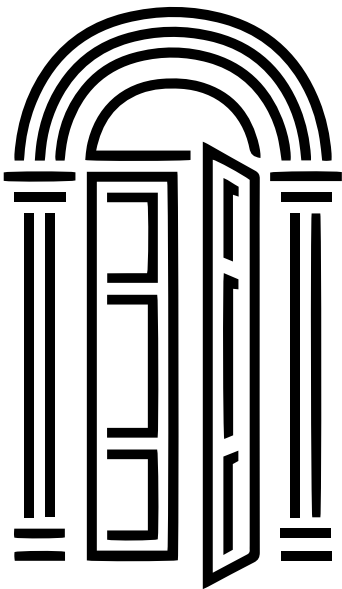




AUGUST AT THE INSTITUTE



SUMMER SESSIONS
OPEN TO ALL

**Enjoy a taste of life at
the Institute**

**Open to all - members and
non-members alike**

www.ipswichinstitute.org.uk



BOOKINGS

All talks, workshops, events and walks are available to book now.

Book in person at the library,
or online via our website:
www.ipswichinstitute.org.uk/august

Ipswich Institute members are eligible for a lower price for all events.

For more information about becoming a member, speak to one of the team or visit our website:
www.ipswichinstitute.org.uk/join



SUMMER SESSIONS

Enjoy a taste of life at the Institute with a month of special talks, workshops, guided walks and more, led by Institute tutors and guest speakers.

Our summer sessions are open to all - members and non-members alike.

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Please note, the 'G' symbol indicates that we intend to hold the event on the ground floor, although this is subject to change.

www.ipswichinstitute.org.uk/august

Inheritance Disputes: A History of Fakes, Frauds and Forgers, with James Thelusson

Members £7.00 / Non-members £10.00

Monday 3rd August (13:30-15:00) - Hanson Room, Admiral's House

Inheritance fraud is on the rise. Not just crooked individuals working alone but criminal gangs targeting the enormous sums of money which will be inherited as the Baby Boomer generation dies. This talk looks at the history of inheritance disputes, fake heirs, forged wills and family disputes from the 13th century – from King Alfred's cursed will, corrupt monks, and accusations of witchcraft, to an Australian butcher who pretended to be the long-lost Baron Titchborne. The talk ends with a look at current trends in inheritance fraud and the struggles of the police to catch and prosecute criminal gangs.

G

Chess: My Journey as a Professional Player and Coach, with Dagne Ciuksyte

Members £7.00 / Non-members £10.00

Monday 3rd August (13:30-15:30) - Birkbeck Room, Reading Room and Library

Dagne Ciuksyte has played chess competitively since the age of seven and has been a professional Player and Coach for more than 30 years. She has represented both Lithuania and England on an international level, competing in some of the biggest tournaments in the world, including the Women's Chess Olympiads and Women's World Championship. In this illustrated talk, Dagne shares her journey from professional player to her role today coaching and promoting chess, sharing memorable episodes from her career - some eye-opening, some embarrassing! There will be time for Q&As.

A Picture of War, with Robert Pearson

Members £7.00 / Non-members £10.00

Tuesday 4th August (10:00-12:00) - Hanson Room, Admiral's House

Second World War artists and photographers were commissioned to create a visual record of battle, as well as life on the Home Front - where magazine artists, and even firemen, sketched and painted life during the Blitz. This is their story. This fully illustrated talk will include a range of Second World War photos, artwork and magazines.

G

Events and Celebrations at Shrubland Hall 1840-1860, with Victoria Clark

Members £7.00 / Non-members £10.00

Tuesday 4th August (13:30-15:30) - Hanson Room, Admiral's House

The wealthy and affable mid-19th century master of Shrubland Hall, just north of Ipswich, used his splendid country estate for lavish hospitality, as well as charity gatherings and visits by eminent personalities of his day. This talk will examine some of these occasions with the aid of newspaper reports, letters and diaries.

G

Paul Withypoll – His Triptych and Life, with Annie Shead

Members £7.00 / Non-members £10.00

Wednesday 5th August (10:30-12:00) - Hanson Room, Admiral's House

An illustrated talk on the life of Paul Withypoll and his triptych, now housed in the Bristol Museum and Art Gallery. Withypoll was a man of great wealth, a contemporary of Wolsey and Cromwell, who purchased the land on which Christchurch Mansion now stands. He was also Governor of the Merchant Taylors in London, the Merchant Adventurers in Antwerp, an Alderman of the City of London and a Member of Parliament.

G

Guernica by Picasso, with Mike Baldry**Members £7.00 / Non-members £10.00****Wednesday 5th August (13:30-15:30) - Hanson Room, Admiral's House**

The 1937 painting *Guernica* by the Spanish artist Picasso is the most important history image of the 20th century. The artist certainly meant this work to be a great public statement about the horrors of war, when the Spanish town of Guernica was destroyed by German aircraft in support of the nationalist army of General Franco. Yet some of the symbolic meaning of the painting remains a mystery. This session will examine the meaning in depth, in an attempt to solve the mysteries of this monumental work.

G

A History of Coffee, with Chris Shepherd**Members £7.00 / Non-members £10.00****Monday 10th August (13:30-15:30) - Hanson Room, Admiral's House**

This presentation tells the tale of how the world traversed nearly twelve centuries, from days before coffee to the present time where, in home and on the high street, over two billion cups of coffee are consumed every day. Its cast of unlikely characters includes Ethiopians, Ottomans, merchants, mariners, inventors and Vikings, with plenty of surprises along the way.

