

AUGUST — SEPTEMBER 2018

What's On



Arts and leisure
activities across the
borough of Ealing

EVENTS INSIDE THIS ISSUE

Music, Art, Crafts, Culture,
Education, Dance, Movement,
Drama, Comedy, Poetry,
Leisure, Multi-Activity

What's On – celebrating summer in Ealing with activities galore

Discover just how much is happening in Ealing during the high summer months.

August and September might be the peak time for holidays elsewhere, but there's still a great deal happening in Ealing, from music, art and theatre to a multitude of exercise options. So check out what's on offer in these pages or online at www.ealingarts.org.uk, and maybe find a new interest and new groups of friends.

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Find us online at
ealingarts.org.uk

 [facebook.com/EalingArts](https://www.facebook.com/EalingArts)

Want to know how to list an event
or advertise here?
Visit ealingarts.org.uk/join.

Music

SEPTEMBER

Ealing Guitar Classes FREE TASTER GUITAR CLASS FOR ADULTS

TUESDAY 4 SEPTEMBER

Bring a guitar(!) to join in, although we should have a couple of spares on hand. Find out about tuning the guitar, playing chords and lead guitar. There will be a Q and A session / discussion about guitar playing. By the end of the class, the aim will be for everyone attending to play something musical together. Aimed mainly at beginners and people returning to the instrument: intermediate and advanced players can get in contact and book a free one-to-one lesson. Class Tutor: Nev Hawkins.

8-9.30pm. St Mary's Church Hall, 62 Greenford Avenue, W7 3QP

07906 328273 • 020 8621 3336 • info@ealingguitar.com • www.ealingguitar.com

West London Sinfonia A 'WELCOME' RECEPTION

FRIDAY 28 SEPTEMBER

West London Sinfonia welcomes you to a reception to celebrate the start of the new season. Enjoy a glass of wine and a canapé while you meet the members of the orchestra and hear about all the wonderful music WLS will be playing for you, and other exciting plans.

7.30-10pm. St Michael and All Angels Church W4 1TT – in the Michael Room

020 4375 4200 • www.westlondonsinfonia.org

REGULAR EVENTS

HEOS Musical Theatre NEW SEASON

Come and join one of the premier musical theatre groups in west London for our exciting new season. Our traditional family pantomime this year is *Cinderella*, and in April we will be performing *Footloose* at the Questors Theatre, Ealing.

There are no auditions to join the chorus, and no previous experience is necessary.

Rehearsals are Monday evenings (chorus) and Thursday evenings (principals) for *Footloose*, and Sunday afternoons for *Cinderella*. Auditions for both shows will be late Sept/early Oct for principals, and dancers from age 8 for *Cinderella*. Learn more about both shows at our launch night on Monday Sept 10 Sept in Northolt.

We are a very friendly group, and look forward to welcoming you.

7.30pm. Northolt Methodist Church Hall, Church Road, Northolt, UB5 5AE

07758 841523 • info@heos.org.uk • www.heos.org.uk

The Hanwell Voice Studio SINGING LESSONS

Singing lessons with a professional opera singer from English National Opera. Master a solid vocal technique, essential for success in performance. Tuition for all musical styles. Beginners welcome.

The Hanwell Voice Studio, W7

Enquiries (Lydia Marchione, AGSM): 07791 170662 • www.lydiamarchione.com

Ealing Junior Music School

SATURDAYS

EJMS is a Saturday morning music school for 3-18 year olds; we are based at Twyford C of E High School in Acton. We provide individual instrumental tuition on almost every instrument of the orchestra, as well as guitar and singing lessons, in a relaxed and fun environment. We run some 20 orchestras and ensembles and three choirs, including one for parents, along with musicianship classes for our youngest pupils. Parents can relax in the café. Ensemble-only pupils are welcome. Sorry, we do not do piano lessons. 8.30am - 1.30pm. Twyford CofE High School W3 9PP. Charges vary, depending on course taken.

Younger Years

admin@ejms.org.uk • www.ejms.org.uk

The Friends of St Mary's Perivale

SUNDAYS

SUNDAY CONCERTS AT ST MARY'S PERIVALE

9 September: Jayson Gillham (piano recital)
16 September: William Dutton (violin) Richard Uttley (piano)
3pm except as shown. St Mary's Church, Perivale Lane, Perivale UB6 8SS
Free with a retiring collection

020 8997 7691 • hmather@btopenworld.com • www.st-marys-perivale.org.uk

Ealing Chamber Music Club

MONDAYS

New playing members (and visitors) are always welcome at our regular evenings. Free refreshments.

Second Monday in the month, except August. 8pm. St Mary's Church, Perivale

020 3143 3206 • ealingchambermusic@gmail.com • www.ecmc.org.uk

Capital Chorus

MONDAYS

WEEKLY REHEARSAL

We're a friendly, diverse and welcoming group of men who love to sing close-harmony songs in the barbershop style. Whatever your age or experience, come and meet us at our weekly open rehearsal. Barbershop could be the exciting, rewarding, fun hobby you're looking for.

7.45 - 10.15pm. Kingsdown Methodist Church, Northfield Avenue, Ealing W13 9PR

07963 595930 • www.capitalchorus.co.uk

The Love2sing Choir

MONDAYS

THE LOVE2SING EALING CHOIR - DAYTIME

Take part in fun, friendly and informative rehearsals and twice-yearly concerts. Choir meets for 35 rehearsals a year (term lengths vary 10-13wks). Styles include musical theatre, pop, rock, big band, Motown, traditional choral and more.

