

IPSWICH INSTITUTE

SPRING 2027

Day Programme
Courses for Members

www.ipswichinstitute.org.uk

CONTENTS

1 Booking Information

2 Languages

5 Music

6 Art

7 Art and Film

8 Literature

9 Literature, Poetry and Creative Writing

10 Timetable

12 History, Science and Philosophy

13 Fitness and Leisure Interests

14 Saturday Workshops

15 Day Trips

16 Day Talks

18 Notes Page

19 Members Interest Groups, Memberships, and Gift Vouchers

20 The Lottery Club and EasyFundraising

21 Ipswich Tourist Guides Association

BOOKINGS

Day Course Enrolment:
09:00, Tuesday 15th December 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 required 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

German for Beginners (continued): Friday 09:30-11:00 (Steve Godfrey) (9 weeks) (£67.00)
This course is suitable for people with some prior knowledge of the language. It teaches the basics of the German language and 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) (9 weeks) (£67.00)
This course is designed for those with a grasp of basic 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) (9 weeks) (£67.00)
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) (9 weeks) (£67.00)
This is a class for those who already have a good knowledge of German and its grammar and wish to develop their conversational skills to a high level. The sessions will mostly be conducted in the target language and there will be the opportunity to read German literature.

Spanish for Beginners (continued): Tuesday 11:30-13:00 (Idoia Munoz-Lundy) (9 weeks) (£67.00)
This course is aimed at 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) (9 weeks) (£67.00)
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) (9 weeks) (£67.00)
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) (9 weeks) (£67.00)
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) (9 weeks) (£67.00)
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) (9 weeks) (£67.00)
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.

LANGUAGES

French for Beginners (continued): Thursday 13:30-15:00 (Dominique Belkadi) (10 weeks) (£74.00)
This course is aimed at 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) (10 weeks) (£74.00)
A friendly class for those with little previous experience of French. There will be an emphasis on enjoying learning through a mix of speaking, reading, listening and writing activities.

French (Lower Intermediate) : Wednesday 09:45-11:15 (Dominique Belkadi) (10 weeks) (£74.00)
A friendly class ideal for those with some prior experience of French (GCSE/O level equivalent) and those who may perhaps wish to reacquaint themselves with the language after a break. There will be an emphasis on enjoying learning through a mix of speaking, reading, listening, and writing activities.

French (Improvers 2 – A level equivalent): Wednesday 13:30-15:00 (Carole Hood) (10 weeks) (£74.00)
We enjoy 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. This term we will be reading Virginie Grimaldi, '*Tu comprendras quand tu seras plus grande*'.

Culture française: First Wednesday of the month, 10:00-12:00 (Carole Hood)
These monthly sessions run from October to July - please ask in the library to join for the spring term. These sessions are for 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 - please ask in the library to join for the spring term. These less formal sessions are for more advanced French language students, given entirely in French in a relaxed and sharing atmosphere. We look at, and discuss, all matters of French culture, society, news and lifestyles, from printed or online sources, written or audio. We share our experiences of various subjects brought up depending on what we have come across. All ideas are welcome, as long as it is French!

Latin for Beginners (Year 3): Thursday 09:30-11:00 (David Clare) (9 weeks) (£67.00)
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).

LANGUAGES

Latin (Improvers): Friday 9:30-11:00 (David Clare) (9 weeks) (£67.00)
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) (9 weeks) (£67.00)
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. 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) (9 weeks) (£67.00)
As its name implies, this is for those who have done an O level or higher equivalent. We alternate between prose and verse authors, but the essence is an enjoyment of 'real' Latin as it has come down to us. Each week we go through prepared material and work on a piece of unseen or prose translation, with grammar top-ups where necessary. Textbook (provided): *Virgil Aeneid Book II*.

Italian (Pre-Intermediate): Thursday 13:45-15:15 (Giovanni Gravina) (9 weeks) (£67.00)
This course is for students with some prior experience in Italian, who are keen to build on their language and be able to get by in Italy. We will focus on speaking and listening and take a more in depth look at Italian grammar, studying a wider range of tenses and object pronouns. To access this course comfortably and get the most out of it, you should be familiar with present, past, future and conditional tenses, with some understanding of the subjunctive too.

Italian (Intermediate): Thursday 12:00-13:30 (Giovanni Gravina) (9 weeks) (£67.00)
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. To access this course comfortably and get the most out of it, you should be familiar with present, past, future and conditional tenses, and have some understanding of the subjunctive too.

Italian (Upper-Intermediate): Thursday 09:30-11:00 (Angela McGlennon) (9 weeks) (£67.00)
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) (9 weeks) (£67.00)
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).

MUSIC

Birkbeck Singers: Wednesday 10:00-12:00 (Lindsey Blay) (9 weeks) (£78.00)
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) (9 weeks) (£78.00)
The flute ensemble is a relaxed but dedicated group. The repertoire is varied, from light to classical. The standard range is wide, as Sylvia makes most of the musical arrangements herself to suit the abilities of each player. 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) (9 weeks) (£86.00)
This course is for those with little experience in the guitar. You will learn chords, simple melodies, and how to read guitar tablature. You will need your own acoustic or Spanish guitar.

