

Ealing
Arts &
Leisure

OCTOBER — NOVEMBER 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

ealingarts.org.uk

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What's On – so much to do in Ealing

With the hottest summer on record behind us and the days getting shorter, we all need more activities to engage us and take our minds off how many shopping days there are until Christmas.

I hope you'll find some ideas that appeal in this edition of *What's On*. In these pages you'll find concerts, dramatic productions, talks, dance classes, art sessions, walks and much more. So why not dive in and make the most of what this lively borough has to offer?

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ealingarts.org.uk

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

Ealing Arts & Leisure

Music

OCTOBER

Ealing Symphony Orchestra

SATURDAY 6 OCTOBER

GLINKA: Overture, Russlan and Ludmilla

BLISS: Piano Concerto

BRAHMS: Variations on a theme of Haydn

BEETHOVEN: Symphony No. 5

Poom Prommachart (piano), conductor John Gibbons

7.30pm. St Barnabas Church, Pitshanger Lane, W5 1QG

£14 (concessions £12, under 25/student £6, accompanied child £1) – tbc

Box office (no booking fee): www.ealingso.org.uk/tickets

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

West London Sinfonia

SATURDAY 13 OCTOBER

CELEBRATING THE 100TH ANNIVERSARY OF CZECHOSLOVAKIA

SMETANA: Ma Vlast

Elizabeth MACONCHY: Proud Thames

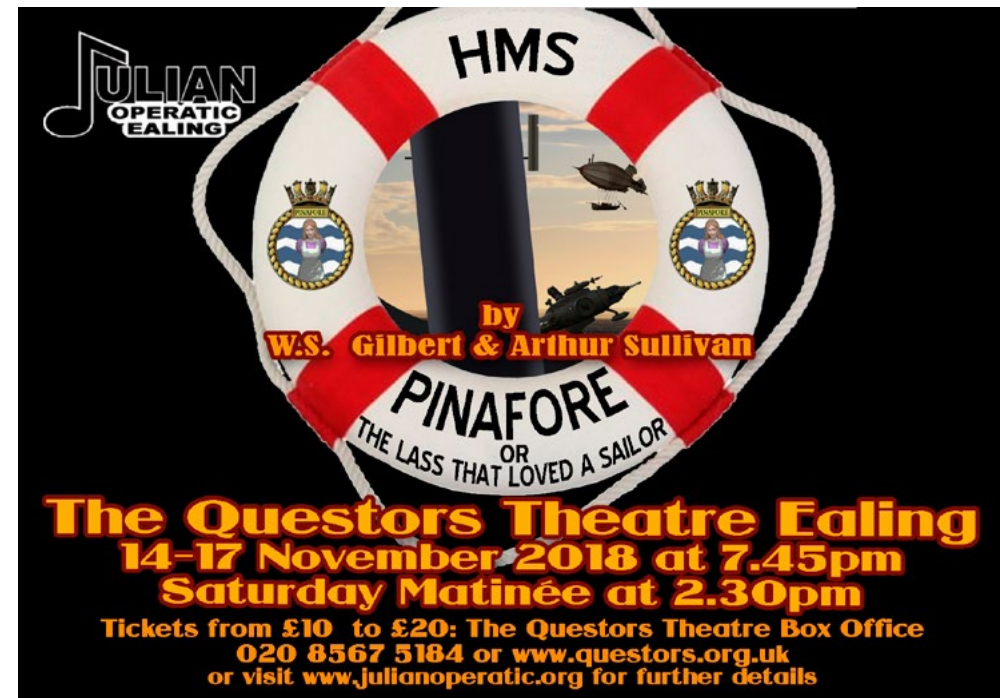
Leader Iwona Boesche, Guest conductor Mark Dooley

7.30pm. St Michael and All Angels' Church, W4 1TT (next to Turnham Green tube station)

£14 (concessions £12, student or child £5). Buy online via website, or cash or cheque at the door.