1-3pm. North Hanwell Baptist Church, Cuckoo Avenue, W7 1BW

Monthly: £20.40 Termly: £70 (10 wks) - £91 (13wks)

07989 560603 • admin@love2sing.co.uk • www.love2sing.co.uk

Ealing Choral Society



Join Our Choir!



2018-2019 Season

Fauré Requiem

Bach St. John Passion

Charity Carol Concerts

All voice parts welcome

www.ealingchoralsociety.org.uk

Charity no. 278174

membership@ealingchoralsociety.org.uk 07932 460 388

Rehearsals Mondays 7.35 to 9.45pm from 10Sep2018
Ealing Green Church Hall W5 5QT

Free membership for 16 to 23 year olds
Substantial reduction for under 30 years

Choral music from Baroque to 21st Century 50% reduced membership for new tenors and basses

Ealing Choral Society

MONDAYS

REHEARSALS BEGIN FOR NEW SEASON: NEW MEMBERS WELCOME!

Rehearsals start Monday 10th September 2018. Concerts this season to include: the Bach St John Passion, a special November concert to mark the centenary of the end of World War I, our annual charity carol concert, and a Scandinavian-themed end-of-season concert, *Northern Lights*.

7.35 - 9.45pm. Ealing Green Church Hall, Ealing Green, W5

Free membership for 16-23, substantial reductions for under 30 years, and 50% reduction for new tenors and basses!

07932 460388 • membership@ealingchoralsociety.org.uk • www.ealingchoralsociety.org.uk

Ealing Guitar Classes

MONDAYS - THURSDAYS

BEGINNERS' AND INTERMEDIATE GUITAR CLASSES FOR ADULTS

Autumn term: consisting of 12 weekly 90-minute lessons with expert teacher and musician, Nev Hawkins. Fun, sociable and informal environment. For full days, times, venues and costs for particular courses visit website or contact Ealing Guitar Classes. Private lessons also available.

8-9.30pm for courses that run Monday to Thursdays

2.30-4pm Tuesdays (Intermediate class)

Ealing venues. £12 - £16.50 per lesson, depending upon which course you take

07906 328273 • 020 8621 3336 • info@ealingguitar.com • www.ealingguitar.com

The Friends of St Mary's Perivale

TUESDAYS

TUESDAY AFTERNOON PIANO RECITAL SERIES

4 September: Ariel Lanyi

11 September: Ljubica Stojanovic

18 September: Naoko Aburaki

25 September: Edward Leung

2pm. St Mary's Church, Perivale Lane, Perivale UB6 8SS. Free with a retiring collection

020 8997 7691 • hmather@btopenworld.com • www.st-marys-perivale.org.uk

The Love2sing Choir

TUESDAYS

NEW CHOIR: THE LOVE2SING SOUTH EALING CHOIR – EVENING

Due to popular demand Love2sing is opening a brand new South Ealing Choir this autumn (September 2018). Take part in fun, friendly and informative rehearsals and twice yearly concerts. Choir meets for 35 rehearsals a year (term lengths vary 10-13wks). Styles include musical theatre, pop, rock, big band, Motown, traditional choral and more. Book a free taster today.

7.15-9.15pm. The University of West London Vestry Hall, Ranelagh Road, Ealing, W5 5RJ

Monthly: £26.25 Termly: £90 (10 wks) - £117 (13wks)

07989 560603 • admin@love2sing.co.uk • www.love2sing.co.uk

The Friends of St Mary's Perivale

WEDNESDAYS

WEDNESDAY EVENING CONCERTS AT ST MARY'S PERIVALE

5 September: Eunsley Park (violin) / Samuel Queen (baritone)

12 September: Sara Trickey (violin) Rosie Biss (cello) Robin Green (piano)

19 September: Roger Chase (viola) Dina Duisen (piano) / Luno Connolly (soprano)

26 September: Lana Trotovek (violin) Anne Douglas (horn) Maria Canyigeral (piano)

7.30pm. St Mary's Church, Perivale Lane, Perivale UB6 8SS. Free with a retiring collection

020 8997 7691 • hmather@btopenworld.com • www.st-marys-perivale.org.uk

Ealing Folk Club

WEDNESDAYS

Hosted by the OddFellas. Listeners, singers, players, all welcome – as long as it's unplugged, anything goes.

First Wednesday of every month, 8-11pm

Upstairs in the Reading room at the Grange pub, Warwick Road, Ealing, London W5 3XH

020 8567 2955 • bob_little@ntlworld.com

Questors Choir

WEDNESDAYS

COME AND SING WITH QUESTORS CHOIR

Like singing choral music? Not sure? Free on Wednesday evenings? If 'Yes', and you're over 16 years old, why not come along and try us? We're a well-established, friendly, West Acton-based, Ealing community choir of around 60 members. First three sessions are free of charge, with no obligation to join. You will not be asked to audition: just turn up, join in and do your best!

8 - 10pm. St Martin's Church hall, Hale Gardens, W3 9SQ. Just a short walk from Ealing Common tube station (Piccadilly & District lines), 207, 427, 607 and 440 bus routes, and with on-street parking outside.

£140 yearly / £130 early birds / £110 concessions. £60 (£50 for concessions) each term.

Free for 16-25's.

07802 720333 • more@questorschoir.org • www.questorschoir.org

The Love2sing Choir

WEDNESDAYS

THE LOVE2SING EALING CHOIR – EVENING

Take part in fun, friendly and informative rehearsals and twice-yearly concerts. Choir meets 35 rehearsals a year (term lengths vary 10-13wks). Styles include musical theatre, pop, rock, big band, Motown, traditional choral and more.

