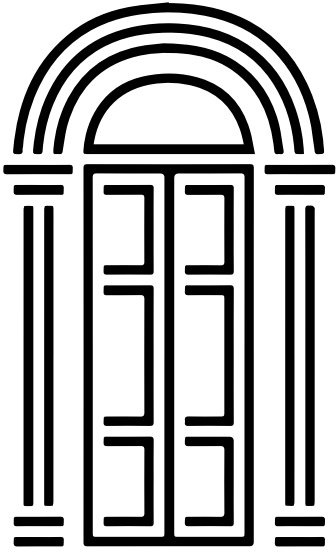




IPSWICH INSTITUTE

**AUTUMN
2026**

**Day Programme
Courses for Members**

www.ipswichinstitute.org.uk

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BOOKINGS

Enrolment - Day course booking opens:
09:00, Thursday 3rd September 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 09:00 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

NEW COURSE Spanish for Complete Beginners: Tuesday 11:30-13:00 (Idoia Munoz-Lundy) (12 weeks) (£89.00)

This new course is aimed at complete 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 (Beginners Year 2): Monday 09:30-11:00 (Idoia Munoz-Lundy) (12 weeks) (£89.00)

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

Spanish (Beginners Year 3) : Tuesday 13:30-15:00 (Idoia Munoz-Lundy) (12 weeks) (£89.00)

This course is for those with some reasonable knowledge of the language who have previously attended a beginners course.

Spanish (Improvers): Monday 14:00-15:30 (David Clare) (12 weeks) (£89.00)

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 (David Clare) (12 weeks) (£89.00)

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) (12 weeks) (£89.00)

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.

NEW COURSE French for Complete Beginners: Tuesday 09:45-11:15 (Dominique Belkadi) (8 weeks) (£59.00)

This new course is aimed at complete 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 in a friendly, relaxed environment.

French (Improvers): Wednesday 11:30-13:00 (Dominique Belkadi) (12 weeks) (£89.00)

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) (12 weeks) (£89.00)

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) (12 weeks) (£89.00)

Conversations about themes, characters, style etc. around a French book in a relaxed and friendly atmosphere, through a mix of speaking, listening, reading and writing activities. The books alternate between classics and modern French literature and are chosen together with members of the group.

Culture française: First Wednesday of the month, 10:00-12:00 (Carole Hood)*These monthly sessions run from October to July (10 sessions) (£86.00)*

These sessions are for the more advanced French language students, 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, and languages - suggestions welcome!

Café Français – Chez l'Amiral: Third Wednesday of the month, 10:00-12:00 (Carole Hood)*These monthly sessions run from September to July (11 sessions) (£95.00)*

These less formal sessions are for the 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!

Italian (Pre-Intermediate): Thursday 13:45-15:15 (Giovanni Gravina) (12 weeks) (£89.00)

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 12:00-13:30 (Giovanni Gravina) (12 weeks) (£89.00)

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) (12 weeks) (£89.00)

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) (12 weeks) (£89.00)

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, as texts will be drawn from a variety of themes including Italian history, art, cuisine and geography. This term we will also be following a set text from contemporary Italian literature (usually an Italian A level set text).

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

This 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 3): Thursday 09:30-11:00 (David Clare) (12 weeks) (£89.00)

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 2* (Fourth Edition).

Latin (Improvers): Friday 9:30-11:00 (David Clare) (12 weeks) (£89.00)

Latin Improvers have been studying the language for four years. We continue with a similar approach to Latin Beginners, enjoying the ability to read engaging stories via language gradually increasing in complexity. Students at this level will have already met the present, imperfect, perfect and pluperfect tenses, active and passive, the imperfect and pluperfect subjunctives, and all the cases of nouns. Textbook: *Cambridge Latin Course – Book 4* (Fourth Edition).

Latin (Intermediate): Thursday 11:30-13:00 (David Clare) (12 weeks) (£89.00)

This course is designed for experienced enthusiasts of Latin, roughly equivalent to GCSE in difficulty. It is therefore suitable for anyone contemplating taking a GCSE qualification in the near future. That said, we shall not be covering all elements of the specification, and there would certainly be no expectation to sit the exam. Each week we look at a piece of text prepared in advance and examine an aspect of grammar. Our current book is *Latin Stories*, by Cullen, Dormandy and Taylor, which remains an ideal primer for the GCSE language paper.