020 3475 4200 • secretary@westlondonsinfonia.org • www.westlondonsinfonia.org

NOVEMBER



JULIAN OPERATIC EALING

HMS PINAFORE
OR
THE LASS THAT LOVED A SAILOR

by **W.S. Gilbert & Arthur Sullivan**

The Questors Theatre Ealing
14-17 November 2018 at 7.45pm
Saturday Matinée at 2.30pm

Tickets from £10 to £20: The Questors Theatre Box Office
020 8567 5184 or www.questors.org.uk
or visit www.julianoperatic.org for further details

Julian Light Operatic Society HMS PINAFORE BY GILBERT AND SULLIVAN

WEDNESDAY - SATURDAY 14-17 NOVEMBER

HMS Pinafore (or The Lass that Loved a Sailor): come on board for an evening of fun, comedy, songs and irony, and see how 'love levels all things'. This work even features in *The Simpsons*, where Side Show Bob, in response to Bart's last request for it, says, 'Very well, Bart; I shall send you to heaven.'

7.45pm plus Saturday matinée 2.30pm. *Questors Theatre, Mattock Lane, W5 5BQ*

£10-£20 (concessions apply)

Box office: 020 8567 5184 • www.questors.org.uk

Enquiries: 07976 577232 • www.julianoperatic.org

Ealing Symphony Orchestra

SATURDAY 24 NOVEMBER

ELGAR: Cockaigne

MEDTNER: Piano Concerto No. 1

STRAUSS: Ein Heldenleben

Gaspar Hunt (piano), conductor John Gibbons

7.30pm. *St Barnabas Church, Pitshanger Lane, W5 1QG*

£14 (concessions £12, under 25/student £6, accompanied child £1) – tbc

Box office (no booking fee): www.ealingso.org.uk/tickets

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

West London Sinfonia

SATURDAY 24 NOVEMBER

SOLOISTS FROM WEST LONDON SINFONIA

BLOCH: Concertino for Flute and Clarinet

BRAHMS: Violin Concerto

Derek Benton (flute), Andrew Keck (clarinet), Iwona Boesche (violin)

Conductor Philip Hesketh

7.30pm. *St Michael and All Angels' Church, W4 1TT (next to Turnham Green tube station)*

£14 (concessions £12, student or child £5). Buy online via website, or cash or cheque at the door.

020 3475 4200 • secretary@westlondonsinfonia.org • www.westlondonsinfonia.org

DECEMBER

Petros Singers

SATURDAY 15 DECEMBER

HODIE!

Our concert concentrates on works written specifically for Christmas Day, without a shepherd, Magi, figgy pudding or partridge to be seen or heard! Featuring music by JS Bach, Poulenc, Mendelssohn, Sweelinck, Praetorius, Bruckner and Rutter, alongside Holst's neglected carol fantasia *Christmas Day*. Bring your friends and family along for mulled wine and mince pies, join in the audience carols and get the festive season off to a great start.

7.30pm. *St Peter's, Black Lion Lane, Hammersmith, W6 9BE*

£17 (concessions £15, under 18s/students £5)

tickets@petrossingers.com • www.wegotickets.com/petrossingers • www.petrossingers.org

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*.

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 Younger Years 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

The Friends of St Mary's Perivale

SUNDAYS

SUNDAY CONCERTS AT ST MARY'S PERIVALE

7 October: John Granger Fisher (piano) plays Chopin, Brahms, Schumann and Rachmaninov

21 October: Sasha Grynyuk (piano) plays Beethoven, Mozart and Rachmaninov

28 October: Andrew Yiangou and Joanna Kacperek (piano) and ensemble play Chopin piano concertos

11 November at 7.30 pm (please note): Christopher Kent (actor) and Gamal Khamis (piano) present *Never Such Innocence* – a narrative recital of words and music from the First World War.