G

Murderous Kith and Kin, with James Thelusson**Members £7.00 / Non-members £10.00****Tuesday 11th August (11:00-12:30) - Orwell Room, Admiral's House**

Ever since Cain and Abel, men and women have murdered their own family members to gain an inheritance, a title or a life insurance payout. This talk looks at some of the most famous cases in British history from the Middle Ages to the current day, such as that of Thomas Arden, which became a sell-out Elizabethan play; Mary Blandy's poisoning of her father, which disgusted the Georgian patriarchy; and Sidney Fox, who burnt his mother in a Margate hotel for a pittance, through to the 21st century case of the Earl of Shaftesbury, who was strangled by his third wife's brother. Discover how divorce, drugs, debt and sibling rivalry cause family feuds to spiral out of control and inspire the most despicable of crimes.

Queen Sofia of Greece - A Canary in the Mine? with Victoria Clark**Members £7.00 / Non-members £10.00****Tuesday 11th August (13:30-15:30) - Hanson Room, Admiral's House**

A granddaughter of Queen Victoria and younger sister of Kaiser William II of Germany, Sophie found herself uncomfortably perched on a precarious Balkan throne at the turn of the last century. Her little-known life-story provides a sad foretaste of the collapse of monarchies and empires during and after the First World War.

G

The Secret Life of Swifts, with Simon Hooton**Members £5.00 / Non-members £7.00****Wednesday 12th August (10:30-11:30) - Birkbeck Room, Reading Room and Library**

An exploration of the life of swifts. They only spend 12 weeks of the year with us, yet for many people they are the sight and sound of summer. These birds are, however, under threat and this illustrated talk will include how we can enjoy them and play our part in their conservation.

Moonlight Crusaders, with Paul Smiddy

Members £7.00 / Non-members £10.00

Wednesday 12th August (11:00-13:00) - Hanson Room, Admiral's House

The story of the RAF Special Duties squadron that was formed to fly spies, saboteurs, and senior politicians in and out of Occupied France. Encompassing the development of their aircraft - the Lysander - and the political machinations in Whitehall and RAF circles that impeded them. A brief overview of the French Resistance and de Gaulle's behaviour. Who were the pilots, how did they train, what challenges did they face, and why were they so successful?

G

The Beat of the Ipswich Streets, with Borin Van Loon

Members £7.00 / Non-members £10.00

Wednesday 12th August (13:30-15:30) - Birkbeck Room, Reading Room and Library

This copiously illustrated talk explores signs on houses and streets, and lettering carved into buildings and cast into metal at ground level, which sheds a light on the history of the locations of Ipswich. We live in a place full of stories and many people don't read what is above their heads or beneath their feet. Artisans, residents, noblemen and civic authorities have left their (often obscure) marks and signs on the town's streets and they reveal a rich and quirky history. Borin Van Loon's Ipswich Historic Lettering website has been running for 23 years. It has hundreds of pages and thousands of images and has become a resource for the history of Ipswich: the oldest, continuous settlement in the country; the first Anglo-Saxon town.

Traditional English Leatherwork, with Mark Papworth

Members £7.00 / Non-members £10.00

Wednesday 12th August (13:30-15:30) - Hanson Room, Admiral's House

Explore the tools, materials and techniques associated with hand-stitched leatherwork. This is an interactive talk where you are encouraged to ask questions and watch the various techniques being demonstrated. When asked, I explain that I am a Suffolk-based traditional English leather worker. The tools, materials and techniques I use can be traced back hundreds, and in some cases, thousands of years. Hand stitching is at the heart of all I do - I don't own a sewing machine!

G

Grigory Rasputin: Russia at a Crossroads, with Chris Shepherd

Members £7.00 / Non-members £10.00

Thursday 13th August (10:00-12:00) - Hanson Room, Admiral's House

Rasputin was a Marmite figure among his contemporaries - they loved (in some cases, idolised) the man or were outraged and disgusted by him. So how did this semi-literate peasant from the middle-of-nowhere become a revered and influential friend of the Russian royal family? Was he really the cause of its abrupt downfall and the end of more than three centuries of Romanov rule over the world's largest land empire? This talk lifts the lid on this mysterious man, his pilgrimage to the Russian capital and the development of his relationship with the royal household. His connection with the demise of the Romanov Empire is set out explicitly.

G

Me and My Cello - The Life and Times of a Musician, with Hattie Bennett

Members £7.00 / Non-members £10.00

Thursday 13th August (13:30-15:00) - Hanson Room, Admiral's House

This talk takes us from my early childhood, with busy working musician parents; the first steps learning the cello, progressing to the piano and back (reluctantly at first) to the cello, through school to music college and beyond, to a busy and varied career which is still ongoing, with many twists and turns along the way. This talk is a double hander as Mr Cello plays excerpts to illustrate the journey!

G

Faulkner's *The Sound and the Fury*: The Making of an Unstable Masterpiece, with Andy Sievewright

Members £7.00 / Non-members £10.00

Thursday 13th August (13:30-15:30) - Birkbeck Room, Reading Room and Library

This talk will focus on the origin of the novel *The Sound and the Fury*, the process of its composition, and the story of its tortured publication. It will explore the roles of the writer and of the 'machinery of publication' in creating the multiple editions of the text, and what this tells us about the interaction between the artist and the culture industries of the 20th century, including the impact of this dynamic on the psychology of authorship.