Latin (Advanced): Thursday 14:00–15:30 (David Clare) (12 weeks) (£89.00)

As its name implies, this is more 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 (provided): *Virgil Aeneid Book II*.

MUSIC

Birkbeck Singers: Wednesday 10:00-12:00 (Lindsey Blay) (12 weeks) (£103.00)

The Birkbeck Singers are a mixed vocal group which sing 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) (12 weeks) (£103.00)

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

Guitar and Ukulele

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

Guitar for Beginners (Year 2): Tuesday, 13:30-15:00 (Tim Laming) (12 weeks) (£114.00)

This course is for those with a 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 5): Thursday, 13:30-15:00 (Tim Laming) (12 weeks) (£114.00)

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 6): Friday, 13:30-15:00 (Tim Laming) (12 weeks) (£114.00)

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 (Year 2): Tuesday, 11:00-12:30 (Tim Laming) (12 weeks) (£114.00)

This course is for those with a 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 4): Monday, 11:00-12:30 (Tim Laming) (12 weeks) (£114.00)

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 6): Thursday, 11:00-12:30 (Tim Laming) (12 weeks) (£114.00)

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.

Creating Beautiful Art with Coloured Pencils and Graphite

Monday, 10:30-12:30 and 13:30-15:30 (repeated) (Janie Pirie) (12 weeks) (£103.00)

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 Wonder of Watercolour: Tuesday, 10:00-12:00 (Steve Joyce) (11 weeks) (£95.00)

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 who are more advanced.

Drawing Practice: Tuesday, 14:00-16:00 (Steve Joyce) (11 weeks) (£95.00)

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.

Decorative Papers and Fabrics : Tuesday, 14:00–16:00 (Margaret Holder) (6 weeks) (£52.00)

In this course you will experiment with a range of techniques to create an exciting range of designs on papers that can be further extended to fabric. We will consider marbling and printing techniques that will include printing with stamps, blocks and found objects. You will have to opportunity to create your own stamps with guidance and develop a range of papers suitable for book binding, crafts and gifts. Full instructions and bring lists will be given at each session. There will be a small charge for materials.

Book Binding: Tuesday, 14:00–16:00 (Margaret Holder) (6 weeks) (£52.00)

Explore basic bookbinding techniques for sketchbooks, journals or notebooks, including folding and stitching, encasing your books in a range of decorative papers and/or fabrics. This course is suitable for anyone who wishes to practise a range of traditional 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 but bring your choice of decorative papers (e.g. wrapping paper or leftover wallpaper) for book covers. There will be a small charge for materials and kits. *Please note, this course will build on the techniques of last term's Book Binding course, but is also suitable for newcomers and beginners.*

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)

This term, 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.

CREATIVE WRITING AND POETRY

Creative Writing: Alternate Wednesdays 13:30-15:30 (Peppy Barlow) (7 weeks) (£60.00)

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

Creative Writing: Friday 10:15-12:15 (Sally Wilden) (12 weeks) (£103.00)

This course provides an opportunity to try out your creative writing ideas to develop different forms of fictional writing, such as short stories, dialogue, memoir, poetry and more. We will draw upon our imagination, experience, observation and invention to shape ideas, create characters and explore themes and emotions. Most of the work takes place in class. Students read out their work and the tutor and class members offer supportive, constructive feedback that will help develop future work.

Poetry Matters: The Ties That Bind**Thursday and Friday (repeated) 10:15-12:15 (Janet Dann) (12 weeks) (£103.00)**

When we search for poems and meet to read them together, there are frequently resonances between pieces when hearing them aloud. The poems vibrate or 'speak' to each other. This may arise from thematic similarity, or point of view, the structural techniques used, tone, diction or other stylistic choices. This term, to explore this idea further, each week we will consider a poem in detail, before going away to find another which in some way continues the 'conversation' for the next meeting. The poem to start us off in week one is Matthew Arnold's *Dover Beach*. If in doubt, please contact:

j.dann458@btinternet.com

FILM AND LITERATURE

French Cinema in the 1950s: Friday, 13:30-15:30 (David Clare) (12 weeks) (£103.00)

Our history of French cinema series enters its fourth year, and we are at the New Wave. Having sampled Rohmer, Chabrol, Truffaut and Godard's first efforts, we are going to see where they went next. The features under study this term will be Chabrol's fourth feature, *Les Bonnes Femmes*, Truffaut's second, *Tirez sur le pianiste*, Godard's *Une femme est une femme* and Agnès Varda's *Cléo de 5 à 7*. Later in the year will reveal other directors' work of the early to mid 60s, such as Lelouch, Resnais, Malle and Demy.