Guitar (Year 5): Thursday, 13:30–15:00 (Tim Laming) (9 weeks) (£86.00)
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) (9 weeks) (£86.00)
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) (9 weeks) (£86.00)
This course is for those with little experience in the ukulele. You will learn chords, simple melodies, and how to read ukulele tablature. You will need your own ukulele.

Ukulele (Year 4): Monday, 11:00-12:30 (Tim Laming) (9 weeks) (£86.00)
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) (9 weeks) (£86.00)
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.

ART

Creating Beautiful Art with Coloured Pencils and Graphite:
Monday, 10:30-12:30 and 13:30-15:30 (repeated) (Janie Pirie) (9 weeks) (£78.00)
If you've ever thought about creating, or had the desire to create, drawings and pictures of your own, 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 to create an illuminated letter. If you prefer 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) (9 weeks) (£78.00)
Explore a wide range of watercolour techniques and styles, including different ways of applying, agitating and manipulating media for different effects. We will cover drawing, colour theory, composition and many other aspects, with a new focus for each term. Suitable for all levels, there will be 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) (9 weeks) (£78.00)
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) (5 week mini-series) (£43.00)
In this course you will experiment with a range of techniques to create exciting designs on papers and fabrics. We will consider marbling and printing techniques that will include printing with stamps, blocks and found objects, as well as marbling and cyanotypes. You will have the opportunity to create your own stamps with guidance and develop a range of papers suitable for book making, crafts and gifts. Full instructions and bring lists will be given at each session. There will be a small charge for materials.

Book Making: Tuesday, 14:00–16:00 (Margaret Holder) (5 week mini-series) (£43.00)
Explore basic book making 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; there will be a small charge for materials and kits. Please bring your choice of decorative papers (e.g. wrapping paper or leftover wallpaper) for book covers. *Please note, this course will build on the techniques of last term's Book Binding course, but is also suitable for newcomers and beginners.*

Art Across the World: Wednesday 10:30-12:30 (Myra Carley) (9 weeks) (£78.00)
Looking at artworks from the UK, Europe and beyond, we will seek to widen our horizons and find inspiration in ideas and styles from other countries and cultures. We can explore a range of materials, from pencils, paints and pastels, to textiles and other collage materials. Bring a sketchbook to the first class if you wish. Some materials will be available at all sessions. No prior experience necessary.

ART

Art Allsorts: Wednesday 13:30-15:30 (Myra Carley) (9 weeks) (£78.00)
An opportunity for students of all abilities and backgrounds to tackle different themes using a variety of techniques and materials. Get started in art, or expand your repertoire in a relaxed environment. Bring a sketchbook to the first class if you wish. Some materials will be available at all sessions. No prior experience necessary.

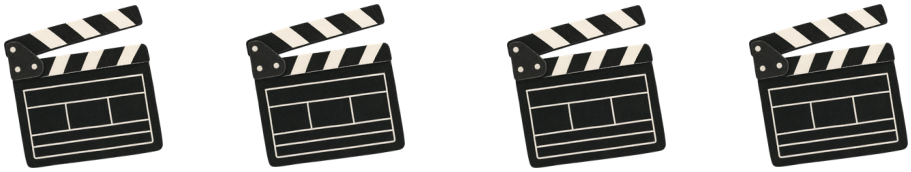
Draw On! : Thursday 13:30-15:30 (Blue King) (4 week mini-series) (£35.00)
Draw On! is a short course of sessions to get you observing, exploring and making. Using a range of techniques we will draw inspiration from pictures, words and music. Suitable for everyone. All materials provided.

Drawing from Life: Friday 13:30-15:30 (Blue King) (9 weeks) (£126.00)
Drawing from observation is one of the most direct ways of engaging with the world. This term, we will work with male and female, clothed and unclothed models. Using a variety of mediums we will make expressive figurative drawings observing dynamic movement, and the uniqueness of an individual person. Suitable for beginners and practicing artists who want to work from the model. All materials, easels and boards provided.

FILM

The Cinema of Michelangelo Antonioni: Wednesday, 10:00–12:00 (David Clare) (9 weeks) (£78.00)
Alienation, modernity, incommunicability... all terms used to qualify the peculiar contribution of Antonioni to the cinema. As Italy reached the 1960s, and the world trembled at the thought of the Bomb, this master stylist, along with Bergman, Buñuel, Fellini and others, inaugurated a new genre: the art film, which intellectuals of the next decade would theorise over at great length. We look at three films made one after the other - though not a 'trilogy' - between 1960 and 1962: *L'Avventura*, *La Notte* and *L'Eclisse*. This course will be of particular interest to those who attended our Neorealism study day in August, since what Antonioni offered was a new kind of realism.

French Cinema in the 1960s: Friday, 13:30-15:30 (David Clare) (9 weeks) (£78.00)
This term we are turning our attention away from the giants of the New Wave to look at three other film-makers who produced distinctive work at the start of the decade (the 1960s). The first two, René Clément and Alain Resnais, we have already looked at in the 50s (*Jeux interdits* and *Hiroshima mon amour*), the third is Jacques Demy, husband of Agnès Varda. The films are *Plein soleil* (aka The Talented Mr Ripley), *Last Year at Marienbad* and *Lola*, and they are all very different!