7.30-9.30pm. St Christopher's, Bordars Road, Hanwell, W7 1AG

Monthly: £26.25 Termly: £90 (10 wks) - £117 (13wks)

07989 560603 • admin@love2sing.co.uk • www.love2sing.co.uk

Gregorian Chant: Ealing Abbey Lay Plainchant Choir

WEDNESDAYS

Director Fr Peter Burns OSB. Exploring the riches of the Gregorian Chant tradition. New members always welcome. We usually sing at a Parish Liturgy once each month at 12 noon. A group also sings at a local care home monthly.

6.30 for 6.40 - 8pm. Bulbeck Room of the Ealing Abbey Parish Centre

Voluntary contribution of £2 per session

020 8862 2160 • gregorianchantealing@gmail.com

Julian Light Operatic Society

HMS PINAFORE REHEARSALS

WEDNESDAYS

Rehearsals for Gilbert and Sullivan's *HMS Pinafore* – our annual production at the Questors Theatre (from 14th to 18th November 2018). *HMS Pinafore* lampoons class, snobbery and age, all on a Royal Navy vessel, and all in one evening ...

7.45pm. Nelson Room, Ealing Town Hall, Ealing Broadway, London W5 2BY

Membership fees payable if joining the Society

07976 577232 • inform@julianoperatic.org • www.julianoperatic.org

Ealing Common Choir

WHERE SINGERS ARE WELCOME

THURSDAYS

Experience the pleasure of singing an amazingly wide repertoire to a high standard. We give 3/4 concerts a year interspersed with workshops and social events.

You should be able to read music, sing in tune and sightread a simple line.

7.30 - 9.30pm. St Matthew's Church, North Common Road, Ealing W5 2QA

£40 per term. Try the choir for free for your first ever 3 weeks. Concessions for all students.

chair@smce.org.uk • www.smce.org.uk

Ealing Symphony Orchestra

2018-19 SEASON

THURSDAYS

Rehearsals for the ESO's new season start in central Ealing on 6 September – an ideal time to join the orchestra as it prepares for Glinka, Bliss, Brahms and Beethoven on 6 October. Good new string players always welcome. Take a look at our website.

020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

St Barnabas Church

FRIDAY LUNCHTIME CONCERTS AT ST BARNABAS CHURCH

FRIDAYS

7 September: Luke Jones (piano)

14 September: Leon Keuffer (violin) Andrew Yiangou (piano)

21 September: Cristian de Sa (violin)

28 September: tbc

1pm. St Barnabas Church, Pitshanger Lane, London W5 1QG. Free with a retiring collection

020 8997 7691 • hmather@btopenworld.com

www.barnabites.org/page/12/friday-lunchtime-concerts

Art & Crafts

BEAT
BOROUGH OF EALING ART TRAIL

Diana Braybrook

The Orchard Cafe Venue 58
7 - 9 and 14 - 16 September 2018

Singapore Road
West Ealing W13 0EP

Friday 4pm – 8pm
Saturday 11am – 5pm
Sunday 11am – 5pm

www.dianabraybrook.com

Borough of Ealing Art Trail

BEAT is a non-selective, not-for-profit organisation run by artists for artists, holding an annual open studios event over two consecutive weekends every September, during which members open their houses or studios to the public to exhibit and sell their work. Annual membership is £5, available any time throughout the year, but to take part in the BEAT weekends exhibiting fees are extra, payable in January/February. To exhibit, a member must live or work within the Borough of Ealing.

The membership application is online at www.ealingbeat.org.uk.

info@ealingbeat.org.uk

REGULAR EVENTS

Lady's Creative Centre

(reg. charity no. 1041528)

Art and craft classes.

Dolls' house museum (£1 entry) and art show Saturdays 10am - 3pm; school visits by arrangement.

12 Haven Green, Ealing, W5 2UU or locally

Membership £20/year; classes and table hire extra.

020 8998 8236 • lccharity@aol.com • www.ladyscreativecentre.co.uk

Art Class for Teenagers by Joanna Broom

PAINT, DRAWING AND GRAPHICS

Saturday and weekday classes suitable for young people, aged 11-16yrs. Classes offer the fundamental and classical techniques. Students will be introduced to drawing, painting and graphics using pencil, charcoal, pastel, ink, acrylic, watercolour and printing materials.

Prices start from £13 for 2h session. First lesson free.

Hanwell Community Centre, W7 1PD and the Brentham Club at Pitshanger, W5 1NP

07828 908582 • joanna.broom.jb@gmail.com

Pamela Lloyd-Jones Art Classes

SATURDAYS

LIFE DRAWING

Tutored life drawing from excellent models. Long-established group. For both the experienced, returners, and beginners. All welcome. Experienced tutor, Pamela Lloyd-Jones.

15 September, 13 October, 10 November, 4 December: 10am - 1pm

The large hall at the Brentham Club, 38a Meadvale Road, Ealing W5 (near Pitshanger Lane)

£22 including all materials, model, tuition, and unlimited tea/coffee/biscuits

07941 938466 • pamelalloydjones@hotmail.com • www.pamelalloydjones.com

The Ealing Lacemakers

MONDAYS

A small, friendly group making a variety of laces, independently run, some tuition available

Every Monday except for bank holidays: no meetings in August

7.30 - 9.30pm. Room 2, Northfields Community Centre, 71a Northcroft Road, W13

020 8991 9338 • cathyadams@ntlworld.com

The 4020 Art Group

MONDAYS AND TUESDAYS

DRAWING AND PAINTING CLASSES FOR ALL

We are a friendly bunch of amateur artists with our own studio and professional tutors. We offer a varied programme of high-quality teaching for adults. Beginners and more experienced artists welcome.