Let's Talk about the Weather, with Janet Dann

Members £7.00 / Non-members £10.00

Friday 14th August (10:15-12:15) - Hanson Room, Admiral's House

The weather is a source of delight and annoyance, superstition and mood, experimentation and prediction. So let's give some in-depth time through poetry, prose and stories, and we'll carry on whatever the weather!

G

54 Heroes in 45 Minutes, with Cathy Shelbourne

Members £5.00 / Non-members £7.00

Monday 17th August (10:30-11:30) - Hanson Room, Admiral's House

Take your pick! I have created a pack of Monumental Maritime Heroes playing cards featuring maritime heroes, explorers and navigators, pirates and privateers, and ships – and the monuments to them. I invite you to pick cards from the pack, and in response, I will talk about the fascinating stories behind the characters and their monuments.

G

Astronomy is Looking Up, with Paul Whiting

Members £8.00 / Non-members £11.00

Monday 17th August (13:00-16:00) - Fitzgerald Room, Admiral's House

Have you ever wondered what Astronomy is all about? This taster session will introduce a number of different facets of this intriguing science and hobby. Topics such as the solar system, the life and death of stars, telescopes, radio astronomy and more. The session will include practical demonstrations. If your interest is piqued, you may want to sign up for an introductory course later in the year to learn more!

G

'LANDSKIPS' - John Constable and the Rise of British Landscape Painting, with Mark Beesley

Members £5.00 / Non-members £7.00

Monday 17th August (14:00-15:00) - Hanson Room, Admiral's House

With exhibitions this year both locally and in London to mark the 250th anniversary of Constable's birth, this talk aims to put his work into context. How did landscape, as a distinct genre of painting, evolve in Britain? Which earlier artists influenced Constable's distinctive work and what exactly makes him such a giant in the history of British art? On the way we will look at the contribution to the genre of that other great Suffolk painter, Thomas Gainsborough.

G

An Ipswich Man's War - The First World War Diaries of George Punchard, with Paul Botwright**Members £5.00 / Non-members £7.00****Tuesday 18th August (10:30-11:30) - Hanson Room, Admiral's House**

George Punchard served for the full length of the First World War and kept diaries throughout. Recently published, they reveal the inner thoughts and moral convictions of an ordinary working man from Ipswich. George has a voice, and wants it to be heard. The talk is illustrated with his own photographs and plans he made of situations he found himself in.

G

Queen Maria of Romania: A Royal Heroine, with Victoria Clark**Members £7.00 / Non-members £10.00****Tuesday 18th August (13:30-15:30) - Hanson Room, Admiral's House**

Romanians today have one of Queen Victoria's granddaughters to thank for the size of their country. Marie overcame daunting personal disappointments and tragedies to dazzle, charm and steal the show, as well as land, at the Paris Peace Conference after the First World War.

G

The Hidden Toll of Urban Living, with Richard Welbourne**Members £7.00 / Non-members £10.00****Wednesday 19th August (10:00-12:30) - Hanson Room, Admiral's House**

Living in urban areas offers clear advantages, particularly in terms of access to healthcare and medical facilities. However, these services are often under greater strain due to the unique challenges posed by the urban environment itself. This talk explores the often-overlooked costs of city life, including microclimate effects and the impact of air, noise, and light pollution on human health and wellbeing. It also considers potential strategies and innovations that could help mitigate these issues and create healthier urban spaces in the future.

G

Stanley's Suffolk Adventures, with Stephen Foster**Members £7.00 / Non-members £10.00****Wednesday 19th August (13:30-15:30) - Hanson Room, Admiral's House**

While Sir Stanley Spencer will always be associated with the beautiful Berkshire village of Cookham, Suffolk also played a big part in his life. He adored the Southwold area and married his second wife Hilda in nearby Wangford. This illustrated talk by Suffolk broadcaster Stephen Foster, will focus on the artist's strong Suffolk connections and his Suffolk landscapes, which are among his most impressive paintings and take pride of place in Foz's appreciation of his favourite artist.

G

Perfidious Albion - Britain and the Spanish Civil War, with Mike Chapman**Members £7.00 / Non-members £10.00 (per standalone session)****Thursday 20th and 27th August (10:15-12:45) - Fitzgerald Room, Admiral's House**

The roots of the Spanish Civil War (1936-39) lie deep in the nation's own history and society. Its outcome was nonetheless strongly influenced by the reaction of the foreign powers. These two talks consider how Britain reacted to the war and the impact of its policy of non-intervention. The first talk concentrates on the international political reaction and the consequences for Spain, and the second recalls the experiences of those who fought for the International Brigades, as well as the British effort to evacuate 4,000 Basque children from the war zone - some to locations in Suffolk.

G

Windrush and Beyond, with Derrick Thomas

Members £7.00 / Non-members £10.00

Thursday 20th August (13:30-15:30) - Birkbeck Room, Reading Room and Library

Derrick Thomas brings some highlights from a life that has included 12 years in the RAF as a Flight Simulator Specialist, 15 years as a CT Scanner Specialist in hospitals worldwide, serving as a 2012 Olympic Torch Bearer, and receiving Royal recognition for his voluntary work. Set against the background of being of the “Windrush Generation”.