18 November: The Ruisi String Quartet with Dina Duisen (piano) play works by Beethoven and Schumann

3pm except as shown. *St Mary's Church, Perivale Lane, Perivale UB6 8SS*

Free with a retiring collection

020 8997 7691 • hmath@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. 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

The Friends of St Mary's Perivale

TUESDAYS

TUESDAY AFTERNOON PIANO RECITAL SERIES

2 October: Yehuda Inbar

9 October: Mishka Rushdie Momen

16 October: Pavel Timofeyesky

23 October: Mengyang Pan

30 October: Andrej Wiercinski

6 November: Ana Gogava

13 November: Rachel Cheung

20 November: Lara Melda

27 November: Keishi Suzuki

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

Petros Singers

TUESDAYS

WELCOMING NEW TENORS AND BASSES

We're a well-regarded auditioned chamber choir with a reputation for high-quality singing and innovative programmes. Check our website to see what concerts we have planned, and email our membership secretary if you'd like to join us for some trial rehearsals. We'd love to hear from tenors and basses, and also offer free bursaries to all singers age 27 and under.

8-9.45pm. St Peter's Church, Black Lion Lane, Hammersmith, London W6 9BE

membership@petrossingers.org • www.petrossingers.org

The Friends of St Mary's Perivale

WEDNESDAYS

WEDNESDAY EVENING CONCERTS AT ST MARY'S PERIVALE

3 October: Soloists from the Purcell School

10 October: The Simovic Quartet play Haydn, Elgar and Ravel

31 October: Zsuzsa Vamosi-Nagy (flute) Anne Marshall (piano) /
Julia Hwang (violin) Charles Matthews (piano)

7 November: The Markson Ensemble play Schubert and Brahms

21 November: Rose Hsien (violin) Andrew Hsu (piano)

play Schumann, Schubert and Strauss

28 November: Lisa Ueda (violin) Ian Byrne Brito (viola) Nigel Blomiley (cello)

Hugh Mather (piano) present an evening of Dvořák chamber music.

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 Rd, 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

THE LOVE2SING EALING CHOIR – EVENING

WEDNESDAYS

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

WEDNESDAYS

HMS PINAFORE REHEARSALS

Rehearsals for Gilbert and Sullivan's *HMS Pinafore* – our annual production at the Questors Theatre (from 14th to 17th 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

THURSDAYS

WHERE SINGERS ARE WELCOME

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 sight read 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

St Barnabas Church

FRIDAYS

FRIDAY LUNCHTIME CONCERTS AT ST BARNABAS CHURCH

5 October: The Opal Piano Trio

12 October: Patricia Hammond (soprano) Mat Redman (accompanist)

19 October: Elsbet Remijn & Claudette Verhulst (piano duo)

26 October: The Fitzroy String Quartet

2 November: David Le Page (violin) Clare O'Connell (cello) Viv McLean (piano)

9 November: Corinne Morris (cello) Peter Limonov (piano)

16 November: Hannah Bennett (mezzo) Keval Shah (piano)

23 November: Alena Walentin (flute) Milos Milivojevic (accordion)

30 November: Ivan Krpan (piano)

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

REGULAR EVENTS

Lady's Creative Centre

(reg. charity no. 1041528)

Art and craft classes Wednesdays & Thursdays 10am-12.30pm.

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 extra

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

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.

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, 7.30 - 9.30pm.

Room 2, Northfields Community Centre, 71a Northcroft Road, W13

020 8991 9338 • cathyadams@ntlworld.com

St Andrew's Art Workshops

MONDAYS, TUESDAYS, WEDNESDAYS AND THURSDAYS

TUTOR-LED WORKSHOPS FOR OIL PAINTING AND MIXED MEDIA

Materials supplied for all groups at small additional charge.

Oil painting workshops include structured courses for beginners.

Beginners welcome. Tutor: ex-college lecturer.

