford	Dr Nicholas Joll	14:00-16:00	5	4th June - 2nd July	N/A	£43.00
	OR	Italian (Pre-Intermediate)	Giovanni Gravina	14:45-16:00	10	23rd April - 2nd July	28th May	£61.00
	CO	Latin (Improvers)	David Clare	09:30-11:00	10	24th April - 3rd July	29th May	£74.00
	FG	German for Beginners (Term 3)	Steve Godfrey	09:30-11:00	10	24th April - 3rd July	29th May	£74.00
	BI	Improve Your Chess	Dagne Ciuksyte	10:00-12:00	10	24th April - 3rd July	29th May	£86.00
F	HA	Poetry Matters: What's in a Word?	Janet Dann	10:15-12:15	10	24th April - 3rd July	29th May	£86.00
R	FG	German (Pre-Intermediate/Intermediate)	Steve Godfrey	11:15-12:45	10	24th April - 3rd July	29th May	£74.00
I	DU	Guitar (Year 5)	Tim Laming	13:30-15:00	10	24th April - 3rd July	29th May	£95.00
D	HA	Drawing From Life	Blue King	13:30-15:30	10	24th April - 3rd July	29th May	£140.00
A	OR	French Cinema in the 1950s	David Clare	13:30-15:30	10	24th April - 3rd July	29th May	£86.00
Y	FG	Bridge Club	Tony Shearman	13:45-15:45	10	24th April - 3rd July	29th May	£62.00
	BI	Placemaking: Ipswich History Through the Eyes of an Urban Planner	John Field	14:00-15:30	7	1st May - 19th June	15th May	£52.00

HISTORY

Whose Christianity is it Anyway?

Tuesday, 11:00–12:30 and (repeated) 13:30–15:00 (Victoria Clark) (5 weeks) (£43.00)

Different peoples and cultures have interpreted Christianity in very different ways in different historical periods - so much so, they have often and lethally ended up completely ignoring Jesus' teachings.

This 5-week course will spotlight the most significant fractures, their causes and characters. We'll start in 11th century Constantinople and end with contemporary American evangelicalism, taking in Rome, Moscow, Wittenberg and London on the way.

NEW COURSE Placemaking: Ipswich History Through the Eyes of an Urban Planner

Friday, 14:00–15:30 (John Field) (7 weeks) (£52.00)

These illustrated sessions look at the history of Ipswich through its (often hidden and underrated) architectural treasures, from its Medieval wealth, through Victorian prosperity to the regeneration of the waterfront.

Along the way we will discover 'Placemaking', a term devised in the 1970s and used by Urban Planners, Architects and Landscape Designers to describe the aspiration of creating high quality public realm spaces. John is an Urban Planner and Landscape Architect with many years planning experience, including 26 years in Ipswich, and is a Fellow of the Royal Town Planning Institute.

From the Gracchi to Augustus: The Fall of the Roman Republic

Wednesday, 13:30–15:30 (David Clare) (10 weeks) (£86.00)

Please note, this course was previously offered in the summer term of 2023.

This course, which requires no special knowledge of the period, will look at the reasons why, after four hundred years, the Roman system of government by the patricians for the plebs collapsed into civil war, and the figures that led to Imperial rule: Marius, Sulla, Pompey... and Julius Caesar.

Each week we will look at a key stage in that process of erosion that turned the senatorial body into a fig leaf for autocracy, with extracts from the contemporary sources that have survived.



FITNESS COURSES AND LEISURE INTERESTS

Fit for Life (Dance Fitness): Monday, 10:00-11:00 and 11:30-12:30 (Bona Gerrie) (10 weeks) (£52.00)

Dance Fitness is a fun and creative way to exercise using movement to music. My classes are designed to be suitable for older adults and those new to exercise. I aim to improve your strength, balance and flexibility to do everyday tasks more easily, and maintain mobility and independence. My classes also contribute to cardiovascular fitness and improving coordination and rhythmic ability. I use a variety of music in my 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) (10 weeks) (£52.00)

Sit and Stay Fit is a fun and creative way to exercise using movement to music while seated. My seated classes are designed to be suitable for older adults including those with medical conditions, limited mobility, and impaired balance. I aim to improve your strength, balance and flexibility to do everyday tasks more easily, and maintain mobility and independence. I use a variety of music in my 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!