Richard Yates' *Revolutionary Road*

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

This short course will offer an exploration of Richard Yates' classic mid-century novel *Revolutionary Road*. Described by Kurt Vonnegut as "the Great Gatsby of my time", it explores the lives of the Wheelers, an outwardly successful and attractive young couple, leading the privileged lives of 1950s suburbia dwellers. Yates explores how, over the six-month period of the novel's narrative, the promise of their post-war American life distorts and fades into a reality of betrayal and tragedy. In doing so, he offers us "one of the most moving and exact portraits...in all of American literature." (David Hare). Pre-reading is recommended but not essential. Recommended edition: Metheun, 2001 (ISBN 0-413-75710-2).

LA Noir: The Dark Heart of the Californian Dream

Wednesday, 14:00-16:00 (Andy Sievewright) (10 weeks) (£86.00)

For decades, crime writers have used the City of Angels as the setting for stories of death, darkness and sun-blasted corruption. Indeed, in the hands of the masters such as Raymond Chandler and contemporary writers who have put their own stamp on the genre, the city has become, not just a location, but a character in itself. Readers of LA Noir enter a sprawling labyrinth where every grimy alleyway and shady boulevard holds a dark secret, where aspiration and desperation abound in equal measure, and where what is 'real' seems to elude even the most determined searcher. This course will explore the features and appeal of key texts within LA Noir. We will focus on protagonists whose very different experiences create intriguing narratives of violence, deception and moral ambiguity that provide a searching examination of the American Century. The texts we will focus on, in order, are: *The Little Sister*, by Raymond Chandler; *In a Lonely Place*, by Dorothy B. Hughes; *The Black Echo*, by Michael Connelly; *A Little Yellow Dog* by Walter Mosley. Pre-reading is recommended but not essential.

Contemporary British Short Stories

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

Hot on the heels of last term's course on the North American short story, this term we will look at its British counterpart, as presented in *The Penguin Book of the Contemporary Short Story* (2019). It's not necessary to have attended the previous course, though, as this course will be self-standing. We will aim to read two or three stories per week - depending upon length - and make comparisons between them, in order to illuminate our understanding both of the individual stories themselves and of the short story form. ISBN: 9780141986210.

J G Ballard: Journeys through Inner Space

Thursday, 13:15-15:15 (Dr Stephen Palmer) (10 weeks) (£86.00)

When he first encountered science fiction in the 1950s, Ballard recognised it as a form in which he could work. However, he wasn't interested in telling stories of rocketry, aliens and outer space, but of 'inner space' (a term coined by J B Priestley). Influenced by Freud and the visual art of the Surrealists, Ballard wanted to tell stories in which the outer worlds he depicted related to the inner psyches of his characters, and in turn to the psychic landscapes of human beings living in the age of the atom bomb and mass consumerism.

On this course we will look at three of Ballard's novels covering the length of his writing life - *The Drowned World* (1962), *The Unlimited Dream Company* (1979), and *Kingdom Come* (2006) - while referring to a number of his non-fiction writings and other works which cast some light on his art and thought.

Most recent editions: *The Drowned World* (1962) (2010 - ISBN-10: 0007221835), *The Unlimited Dream Company* (1979) (2014 - ISBN-10: 0586089950), *Kingdom Come* (2006) (2007 - ISBN-10: 9780007232475). Other useful texts (though not necessary to buy) *Miracles of Life* (autobiography) (2008), J G Ballard, *A User's Guide to the Millennium-essays and other writings* (1997), J G Ballard.