During term-time. Painting: Mon, Tue, Wed 10am - 1pm. £9 per 3hr session

Mixed media: Thurs 10am - 12.30pm. £8 per 2½hr session

St Andrew's Church Centre, Mount Park Road, Ealing W5

020 8998 8435 • matthew2Ls@btinternet.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: to 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-12.30pm: £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 both 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

Joanna Broom Art Classes

TUESDAYS, WEDNESDAYS, THURSDAYS, SATURDAYS

THE TEENAGER ART CLASSES**Younger Years**

10-week courses

Week and weekend days in term-time

Hanwell Community Centre and the Brentham Club

From £130

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

Ealing Flower Club

WEDNESDAYS

FLORAL DESIGN DEMONSTRATIONS

17 October: Our demonstrator Kathy Stangaard could have many stories to tell, as she interprets *Sound of Bow Bells* into wonderful flower creations. So please come and join us to watch and listen – and possibly win one of her arrangements in our raffle.

21 November: Why not join us at our in-house workshop and learn how to make your own Christmas floral decoration, for either your table or front door!

7pm for 7.30 start. St. Barnabas Church, Pitshanger Lane, W5 1QG (buses E2 and E9 go past 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

HCC Upholstery and Refurbishment Group

WEDNESDAYS AND THURSDAYS

HCC UPHOLSTERY AND REFURBISHMENT GROUP CLASSES

We are a friendly and supportive non-profit-making group of experienced upholstery enthusiasts supported by a qualified upholstery teacher. We are running 2 classes a week of 3 hours each at Hanwell Community Centre, where free parking is available.

Our aim is to share knowledge and skills relating to re-upholstering and refurbishing armchairs, dining chairs, stools, etc. We encourage up-cycling of second-hand furniture.

10am-1pm 12 September - 6 December, except 24/25 October

Hanwell Community Centre, Westcott Crescent, W7 1PD (top of Cuckoo Avenue)

£195 for a 12 week class + £5 yearly Group membership fee

07798 600727 (Jane Hering) • heringj@tiscali.co.uk

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

18 October: Stained Glass Appliqué

15 November: Reverse Appliqué

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

Ealing & Hampshire House Photographic Society

THURSDAYS

We are a friendly and very sociable group of photographers making up one of the world's longest-established photographic societies.

We meet weekly for talks, practicals, and competitions, both Print and Projected.

All levels welcome - come and try us out!

8pm. The Brentham Club, 38a Meadvale Road, W5 1NP – with occasional exceptions: see

<http://www.ehps.org.uk/event-calendar/>

Our membership rates are very reasonable but your first visit is free.

publicity@ehps.org.uk • www.ehps.org.uk

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

Colette Wilson French Cultural Courses

WEDNESDAYS FROM JANUARY

PARIS POST-WAR: EXISTENTIALISM, ART AND PROTEST

COMING SOON Register interest/book now

Travel back to Paris from the end of WW2 to the 1990s: new forms of art and literature, New Wave Cinema, Existentialist philosophy, consumer boom, end of colonisation, May 1968.

Friendly, interactive course, small group.

9 January - 20 March 2019, 2-4pm. Venue near Pitshanger Lane, Ealing

£100 10-week course. £12 pay-as-you-go

wilson_colette@btinternet.com

NOVEMBER

REGULAR EVENTS

Himalayan Institute of Yoga Science & Philosophy
www.himalayaninstitute.org.uk Reg. charity 1048336

Your Food is Your Medicine

by Angela Hope-Murray

MSc Ayur. MA. BSc Ost. DO. HCPC reg Pod.
Author of "Ayurveda for Dummies" & "Healing with Ayurveda"

Saturday 10th November 2018

9.15am – 4.30pm

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

Modern nutrition is subject to many different theories, whereas Ayurveda offers a simple and timeless solution for our dietary needs. Both models will be investigated to explore what works for everyone.