Term time only:

Monday 10 September - Tuesday 4 December (half term w/c Monday 22 October)

Weekly Monday classes: 10am - 1pm or 2 - 5pm

Tuesday mornings: 10am - 1pm

£200 for 12 weeks

Specialist short courses and evening classes run by professional tutors

See www.4020artgroup.co.uk for details

Hanwell Community Centre, Westcott Crescent, W7 1PD

Membership enquiries: 07535 347764 • membership@4020artgroup.co.uk

Patricia Burbidge

TUESDAYS

WATERCOLOUR PAINTING NORTHFIELDS COMMUNITY CENTRE

Mixed ability watercolour painting classes with tutor Patricia Burbidge. We experiment with colour mixing, still life and landscape composition using a variety of watercolour techniques.

18 September - 27 November: 10am-12.30: £80 and 1-4pm: £90

Room 1, Northfields Community Centre, 71a Northcroft Road, W13 9SS

artist@patriciaburbidge.com • 020 8891 5115

Pamela Lloyd-Jones Art Classes

TUESDAYS

Every Tuesday morning or afternoon at the Brentham Club, Painting/Drawing/Design/Concept and Techniques. Ongoing exhibitions of work held in the coffee shop at the Brentham Club. Friendly, open groups for beginners, returners and experienced. Tutor: Pamela Lloyd-Jones.

10am - 12 noon and 1pm - 3pm

The large hall at the Brentham Club, 38a Meadvale Road, Ealing W5 (near Pitshanger Lane)

£136 for 13 week term or £13 per session

07941 938466 • pamelalloydjones@hotmail.com • www.pamelalloydjones.com

Ealing Flower Club

WEDNESDAYS

FLORAL DESIGN DEMONSTRATIONS – AND OUR ANNIVERSARY

Ealing Flower Club offers the chance to see top flower arrangers in action, appropriately in the heart of the Garden Suburb:

15 August: *Herbaceous* is the title of Gill Smaggasgale's demonstration this month –

According to Wikipedia, it's a magic word for a new way of arranging flowers. Come join us and see if this is correct.

19 September: Christine Milburn's demonstration is titled *Previously Loved*. Let's see how she interprets this into flowers. You could take one of her finished arrangements home with you.

7pm for 7.30 start. St. Barnabas Church, Pitshanger Lane, W5 1QG (buses E2 and E9 go pass the door, or roadside parking). Visitors welcome: £5.50 per session, or become a member.

Enquiries: (Jenni) 07772 975554 • jennisworld48@hotmail.com

(Christine) 020 8998 8228 • smtpearce@btinternet.com

Follow us on Facebook: Ealing Flower Club

Sew What?

WEDNESDAYS, FRIDAYS AND SATURDAYS

LEARN TO SEW OR GET IT FIXED

Younger Years

Machine sewing classes for total beginners and intermediate skill. Adult class options:

Wed / Fri / Sat 10.30am & 12.30pm. Separate after school or holiday club classes for children 9+yrs. Repairs and alterations by quote. Call Debbie to chat sewing!

Garden studio on Brunswick Road, W5 1AH

debbie@sewwhatcafe.com • 07946 826338 • www.sewwhatcafe.com

Ealing Quilters

THURSDAYS

20 September: Two printing techniques – monoprinting and stamping

7.30pm. Ealing Centre for Independent Living (ECIL), 1 Bayham Road, West Ealing, W13 0TQ

£4 (members free)

020 8998 6023 • kaisa.mills@blueyonder.co.uk

HIMALAYAN INSTITUTE of Yoga Science & Philosophy.www.himalayaninstitute.org.uk

Reg charity 1048336.

PATH to HAPPINESS**Saturday 22nd September 2018****9.15am – 4.00pm****Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE**

A day revealing how the rich knowledge and practices of Yoga Philosophy can help one reduce stress, enrich relationships and discover genuine creativity.

Programme:

9.15am	Registration
9.30	How to relax & meditate.
10.00	Understanding mind & emotion
10.45	Tea / coffee
11.15	Living in the Present.
12.00	Relax & meditate.
12.30pm	LUNCH
1.45	Walking with attention
2.00	Acting wisely & avoiding stress.
2.45.	Tea / coffee.
3.00.	Questions & Answers
3.40	Relax & meditate.
4.00	Depart.

Easy parking. Bookstall. Light vegetarian lunch.
Non-members £40; **Members free.**

Book now. Contact Lisa Schlotmann at
enquiries@himalayaninstitute.org.uk or **020 8567 8889.**
Why not become a member (£25pa)?

Culture & Learning

Friends of Marcq-en-Baroeul**EALING'S TWIN TOWN IN FRANCE**

The Friends of Marcq is a local group promoting friendship and activities between Ealing and Marcq-en-Baroeul, which is close to Lille, so easily accessible. Knowledge of French is not necessary for many of the organised events. We offer exchange visits to France for language and cultural weekends, staying with French hosts. There are also French classes at various levels, and a variety of activities throughout the year in Ealing.