ROOM		COURSE	TUTOR	TIME	WKS	DATES	HALF TERM	COST
M O N D A Y	OR	Spanish (Beginners continued)	Idoia Munoz-Lundy	09:30-11:00	12	14th September - 14th December	26th Oct & 2nd Nov	£89.00
	BI	Fit For Life (Dance Fitness)	Bona Gerrie	10:00-11:00	12	14th September - 7th December	26th October	£62.00
	FG	Coloured Pencil Workshop	Janie Pirie	10:30-12:30	12	14th September - 7th December	26th October	£103.00
	AC	Ukulele (Year 4)	Tim Laming	11:00-12:30	12	14th September - 7th December	26th October	£114.00
	BI	Fit for Life (Dance Fitness)	Bona Gerrie	11:30-12:30	12	14th September - 7th December	26th October	£62.00
	CO	Spanish (Advanced Conversation)	Idoia Munoz-Lundy	11:30-13:00	12	14th September - 14th December	26th Oct & 2nd Nov	£89.00
	OR	Spanish (Intermediate)	David Clare	11:30-13:00	12	14th September - 7th December	26th October	£89.00
	OR	Spanish (Improvers)	David Clare	14:00-15:30	12	14th September - 7th December	26th October	£89.00
	FG	Coloured Pencil Workshop	Janie Pirie	13:30-15:30	12	14th September - 7th December	26th October	£103.00
	HA	Sit and Stay Fit	Bona Gerrie	14:00-15:00	12	7th September - 30th November	26th October	£62.00
T U E S D A Y	BI	Yoga for All	Sarah Moss	14:00-15:15	13	7th September - 7th December	26th October	£82.00
	FG	NEW French for Complete Beginners	Dominique Belkadi	09:45-11:15	8	13th October - 8th December	27th October	£59.00
	BI	Yoga (Intermediate)	Sarah Moss	10:00-11:15	13	8th September - 8th December	27th October	£82.00
	AC	The Wonder Of Watercolour	Steve Joyce	10:00-12:00	11	22nd September - 8th December	27th October	£95.00
	FG	Richard Yates: <i>Revolutionary Road</i>	Andy Sievwright	10:30-12:30	4	15th September - 6th October	N/A	£35.00
	HA	History: Britain's Inter-national Treasures	Victoria Clark	11:00-12:30	12	15th September - 8th December	27th October	£89.00
	DU	Ukulele for Beginners (Year 2)	Tim Laming	11:00-12:30	12	15th September - 8th December	27th October	£114.00
	OR	NEW Spanish for Complete Beginners	Idoia Munoz-Lundy	11:30-13:00	12	15th September - 8th December	27th October	£89.00
	BI	Yoga for All	Sarah Moss	11:30-12:45	13	8th September - 8th December	27th October	£82.00
	OR	Spanish for Beginners (Year 3)	Idoia Munoz-Lundy	13:30-15:00	12	15th September - 8th December	27th October	£89.00
W E D N E S	HA	History: Britain's Inter-national Treasures	Victoria Clark	13:30-15:00	12	15th September - 8th December	27th October	£89.00
	DU	Guitar for Beginners (Year 2)	Tim Laming	13:30-15:00	12	15th September - 8th December	27th October	£114.00
	BI	Decorative Papers and Fabrics	Margaret Holder	14:00-16:00	6	15th September - 20th October	N/A	£52.00
	BI	Book Binding	Margaret Holder	14:00-16:00	6	3rd November - 8th December	N/A	£52.00
	AC	Drawing Practice	Steve Joyce	14:00-16:00	11	22nd September - 8th December	27th October	£95.00
	AC	Just Acrylics	Amy Drayson	09:30-11:30	10	16th September - 25th November	28th October	£86.00
	FG	French (Lower Intermediate)	Dominique Belkadi	09:45-11:15	12	16th September - 9th December	28th October	£89.00
	BI	Flute Ensemble	Sylvia Fairley	10:00-12:00	12	16th September - 9th December	28th October	£103.00
	CO	Culture française	Carole Hood	10:00-12:00	10	07/10, 04/11, 02/12, 06/01, 03/02, 03/03, 14/04*, 12/05*, 09/06*, 07/07	N/A	£86.00
	CO	Café Français	Carole Hood	10:00-12:00	11	16/09, 21/10, 18/11, 16/12, 20/01, 24/02*, 17/03, 21/04, 19/05, 16/06, 14/07*	N/A	£95.00