LITERATURE

John Fante's Ask the Dust : Tuesday, 10:30-12:30 (Andy Sievewright) (4 week mini-series) (£35.00)

"Fante was my god." This famous declaration by Charles Bukowski heralded the successful 1980 re-publication of John Fante's erstwhile cult 1939 novel *Ask the Dust*, a development that cemented the place of the "criminally neglected" (*Time Out*) Fante as one of the most influential American writers of the 20th century.

The novel tells the story of Arturo Bandini ("a magnificent creation" – *TLS*), a young writer struggling to create both his art and his place in the urban life of mid-century America. We will examine how Fante's vibrant prose brings to life Bandini's "intense battle with his insanely demanding muse and the City of Angels itself" (*The Guardian*) and captures the energy, ambition and instability of the lives of new American communities.

Pre-reading is recommended but not essential. Recommended edition: Canongate, 2002 (ISBN 1-84195-330-X).

First Ladies of Crime - The Rise of the Female American Crime Writer:

Wednesday, 14:00-16:00 (Andy Sievewright) (9 weeks) (£78.00)

From the inception of detective fiction in the 19th century to the present day, female American writers have explored the dark world of crime. Mid-20th century innovators such as Dorothy B. Hughes utilised the key elements of the noir and hard-boiled genres but challenged the dominant portrayal of passive female victims and deadly and doomed femmes fatales, introducing female characters that were layered, flawed and unpredictable.

In recent decades, modern giants of American female crime writing have begun, finally, to receive the praise and prominence that largely eluded pioneers like Hughes. Writers such as Gillian Flynn have driven the evolution of crime writing with complex tales of the darker side of female experience and agency, trauma, and moral ambiguity.

This course will explore how the female gaze has brought nuance and empathy to the dramatic and violent worlds of American crime narratives, offering perspectives that have long been underrepresented.

The texts on which we will focus are as follows, in order of reading: *Laura*, by Vera Caspary; *The Expendable Man*, by Dorothy B. Hughes; *Sharp Objects*, by Gillian Flynn; *Bluebird, Bluebird* by Alicia Locke. Pre-reading is recommended but not essential.

Three Stories by Nikolai Gogol: Friday, 13:30-15:30 (Dr Stephen Palmer) (3 week mini-series) (£26.00)

Over three sessions we will read and discuss three of Gogol's best known stories, *Diary of a Madman*, *The Nose* and *The Overcoat* (in that order), which can be compared in some ways with the strange realism of Dickens. Gogol was reckoned by Vladimir Nabokov as "the greatest artist that Russia has yet produced" - although it is worth pointing out that the writer was Ukrainian by birth, and that Ukrainian language, culture and history left their marks upon him.

Over these three sessions we will seek to find out, amongst other things, what might lie behind Nabokov's judgement, and in so doing, discuss Gogol's influence on other writers, such as Mikhail Bulgakov.

I will be using the Penguin Classics (1973) edition, *Diary of a Madman and Other Stories*, which contains all three stories; however, if you have, or read, other versions, that should be fine.

LITERATURE

To Raise A Temple in the Ear - W.B. Yeats *Selected Poems:*
Thursday, 10:15-12:15 (Dr Stephen Palmer) (9 weeks) (£78.00)
Basing our reading of Yeats on Faber and Faber's *Selected Poems* (2009), we will explore how Yeats' poetry wrestled with questions of spirituality and transcendence, political and cultural identity, myth and history over the course of his writing career. In doing so, we'll test out Seamus Heaney's view that Yeats sought 'to raise a temple in the ear', and we might even come to some conclusions! Edition: *Selected Poems, W.B. Yeats - Poems Selected by Seamus Heaney* (Faber and Faber, 2009).

John Milton: Poetry, Politics, Religion: Thursday, 13:15–15:15 (Dr Stephen Palmer) (9 weeks) (£78.00)
On this course we will read and discuss a selection of Milton's poetry, including sonnets and shorter poems, and extracts from his epic poetry. Along with this, we will read excerpts from his political and religious prose works, drawing connections between Milton's poetical and prose writings. Suggested editions: *Selected Poems*, John Milton (Penguin Classics, 2007); *Milton's Selected Poetry and Prose* (Norton Critical Edition, 2010), but if you have a different edition of the poems already that will be fine. Many of Milton's prose works are also available online.

POETRY

Poetry Matters - Lost in translation?
Thursday and Friday (repeated), 10:15-12:15 (Janet Dann) (9 weeks) (£78.00)
Some say poetry cannot be translated; others believe it opens new worlds of language in our own tongue. Can nuance of meaning be replicated? Should original form be retained? Robert Frost said "Poetry is what is lost in translation." But Italo Calvino said "The translator is my most important ally, he connects me to the world." We will take a poem each week, translated from a variety of languages, and after discussion, respond with our own choices to share with the group. For our first meeting please bring any poem by a published author, which has been translated into English from another language. If in doubt, please contact me: j.dann458@btinternet.com

CREATIVE WRITING

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) (9 weeks) (£78.00)
Drawing on participants' observation, imagination and experience, members are encouraged to try out different story forms to explore and develop their work. Each week we will take an aspect of a theme to inspire ideas for storytelling, poetry and dialogue. Most of the writing will take place in class. Members will read out their work and take part in constructive feedback. The aim is to give supportive comment that will help the writer develop their future work.