Yoga for All: Monday 14:00-15:15 (12 weeks) (£75.00) (Sarah Moss)

Yoga for All: Tuesday 11:30-12:45 (13 weeks) (£82.00) (Sarah Moss)

Yoga for Intermediate Level: Tuesday 10:00-11:15 (13 weeks) (£82.00) (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 four years with The British Wheel of Yoga, with more than 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. Bring your own mat if you have one.

Improve Your Chess: Friday, 10:00-12:00 (Dagne Ciuksyte) (10 weeks) (£86.00)

A course for all levels to deepen your understanding of the game. We will look into various openings to highlight the common strategy behind them. The middlegame play will seem easier once you see its connection with an opening. We will also work on calculation, tactical and planning skills to be more in control when playing our games. You will learn many clever ways to improve your chances to win. All you need to know to attend is the basic rules of chess and International Chess Master, Dagne Ciuksyte, will guide you from there.

Bridge Club: Friday, 13:45-15:45 (Tony Shearman) (10 weeks) (£62.00)

The Institute's ongoing club for experienced Bridge players.

DAY TALKS

Forgotten Female Philosophers, with Carol Bolyna

Wednesday 27th May, 13:30–15:30 (Hanson Room, Admiral's House)

Members £7.00 / Non-Members £10.00

This talk will focus on women philosophers who have been lost to history. We will look at women who have played an active part in shaping human thought throughout the ancient world, what the philosophy was and how it was viewed in late antiquity; does it continue to apply and what does it teach the modern world of today?

Norwegian Gold, with Robert Pearson

Friday 5th June, 10:00–12:00, (Birkbeck Room, Institute Library)

Members £7.00 / Non-Members £10.00

On 9th April 1940, Germany invaded neutral Norway. But as they marched in, fifty tons of Norwegian gold bullion was secretly being spirited away! The greatest gold snatch of the war had just begun.....

Feelings of Rebellion: 19th Century Black Americans in Ipswich, with Dr. Hannah-Rose Murray

Wednesday 10th June, 13:30–15:30 (Hanson Room, Admiral's House)

Members £7.00 / Non-Members £10.00

Join Dr. Hannah-Rose Murray (University of Suffolk) for a talk examining the story of Black American freedom fighters in 19th century Ipswich, and Suffolk more broadly. They campaigned against transatlantic racism, enslavement and oppression and one activist, Charles Freeman, even lectured at the Institute in 1850.

Polite manners through the ages, with Dr. Jenny Mayhew

Friday 24th July, 10:00–12:00 (Birkbeck Room, Institute Library)

Members £7.00 / Non-Members £10.00

Join Dr. Jenny Mayhew, author of the 'Bossy Little Books' blog, to explore the rules for polite behaviour given in old etiquette manuals. We'll discover how to dress, talk and behave well, according to the Victorians...

EARLY EVENING SHORT TALKS

The One And Only Marie Lloyd, Queen Of The Music Hall, with Evelyn Hewing

Wednesday 8th July, 17:00–18:00 (Institute Library)

Members £7.00 / Non-Members £8.00 *(including a soft drink)*

Beginning as a child singer in the rough pubs of the East End of London, Marie honed her skills to become a much-loved international star, famed for her risqué performances, while enduring three unhappy marriages and battling alcoholism. We'll be hearing some of her best known songs!