Enquiries: 020 8991 9685 * 020 8568 6159 • www.fomeb.eu**SEPTEMBER****The Himalayan Institute of Yoga Science and Philosophy****PATH TO HAPPINESS**

SATURDAY 22 SEPTEMBER

See advert opposite

9.15am - 4pm. *Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE*020 8567 8889 • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.uk**REGULAR EVENTS****The Arts Society Ealing** (formerly EDFAS)

MONDAYS

LECTURES

17 September: Alice Foster – *The Chapel of the Magi, Medici Palace, Florence*
8pm. *Warwick Building theatre, University of West London. W5 5RF* Visitors welcome. £7 non-members, full-time students £3

www.theartssocietyealing.org.uk

Ealing Red Lion Readers

MONDAYS

We are an informal book group and welcome new members. We read and discuss a wide variety of books including contemporary fiction. Our meetings are monthly, and once a year we visit the theatre to see a play such as Rattigan's *French Without Tears*.

First Monday in month, 7.30pm. Red Lion, 13 St Mary's Road, W5 5RA

Enquiries (Hazel): hazannewilliams@gmail.com • <https://redlionreadersealing.wordpress.com/>

Historical Association: Ealing Branch

TUESDAYS

The Historical Association is open to everyone who is interested in history, both world, national and local, and its relevance to our own times. We meet regularly on the second Tuesday of each month. There will also be organised outings to places of historical interest, one in the autumn and another in the spring.

SPEAKERS PROGRAMME

11 September: Peter Devitt, Curator RAF Museum – *The Centenary of the RAF*

9 October: Dr Christopher Dillon, Lecturer Kings College London – *What happened to Germany in November 1918*

(6th Form talk at 6.30pm at Twyford C of E High School, Twyford Avenue, W3 9PP)

Except as shown, 7pm for 7.30pm. The Parlour, Ealing Green Church, Ealing Green, W5 5QT

£5 (members free)

020 8567 6554 • pierre.thomas@btinternet.com • <http://ealinghistory.org.uk/>

Ealing National Trust Association

TUESDAYS

7 August: *The Secret War: Bugging the Nazis in World War II*, by Dr Helen Fry

4 September: *The Wey Navigations* (built in 1651, extended to Godalming in 1760, NT responsibility since 1968), by Roger Squires

7.30pm. Parish Hall, Christ Church, Ealing Broadway

£3 (members free)

020 8567 9517 • www.ealingnt.org.uk

Hanwell & Ealing Heritage Museum

WEDNESDAYS AND SATURDAYS

DISPLAY OF BRITISH-MADE DOMESTIC ARTEFACTS AND LOCAL HISTORY RESOURCE

Open Wednesdays and Saturdays.

11am - 3pm. Hanwell Community Centre, Westcott Crescent (top of Cuckoo Avenue), W7

Adults £2, children £1

020 8579 0178 • 07889 033201 (when open) • davidblackwell99@gmail.com

Facebook: Hanwell & Ealing Heritage Museum

CHAIR YOGA

With great benefits for people
who are in recovery,
over the age of 60 or have
Physical Limitations

Every Monday from 8 January 2018

11.30 - 12.45

at

St. Andrew's Church Centre
Mount Park Road, Ealing
London W5 2RS

(Five minutes walk from Ealing Broadway Station)

(Entry ticket can be purchased at the door)



M: 07952 668820

mehran.ghodsi@hotmail.co.uk



Dance & Movement

REGULAR EVENTS

Suzanne Gribble - Iyengar Yoga TEENS YOGA CLASSES

SATURDAYS

Younger Years

Yoga classes for teenagers focusing on improving flexibility, strength and stamina and a quieter mind. Beginners welcome.

4.30 - 5.30 (please check dates in advance). Northfields Community Centre, W13 9SS

£7 a session (£30 for a block of five). No classes in August

07916 145786 • suzanne.gribble@gmail.com

<http://suzannegribbleyoga.com> • www.facebook.com/SuzanneGribbleIyengarYogaTeacher

Pilates Studio

WEEKDAYS & EVENINGS, SATURDAYS

Custom one-to-one sessions taken by a qualified physiotherapist specialising in rehabilitation, including back and chronic pain, as well as improving posture and flexibility. Held in a bright studio with full pilates equipment, reformer, trapeze table, etc., and the new 'Core Align' machine to improve gait and lower body strength.

Montpelier Road, Ealing 07796 663174 • susan@kineticconsulting.co.uk • www.pilatesw5.com

Madhurang Dance

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

INDIAN DANCE / BOLLYWOOD CLASSES

Younger Years

Classes for children and adults. Learn classical dance form Kathak or Bollywood keep fit classes. ISTD approved exams can be taken; this is optional. You can join the classes at any time. This is a fun activity for one and all. Steps are taught slowly and gradually to the learner's ability. Great care and attention are given. Please call for a free trial class.

Northfields Community Centre, 71a Northcroft Road, West Ealing, W13 9SS

07922 109289 • crishna8@hotmail.com

Chair Yoga

MONDAYS

With great benefits for people who are in recovery or have physical limitations

1130-1245. St Andrew's Church Centre, Mount Park Road, Ealing, W5 2RS

(five minutes walk from Ealing Broadway station)

£10 per session

07952 668820 • mehran.ghodsi@hotmail.co.uk

Ealing Country Dance Club

MONDAYS

50+? If you'd like to do something different and make new friends, come and try the gentle exercise of traditional English folk dancing. Men and women, singles and couples are all welcome to our friendly club nights.