	ROOM	COURSE	TUTOR	TIME	WKS	DATES	HALF TERM	COST
MONDAY	OR	Spanish (Beginners Year 2)	Idoia Munoz-Lundy	09:30-11:00	9	11th January - 15th March	15th Feb	£67.00
	BI	Fit For Life (Dance Fitness)	Bona Gerrie	10:00-11:00	9	11th January - 15th March	15th Feb	£47.00
	FG	Coloured Pencil Workshop	Janie Pirie	10:30-12:30	9	11th January - 15th March	15th Feb	£78.00
	AC	Ukulele (Year 4)	Tim Laming	11:00-12:30	9	11th January - 15th March	15th Feb	£86.00
	BI	Fit for Life (Dance Fitness)	Bona Gerrie	11:30-12:30	9	11th January - 15th March	15th Feb	£47.00
	CO	Spanish (Advanced Conversation)	Idoia Munoz-Lundy	11:30-13:00	9	11th January - 15th March	15th Feb	£67.00
	OR	Spanish (Intermediate)	David Clare	11:30-13:00	9	11th January - 15th March	15th Feb	£67.00
	FG	Coloured Pencil Workshop	Janie Pirie	13:30-15:30	9	11th January - 15th March	15th Feb	£78.00
	HA	Sit and Stay Fit	Bona Gerrie	14:00-15:00	9	11th January - 15th March	15th Feb	£47.00
	OR	Spanish (Improvers)	David Clare	14:00-15:30	9	11th January - 15th March	15th Feb	£67.00
	BI	Yoga for All	Sarah Moss	14:00-15:15	10	11th January - 22nd March	15th Feb	£64.00
TUESDAY	BI	Yoga (Intermediate)	Sarah Moss	10:00-11:15	10	12th January - 23rd March	16th Feb	£64.00
	AC	The Wonder Of Watercolour	Steve Joyce	10:00-12:00	9	12th January - 16th March	16th Feb	£78.00
	FG	John Fante's *Ask the Dust*	Andy Sievewright	10:30-12:30	4	19th January - 9th February	N/A	£35.00
	FG	From the Brain to the Cosmos	Ian Hawker	10:30-12:30	5	23rd February - 23rd March	N/A	£43.00
	HA	History: On Her Majesty's Public Service	Victoria Clark	11:00-12:30	10	12th January - 23rd March	16th Feb	£74.00
	DU	Ukulele for Beginners (Year 2)	Tim Laming	11:00-12:30	9	12th January - 16th March	16th Feb	£86.00
	BI	Yoga for All	Sarah Moss	11:30-12:45	10	12th January - 23rd March	16th Feb	£64.00
	OR	Spanish for Complete Beginners (continued)	Idoia Munoz-Lundy	11:30-13:00	9	12th January - 16th March	16th Feb	£67.00
	OR	Spanish for Beginners (Year 3)	Idoia Munoz-Lundy	13:30-15:00	9	12th January - 16th March	16th Feb	£67.00
	HA	History: On Her Majesty's Public Service	Victoria Clark	13:30-15:00	9	12th January - 16th March	16th Feb	£67.00
	DU	Guitar for Beginners (Year 2)	Tim Laming	13:30-15:00	9	12th January - 16th March	16th Feb	£86.00
	BI	Decorative Papers and Fabrics	Margaret Holder	14:00-16:00	5	12th January - 9th February	N/A	£43.00
	BI	Book Making	Margaret Holder	14:00-16:00	5	23rd February - 23rd March	N/A	£43.00
	AC	Drawing Practice	Steve Joyce	14:00-16:00	9	12th January - 16th March	16th Feb	£78.00
WEDNES	FG	French (Lower Intermediate)	Dominique Belkadi	09:45-11:15	10	13th January - 24th March	17th Feb	£74.00
	BI	Flute Ensemble	Sylvia Fairley	10:00-12:00	9	13th January - 17th March	17th Feb	£78.00
	CO	Culture française	Carole Hood	10:00-12:00	3	06/01, 03/02, 03/03,	N/A	N/A
	CO	Café Français	Carole Hood	10:00-12:00	3	20/01, 24/02*,17/03	N/A	N/A
	HA	Birkbeck Singers	Lindsay Blay	10:00-12:00	9	13th January - 17th March	17th Feb	£78.00
	OR	The Cinema of Michaelangelo Antonioni	David Clare	10:00-12:00	9	13th January - 17th March	17th Feb	£78.00
	AC	Art Across The World	Myra Carley	10:30-12:30	9	13th January - 17th March	17th Feb	£78.00