Programme

	Registration 9.15am
9.30-10.45	The Basics of Ayurveda Coffee break
11.15-12.30	Ayurvedic nutrition & the western perspective Lunch (soup, bread & cheese)
1.45-3.00	Spices for cooking and as medicine Break
3.15-4.30	Questions & Answers

Pleasant venue with easy parking. Lunch provided.
Bookstall: wide range of titles on Ayurveda, Yoga,
Meditation & Philosophy

To book, contact Lisa Schlotmann:
enquiries@himalayaninstitute.org.uk 020 8567 8889
Fee £60 (Institute members £35)
[£10 deposit on booking]

The Arts Society Ealing (formerly EDFAS)

MONDAYS

We are part of the umbrella organisation 'The Arts Society', and welcome anyone interested in the arts. We organise lectures, visits and overseas trips.

17 September lecture: Alice Foster – *The Chapel of the Magi, Medici Palace, Florence*

15th October lecture: Colin Davies – *Zaha Hadid, architectural superstar*

19th November lecture: Gillian Hovell – *O Saturnalia: Happy Christmas the Roman Way*
8pm. Warwick Building theatre, University of West London. W5 5RF

Visitors welcome. £7 non-members, full-time students £3 (free for October lecture)

www.theartsocietyealing.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): hazanewilliams@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.

9 October, 6.30pm: Dr Christopher Dillon, Lecturer Kings College London –

What happened to Germany in November 1918

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

13 November: Claire Kennan, Royal Holloway, University of London – *The Suffragettes*

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

9 October, 7.30pm: *Life as a Foreign Correspondent* by Jonathan Fryer.

6 November, 2pm: *The Painter Van Dyck at the Court of Charles I* by Edward Town

Times as shown. Parish Hall, Christ Church, Ealing Broadway

£3 (members free)

020 8567 9517 • www.ealingnt.org.uk

Colette Wilson French Cultural Courses

WEDNESDAYS

'THE EMPIRE STRIKES BACK': FROM ORIENTALISM TO THE
POSTCOLONIAL IN FRENCH LITERATURE AND THE VISUAL ARTS

The first part of this course explores how French artists, writers and film-makers have represented the 'other', with a particular emphasis on Algeria. The second part of the course looks at how the 'empire strikes back', through the work of postcolonial artists, writers and film directors from the late 20th century to the present.

10 October - 19 December 2018, 2-4pm. Venue near Pitshanger Lane, Ealing

£100 10-week course. £12 pay-as-you-go

wilson_colette@btinternet.com

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) • davidblackwell199@gmail.com

Facebook: Hanwell & Ealing Heritage Museum

The Himalayan Institute of Yoga Science & Philosophy THURSDAYS

BASIC PHILOSOPHY AND MEDITATION

Suitable for those with some experience in meditation

6.15-7.45pm, Thursdays 6 September - 13 December (no class 25 October) Ealing Friends'

Meeting House, 17 Woodville Rd., Ealing W5 2SE

£112 for full course, £56 for half or £8 drop-in

PHILOSOPHY AND MEDITATION

How to relax, breathe & meditate; the causes of stress and how to reduce it; some experience of meditation desirable

8-9.30pm, Thursdays 6 September - 13 December (no class 25 October) Ealing Friends' Meeting

House, 17 Woodville Rd., Ealing W5 2SE

£112 for full course, £56 for half or £8 drop-in

020 8567 8889 (Lisa) • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.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)

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.

Weekdays and evenings, Saturdays. 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

Freestyle Pilates MONDAYS

Freestyle Pilates classes to strengthen your core and improve your overall fitness and flexibility

6.15-7.15 and 7.30-8.30pm. Northfields Community Centre, 71a Northcroft Road, W13 9SS

£8

07950 118199 / margaretpilates@hotmail.co.uk

Chair Yoga MONDAYS

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

11.30-12.45. 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

Ready for something new? 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.

1, 15, 29 October, 19 November, 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.

07916 145786 • suzanne.gribble@gmail.com

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

West London Backcare TUESDAYS

Gentle exercise for back problems. Strengthening core muscles to improve posture, stability and flexibility Followed by relaxation. Friendly class. Bring a mat. Parking available.

10.55-11.55am. St Andrew's Church Centre, Mount Park Road, W5 2RS.