Why You Should Read (Perhaps Even Write) Poetry, with Steve Palmer

Members £7.00 / Non-members £10.00

Friday 21st August (10:00-12:00) - Orwell Room, Admiral’s House

Pursuing poetry - whether reading or writing - can seem a solitary undertaking, one that may even have you marked out as an oddball! However, this has perhaps not always been the case. Reasons have been given for the 'decline' of poetry as a public, or publicly relevant, activity - how it is taught in schools, how it has embraced difficulty and become inaccessible, the class profile of its readers and writers. (And, of course, in many parts of the world, for example, in Latin America, poetry and poets have had greater visibility and public standing, at least up until now). In this short session I intend to offer up some reasons or motivations for continuing to read - and write - poetry in the face of indifference, if not hostility, in the process looking at some fine examples of poems that I hope will demonstrate why poetry matters.

The Year of ‘26, with Janet Dann

Members £7.00 / Non-members £10.00

Friday 21st August (10:15-12:15) - Fitzgerald Room, Admiral’s House

Starting with 1326, curiosity about one event from each century begins a train of thought and investigation. What will we discover as we follow the thread across 800 years?

G

Artificial Intelligence in Healthcare, with Ian Hawker

Members £7.00 / Non-members £10.00

Monday 24th August (10:30-12:30) - Hanson Room, Admiral’s House

Over the next decade, AI is set to transform healthcare by introducing machines with human-like intelligence that operate with greater speed and cost-efficiency than traditional methods. This shift spans from wearable hardware, such as hearing-aids, to core functions like diagnosis, developing new drugs, and tailoring personalised treatment plans. Beyond patient care, AI will streamline NHS administration and enhance public health screening initiatives, supported by financial backing such as the government’s £10bn AI Investment Programme commitment through 2028/29.

G

The Carnation Revolution, with Chris Shepherd

Members £7.00 / Non-members £10.00

Monday 24th August (13:30-15:30) - Hanson Room, Admiral’s House

The Carnation Revolution overthrew the vicious authoritarian régime governing Portugal in a brilliantly planned and executed military coup, consigning it to history. It was followed by the introduction of democracy, freedoms of expression, assembly and faith - changing the world’s view of Portugal from a ‘pariah’ state to a democratic nation state. This presentation tells the dramatic story of that revolution, what gave rise to it, and what followed.

G

The Lost Streets of Ipswich, with Stuart Grimwade

Members £7.00 / Non-members £10.00

Tuesday 25th August (10:00-12:00) - Hanson Room, Admiral's House

Before going to university in 1963, Stuart worked for the Borough Surveyor recording the many Ipswich streets and houses that were about to be demolished. His colour pictures now provide a unique view of the character of the town in those days.

G

'A Dream to Fly': The Life, Loss and Enduring Appeal of Ameila Earhart, with Andy Sievwright

Members £7.00 / Non-members £10.00

Thursday 27th August (13:30-15:30) - Birkbeck Room, Reading Room and Library

This talk will focus primarily on the way in which the story of Amelia Earhart, and its presentation in books, films and songs, has led to the construction of a modern icon. Incorporating descriptions of key moments in her life, and exploring how these have been communicated to us, it will seek to find explanations for the fascination that Earhart continues to exert on modern audiences.

Phillip Thicknesse - An 18th Century Eccentric, with Eve Hewing

Members £7.00 / Non-members £10.00

Friday 28th August (13:30-15:30) - Hanson Room, Admiral's House

He was Lieutenant Governor of Landguard Fort, a patron of Thomas Gainsborough, a famous travel writer and a self-proclaimed expert on every subject. In later life he became the target of cartoonists and lived as an 'Ornamental Hermit', but his greatest talent was making enemies!

G

FLUTE RECITAL

Weds 26th August

Flute Ensemble, led by Sylvia Fairley

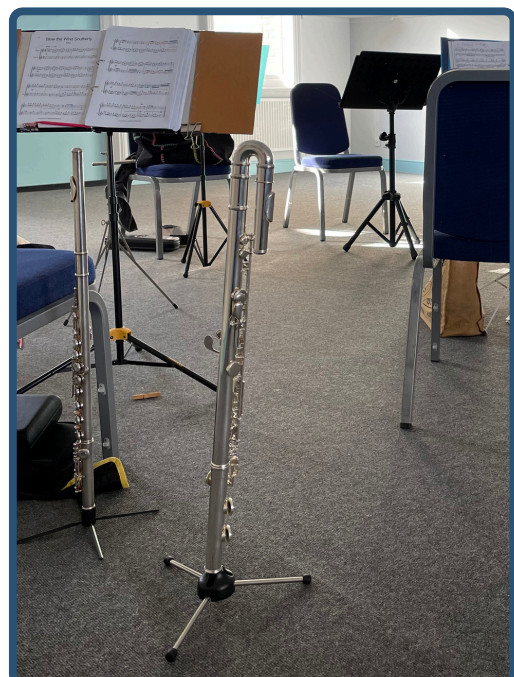
11:00-14:30

Fitzgerald Room, Admiral's House

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An informal recital by the Institute's Flute Ensemble - please come and listen!

If you play the flute, or are interested in playing, why not take the opportunity to talk to tutor Sylvia, about joining her course in the autumn?