DAY	FG	French (Improvers)	Dominique Belkadi	11:30-13:00	10	13th January - 24th March	17th Feb	£74.00
	OR	French (Improvers 2: A Level equivalent)	Carole Hood	13:30-15:00	10	13th January - 17th March	17th Feb	£78.00
	AC	Art Allsorts	Myra Carley	13:30-15:30	9	13th January - 17th March	17th Feb	£78.00
	FG	Creative Writing	Peppy Barlow	13:30-15:30	6	13/01, 27/01, 10/02, 24/02, 10/03, 24/03	N/A	£52.00
	HA	Ancient Egypt: The Rise of a Civilisation	Richard Welbourne	13:30-15:30	5	13th January - 10th February	N/A	£43.00
	HA	So Much Music, So Little Time	Stephen Foster	13:30-15:30	4	24th February - 17th March	N/A	£35.00
	BI	Literature: First Ladies of Crime	Andy Sievewright	14:00-16:00	9	13th January - 17th March	17th Feb	£78.00
THURSDAY	OR	Italian (Upper Intermediate)	Angela McGlennon	09:30-11:00	9	14th January - 18th March	18th Feb	£67.00
	FG	German (Upper Intermediate)	Steve Godfrey	09:30-11:00	9	14th January - 18th March	18th Feb	£67.00
	GP	Latin for Beginners (Year 3)	David Clare	09:30-11:00	9	14th January - 18th March	18th Feb	£67.00
	HA	Literature: To Raise a Temple in the Ear - W.B. Yeats	Dr Stephen Palmer	10:15-12:15	9	14th January - 18th March	18th Feb	£78.00
	CO	Poetry Matters: Lost in Translation	Janet Dann	10:15-12:15	9	14th January - 18th March	18th Feb	£78.00
	DU	Ukulele (Year 6)	Tim Laming	11:00-12:30	9	14th January - 18th March	18th Feb	£86.00
	OR	Italian (Advanced)	Angela McGlennon	11:15-12:45	9	14th January - 18th March	18th Feb	£67.00
	FG	German (Advanced)	Steve Godfrey	11:15-12:45	9	14th January - 18th March	18th Feb	£67.00
	GP	Latin (Intermediate)	David Clare	11:30-13:00	9	14th January - 18th March	18th Feb	£67.00
	BI	Italian (Intermediate)	Giovanni Gravina	12:00-13:30	9	14th January - 18th March	18th Feb	£67.00
	HA	Literature: John Milton - Poetry, Politics and Religion	Dr Stephen Palmer	13:15-15:15	9	14th January - 18th March	18th Feb	£78.00
	FG	French for Complete Beginners (continued)	Dominique Belkadi	13:30-15:00	10	14th January - 25th March	18th Feb	£74.00
	DU	Guitar (Year 5)	Tim Laming	13:30-15:00	9	14th January - 18th March	18th Feb	£86.00
	AC	Draw On!	Blue King	13:30-15:30	4	25th February - 18th March	N/A	£35.00
	OR	Italian (Pre-Intermediate)	Giovanni Gravina	13:45-15:15	9	14th January - 18th March	18th Feb	£67.00
	FG	Latin (Advanced)	David Clare	14:00-15:30	9	14th January - 18th March	18th Feb	£67.00
	BI	Schuringa, A Social History of Analytic Philosophy	Dr Nicholas Joll	14:00-16:00	10	14th January - 25th March	18th Feb	£86.00
FRIDAY	CO	Latin (Improvers)	David Clare	09:30-11:00	9	15th January - 19th March	19th Feb	£67.00
	FG	German for Beginners (continued)	Steve Godfrey	09:30-11:00	9	15th January - 19th March	19th Feb	£67.00
	BI	Indigenous Mexico Through Film, Art and Music	Michele Stephens	10:00-12:00	9	15th January - 19th March	19th Feb	£78.00
	OR	Creative Writing	Sally Wilden	10:15-12:15	9	15th January - 19th March	19th Feb	£78.00
	HA	Poetry Matters: Lost in Translation	Janet Dann	10:15-12:15	9	15th January - 19th March	19th Feb	£78.00
	FG	German (Pre-Intermediate/Intermediate)	Steve Godfrey	11:15-12:45	9	15th January - 19th March	19th Feb	£67.00
	FG	Bridge Club	Tony Shearman	13:00-15:00	9	15th January - 19th March	19th Feb	£47.00
	DU	Guitar (Year 6)	Tim Laming	13:30-15:00	12	15th January - 19th March	19th Feb	£86.00
	HA	Drawing From Life	Blue King	13:30-15:30	9	15th January - 19th March	19th Feb	£126.00
	OR	French Cinema in the 1960s	David Clare	13:30-15:30	9	15th January - 19th March	19th Feb	£78.00
	BI	Literature: Three Stories by Nikolai Gogol	Dr Stephen Palmer	13:30-15:30	3	29th January - 12th February	N/A	£26.00

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

On Her Majesty's Public Service – Queen Victoria's PMs:

Tuesday, 11:00–12:30 and 13:30–15:00 (repeated) (Victoria Clark) (10 weeks) (£74.00)

During her 64 years on the throne - from 1837-1901 - Queen Victoria saw off ten prime ministers; some she loved, some she loathed and some she changed her mind about. This course aims to illuminate her reign and times by focusing in on each of these men's characters, relationships and challenges.