'Secrets and Spies' (How Nazi Spies Lost The Battle of Britain), with Graham Murchie

Wednesday 15th July, 17:00–18:00 (Institute Library)

Members £7.00 / Non-Members £8.00 *(including a soft drink)*

With increasing interest in the history of World War Two, so many intriguing stories are now coming to light. One is how Nazi Germany's spies failed to discover any worthwhile information about our radar systems – even sending a Zeppelin airship to travel up and down the east coast just four weeks before war was declared, to try and find out what the large steel transmitter masts were doing. This talk is a fascinating insight into spies and spying and how so much effort was directed at the radar stations which played such a vital role in the Battle of Britain.

35 minute talk with Q&A

SATURDAY WORKSHOPS

Qigong, mindfulness and meditation, with Sarah Moss

Saturday 25th April, 09:30-12:00 (Birkbeck Room, Institute Library)

Members £15.00 / Non-Members £20.00

Join Sarah, yoga teacher of 10+ years and Qigong practitioner for more than six years, for this movement practice, working with the breath - a cross between Yoga and Tai-chi.

The session will be a mixture of movement, seated and lying depending on your preference on the day. Please get in touch if you have any questions:

sarah_capon@hotmail.com



Healing Trauma workshop, with Bernadett Halaj

Saturday 9th May, 10:30-12:30

(Birkbeck Room, Institute Library)

Members £18.00 / Non Members £25.00

The body can self-repair and self-heal. Learn three strategies of Somatic Experiencing Methods, NLP (Neuro Linguistic Programming) and NLP-influenced Approaches, and Neurobiology-founded integrative and regulative exercises. Come along with your curiosity, to learn more about how the body, mind and soul are connected, and how best to take care of your wellbeing with the latest knowledge and understanding based on Neurobiology. Please bring a journal or notebook and a pen to write with, and dress comfortably for light exercise. To learn more about the workshop content please visit: www.bernadettthalaj.co.uk/workshop

Acrylics for All, with Steve Joyce

Saturday 16th May, 09:30-15:30 (Birkbeck Room, Institute Library)

Members £40.00 / Non-Members £50.00

This full day workshop gives beginners and improvers a chance to explore painting methods with acrylics. You will be introduced to various techniques and aspects of colour mixing, and anything more specific to your interests. Demonstrations and examples of the different methods will help guide you as you develop your skills. Bring your paints, brushes, palette, and a surface to paint on (paper, board or canvas).

Creative Printmaking for All, with Steve Joyce

Saturday 20th June, 09:30–15:30 (Birkbeck Room, Institute Library)

Members £45.00 / Non-Members £55.00

A full day printmaking workshop for beginners and improvers, exploring a variety of different printmaking methods, including lino, mono-printing, stencils or textures methods, or combinations. There will be an extensive range of examples to guide your creativity - arrive with nothing or bring along you own ideas and printmaking projects to further develop. Working with an A5 press, all materials will be provided in the price (lino cutters, inks, papers etc.), except lino sheets, which are £3.50 to pay on the day.

Improve your Chess (mini course), with Dagne Ciuksyte

Saturdays 6th, 13th, 27th June, and 4th July, 10:00–12:00

(Birkbeck Room, Institute Library)

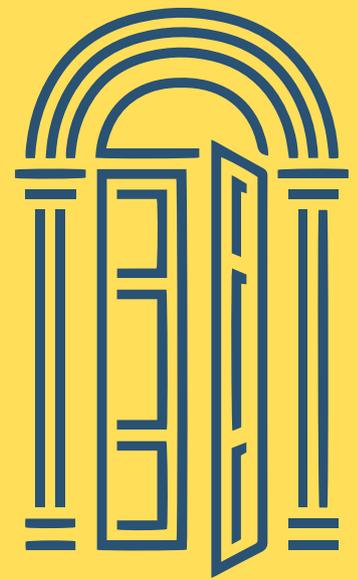
Members £40.00 / Non-Members £50.00

A friendly short course for all levels to deepen your understanding of the game. All you need to know to attend are the basic rules of chess, and International Chess Master, Dagne Ciuksyte, will guide you from there. We will look at various tactical, and planning skills to help you be more in control and to improve your chances of winning.