£7

020 8997 4848 • tfsawicka@yahoo.co.uk

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

MODERN BALLROOM & LATIN AMERICAN DANCING

CLASSES FOR ALL. Starters (7.30 - 8.30pm): 6-week course £30 or £8 per session

Intermediates 1 & 2 (7.30 - 9.15pm in small ballroom): £7

SOCIAL DANCE. 7.45 - 10pm: All welcome to an outstanding and spacious ballroom with great atmosphere and music. BYO drink. Free adjacent parking. £6

Greenford Hall, Ruislip Road, UB6 9QN.

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

Greenford & District Caledonian Association

TUESDAYS

SCOTTISH COUNTRY DANCING

For beginners or experience dancers – all levels of dancing welcome

8 - 10pm. Royal British Legion Greenford, 182 Oldfield Lane South, UB6 9JS

£2 (members £1.50)

enquiries@greenfordcaledonian.net • www.greenfordcaledonian.net

The Himalayan Institute of Yoga Science and Philosophy

TUESDAYS,

MIXED ABILITY YOGA

WEDNESDAYS AND THURSDAYS

This course is suitable for those with some experience of Yoga, but beginners are also welcome.

10-11.30am, Tuesdays 4 September - 18 December (no class 23 October)

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

£6.50 drop-in fee

MINDFUL YOGA

Gentle Yoga postures combined with introduction to meditation and breathing exercises for a more inclusive practice

11.30am-1pm, Tuesdays 4 September - 18 December (no class 23 October)

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

£6.50 drop-in fee

MIXED ABILITY AND BEGINNERS' AND INTERMEDIATE YOGA

This course is suitable for students with some experience of Yoga and beginners as well

8-9.15pm, Tuesdays 4 September - 11 December (no class 23 October)

St Andrew's CC, Mount Park Road, Ealing W5 2RS

£126 for full course or £63 for half or £11 drop-in fee

INTERMEDIATE YOGA

Suitable for those with some experience of Yoga

8-9.30pm, Tuesdays 4 September - 11 December (no class 23 October)

St. Barnabas Millennium Hall, Pitshanger Lane, Ealing W5 1QG

£126 for full term or £63 half term or £11 drop-in

The Himalayan Institute of Yoga Science and Philosophy *continued*

INTERMEDIATE YOGA

Suitable for those with some experience of Yoga

8-9.30pm. Wednesdays 5 September - 12 December

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

£126 for full course or £ 63 for half or £11 drop-in fee

MIXED ABILITY YOGA

Suitable for beginners as well as those with some experience of Yoga

6.30-8pm, Thursdays 6 September - 13 December (no class 25 October)

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

£126 for full course or £63 for half or £11 drop-in fee

020 8567 8889 (Lisa) • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.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

07916 145786 • suzanne.gribble@gmail.com

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

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

07916 145786 • suzanne.gribble@gmail.com

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

Drama, Film, Comedy & Poetry

OCTOBER

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

The Questors Theatre

FRIDAY 12 - SATURDAY 20 OCTOBER

MULTITUDES BY JOHN HOLLINGWORTH

Conservative councillor Kash has his sights set on becoming MP for Bradford West, but Britain is a country in turmoil. The Tory government has backed military intervention in the Middle East, mosques in the UK have been attacked, and in Bradford centre a controversial peace camp has been set up.

Kash's girlfriend is secretly going through a period of change in her beliefs, and her mother no longer recognises her own city. And his daughter is being drawn into a more radical form of protest.

Daily at 7.45pm (excl. Sun/Mon); Sunday at 2.30pm

The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £7

Box office: 020 8567 5184 • www.questors.org.uk

Conjuring at the Court

THURSDAY 25 OCTOBER

London's longest-running monthly magic show – a feast of comedy magic entertainment and deception! With Martin Cox, Ian Keable, Wes Zaharuk and more.