DAY	HA	Birkbeck Singers	Lindsay Blay	10:00-12:00	12	16th September - 9th December	28th October	£103.00
	FG	French (Improvers)	Dominique Belkadi	11:30-13:00	12	16th September - 9th December	28th October	£89.00
	AC	Art In The Afternoon	Amy Drayson	12:30-14:30	10	16th September - 25th November	28th October	£86.00
	FG	Creative Writing	Peppy Barlow	13:30-15:30	7	23/09, 07/10, 21/10, 04/11, 18/11, 02/12, 16/12	N/A	£60.00
DAY	HA	The Restless Earth	Richard Welbourne	13:30-15:30	5	04/11, 11/11, 18/11, 25/11, 02/12	N/A	£43.00
	OR	French (Improvers 2: A Level equivalent)	Carole Hood	13:30-15:00	12	16th September - 9th December	28th October	£89.00
	BI	LA Noir: The Dark Heart of the Californian Dream	Andy Sievwright	14:00-16:00	10	16th September - 25th November	28th October	£86.00
	HA	NEW Ipswich Scenes Then and Now	John Field	14:30-15:30	4	30/09, 07/10, 14/10, 21/10	N/A	£18.00
THURSDAY	OR	Italian (Upper Intermediate)	Angela McGlennon	09:30-11:00	12	17th September - 17th December	29th Oct & 3rd Dec	£89.00
	FG	German (Upper Intermediate)	Steve Godfrey	09:30-11:00	10	1st October - 10th December	29th October	£74.00
	GP	Latin for Beginners (Year 3)	David Clare	09:30-11:00	12	17th September - 10th December	29th October	£89.00
	HA	Literature: Contemporary British Short Stories	Dr Stephen Palmer	10:15-12:15	10	24th September - 3rd December	29th October	£86.00
	CO	Poetry Matters: The Ties That Bind	Janet Dann	10:15-12:15	12	17th September - 10th December	29th October	£103.00
	DU	Ukulele (Year 6)	Tim Laming	11:00-12:30	12	17th September - 10th December	29th October	£114.00
	OR	Italian (Advanced)	Angela McGlennon	11:15-12:45	12	17th September - 17th December	29th Oct & 3rd Dec	£89.00
	FG	German (Advanced)	Steve Godfrey	11:15-12:45	10	1st October - 10th December	29th October	£74.00
	GP	Latin (Intermediate)	David Clare	11:30-13:00	12	17th September - 10th December	29th October	£89.00
	BI	Italian (Intermediate)	Giovanni Gravina	12:00-13:30	12	17th September - 10th December	29th October	£89.00
	HA	J G Ballard: Journeys Through Inner Space	Dr Stephen Palmer	13:15-15:15	10	24th September - 3rd December	29th October	£86.00
	DU	Guitar (Year 5)	Tim Laming	13:30-15:00	12	17th September - 10th December	29th October	£114.00
	FG	Latin (Advanced)	David Clare	14:00-15:30	12	17th September - 10th December	29th October	£89.00
	BI	Heidegger, <i>The Basic Problems of Phenomenology</i>	Dr Nicholas Joll	14:00-16:00	10	24th September - 3rd December	29th October	£86.00
	OR	Italian (Pre-Intermediate)	Giovanni Gravina	13:45-15:15	12	17th September - 10th December	29th October	£89.00
FRIDAY	CO	Latin (Improvers)	David Clare	09:30-11:00	12	18th September - 11th December	30th October	£89.00
	FG	German for Beginners	Steve Godfrey	09:30-11:00	10	2nd October - 11th December	30th October	£74.00
	BI	NEW The Quantum World	Chris Shephard	10:00-11:00	10	9th October - 18th December	30th October	£43.00
	OR	Creative Writing	Sally Wilden	10:15-12:15	12	18th September - 11th December	30th October	£103.00
	HA	Poetry Matters: The Ties That Bind	Janet Dann	10:15-12:15	12	18th September - 11th December	30th October	£103.00
	FG	German (Pre-Intermediate/Intermediate)	Steve Godfrey	11:15-12:45	10	2nd October - 11th December	30th October	£74.00
	DU	Guitar (Year 6)	Tim Laming	13:30-15:00	12	18th September - 11th December	30th October	£114.00
	HA	Drawing From Life	Blue King	13:30-15:30	10	25th September - 4th December	30th October	£140.00
	BI	NEW Worlds Written in Stone	Michele Stephens	13:30-15:30	10	25th September - 4th December	30th October	£86.00
	OR	French Cinema in the 1950s	David Clare	13:30-15:30	12	18th September - 11th December	30th October	£103.00
	FG	Bridge Club	Tony Shearman	13:00-15:00	12	18th September - 11th December	30th October	£62.00

Room key:AC - Art Centre | BI - Birkbeck | CO - Corder | DU - Dunford | FG - Fitzgerald | GP- Gippeswyk | HA- Hanson | OR- Orwell // Information correct at the time of printing.

