

DAY TRIPS AND WORKSHOPS OPEN TO ALL

Welcome to the Ipswich Institute! We run a wide range of evening courses, talks, trips and workshops which are open to all, both Institute members and non-members - an ideal way to discover who we are and what we do.

For more information, visit www.ipswichinstitute.org.uk or call in to the library at 15 Tavern Street, Ipswich, IP1 3AA

Saturday Workshops

Qigong, Mindfulness and Meditation, with Sarah Moss

25th April 09:30-12:00

Members £15 / Non-Members £20

Healing Trauma workshop, with Bernadett Halaj

9th May, 10:30-12:30

Members £18 / Non-Members £25

Acrylics for All, with Steve Joyce

16th May, 09:30-15:30

Members £40 / Non-Members £50

Creative Printmaking for All, with Steve Joyce

20th June, 09:30-15:30

Members £45 / Non-Members £55

Improve Your Chess mini-course, with Dagne Ciuksyte

6th, 13th, 27th June, and 4th July 10:00-12.00

Members £40 / Non-Members £50

Day Trips

Price includes coach travel and entry.

Castle Acre and Oxburgh Hall, Norfolk

Wednesday 6th May

Members £35 / Non-Members £45

(National Trust members £10 off)

Queen Elizabeth II: Her Life in Style, Buckingham Palace

Tuesday 2nd June

Members £50 / Non-Members £60

Wrest Park, Bedfordshire

Thursday 9th July

Members £40 / Non-Members £50

(English Heritage members £10 off)

Sissinghurst, Kent

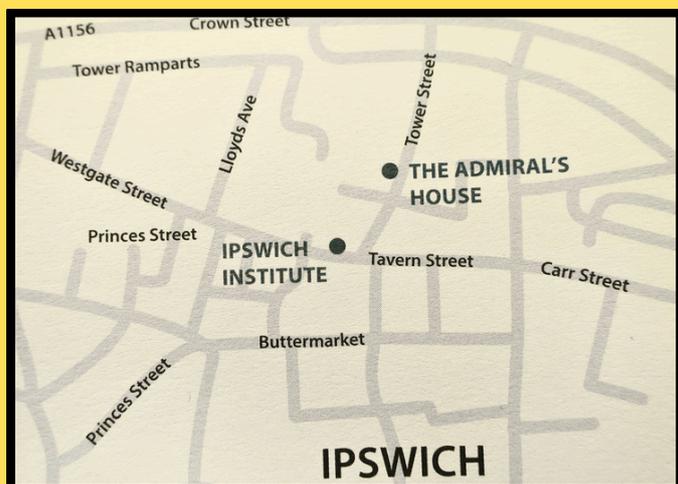
Wednesday 19th August

Members £45 / Non-Members £55

(National Trust members £15 off)

BECOME A MEMBER

Ipswich Institute membership is open to all. Benefits include: access to the Library and Reading Room with fiction, non-fiction and audiobooks for loan, as well as local and national newspapers and periodicals; access to two members cafés; access to a programme of daytime courses; discounted rates for evening programme courses, talks, workshops and trips. More information about membership can be found on our website: www.ipswichinstitute.org.uk



GET IN TOUCH

PHONE

☎ 01473 253992

ADDRESS

📍 Admiral's House, 15 Tower Street IP1 3BE

EMAIL

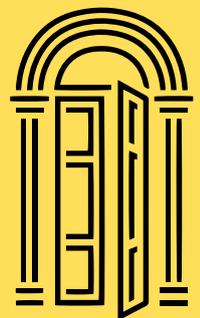
@ library@ipswichinstitute.org.uk

WEBSITE

www.ipswichinstitute.org.uk

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.

SUMMER 2026



DISCOVER IPSWICH INSTITUTE

Talks, courses, trips and workshops open to all

WWW.IPSWICHINSTITUTE.ORG.UK

Evening Courses

* To be eligible for the concessionary fee you must be in receipt of means tested benefit or tax credit, or be under 20 and in full-time education.

Adventures in Artland

Monday 18:30-20:30

A fun, practical course for those wishing to further their journey through art, or rekindle a long dormant artistic yearning. This series of interlinked lessons uses a diverse range of art works, styles and mediums to awaken your inner creativity, giving you permission to experiment with your own ideas. Please bring an open mind, sketchbook, pens and pencils to the first lesson.