MINI-SERIES

Cracking Cryptic Crosswords, with Angela Bell

Members £35.00 / Non-members £40.00

Four sessions: Wednesday 5th, 12th, 19th, 26th August (10:00-12:00)

Orwell Room, Admiral's House

A series of four interactive workshops for beginners and improvers. Crosswords are a great form of brain training; an enjoyable pastime that is accessible and satisfying. Learn how to decipher those tricky clues in cryptic crosswords featured in the Daily Telegraph, The Times or Guardian. Discover how to recognise common types of clue and to develop new strategies so that you can tackle a cryptic crossword with confidence.

STUDY DAYS WITH DAVID CLARE

You Must Remember This, with David Clare

Members £16.00 / Non-members £22.00

Thursday 6th August (09:30-15:30 with breaks) - Orwell Room, Admiral's House

After last year's session on *Citizen Kane*, come and investigate the case for *Casablanca* being the one of the greatest films ever made! What is it that secures this film a place in so many people's hearts? We shall be looking at the special flavour of Warner Brothers films at the time, the director, composer and contract players, and unpacking some of the film's bravura sequences, the star chemistry, and the historical context. We shall end with a complete running of the film and plenary to take stock of our findings.

An Introduction to Neo-Realism, with David Clare

Members £16.00 / Non-members £22.00

Thursday 13th August (09:30-15:30 with breaks) - Orwell Room, Admiral's House

This study day offers an insight into what changed in Italian cinema in the 1940s, a period characterised by the emergence of what is termed 'Neo-Realism', when Visconti, De Sica, Zavattini and Rossellini fashioned a new aesthetic, using non-professional actors and natural decor. We shall look at the roots and legacy of Neo-Realism, along with clips from the standout films of the period. The day will end with a screening of *Bicycle Thieves*.

An Introduction to Zola's *Rougon-Macquart*, with David Clare

Members £16.00 / Non-members £22.00

Friday 28th August (09:30-15:30 with breaks) - Fitzgerald Room, Admiral's House

During the 1870s and 80s, Emile Zola wrote a series of novels at a rate of almost one a year - known collectively as the *Rougon-Macquart*, after the two families depicted therein. Dubbed by Zola himself as '*L'histoire naturelle et sociale d'une famille sous le Second Empire*', they span the period of Napoleon III's reign and some key historical features of the age, such as increased industrialisation, the struggle between Republicans and Bonapartists, and the Franco-Prussian war. We shall look at Zola's project through its novelistic aspects and socio-political aims, examining Zola's style via extracts from a key novel in the series: *La Fortune des Rougon*, which you may wish to read beforehand, possibly in English (Oxford World's Classics). Some French to GCSE level would be desirable for the work on extracts.

G

LANGUAGE TASTER SESSIONS

Italian for Absolute Beginners, with Giovanni Gravina

Members £7.00 / Non-members £10.00

Thursday 13th August (11:00-13:00)

Birkbeck Room, Library and Reading Room

Have you ever wanted to speak Italian – even just some basics to help you choose from a menu or understand some directions? This is a taster session for complete beginners to try their first tentative words and phrases in the language, in a relaxed and friendly environment. This would be an ideal introduction for our proposed ‘Beginners Italian’ course scheduled for the autumn term.

French for Absolute Beginners, with Dominique Belkadi

Members £7.00 / Non-members £10.00 (per session - repeated)

Tuesday 18th and Tuesday 20th August (13:30-15:30)

Fitzgerald Room, Admiral’s House

Have you ever wished you spoke French – even just some basics to help you choose from a menu or understand some directions? This is a taster session for complete beginners to try their first tentative words and phrases in the language, in a relaxed and friendly environment. This would be an ideal introduction for our proposed ‘Beginners French’ course scheduled for the autumn term.

G

Latin - A Toolkit for Beginners, with David Clare

Members £8.00 / Non-members £11.00

Wednesday 19th August (10:00-13:00)

Fitzgerald Room, Admiral’s House

A Latin beginner? Want to know something about the language that has so shaped our own? Why not come and try your hand at basic Latin composition. With a few guiding principles and vocabulary and grammar toolboxes you, too, will learn to write and understand simple messages in Latin.

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PHOTOGRAPHIC EXHIBITION

Happy Snappers

Photographic Exhibition

Monday 3rd - Friday 14th August

Free entry - weekdays from 09:00-16:00

Fitzgerald Room, Admiral’s House

G

Join us for the fifth annual exhibition of the Institute’s *Happy Snappers* Members Interest Group, displaying work produced by Institute members.



FITNESS AND WELLBEING SESSIONS

Fit for Life (Dance Fitness), with Bona Gerrie

Members £6.00 / Non-members £8.00 (per session)

Monday 3rd and 17th August (10:00-11:00 or 11:30-12:30)

Birkbeck Room, Reading Room and Library

Dance Fitness is a fun and creative way to exercise using movement to music. My classes are 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, particularly classic pop and songs from musicals. You will be encouraged to work to your own ability, doing only what feels comfortable.

Meditation: Heart Mind Breathe - A Journey Back to Yourself, with Belinda Shave

Members £7.00 / Non-members £10.00

Monday 10th August (10:00-12:00)

Birkbeck Room, Reading Room and Library

A reflective, experiential introduction to Mindfulness as a path of rediscovery. Moving beyond techniques and apps, participants explore layers of awareness to reconnect with their inner voice, cultivating presence, insight and self-compassion through direct, lived experience.