HISTORY

Britain's Inter-national Treasures: Tuesday, 11:00–12:30 and 13:30–15:00 (repeated) (Victoria Clark) (12 weeks) (£89.00)

Other nations' history books sometimes feature Britons who are household names 'over there' but barely or completely unknown here. Victoria Clark will examine the 17th to 20th century lives of 12 British men and women who are still more or less fondly remembered in places ranging from Ukraine, to Iraq, Mexico, Russia, Saudi Arabia, Bosnia, India and more.

NEW COURSE Ipswich Scenes - Then and Now: Wednesday, 14:30–15:30 (John Field) (4 week mini-series) (£18.00)

Ipswich is very fortunate in having had, during the 19th century, a wide range of artists and photographers, living and working in the town, who have left us with a vast collection of images of early Ipswich scenes. This series of four talks covers a broad range of this collection and compares it with images of the same locations today. John Field 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.

NEW COURSE Worlds Written in Stone - Archaeology, History and Cultures of Mexico Friday, 13:30–15:30 (Michele Stephens) (10 weeks) (£86.00)

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 United States and has extensive experience travelling among the ancient ruins in Mexico.

SCIENCE AND PHILOSOPHY

The Restless Earth: Earthquakes and Associated Hazards: Wednesday 13:30–15:30 (Richard Welbourne) (5 week mini-series) (£43.00)

We begin by examining the causes of earthquakes and the associated hazards responsible for thousands of deaths each year. To illustrate the impacts of these events, we will analyse a selection of case studies from around the world. Although the science of earthquake prediction is still in its early stages, we will explore current capabilities and limitations before focusing on strategies for protecting and preparing communities.

We will then examine one of the most significant hazards associated with earthquakes: tsunamis. We will investigate how tsunamis are generated and evaluate the monitoring systems, warning technologies, and protective measures used to reduce their impact, using real-world examples.

Finally, we will explore landslides, highlighting why they are among the world's most underestimated yet increasingly hazardous natural disasters. We will examine the factors that trigger landslides, their social and environmental impacts, and the measures that can be taken to reduce risk and improve resilience.

**Philosophy - Heidegger, *The Basic Problems of Phenomenology*: Thursday, 14:00–16:00
(Dr Nicholas Joll) (10 weeks) (£86.00)**

Text: Heidegger, *The Basic Problems of Phenomenology*, revised edition, trans. Albert Hofstadter (Midland/Indiana University Press, 1982/1988 [lectures of 1927]; the paperback's ISBN-10 is 0 253 20478 X; there is a Kindle edition that seems to lack page numbers; and the Continuum/Bloomsbury *Basic Problems of Phenomenology: Winter Semester 1919/1920*, trans. Scott Campbell, is a different book – not our one). Topics include: being; time; truth; world. To read for week one: Heidegger's Introduction (pp. 1–24).

**NEW The Quantum World - the Weird, the Wonderful and the Workaday: Friday 10:00-11:00
(Chris Shepherd) (10 weeks) (£43.00)**

Between 1900 and 1928, as the workings of the atom and its component parts were being intensively studied, a revolution was being played out. Rapid advances by both theorists and experimentalists made it clear that, in the microworld of the atom, the familiar concepts of classical physics, established 250 years earlier by Galileo and Newton, had collapsed. An extraordinary and far reaching upheaval in our basic notions of space and time, of matter and energy had seen the gestation of quantum physics. The subject is often presented as weird and inscrutable. Both are true. And yet, much of our modern day technological world relies on the weirdness of quantum physics. So too does the shining of our sun, without which we would simply not exist. This course takes a general audience through the weirdness, wonder and workaday applications of the quantum world.

FITNESS AND LEISURE INTERESTS

**Fit for Life (Dance Fitness): Monday, 10:00-11:00 and 11:30-12:30 (repeated)
(Bona Gerrie) (12 weeks) (£62.00)**

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) (12 weeks) (£62.00)

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 (13 weeks) (£82.00) (Sarah Moss)

Yoga for Intermediate Level: Tuesday 10:00-11:15 (13 weeks) (£82.00) (Sarah Moss)

Yoga for All: Tuesday 11:30-12:45 (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.