6, 13, 20, 27 August, 7.30-10 pm, £5.50

3, 17 September, 8-10 pm, £4.50

St Barnabas Church Hall, Pitshanger Lane, W5 1QG

020 8998 6281 • enquiries@ealingfolk.org.uk • www.ealingfolk.org.uk

Suzanne Gribble - Iyengar Yoga

MONDAYS

General Iyengar Yoga classes focusing on alignment of the body to help improve flexibility, strength and stamina and a quieter mind

9.15 - 10.45am and 11am - 12.30pm. Northfields Community Centre, W13 9SS

£66 for block of 6, £120 for block of 12, £13 drop in. No classes in August.

07916 145786 • suzanne.gribble@gmail.com

<http://suzannegribbleyoga.com> • www.facebook.com/SuzanneGribbleIyengarYogaTeacher

West London Backcare

TUESDAYS

West London backcare programme. Gentle exercise for back problems, strengthening core muscles, improving posture and flexibility. Followed by relaxation. Friendly class.

11 September - 3 December, 10.55-11.55am

St Andrew's Church Centre, Mount Park Road, W5 2RS

£7

020 8997 4848

Yoga With Loretta

TUESDAYS

Experienced and Beginners welcomed! Join our warm and friendly class to gain strength and flexibility, improve posture and alignment, with mindfulness. You may be gently challenged to push yourself ... and keep smiling!

7.30 - 9pm. St Peter's Church Hall, 56 Mount Park Road, Ealing W5 2RU

£9 drop in; £8 if paid in a block

020 8845 7873 • shape.tone@blueyonder.co.uk • www.yogaloretta.co.uk

West London Dancing

TUESDAYS

CLASSES FOR ALL & NEW WEEKLY SOCIAL DANCE

Weekly classes in Ballroom and Latin American for Starters (7.30 - 8.30pm) and Intermediates (7.30 - 9.45pm in small ballroom).

New weekly Social Dance in the outstanding and spacious ballroom 7.45 - 10pm. Great dance music, candlelit tables and atmospheric lighting, BYO drinks and nibbles. Free parking.

Greenford Hall, Ruislip Road, Greenford, Middx. UB6 9QN

£6/7

01895 632143 • info@holidayanddance.co.uk • www.holidayanddance.co.uk

Spritely Fitness

TUESDAYS AND FRIDAYS

Exercise class for people in their 50s, 60s, 70s and beyond. This is a fun and sociable class including dance aerobics for a healthy heart and resistance exercises for conditioning muscles and bones.

Tuesdays: 9.45am. St Mary's Church Hall, 1 Acton High Street, London W3 9NW

Fridays: 10.30am. Ealing Green Church Hall, Ealing, W5 5QT

£7

paul@gunnersbury-fitness.co.uk • www.spritely-fitness.co.uk

Suzanne Gribble - Iyengar Yoga

WEDNESDAYS

General Iyengar Yoga classes focusing on alignment of the body to help improve flexibility, strength and stamina and a quieter mind.

9.15 - 10.45am. Northfields Community Centre, W13 9SS

£66 for block of 6, £120 for block of 12, £13 drop in. No classes in August.

07916 145786 • suzanne.gribble@gmail.com

<http://suzannegribbleyoga.com> • www.facebook.com/SuzanneGribbleIyengarYogaTeacher

The Himalayan Institute of Yoga Science and Philosophy

WEDNESDAYS

SUMMER YOGA

Yoga drop-in classes suitable for all levels including beginners

18 July - 22 August, 8-9.30pm.

Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE

£11 drop-in 020 8567 8889 • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.uk

Shape & Tone

THURSDAYS

SHAPE & TONE EXERCISE CLASS

Small friendly class for us more mature people, and others, that want to keep fit and healthy. Varied exercises for strength, stamina and flexibility. Fun workout for all abilities. Most Thursdays throughout the year..

7.15 - 8.30pm. Room No. 1, Northfields Community Centre, 71a Northcroft Road, W13

£6 020 8845 7873 • shape.tone@blueyonder.co.uk

Suzanne Gribble - Iyengar Yoga

FRIDAYS

General Iyengar Yoga classes focusing on alignment of the body to help improve flexibility, strength and stamina and a quieter mind. Beginners welcome.

11 - 12.30. on route, 44 - 46 South Ealing Road W5 4QA

£66 for block of 6, £120 for block of 12, £13 drop in. No classes in August.

07916 145786 • suzanne.gribble@gmail.com

<http://suzannegribbleyoga.com> • www.facebook.com/SuzanneGribbleIyengarYogaTeacher

Drama, Film, Comedy & Poetry

AUGUSTConjuring at the Court

THURSDAY 30 AUGUST

Witness the impossible as top magicians take to the stage! A superb line-up with Megan Knowles-Bacon, Russell Levinson and more.

8pm. Drayton Court, 2 The Avenue, West Ealing, W13 8PH

£11 in advance, £12 on the door

07775 587708 • mail@russell-levinson.com • www.conjuringatthecourt.com

SEPTEMBER AND OCTOBERThe Questors Theatre

FRIDAY 21 - SATURDAY 29 SEPTEMBER

RABBIT HOLE BY DAVID LINDSAY-ABAIRE

Becca and Howie's son Danny was killed in a car accident. He was four years old.

Becca wants to put everything away – his clothes, his toys, his art projects. Howie wants to stay up every night watching old home movies. Becca's mother is still grieving the death of Becca's brother many years ago and somehow manages to always say the wrong thing. Becca's irresponsible younger sister is pregnant, opening wounds further.

And then the young man who was driving the car gets in contact...

A Pulitzer prize-winning, searingly honest, beautifully raw examination of grief laced with wit, compassion and insight.