Yoga, with Sarah Moss

Members £7.00 / Non-members £10.00 (per session)

Birkbeck Room, Reading Room and Library

Over these three sessions we will be looking at using our yoga practice to benefit parts of our body that we really must look after. After an illness earlier this year, I looked at what was my priority in recovery and so I am sharing these practices with you. If you are able to join me for one, two or all three weeks, you will receive something new to deepen your own practice.

Tuesday 11th August (10:00-11:30)

I will be sharing face yoga and pelvic floor. We often ignore our face but there are 43 muscles here to work with. Pelvic floor muscles are supporting all our pelvic organs and work with our abdominal and back muscles to support them too!

Tuesday 18th August (10:00-11:30)

I will be sharing the psoas muscle and pelvic floor. The psoas muscle, often named the 'emotional muscle' as it is attached to the diaphragm affecting our breath, comes all the way to the thigh muscle, is involved with our back muscles, and is one of five muscles of the hip flexors, so it is a very important muscle to work with. Adding a little more time to work with the pelvic floor too!

Tuesday 25th August (10:00-11:30)

I will be sharing a Qigong practice, the fire element and mindfulness/meditation practices. Qigong is a Chinese practice from 168 BC. It is a movement, breathing and meditation practice to support the flow of Qi, energy, restore balance and bring a total wellbeing. We will explore some mindfulness/meditation practices to help support you in every way!

FINANCIAL AWARENESS SESSIONS

These two free sessions provided by **Yorkshire Building Society** will help you negotiate scams and strengthen your financial awareness and wellbeing.

G

The sessions are free of charge but pre-booking is essential.

Frauds and Scams

Monday 3rd August (09:30-11:30) - Hanson Room, Admiral's House

This presentation has been devised to help you to spot the signs of frauds and scams. There will also be literature available to show the type of help Yorkshire Building Society can offer.

Budgeting and Financial Wellbeing

Monday 10th August (09:30-11:30) - Hanson Room, Admiral's House

With today's cost of living concerns, this presentation can help you manage your finances through the Yorkshire Building Society's Budgeting or Financial Wellbeing Programmes. Free literature will be available with further advice and helpful ideas.

PRACTICAL WORKSHOPS

Chess: A Workshop for All, with Dagne Ciuksyte

Members £7.00 / Non-members £10.00

Wednesday 5th August (13:30-15:30) - Birkbeck Room, Reading Room and Library

A friendly workshop for all levels. Whether you are a beginner, thinking of returning to the game after a long absence, or a more experienced player - all you need to know to attend are the basic rules of chess. International Chess Master, Dagne Ciuksyte, will guide you, looking at various tactical and planning skills to help you understand, control your game, and improve your chances of winning!

Photography for the Terrified, with Jackie Grant and John Capon

Free session - enrolment required

Tuesday 11th August (10:00-13:00) - Hanson Room, Admiral's House

Do you own an SLR camera but only shoot in auto mode, because you are terrified to use other modes? This free session will teach you what each mode does and how they interact with each other, so you no longer rely on auto. Please bring your own camera.

G

Creative Writing Workshop, with Sally Wilden

Members £7.00 / Non-members £10.00

Thursday 20th August (10:15-12:15) - Orwell Room, Admiral's House

A practical introductory workshop to stimulate your imagination and make the most of your experience in developing your own creative work. It offers a chance to explore thoughts, descriptions and emotions to express your own creative ideas and interests. The aim is to include supportive comment by the tutor and participants that will be useful for the future. Writing takes place in class; please bring a notepad and pen.

ART AND CRAFT WORKSHOPS

Take One Stitch, with Margaret Holder

Members £34.00 / Non-members £44.00 (includes materials)

Saturday 1st August (09:30-15:30) - Birkbeck Room, Reading Room and Library

Using the humble running stitch, we will explore stitching for creative projects and mindful relaxation. We will consider contemporary and traditional practices including slow stitching, kantha and Sashiko. All materials provided. Beginner/intermediate.

Block Printing on Fabric, with Margaret Holder

Members £34.00 / Non-members £44.00 (includes materials)

Tuesday 4th August (09:30-15:30) - Art Centre, Admiral's House

We will explore this printmaking technique using a variety of commercial, handmade and found blocks, to create designs for fabric lengths, tea towels or tote bags. Suitable for all levels.

Watercolour for Beginners, with Janie Pirie

Members £30.00 / Non-members £40.00

Wednesday 5th August (10:00-15:30 with breaks) - Art Centre, Admiral's House

It's true that watercolour artwork looks beautiful but applying it to paper can be very daunting – especially if you don't know what you're doing! You will discover how to lay down simple washes, blend or merge colours, add depth and/or highlights to make your subject appear three-dimensional, and add finishing touches to create clarity, form and detail. Paper will be supplied. You will need to bring two or three brushes, watercolour paints, and a small palette to mix paints.

Drawing From Life, Drawing Breath, with Blue King

Members £20.00 / Non-members £25.00 (per session, includes materials)

Thurs 6th August, Fri 7th August, Thurs 20th August, Fri 21st August

(10:00-13:00 with breaks) - Hanson Room, Admiral's House

Sessions may be enjoyed as a one off, or as a series.

A concentrated morning of observational drawing, making and sharing work within a supportive group and studio atmosphere. Suitable for all who are willing to try something new and enjoy developing different approaches to their drawing by exploring a range of techniques and materials. Please bring a recent printed photo of/including your face. We will also draw from models, clothed and unclothed, and explore how we represent dynamic movement, stillness and the effects of light on the body.