Ancient Egypt - The Rise of a Civilisation:

Wednesday 13:30–15:30 (Richard Welbourne) (5 week mini-series) (£43.00)

This series of talks traces the history of Ancient Egypt from the earliest communities of the Nile Valley to the age of the great pyramid builders. The lectures explore how Egyptian religion and culture evolved, giving rise to practices and beliefs that have fascinated historians and writers for centuries. Using archaeological evidence - including pottery, tombs and grave goods - the talks examine how our understanding of Ancient Egypt has developed and been refined over time. Each week, we will also highlight the work of key Egyptologists and explore their role in bringing one of the world's most enduring and influential civilisations to life. The intention is to continue this detailed journey through Ancient Egyptian history in future series. These talks do not repeat material from any previous course, and no prior knowledge is required to join this exploration of the origins of Ancient Egypt.

Indigenous Mexico through Film, Art and Music:

Friday 10:00–12:00 (Michele Stephens) (9 weeks) (£78.00)

Mexico's history includes a rich and vibrant visual, audio and material culture. Through films, arts and music, we will explore modern Mexico, including its Indigenous history. We will see how artists like Diego Rivera and Frida Kahlo used art to criticise and reflect Mexican culture and society; how films like *Roma* and *Y tu mama, también* shed light on different classes and ethnicities in recent Mexico; and how music forms the backdrop for all life and death in Mexico.

SCIENCE AND PHILOSOPHY

From the Brain to the Cosmos:

Tuesday, 10:30–12:30 (Ian Hawker) (5 week mini-series) (£43.00)

Embark on a five-week journey through modern science, bridging the microscopic mechanics of existence with the grand scale of the universe. We will explore the inner workings of human consciousness in neuroscience, demystify neural networks and machine learning in AI, unravel the hereditary blueprint of life through human genetics, examine the principles of subatomic particles in the quantum world, and gaze outward to black holes and deep space in astronomy.

Schuringa, A Social History of Analytic Philosophy:

Thursday, 14:00–16:00 (Dr Nicholas Joll) (10 weeks) (£86.00)

Text: Christoph Schuringa, *A Social History of Analytic Philosophy: How Politics Has Shaped an Apolitical Philosophy* (Verso, 2025) (paperback, 2026). The book is stimulating, reasonably readable, of more than historical interest, and, mostly, good. To read for week one: the introduction and first chapter.

FITNESS AND LEISURE INTERESTS

Fit for Life (Dance Fitness): Monday, 10:00-11:00 and 11:30-12:30 (Bona Gerrie) (9 weeks) (£47.00)
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) (9 weeks) (£47.00)
Sit and Stay Fit is a fun and creative way to exercise using movement to music whilst 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 (Sarah Moss)
Yoga for All: Monday, 14:00–15:15 (10 weeks) (£64.00)
Yoga for All: Tuesday, 11:30-12:45 (10 weeks) (£64.00)
Yoga for Intermediate level: Tuesday, 10:00-11:15 (10 weeks) (£64.00)
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.

So Much Music, So Little Time:
Wednesday, 13:30–15:30
(Stephen Foster)
(4 week mini-series) (£35.00)
This year award-winning broadcaster Stephen Foster celebrates 50 years behind the microphone. In this short, 4-part series Foz looks back on his half a century in radio and how his love of music has dominated his work on the wireless.



Bridge Club: Friday, 13:00-15:00 (Tony Shearman) (9 weeks) (£47.00)
The Institute's on-going club for experienced Bridge players.

SATURDAY WORKSHOPS

Creative Printmaking for All, with Steve Joyce

09:30-15:30, Saturday 23rd January and/or Saturday 13th March

Members £45.00 per session / 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).

Notice Our Habits in Yoga, with Sarah Moss

09:30-15:30, Saturday 30th January

Members £35.00 / Non-Members £45.00

We will look at how we stand, sit and rest, and notice our body, mind and breath and see how we feel, looking inwards, before exploring how this can change with movement and awareness. This will be a really fascinating insight. I look forward to having a day of yoga together.

Improve Your Chess, with Dagne Ciuksyte

11:00–13:00, Saturday 6th and Saturday 13th February

Members £20.00 / Non-Members £30.00

Join these friendly workshops – ideal 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.

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

13:30–15:30, Saturday 6th February to Saturday 6th March (5 weeks)

Members £50.00 / Non-Members £60.00

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.