Doors open 7.30pm, show 8pm - 10pm. *The Drayton Court, 2 The Avenue, W13 8PH*

£11 in advance, £12 on the door

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

NOVEMBER

The Questors Theatre

FRIDAY 2 - SATURDAY 10 NOVEMBER

FOR SERVICES RENDERED BY W. SOMERSET MAUGHAM

After WWI the men came home as heroes, but now 14 years have passed. Blinded by a gas attack, Sydney spends his time knitting. His sister, whose fiancé never came home, devotes herself to his care. Collie spent 20 years in the navy, but commanding a destroyer hasn't prepared him to manage a business. And war hero Howard has gone back to being a tenant farmer and drinks heavily; his wife can only console herself with their children. War has changed Britain, and now the Ardsley family must face that change.

Daily at 7.45pm (excl. Sun/Mon); Sunday at 2.30pm

The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £7

Box office: 020 8567 5184 • www.questors.org.uk

The Questors Theatre

FRIDAY 9 - SATURDAY 17 NOVEMBER

NOT ABOUT HEROES BY STEPHEN MACDONALD

The friendship of Siegfried Sassoon and Wilfred Owen

They fought on the Western Front and met as patients in a military hospital in 1917. Owen was in awe of Sassoon – as a poet and a soldier. Sassoon became his mentor, and their brief but close friendship stimulated an intense period of creativity.

They spoke out against the patriotism of war, and brought to light the horror of the trenches. Being in a military hospital without a visible wound, Owen felt he had to prove he wasn't a coward. In August 1918 he returned to the front line.

Daily at 7.45pm (excl. Sun/Mon); Sunday at 2.30pm

The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £7

Box office: 020 8567 5184 • www.questors.org.uk

Theatre West 4

TUESDAY-SATURDAY 20-24 NOVEMBER

SYLVIA'S WEDDING, A PLAY BY JIMMIE CHINN

7.30pm, plus 2.30pm Saturday. *Questors Studio Theatre, Mattock Lane*

£13 (concessions 20-22 November £10, Saturday matinee £10)

Box office: 020 8567 5184

Conjuring at the Court

THURSDAY 29 NOVEMBER

Witness the impossible as top magicians take to the stage! With *Britain's Got Talent* winner Jamie Raven, Bharat Patel, Marc Shortland and Fritz Alkemade from Holland.

Doors open 7.30pm, show 8pm - 10pm. *The Drayton Court, 2 The Avenue, W13 8PH*

£11 in advance, £12 on the door

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

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: 9 October (Islands; deferred from 11 Sept), 13 November (subject to be confirmed) 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

OCTOBER

North Ealing Wine Tasting Society (NEWTS)

FRIDAY 5 OCTOBER

ENGLISH WINES WITH WILL PARKER

Join us for the start of our new season and enjoy a selection of fine English wines.

8pm. St Barnabas Millennium Hall, Pitshanger Lane, W5 1QG

£20. Admission by prior application

020 8566 7373 • 020 8997 8132 • newtsealing@gmail.com • www.newtsealing.org

Charlemagne Wine Club

MONDAY 15 OCTOBER

AUSTRALIA - A SENSE OF PLACE

Taste the difference that location and climate can make to the wine in your bottle.

8pm. The Forester, 2 Leighton Road, Ealing, W13 9EP

Admission by prior application cwc@charlemagnewineclub.co.uk • www.charlemagnewineclub.co.uk

NOVEMBER

StayActive4Life

At StayActive4Life we believe that everybody deserves the help and support to live a more active and healthy life. Since October 2015 we have helped more than 3,500 people to build their strength and balance.

We know you want to keep on the move, feel better and have more energy.

To stay fit, healthy and active for longer we can help you to:

- Strengthen your muscles and become more flexible
- Maintain your balance so that you feel steady on your feet and reduce your risk of falls
- Have greater stamina and more energy so that you can live your life to the full.

Please contact us for our latest list of classes and current prices.

Speak to a health professional (GP, physiotherapist or consultant) for a referral, as we are currently able to offer the first 4 sessions for free for patients who are referred to us.