G

Sketchbooks, Journals and Journaling, with Margaret Holder

Members £34.00 / Non-members £44.00 (including materials)

Friday 7th August (09:30-15:30) - Art Centre, Admiral's House

We will begin by making a hand-stitched sketchbook or journal in which you will explore a range of mark making, mixed media and journaling techniques for creativity, mindfulness and wellbeing. Suitable for anyone wanting to explore a range of journaling and mark making techniques and inspiration.

ART AND CRAFT WORKSHOPS

Everyone Can Draw, with Janie Pirie

Members £30.00 / Non-members £40.00

Saturday 8th August (10:00-15:30 with breaks) - Birkbeck Room, Reading Room and Library

So many people believe they can't draw. Well, I say you can! Everyone can! You just need to be shown the right way to go about it. This workshop will focus on simple shapes that can be used to help create drawings that are recognisable. A variety of subjects will be provided for you to draw. At the end of the day, you will feel confident you can draw almost anything. Paper will be provided. You will need to bring an HP pencil, a rubber, and a ruler.

Acrylics for All, with Steve Joyce

Members £30.00 / Non-members £40.00

Tuesday 11th August (09:30-15:30) - Art Centre, Admiral's House

For beginners and improvers, a chance to explore painting methods with acrylics. You will be introduced to various application and manipulation techniques, 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. Just bring your paints, brushes, palette, and a surface to paint on (paper, board or canvas).

Appliqué Pictures, with Margaret Holder

Members £34.00 / Non-members £44.00 (includes materials)

Saturday 15th August (09:30-15:30) - Birkbeck Room, Reading Room and Library

A sustainable workshop where you will gain the skills to transform treasured fabrics into mini hand-stitched pictures to frame or make into cards and gifts. Suitable for all levels.

Cyanotype Printmaking, with Margaret Holder

Members £11.00 / Non-members £14.00 (including materials)

Tuesday 18th August (14:00-16:00) - Art Centre, Admiral's House

We will create a series of blueprints using the traditional non-toxic photographic printing method of cyanotype or sun printing. We will explore this magical process using natural and other forms. Suitable for all levels.

Photographs - Workshop One, with Margaret Holder

Members £7.00 / Non-members £10.00 (including materials)

Saturday 22nd August (10:30-12:30) - Birkbeck Room, Reading Room and Library

A practical workshop considering a variety of ways to handle, store and preserve your personal photographs for years to come. Please bring 'old' photographs that you would be happy to talk about. *Can be enjoyed as an individual session, or as a pair with Workshop Two.*

Photographs - Workshop Two, with Margaret Holder

Members £7.00 / Non-members £10.00 (including materials)

Saturday 22nd August (13:30-15:30) - Birkbeck Room, Reading Room and Library

A practical hands-on workshop considering a variety of ways to use your photographs (hard copies or digital) in a range of creative projects including scrapbooking, zines, sketchbooks and journals. *Can be enjoyed as an individual session, or as a pair with Workshop One.*

ART AND CRAFT WORKSHOPS

Illuminated Letters for Beginners, with Janie Pirie

Members £34.00 / Non-members £44.00 (includes some materials)

Monday 24th August (10:00-15:30 with breaks) - Fitzgerald Room, Admiral's House

Illuminated lettering goes back centuries – to the days of medieval monks and beyond. Although the materials have changed for a more modern approach, working with gold leaf can be very exciting and very rewarding. The letter is usually worked in gold with added subjects around it or intertwined with it. One sheet of 24ct gold leaf, adhesive and good quality art paper will be provided. A selection of letters will be provided for you to copy. You will need to bring a fine, pointed paintbrush (or you can buy one from me for £1) and watercolour paints or coloured pencils, to complete your piece of art.

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Printmaking for All, with Steve Joyce

Members £40.00 / Non-members £50.00 (includes materials)

Tuesday 25th August (09:30-15:30) - Art Centre, Admiral's House

Everything is provided for this workshop, based on lino printing techniques. Aimed at beginners or improvers, you will explore basic methods with other options available. There will be a range of examples to guide your creativity, as well as demonstrations. Working with an A5 press, all materials including lino, lino cutters, inks and papers are included in the price. If you want to do more than one print, extra lino sheets will be available on the day, priced at £3.50 each.

Botanical Illustration using Coloured Pencils, with Janie Pirie

Members £30.00 / Non-members £40.00

Tuesday 25th August (10:00-15:30 with breaks) - Fitzgerald Room, Admiral's House

This one-day workshop is an introduction to creating beautiful botanical illustrations using coloured pencils. Your tutor is an RHS gold medallist, awarded for her work in botanical art, so well-equipped to show you how to draw and colour subjects such as fruit, vegetables, flowers or shrubs. For this session only simple subjects will be chosen and provided for you. Please bring an HB drawing pencil, a rubber, a putty rubber, and coloured pencils. Subjects, tracing paper and good art paper will be provided.

G

English Paper Pieced Patchwork, with Margaret Holder

Members £11.00 / Non-members £14.00 (includes materials)

Tuesday 25th August (14:00-16:00) - Birkbeck Room, Reading Room and Library

Using the traditional patchworking techniques, we will explore the hand piecing of regular and irregular shapes to create patchwork samples that can be used as a panel in projects such as a small hanging, cushion or tote. Beginner/intermediate.