The Questors Theatre, 12 Mattock Lane W5 5BQ

21, 22, 25, 26, 27, 28, 29 September at 7.45pm & 23 September at 2.30pm

From £7 (see website for details)

Box office: 020 8567 5184 • Questors.org.uk

Conjuring at the Court

THURSDAY 27 SEPTEMBER

An amazing night of different styles of magic: broad comedy from Martin Cox, subtle mind-reading from Marc Paul, classically beautiful deception by Michael Vadini, and the waspish humour of Mel Mellers.

8pm. Drayton Court, 2 The Avenue, West Ealing, W13 8PH

£11 in advance, £12 on the door

07775 587708 • mail@russell-levinson.com • www.conjuringatthecourt.com

The Questors Theatre

FRIDAY 28 SEPTEMBER - SATURDAY 6 OCTOBER

THE HEIRESS BY RUTH & AUGUSTUS GOETZ

The daughter of a widowed, wealthy surgeon, Catherine Sloper lacks both social graces and beauty. She falls head over heels in love with the handsome but penniless Morris Townsend, the first man to ever pay her any attention. She believes her love is reciprocated, but Dr Sloper is convinced that the young man is interested in one thing only – Catherine's fortune. And so he threatens to disinherit Catherine if she marries Townsend. Adapted from the novel *Washington Square* by Henry James, the tragi-comedy, set in opulent 1850s New York, is a classic story of forbidden love and intrigue about its motives.

The Questors Theatre, 12 Mattock Lane W5 5BQ

28, 29 September, 2, 3, 4, 5, 6 October at 7.45pm & 30 September at 2.30pm

From £7 (see website for details)

Box office: 020 8567 5184 • Questors.org.uk

REGULAR EVENTS

Rainbow Poetry Group

TUESDAYS

If you enjoy poetry on a wide range of subjects, we invite you to our informal monthly meetings at Hanwell Library (on the second Tuesday). We read and discuss published poems, with a specific theme each month.

Next meetings: 10 July (Sappho), 14 August (Astrology and Outer Space), 11 September (Islands) 2.30pm. Hanwell Library, Cherington Road, W7 Enquiries: 020 8567 4397 • donkennedy@f2s.com

The West London Fantastic Film Society

THURSDAYS

Dedicated to the strange and exciting world of fantasy films on reel celluloid film *First Thursday each month, February - November. 7.30pm - 11pm.*

The Royal Harvester Restaurant, Boston Manor Road, London, W7 2AX

£5 per show / £1 Lifetime Film Society Membership Card

Enquiries: 07939 395128 • filmhorror@yahoo.co.uk

Leisure

REGULAR EVENTS

West London Group of Ramblers Association

SATURDAYS, SOME SUNDAYS AND VARIOUS WEEKDAYS

Make new friends, improve your health and enjoy our lovely town and countryside. Walks are 4-14+ miles, led by volunteers and carefully graded. Railway station start, usually lunchtime pub stop. No charge, but after a couple of 'tasters' you will need to join the RA. For details see website, phone or email.

020 8863 6523 • westlondongroup@yahoo.co.uk • www.westlondonramblers.org.uk

Ealing Outdoor Club

SUNDAYS

We are a friendly Ealing-based walking group. Most Sundays we have walks led by experienced leaders. Walks are 6 - 16 miles and we walk in the Chilterns and in Surrey. We regularly organise walking trips away. See our website for more details.

ealingoutdoorclub@hotmail.com • www.ealingoutdoorclub.org.uk

Club West

SUNDAYS

PUB LUNCHES AND COFFEE MORNINGS FOR UNATTACHED OVER-50S

We meet every Sunday for lunch and drinks in a pub somewhere in Ealing, Chiswick, Hammersmith or Richmond. We also meet midweek for coffee, quizzes and other activities. The Club West sign will be on one of our tables. No need to book.

12.30. A pub in West London

020 8992 6134 • www.clubwest.org.uk

CLAN Social Club

WEDNESDAYS

Are you single? Over 50? Enjoy socialising? Come and find out more over a cup of coffee. Meet members and see a programme of current events.

1st Wednesday of the month, 11am at a coffee shop near you, in Ealing and surrounding areas.

Free

Keith 020 8571 2145 or Bette 07446 30007

CLAN Social Club

THURSDAYS

Another chance to find out more about our friendly social club for unattached over-50s. Come along for a chat and find out about our current programme of events.

2nd Thursday every month, 8pm.

The Royal (Harvester) pub, Boston Road (nearest station Boston Manor)

Keith 020 8571 2145 or Bette 07446 30007

Multi-activity

IMPACT Theatre

IMPACT Theatre is a theatre company for adults with learning disabilities. The lives of our members are enriched by a wealth of activities across the performing and creative arts. IMPACT Community Arts Centre is a fully equipped accessible arts centre with facilities such as a studio theatre, recording/rehearsal room and meeting rooms. These facilities are also available for hire, which further supports provision of training, volunteering and work experience opportunities for people with learning disabilities.

IMPACT Community Arts Centre, Perivale UB6 8GP

020 8997 8979 • info@impacttheatre.co • www.impacttheatre.co

Want to be sure of getting What's On?

Would you like to have your copy of *What's On* delivered regularly by post? If so, you will be more than welcome to join our Supporters' Mailing List. The annual subscription is £10 per household.