Bridge Club: Friday, 13:00-15:00 (Tony Shearman) (12 weeks) (£74.00)

The Institute's ongoing club for experienced Bridge players.



DAY TALK

**80 Years of Ipswich and Suffolk in Words and Pictures,
with Terry Hunt and Dave Kindred**

Tuesday 27th October, 10:00-12:00

Members £7.00 / Non-members £10.00

Former Editor Terry Hunt, and Picture Editor Dave Kindred bring their combined years at the East Anglian Daily Times and Ipswich Star to life in a fully illustrated talk that will highlight some of the biggest regional, national, and international stories - from the world-changing to the wacky.

SATURDAY WORKSHOPS

Creative Printmaking for All, with Steve Joyce

Saturday 3rd October and Saturday 14th November, 09:30-15:30

Members £45.00 / Non-members £55.00 (per session)

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 (£3.50 to pay on the day).

Improve Your Chess mini-series, with Dagne Ciuksyte

Saturday 10th, 17th, 31st Oct and 7th November, 10:00-12:00

Members £40.00 / Non-Members £50.00

A short, friendly 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.

Yoga – ‘Loving Heart’, with Sarah Moss

Saturday 24th October 09:30-15:30

Members £35.00 / Non-members £45.00

We will be focusing our yoga day on our heart, a very important organ, bringing care, balance and joy through asana, breathing, meditation and relaxation.

Bookbinding for Sketchbooks, Journals & Notebooks, with Margaret Holder

Saturday 21st November, 09:30-15:30

Members £45.00 / Non-Members £55.00

This workshop will explore bookbinding techniques for sketchbooks, journals or notebooks, including folding and stitching. We will encase our books in a range of hand printed and painted decorative papers.

It is suitable for anyone who wishes to practise a range of traditional hand-built book binding techniques that are suitable for further projects including photobooks, journals or gifts.

Full instructions and bring lists will be provided for the session. There will be a small charge of £6.00 for materials and kits payable on the day. On the day, you may bring with you any personal book binding equipment such as bone/paper folder, awls, rulers/set squares, pencils and decorative papers if you have them, but there is no need to buy anything specially, as equipment will be available to borrow.

Qi-gong, mindfulness and meditation, with Sarah Moss

Saturday 28th November, 09:30–12:00

Members £15.00 / Non-members £20.00

Welcome to our autumn Qi-gong session. The session will be a mixture of movement (seated and lying depending on your preference on the day) and working with the breath - a cross between Yoga and Tai-chi. Please get in touch if you have any questions: sarah_capon@hotmail.com

Festive Papers, with Margaret Holder

Saturday 28th November, 13:00–16:00

Members £15.00 / Non-members £20.00

This workshop will explore a range of paper techniques including marbling, printmaking, garlands, and simple book and card structures, suitable for decorative and gift ideas as we approach the festive season. It is suitable for anyone who wishes to create paper crafts to develop small decorative projects and gift ideas. Full instructions will be given. All materials will be provided, for which there is a £4.00 cost, payable on the day.

Christmas Wreath Making, with Margaret Knights

Saturday 5th December, 14:00–16:00

Members £30.00 / Non-members £35.00 (includes tea/coffee and a mince pie)

Enjoy making your own Christmas Wreath for your front door or festive table decoration with Margaret Knights, of Rose Cottage Flowers. The moss based wreath, with a protective backing, will be supplied, as will seasonal foliage, cones, ribbons, berries and other natural pieces – but you are welcome to bring your own decorative articles to personalise your wreath if you wish – and you will take home your own handcrafted Christmas Wreath.

A Ghost Story for Christmas, with John Carpenter

Saturday 19th December, 10:30–12:30

Members £7.00 / Non-members £10.00

We will read M. R. James' *The Mezzotint* - first published in the collection *Ghost Stories of an Antiquary* in 1904 - and discuss the story. We will then watch the TV adaptation and explore if it does justice to the story.



Belton House, Lincolnshire (National Trust)

Thursday 17th September

Institute Members: £50.00

Non Members: £60.00

(National Trust Members £20.00 off)

Considered to be a complete example of the English country house, a compilation of all that is finest of Carolean architecture, and the only truly vernacular style of architecture that England had produced since the Tudor period.