It's back! Join us for the...

INSTITUTE QUIZ NIGHT

A Fundraising Event



Thursday 2nd July 2026
Doors 18:30, Quiz starts 19:00

Come as a team of four, or as an individual to make up a team with other members and friends.

Tickets £10 per person

Available in person from the library, or via our website:
www.ipswichinstitute.org.uk

Licensed bar, free nibbles, and prizes to be won!



DAY TRIPS

Castle Acre and Oxburgh Hall, Norfolk (National Trust)

Wednesday 6th May

Institute Members: £35.00

Non Members: £45.00

(National Trust Members £10.00 off)

Our first stop is a short break to stretch our legs in the pretty and historic village of Castle Acre, with its twin ruins of Norman castle and 1,000 year old priory.

From here it is a short drive to Oxburgh Hall; an imposing, moated, brick manor house built by the Bedingfeld family in 1482 as a statement of power.

Oxburgh and the family have endured turbulent times through religious persecution, Civil War devastation, near dereliction and threatened demolition - a story of survival.



Rich art collections, dating from the Tudor period, and lavish 19th century wallpapers adorn the Gothic interior.

Outside, the gardens are a mixture of formal and wilderness, with the kitchen garden, orchard, and herbaceous border adding colour and seasonal interest.

Queen Elizabeth II: Her Life in Style Kings Gallery, Buckingham Palace

Tuesday 2nd June

Institute Members: £50.00

Non Members: £60.00

Discover the remarkable style of Britain's longest-reigning monarch through clothing worn in all 10 decades of her life - from birth to adulthood, princess to queen, off-duty to dressing for the world stage for momentous occasions in Britain's history.



Featuring around 200 items, including her wedding and Coronation dresses, this is the largest and most comprehensive exhibition of the late Queen's fashion, ever mounted. Explore never-before-seen design sketches, fabric samples and handwritten correspondence that reveal the process of dressing the most famous woman in the world, and that shed new light on the late Queen's close involvement in the creation of her wardrobe.

Wrest Park, Bedfordshire (English Heritage)

Thursday 9th July

Institute Members: £40.00

Non Members: £50.00

(English Heritage Members £10.00 off)

The house at Wrest Park is a 19th century mansion in the style of a French chateau, but it is the grand gardens that are its real glory.



Together, they tell a story of 300 years of garden design – much remodelled by Capability Brown in the 1750s. More than 90 acres showcase French, Dutch, Italian and English styles side-by-side.

Gems include an ornate marble fountain, the 18th century Bowling Green House, a Chinese temple and bridge, and more than 40 statues. The spectacular baroque Archer Pavilion, with its stunning interior, is the centrepiece of the whole site, and you can also visit the unfurnished but opulently decorated state rooms inside the mansion.

Sissinghurst, Kent (National Trust)

Wednesday 19th August

Institute Members: £45.00

Non Members: £55.00

(National Trust Members £15.00 off)

Historic, poetic, iconic: a refuge dedicated to beauty.

Writer, Vita Sackville-West and her diplomat/writer husband, Harold Nicolson, fell in love with Sissinghurst Castle and created their world-renowned garden in the early 1930s.



Designed as a series of 'rooms' with summer highlights including the Rose Garden, the White Garden, and the Soil Association accredited organic Vegetable Garden - bursting with fresh vegetables, herbs and fruit.

Enjoy The Tower (affording vast, panoramic views of the gardens, farm, and wider 450 acre estate) and The Library – home to exhibitions throughout the year.