Bookbinding Workshop, with Dr Paul Garcia

Members £30.00 / Non-members £40.00

Wednesday 26th August (10:00-16:00 with breaks) - Hanson Room, Admiral's House

You will be guided through the process of making a three-section quarter-bound hardback notebook: sewing the sections with linen thread, lining the spine, trimming the bookblock, measuring and making a case with a cloth spine and paper covered sides, and finally uniting the bookblock and the case to make a complete hardback book. Essential equipment will be provided, but ideally bring your own craft knife, steel rule, pencil, scissors, and a cutting mat, as well as your choice of decorative paper, e.g. wrapping paper or wallpaper, for endpapers and covering the boards.

G

GUIDED WALKS

Afternoon Tea walks



Join our relaxed Afternoon Tea walks with the Ipswich Tourist Guides. Each walk starts and finishes at Admiral's House, returning for tea, coffee and cake in The Chart Room.

Members £12.00 / Non-members £14.00 (including refreshments).

Ipswich Trade and Industry, led by Owen Thurtle

Friday 7th August (13:30)

Ipswich was a bustling industrial town in the 19th century but do you know where to find evidence of it today? On this walk we will discover old signs and advertisements around the town showing the variety of trades that flourished in Ipswich down the ages, and some familiar buildings which had unexpected previous uses.

Constable's Contemporaries, led by Margaret Hancock

Weds 12th August (13:30)

A special walk to celebrate the 250th anniversary of Constable's birth, and the homecoming of his masterpiece *The Hay Wain*. In his youth, Constable was a regular visitor to Ipswich. Catch a glimpse of the buildings and people familiar to him, hear how he influenced the work of later artists, and discover Thomas Gainsborough's connections with the town.

As Giles Saw It, led by David Stainer

Monday 17th August (13:30)

Voted Britain's favourite ever cartoonist, Carl Giles lived and worked nearly all his adult life in and around Ipswich. He took inspiration from local scenes and characters which, for decades, he regularly included in his cartoons for the Daily and Sunday Express newspapers. We will take a leisurely walk armed with some of his cartoons and compare scenes around the town with the way Giles saw them.

Glorious Christchurch Park, led by Eve Hewing

Weds 26th August (13:30)

Come on this walk and admire the lovely landscape, the magnificent trees and the wildlife. Hear about the building of Christchurch Mansion, and the generous gift of Felix Cobbold, which allows us to enjoy the park and its features today. Discover the sad story of Private Hart, 'shot at dawn'. We will keep to the paths, but there will be short steep sections on this walk.

Also from the Ipswich Tourist Guides this summer...

In addition to their regular programme of guided walks every Tuesday and Thursday, the Tourist Guides are also offering two **family friendly walks** around Ipswich during the summer holidays. Children must be accompanied by a responsible adult, max. three children per adult. Each walk starts and finishes at Admiral's House. *Child £4 / Adult £6.*

Terrific Tudors

Weds 12th August (10:30)

Horrible Henry, Miserable Mary and Epic Elizabeth all visited our town - find out why they came here and what they did. Discover a violent world of cruel punishments, dreadful diseases, foul stinks and overflowing graveyards!

The Horrid History of Ipswich

Weds 19th August (10:30)

Hear scary tales of murder and execution, robbery, and of vile stinks and rotten food, at a time **16** when everyone believed in the power of witchcraft and ghosts.

Notes...

A place to make a note of any events that have caught your eye, your bookings, key dates - whatever you wish!



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THE CHART ROOM & PAGE'S CAFÉ

Open as usual throughout the summer...

To complement our leisure learning offer, 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 St.
09:00-15:45 Monday - Friday
Tel: 01473 253992, ext. 3

Page's Café

The Library, 15 Tavern St.
09:00-14:30, Monday - Friday
09:00-13:30, Saturday

Get in touch...

PHONE:

01473 253992

ADDRESS:

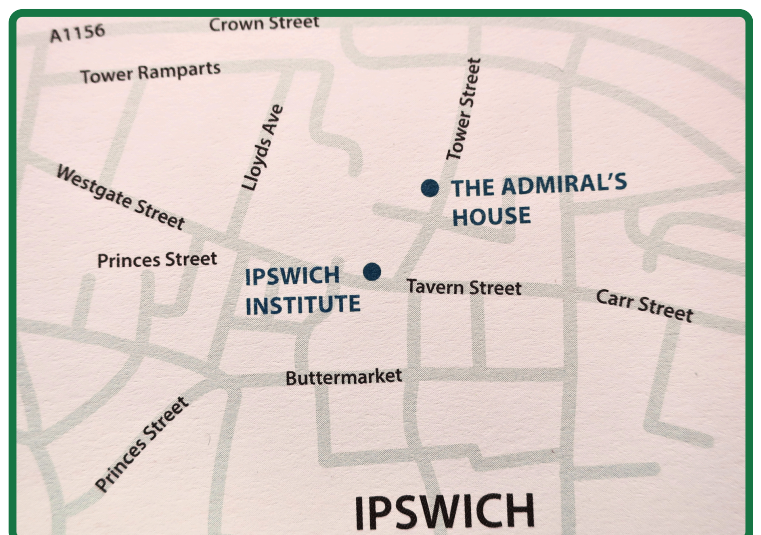
- Admiral's House, 13 Tower Street, IP1 3BE
- Reading Room and Library, 15 Tavern Street, IP1 3AA

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