Built between 1685 and 1687 by Sir John Brownlow, 3rd Baronet, Belton is an exceptional example of Restoration architecture with a world-renowned library and collections of art, silver, and ceramics.

It is surrounded by formal gardens of Dutch and Italian design - with cast-iron conservatory and fountain - and a series of avenues leading to 1,300 acres of park rich in wildlife, ponds and woodland.

Red House, Aldeburgh (home of Benjamin Britten and Peter Pears), and Snape Maltings

Wednesday 14th October

Institute Members: £40.00

Non Members: £50.00

Explore the life and work of Britain's most famous 20th century composer, Benjamin Britten, and his partner, the singer Peter Pears. The day includes a guided tour of 'The Red House' - the Grade II listed 17th century farmhouse that Britten and Pears moved to in 1957 and where they lived for the rest of their days. The interior provides an accurate picture of their life together, their love of art, music and nature.



We will also have a 'Behind the Scenes' tour of the world famous Snape Maltings Concert Hall, established by Britten and opened by HM Queen Elizabeth II in 1967. There will be freetime to enjoy this iconic heritage destination, with its converted Victorian buildings, independent shops, galleries and restaurants.

Agatha Christie - A World of Mystery: A Major Exhibition on the Woman Behind the Books, British Library

Tuesday 17th November

Institute Members: £45.00

Non Members: £55.00

Discover the extraordinary life of the Queen of Crime. From crossing continents by train to navigating archaeological digs, explore how Christie's adventures sparked unforgettable stories and characters including Hercule Poirot and Miss Marple.

Step into atmospheric spaces inspired by Christie's world, from a grand country house and First World War dispensary, to an Orient Express-style carriage, archaeological dig and West End theatre.

Drawing on letters, notebooks, photographs, personal belongings, early manuscript drafts and many objects on display for the first time, this landmark exhibition reveals the remarkable life of one of the world's greatest crime writers.



The thriller section of the Ipswich Institute library and [inset] the extensive Agatha Christie collection.

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

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MEMBERS INTEREST GROUPS

Small, friendly and informal member-led 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

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 around 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 - all are welcome. www.ipswichinstitute.org.uk/ipswichtourist

GUIDED WALKS

Guided walks commence at Admiral's House at 14:00, unless stated otherwise. Tickets cost £6.00.

TUESDAYS

- 1st Sept: West Side Story
- 8th Sept: Saints to Waterfront
- 15th Sept: Northern Highlights
- 22nd Sept: Heart of Ipswich
- 29th Sept: Name Dropping

THURSDAYS

- 3rd Sept: Iconic Buildings
- 10th Sept: Remarkable Women of Ipswich
- 17th Sept: Royal Influencers in Ipswich
- 24th Sept: The Good, the Bad and the Ugly

AFTERNOON TEA GUIDED WALKS

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

5th Oct	Ipswich Authors: We take a critical look at the poets, pamphleteers, novelists, short story and travel writers who lived and worked in our town.
20th Oct	Stroll With A Hundred Year Old Guide: We compare today's Ipswich visitor experience, with that described in a brochure from the early 1900s.
4th Nov	Trials and Tribulations in 17th Century Ipswich: Life in civil war times - emigration to the New World, a preacher's imprisonment and the arrival of the 'Merry Monarch'.
13th Nov	Blue Plaques: Join us to hear the stories behind the plaques awarded to the many distinguished people in Ipswich.
3rd Dec	Medieval Ipswich: Ipswich's medieval past is long and exciting. Explore it through the town's defences, religious houses, secular buildings and fascinating stories.

GROUP BOOKINGS

Private bookings for group guided walks are 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. *Please note, a deposit will be required to secure the booking.* www.ipswichinstitute.org.uk/ipswichtourist

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 AND PAGE'S CAFE

To complement our leisure learning opportunities and library, 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.

Both cafés cater exclusively for members and their guests, and are open all year round.

Look out for our Christmas menu - coming soon!

The Chart Room

Admiral's House, 13 Tower Street

Mon-Fri: 09:00-15:45

Sat: Closed

Page's Café

The Library, 15 Tavern Street

Mon-Fri: 09:00-14:30

Sat: 09:00-13:30

Tel: 01473 253992

ext 3