Tutor: Amy Drayson

Duration: 10 weeks

Dates: 20th Apr - 6th Jul (excl. 4th & 25th May)

Cost: £86 (members), £125 (non-members), £97.00 (concessions*)

Ukulele for Beginners

Monday 18:30-20:00

The ukulele is a hugely popular and enjoyable instrument to learn to play. This course is ideal for complete beginners; learn to play chords in rhythm, simple melodies in various styles, and to read and understand ukulele tablature. You will need to bring a ukulele. If you are unsure of the best level for you, Tim is happy to be contacted: 07939 595826 / timlaming55@gmail.com

Tutor: Tim Laming

Duration: 10 weeks

Dates: 20th Apr - 6th Jul (excl. 4th & 25th May)

Cost: £95 (members), £135 (non-members), £105 (concessions*)

Watercolours for All

Tuesday 18:30-20:30

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 the more advanced.

Tutor: Steve Joyce

Duration: 10 weeks

Dates: 21st Apr - 30th June (excl. 26th May)

Cost: £86 (members), £125 (non-members), £97 (concessions*)

Italian for Improvers

Monday 18:30-20:30

Following on from last year's beginners course, these sessions are aimed at those with some basic experience in Italian. We will focus on speaking, listening and studying the phrases and vocabulary one might encounter as a visitor to Italy. The topics covered are mainly practical e.g. introducing oneself, eating out, shopping, directions and sightseeing.

Tutor: Giovanni Gravina

Duration: 10 weeks

Dates: 20th Apr - 6th Jul (excl. 4th & 25th May)

Cost: £86 (members), £125 (non-members), £97.00 (concessions*)

Yoga for All

Tuesday 17:15-18:30

Sarah, a yoga teacher, trained for four years with The British Wheel of Yoga, and with more than 10 years experience, welcomes you to 'Gently into Yoga', for a total wellbeing of the mind, body and breath. Yoga is for everyone, so many different levels into poses are offered throughout the class. The class includes working with the breath, strengthening and flexibility for the body, mindfulness, and a relaxation, all so important.

Tutor: Sarah Moss

Duration: 10 weeks

Dates: 21st Apr - 30th June (excl. 26th May)

Cost: £63 (members), £90 (non-members), £75 (concessions*)

Worlds Written in Stone:

Archaeology, History and Cultures of Mexico

Tuesday 18:30-20:30

This course will explore the ancient Native civilizations of Mexico, including the Aztecs and Incas, by focussing on the pyramids, stone art and imagery of the region, including those you can visit on any trip to Mexico. Michele was a university professor of Mexican History in the USA and has extensive experience travelling amongst the ancient ruins in Mexico.

Tutor: Michele Stephens

Duration: 10 weeks

Dates: 21st Apr - 30th June (excl. 26th May)

Cost: £86 (members), £125 (non-members), £97 (concessions*)

French Conversation

Monday 18:30-20:30

This course is for more advanced French language students and will be given entirely in French, in a relaxed and sharing atmosphere. The emphasis will be on conversation and discussion, giving students the opportunity to practice and improve their spoken French skills in a friendly, informal environment.

Tutor: Sandrine Baigue

Duration: 10 weeks

Dates: 20th Apr - 6th Jul (excl. 4th & 25th May)

Cost: £86 (members), £125 (non-members), £97.00 (concessions*)

Italian Intermediate

Tuesday 18:30-20:30

This is a continuing course aimed at students with a basic knowledge of the Italian language. We will cover the four skills - speaking, listening, writing and reading, including grammatical structures.

The main emphasis will be on Italian for communication, allowing students to express themselves in the target language in situations they may experience in real life. As the course is taught by a native Italian speaker, there will be opportunities for cultural insights.

Textbook: *Italian 1* Murtas, Varchetta & Benneti, Palgrave Foundations (2nd Edition).

Tutor: Gabriele Allegro

Duration: 10 weeks

Dates: 21st Apr - 30th June (excl. 26th May)

Cost: £86 (members), £125 (non-members), £97 (concessions*)

Guitar for Beginners

Tuesday 18:30-20:00

This is an introduction to the 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. If you are unsure of the best level for you, Tim is happy to be contacted: 07939 595826 / timlaming55@gmail.com

Tutor: Tim Laming

Duration: 10 weeks

Dates: 21st Apr - 30th June (excl. 26th May)

Cost: £95 (members), £135 (non-members), £105 (concessions*)

Early Evening Short Talks

Members £7 / Non-Members £8

Price includes a soft drink.

The One and Only Marie Lloyd, Queen of the Musical Hall - Evelyn Hewing

17:00-18:00, Wednesday 8th July

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

17:00-18:00, Wednesday 15th July

Day Talks

Members £7 / Non-Members £10

Forgotten Female Philosophers - Carol Bolyna

13:30-15:30, Wednesday 27th May

Norwegian Gold - Robert Pearson

10:00-12:00, Friday 5th June

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

13:30-15:30, Wednesday 10th June

Polite Manners through the Ages - Dr. Jenny Mayhew

10:00-12:00, Friday 24th July



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!

Registered charity: 304772