Qi-gong, mindfulness and meditation, with Sarah Moss

09:30-12:00, Saturday 20th February

Members £15.00 / Non-Members £20.00

Welcome to our Qi-gong session of mindfulness/meditation practices for the season of winter. The session will be a mixture of movement (seated in a chair and/or lying on a mat depending on your preference on the day). Qi-gong is a mixture of working with energy in movement and the breath - a cross between Yoga and Tai-chi. Please get in touch if you have any questions: sarah_capon@hotmail.com

Act Your Age – Drama for Fun, with Scott Dolling

10:00-12:30, Saturday 27th February and Saturday 6th March

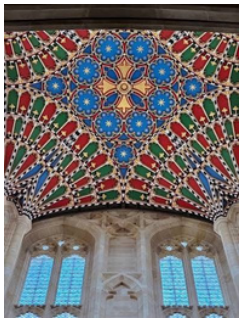
Members £25.00 / Non-Members £35.00

Ever fancied trying a bit of acting but felt a little self-conscious?! These sessions will enable you to experience some basic concepts and try out some skills in a friendly environment. No previous experience is necessary – just enthusiasm and a sense of fun! - the tutor is used to working with complete novices and developing their skills.

Fullers Mill Garden and St Edmundsbury Cathedral

Wednesday 24th February
Institute Members: £40.00/Non Members: £50.00





Our first stop, Fullers Mill Garden, is a tranquil waterside and woodland plantsman's paradise on the banks of the River Lark, created by the late Bernard Tickner MBE (1924-2017) who spent 50 years creating the garden seen today from rough scrub and woodland. Seasonal favourites include more than 100 different varieties of snowdrop, plus hot drinks, cakes and bakes from the Bothy Tea Room!

From here we take the short drive to Bury St Edmunds for a guided tour of Suffolk's Cathedral. A thousand years in the making, it was established in 1020 AD (in honour of the Anglo Saxon King, Edmund who was martyred in 869 AD) and became the Cathedral of the Diocese of St Edmundsbury and Ipswich in 1914. It was 'completed' in 2010, with the addition of a tower, new cloisters and chapels.

Pepys Library, Magdalene College, Cambridge

Wednesday 24th March
Institute Members: £40.00/Non-members: £50.00



The Pepys Library is one of Magdalene College's greatest treasures. Following a three year closure for a major restoration project to preserve this historic collection and enhance accessibility of the Grade I listed Pepys Building, the library is newly opened for visiting public and scholars.

It houses the original diaries of Samuel Pepys alongside one of the most significant collections of books, manuscripts, documents, and prints assembled by any private individual. Our visit includes a guided tour to explore the remarkable collection still preserved in the original oak bookcases designed by Pepys in 1666, and to discover the literary and historical gems gathered over his lifetime.

DAY TALKS

Our Mathematical Universe, with Chris Shephard

10.30-12:30, Monday 18th January. Members £7.00/Non-Members £10.00

Our two best theories of the physical universe are the Standard Model and Einstein's General Theory of Relativity; they range, respectively, from the tiniest sub-atomic scales right up to the size of the entire cosmos itself. No experiment to date has found any evidence to contradict either of these two foundation stones of modern physics. These explanations for both the construction and operation of our world are inherently mathematical. Whatever - or Whoever - created the cosmos, and the rules that govern it, was a mathematician. This talk reveals that magical and eerie mystery through a series of varied examples.

Little Sea Wolf (Sae Wylfing), with Paul Constantine. 10:30–11:30, Tuesday 16th February. Members £7.00/Non-Members £10.00

Did the Anglo-Saxons sail? It is amazing that there is no evidence that they DID sail to cross the North Sea. What did they do? This craft represents a unique archaeological experiment to test the theories. We will explore problems of scale, discover the builders, the construction and uses of the vessel. We will also compare the vessel with the full-size replica of the Sutton Hoo ship currently under construction in The Longshed, Woodbridge and have an update on the progress of the latter.



Horrible Husbands, Despicable Wives, with James Thelusson

12:00–13:00, Wednesday 17th February. Members £7.00/Non-Members £10.00

Death is not the end, it's a prelude to litigation. This talk looks at the history of husbands and wives who have cut their partners and family out of their wills and the scandalous court cases that followed. The talk looks at infamous 'gold diggers', coercive marriages and heartless wills. Cases include Rock Hudson, Gina Lollabrigida, Peter Sellers and Anna Nicole Smith. If you're enjoying HBO's series *War,* about a high profile divorce, or the BBC's *I, Jack Wright,* this talk is for you.



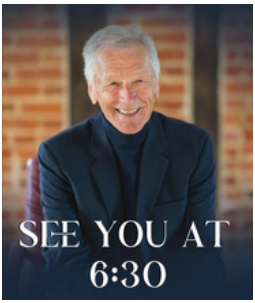
Cricket, Poetry and Society, with James Thelusson

14:00–15:00, Wednesday 17th February. Members £7.00/Non-Members £10.00

Cricket has inspired more poets than any other British sport. Why? And is any of it any good? This talk looks at the history of cricket poetry from around the world and its cultural and historical significance. The talk is based on a recent anthology of cricket poems called *Catching the Light* and includes poems by the lecturer and Harold Pinter, Sebastian Faulks, Simon Armitage, Ted Hughes and Benjamin Zephaniah. Ranging from serious verse to limericks, the talk is designed to be interesting and amusing to lovers of poetry, culture and cricket.