To join the list, please contact:
The Secretary, Ealing Arts Supporters' List,
2 Carlton Road, Ealing, London. W5 2AW
020 8997 7131 / hazel@talbot68.plus.com

Younger Years

REGULAR EVENTS

Suzanne Gribble - Iyengar Yoga TEENS YOGA CLASSES

SATURDAYS

Yoga classes for teenagers focusing on improving flexibility, strength and stamina and a quieter mind. Beginners welcome.

4.30 - 5.30 (please check dates in advance). Northfields Community Centre, W13 9SS

£7 a session (£30 for a block of five). No classes in August.

07916 145786 • suzanne.gribble@gmail.com

http://suzannegribbleyoga.com • www.facebook.com/SuzanneGribbleIyengarYogaTeacher

Ealing Junior Music School

SATURDAYS

EJMS is a Saturday morning music school for 3-18 year olds; we are based at Twyford C of E High School in Acton. We provide individual instrumental tuition on almost every instrument of the orchestra, as well as guitar and singing lessons, in a relaxed and fun environment. We run some 20 orchestras and ensembles and three choirs, including one for parents, along with musicianship classes for our youngest pupils. Parents can relax in the café. Ensemble-only pupils are welcome. Sorry, we do not do piano lessons.

8.30am - 1.30pm. Twyford CofE High School W3 9PP.

Charges vary, depending on course taken

admin@ejms.org.uk • www.ejms.org.uk

Madhurang Dance INDIAN DANCE/ BOLLYWOOD CLASSES

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

Classes for children and adults. Learn classical dance form Kathak or Bollywood keep fit classes. ISTD approved exams can be taken; this is optional. You can join the classes at any time. This is a fun activity for one and all. Steps are taught slowly and gradually to the learner's ability. Great care and attention are given. Please call for a free trial class.

Northfields Community Centre, 71a Northcroft Road, West Ealing, W13 9SS

07922 109289 • crishna8@hotmail.com

Sew What? LEARN TO SEW OR GET IT FIXED

WEDNESDAYS, FRIDAYS AND SATURDAYS

Machine sewing classes for total beginners and intermediate skill. Adult class options: Wed/ Fri/ Sat 10.30am & 12.30pm. Separate after school or holiday club classes for children 9+yrs. Repairs and alterations by quote. Call Debbie to chat sewing!

Garden studio on Brunswick Road, W5 1AH

debbie@seewhatcafe.com • 07946 826338 • www.seewhatcafe.com

Our Members

ART & CRAFTS

The 4020 Art Group
BEAT (Borough of Ealing Art Trail)
Diana Braybrook – artist
Dinesh Studio London
Ealing & Hampshire House
Photographic Society
Ealing Art Group
Ealing Flower Club
Ealing Lacemakers
Ealing Quilters
J Broom Art
Lady's Creative Centre
Pamela Lloyd-Jones Art Classes
St Andrew's Art Workshops
Sew What?
Timothy Robinson Photography
Watercolour Painting at
Northfields Community Centre

CULTURE & LEARNING

Campaign for an Ealing
Performance and Arts
Centre (CEPAC)
Colette Wilson French
Cultural Courses
Ealing National Trust Association
Ealing Red Lion Readers
Ealing University of the Third Age
Friends of Marcq-en-Baroeul
Hanwell & Ealing Heritage Museum
Historical Association:
Ealing Branch
Phototechn International
Workers' Educational
Association, Ealing Branch

DANCE & MOVEMENT

Ealing Country Dance Club
Greenford & District
Caledonian Association
Madhurang Indian Dance
Mehran Ghodsi Chair Yoga
The Pilates Studio +
Adult Floor Barre
Shape & Tone / Yoga with Loretta
Spritely Fitness
Suzanne Gribble - Iyengar Yoga
West London Backcare
West London Dancing

DRAMA, FILM, COMEDY & POETRY

Beaufort Players
Conjuring at the Court
Impact Theatre
Pisces Players (Popup Theatre)
The Questors Theatre
Rainbow Poetry Group
Theatre West 4 (TW4)
West London Fantastic Film Society

LEISURE

Charlemagne Wine Club
CLAN Social Club
Club West
Ealing Outdoor Club
The Garden Club
North Ealing Wine Tasting
Society (NEWTS)
StayActive4Life LLP

West London Birders
West London Group of
Ramblers Association

MUSIC

Capital Chorus
Ealing Chamber Music Club
Ealing Choral Society
Ealing Common Choir
Ealing Folk Club
Ealing Guitar Classes
Ealing Junior Music School
Ealing Symphony Orchestra
Ealing Youth Orchestra
Friends of St Mary's Perivale
Music Section
Gregorian Chant: Ealing Abbey
Lay Plainchant Choir
The Hanwell Voice Studio
HEOS Musical Theatre
Julian Light Operatic Society
Love2sing Choirs
Petros Singers
The Questors Choir
St Barnabas Church concerts
West London Sinfonia
West London Strings

MULTI-ACTIVITY

The Arts Society Ealing
Ealing Music & Film Festival
Himalayan Institute of Yoga
Science and Philosophy
West London Arts Scene
(Ealing Autumn Festival)

**Interested in listing your club or event in Ealing Arts & Leisure?
Visit ealingarts.org.uk or call 020 8567 4075**

**Ealing
Arts &
Leisure**

68 ELMERS ROAD, LONDON. W13 9QD
Chairman: Gill Rowley
Secretary: Diana Braybrook
Treasurer: Colin Easton
Membership Secretary: Richard Partridge
Diary Editor: Richard Partridge

NOTE TO MEMBERS:
Final entry for the October - November 2018 issue
is 1 September 2018.