MEMBERS INTEREST GROUPS

Small, friendly and informal groups to join in with:

- Happy Snappers (Photography): Monday, 10:00-12:15 (Jackie Grant)
- Reading Group: 2nd Monday of the month, 10:30-12:30 (Sue Scotchmere)
- Play Reading Group: Tuesday, 14:00-16:00 (Susie Copsey)
- Family History Group: Wednesday, 10:00-12:00 (Georgie Gartlan)
- Craft and Chat Club: 1st and 3rd Wednesday of the month, 10:30-12:00
- Chess Group: Friday, 10:00-12:00

NEW MEMBERSHIPS AND GIFT VOUCHERS

If you know someone who is interested in joining the Institute as a new member, why not bring them in for coffee and introduce them to one of the team so they can find out more? With the option of monthly direct debit payments, membership is now even easier to set up and enjoy straight away.

Ipswich Institute gift vouchers make an ideal present for tricky to buy for friends and family members - birthdays, Christmas, or how about a retirement gift?

They can be purchased in a variety of denominations and can be used in full or part payment for membership, purchases in The Chart Room and Pages Café, and for courses, talks and trips.

Please note, the purchase of a gift voucher is not a guarantee of a place on a course, talk or trip.





IPSWICH TOURIST GUIDES ASSOCIATION

The Ipswich Tourist Guides Association runs a range of guided walks within the borough of Ipswich throughout the year. Ipswich Institute is the home-base for the guides, but you do not have to be an Institute member to join a walk.

GUIDED WALKS

The summer season of guided walks commences in May, with walks taking place every Tuesday and Thursday until the end of September.

Walks start at 14:00 at Admiral's House, 13 Tower Street, and cost £6 per person.

Tickets can be purchased on the day or in advance, in person from the library or online from the Institute website: www.ipswichinstitute.org.uk/ipswichtourist

Walks cover a wide variety of themes. Full details are available on the Institute website, or the Ipswich Tourist Guides Association leaflet.

AFTERNOON TEA GUIDED WALKS

There are two remaining Afternoon Tea walks this season:

<p>10th April</p>	<p>Constable and his Contemporaries In his youth, John Constable was inspired by the Suffolk landscape. He was a regular visitor to Ipswich and sketched with local artists. Catch a glimpse of the town and people he knew, and learn how later painters were influenced by his work.</p>
<p>23rd April</p>	<p>Right Royal Relations Ipswich has been home to an Anglo Saxon King and a Dowager Queen of France. We've also received visits from Prince Albert, both Queen Elizabeths, and a host of other royals, both British and foreign. On this walk we can follow in their footsteps and hear how they got on in our town!</p>

Afternoon Tea walks commence at Admiral's House at 13:30, and finish back at The Chart Room for tea and cake. Tickets cost £12.00, including refreshments.

GROUP BOOKINGS

Private bookings for group guided walks are very welcome, whether for family, a club or colleagues. Choose from a variety of topics, or suggest your own! To enquire or book, complete and return the group booking form on the website:

www.ipswichinstitute.org.uk/ipswichtourist

Please note, a deposit will be required to secure the booking.

GIFT VOUCHERS

Gift vouchers for guided walks or Afternoon Tea walks are available to purchase online through the Ipswich Institute website, or in person in the library. Vouchers may be used as full or part payment for walks and are valid for 12 months from the date of issue.

Please note, vouchers do not guarantee a place on a specific walk.

THE CHART ROOM & PAGE'S CAFÉ



Page's Café

The Library,
15 Tavern Street

Mon-Fri: 09:00-14:30

Sat: 09:00-13:30

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

The Chart Room

Admiral's House,
13 Tower Street

Mon-Fri: 09:00-15:45

Tel: 01473 253992, ext. 3



Phone

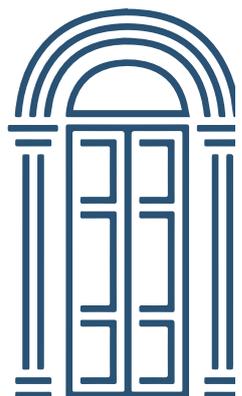
01473 253992

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