Stewart White: A Life in Broadcasting

10:30–12:30, Friday 19th February. Members £7.00/Non-Members £10.00



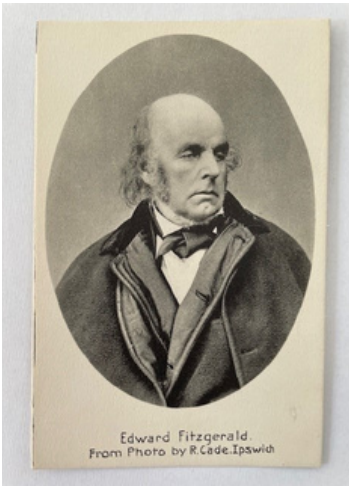
Journalist and broadcaster, Stewart White began his career in BBC Radio, later presenting for ATV and Central Television. He is, of course, best known for presenting the East Anglian regional BBC News programme *Look East* – the familiar face bringing the news into our homes for 37 years.

He recently published his autobiographical book *See You at 6.30*, which looks back at his career in regional broadcasting and encounters with notable figures.

'When Fitz met Boz' - A characterful, colourful, critical but kind tribute by Charles Mugleston, in character as Edward FitzGerald, on the occasion of his birthday month

13:30–15:30, Friday 12th March. Members £7.00/Non-Members £10.00

BREAKING NEWS... Third time lucky!
"*A letter has been sent from the Secretary of the Ipswich Mechanics' Institution asking me to lecture - any subject but Party Politics or Controversial Divinity. On my politely declining, another, fuller and more pressing letter was sent urging me to comply with their demand. I answered to the same effect, but with accelerated dignity.*"



And so, 185 years later... I, Edward FitzGerald (31st March 1809-14th June 1883), humble genius of Woodbridge, translator and adapter of the Immortal multi-million selling poem Rubáiyát of Omar Khayyám, having now overcome my ancestral bloody-mindedness and intense shyness, being full of genuine remorse, wish to make full reparation to you the Intelligentsia of Ipswich and common surrounds by offering a comic and reflective entertainment recalling comments in letters to friends about Charles Dickens (who I met but once in company with Alfred Tennyson and Will Thackeray), dovetailing such with extracts from his works, truly "wonderful things" demonstrating his ever generous theatrical joie de vivre i.e. "a Cockney Shakespeare." Indeed, as I said about the Rubáiyát translation ,"*better a live sparrow than a stuffed eagle*!"

Ps "We in Suffolk are not so completely given over to prose and turnips as some would have us so." E.F.G

NOTES PAGE

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

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, workshops and trips.

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



Join the Lottery Club

A fun, easy way to support the Institute!

- ⭐ £5 per ticket per month
- ⭐ Monthly cash prize (current prize pot £142)

Each ticket number purchased is entered into a monthly prize draw. 20% of the money raised forms the prize pot, and the remainder (after expenses) supports Institute funds. To join, pick up an application form from the library or contact lottery@ipswichinstitute.org.uk

www.ipswichinstitute.org.uk/lottery-club

easyfundraising

We have registered Ipswich Institute and Reading Room with easyfundraising, a scheme where retailers will donate for free every time you shop online, with no extra cost and no extra effort to you.

It is really simple; download the app or sign up online (remembering to set up donation reminders on your internet browser), click each time you shop, and it will do the rest for you.

Use the QR code or visit our Institute page on the easyfundraising website to find out more and sign up:

https://www.easyfundraising.org.uk/causes/the-ipswich-institute-reading-room-and-library

Ipswich Tourist Guides Association

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

AFTERNOON TEA GUIDED WALKS (JAN - APRIL)

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.

13th Jan	**Ipswich Medics:** Discover the many buildings in Ipswich with medical stories behind them. From local nurses to Queen Victoria's favourite doctor, and a Nobel Laureate.
26th Jan	**Selig or Silly Suffolk?** Selig means 'blessed'. Explore why Ipswich was blessed by 12 medieval churches, a chapel of pilgrimage and rare ancient sacred carvings. Note: walk ends at a Waterfront café.
2nd Feb	**As Giles Saw It:** Explore Ipswich through the eyes and works of renowned cartoonist and local boy Carl Giles.
10th Feb	**The Victorian Docks:** Hear how the building of the dock brought industry, growth and trade to Ipswich. Note: walk starts at The Question Mark on Ipswich Waterfront.
24th Feb	**A River Runs Through It:** Throughout history Ipswich and The Orwell have gone together like fish and chips. Take a look at how Ipswich grew.
5th Mar	**Cardinal Connections:** Join us in the footsteps of Cardinal Thomas Wolsey and explore the sites linked to Ipswich's most famous Tudor son.
18th Mar	**Wartime Ipswich:** Explore Ipswich's First and Second World War sites, memorials and the town's relilience whilst honouring local service and recalling stories.
8th Apr	**Scientific Ipswich:** The innovations and inventions in astronomy, geology, aviation, medicine, A.I. and biology that put Ipswich in the forefront of scientific discoveries. Note: walk starts at The Hold on Ipswich Waterfront.
23rd Apr	**A Dragon Hunt for St George's Day:** Come and discover fabulous beasts and dangerous dragons hiding in plain sight. Can you find them before they spot you?

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.*

GIFT VOUCHERS

Gift vouchers for 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 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 CAFÉ

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.

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