For your nearest class please contact us or see our full list of classes on the website

020 8574 7785 • 07715 170207 • Admin@StayActive4Life.co.uk • www.careplace.org.uk

North Ealing Wine Tasting Society (NEWTS)

FRIDAY 2 NOVEMBER

WINES OF URUGUAY WITH CARLA BERTELLOTTI

Join us for a taste of South America with wines from Uruguay presented by Carla Bertellotti.

8pm. St Barnabas Millennium Hall, Pitshanger Lane, W5 1QG

£20. Admission by prior application

020 8566 7373 • 020 8997 8132 • newtsealing@gmail.com • www.newtsealing.org

Charlemagne Wine Club

MONDAY 19 NOVEMBER

SOUTH AFRICA

Intrepid wine explorer Jimmy Smith has recently returned from South Africa, where he was a guest of Wines of South Africa. He will have tales to tell, insights to offer, and wines to amaze.

8pm. The Forester, 2 Leighton Road, Ealing, W13 9EP

Admission by prior application cwc@charlemagnewineclub.co.uk • www.charlemagnewineclub.co.uk

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

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

Hanwell Table Tennis Club

MONDAYS

TABLE TENNIS FOR OVER-55s

Beginners: we want you! Played before: very welcome! Retired: this is the place for you!

Wear plimsolls or trainers. We have spare bats and balls for starters.

2-4pm, except bank holidays. Rear entrance of Hanwell Methodist Church, Church Road, W7 1DJ

£3.50 per session

Just pop in and give it a go.

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

Ealing University of the Third Age

EVERY DAY EXCEPT SUNDAY

WEEKLY MEETINGS AND OTHER ACTIVITIES

EALING U3A - a co-operative of older people sharing educational, creative and leisure activities. The motives for joining are a desire to improve and share your knowledge and experience, to keep your mind active, to enjoy leisure pursuits and to socialize with like-minded people. No qualifications are needed, and none are given. You share learning and leisure experiences across a wide range of activities through a network of self-managed groups.

Members have access to our weekly talks, which are held at Ealing Green Church (W5 5QT). These talks cover a wide range of topics.

Members can also participate in the various interest groups. We currently have 40 of these covering leisure activities such as rambles, art appreciation, book circles, crafts, history, music, film, languages, table tennis, theatre outings and visits to interesting places, as well as occasional short courses. Full details are on the Ealing U3A web site.

Thursday meetings 10am. Ealing Green Church, Ealing W5 5QT - opposite Ealing Film Studios

Annual membership £25

07525 141175 • EalingU3A@outlook.com • http://u3asites.org.uk/ealing/home

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

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

Suzanne Gribble - Iyengar Yoga

SATURDAYS

TEENS YOGA CLASSES

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)

07916 145786 • suzanne.gribble@gmail.com

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

Madhurang Dance

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

INDIAN DANCE/ BOLLYWOOD CLASSES

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

Joanna Broom Art Classes

TUESDAYS, WEDNESDAYS, THURSDAYS, SATURDAYS

THE TEENAGER ART CLASSES

10-week courses

Week and weekend days in term-time. Hanwell Community Centre and the Brentham Club

From £130

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

Sew What?

WEDNESDAYS, FRIDAYS AND SATURDAYS

LEARN TO SEW OR GET IT FIXED

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

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 Northfields

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
Phototechne International
Workers' Educational
Association, Ealing Branch

DANCE & MOVEMENT

Ealing Country Dance Club
Freestyle Pilates
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
Hanwell Table Tennis Club
North Ealing Wine Tasting
Society (NEWTS)
StayActive4Life LLP

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
Hanwell Voice Studio
HEOS Musical Theatre
Julian Light Operatic Society
Love2sing Choirs
Petros Singers
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
Treasurer: Colin Easton
Membership Secretary: Richard Partridge
Diary Editor: Richard Partridge

NOTE TO MEMBERS:
Final entry for the December 2018 - January 2019 issue
is 1 November 2018.
NB: Display ads may also be placed by non-members.