

FEBRUARY — MARCH 2019

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 – so much to do in Ealing

Ealing
Arts &
Leisure



Celebrating Ealing's Cultural Heart, Supporting Ealing's Young Artists

13th to 17th February 2019

Our *seventh* successful season

At this time of year hibernation might seem the best option for many of us, as Christmas is far behind us and spring still a long way off. But take a look – there's much to do and masses of events to lift the spirits all around Ealing.

We welcome several new Ealing Arts & Leisure members, whose activities are among those listed both in these pages and on our website www.ealingarts.org.uk.

And don't forget that, member or not, you can place a display ad in *What's On* (web and printed diary) at any time.

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Find us online at
ealingarts.org.uk

f facebook.com/EalingArts

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

Wednesday 13th February

Free Lunchtime Recital at St Mary's Church, South Ealing Road

Free Evening Piano Trios Concert at St Mary's Perivale

Free Film Screening at the University of West London (UWL)

Thursday 14th February

London Mozart Players with Tasmin Little (*violin*) at Weston Hall, UWL

Music by Mozart, Roxanna Panufnik, Vivaldi, Elgar and Tchaikovsky

Friday 15th February

The iconic 1979 film **Quadrophenia** at Weston Hall, UWL

Ealing Youth Orchestra, Members of the London Mozart Players

Lauren Zhang (*piano*) and **Leon Gee** (*conductor*) at St Barnabas Church
Music by Hannah Kendall, Prokofiev and Berlioz (*Symphonie fantastique*)

Jazz & Soul with Louise Marshall & The Brethren at The Brentham Club

Saturday 16th February

Open Day – Film Events with The MetFilm School, Ealing Studios (TBC)

West London Sinfonia and Christopher Kent (*narrator*)

Philip Hesketh (*conductor*) at St Barnabas Church

A musical murder mystery (*The Composer is Dead*) by Nathaniel Stookey
plus music by Khachaturian and Dvořák (*New World Symphony*)

Sunday 17th February

Two short afternoon concerts at Weston Hall, UWL

Popular songs with **The Love2sing Ealing Choir, Elizabeth Lusty** (*conductor*)

London College of Music Junior College teams up with senior LCM students
for a series of showcase performances to round off the 2019 Festival

Programme may be subject to change – please check our website

For tickets and full information please visit our website

www.ealingmusicandfilmfestival.org

Ealing Music and Film Festival 7TH SUPERB YEAR

13-17 FEBRUARY 2019

Five days of exciting concerts, films and more!

Full details on our website

manager@ealingmusicandfilmfestival.org • www.ealingmusicandfilmfestival.org

Ealing Music and Film Festival LONDON MOZART PLAYERS

THURSDAY 14 FEBRUARY

Valentine's Day Concert featuring world-renowned violinist Tasmin Little playing music by Elgar, Vivaldi and Roxanna Panufnik, plus orchestral works by Mozart and Tchaikovsky. Pre-concert reception included in ticket price.

*7pm reception, 7.30pm concert. Weston Hall, University of West London, St Mary's Road, W5 5RF**£25 (concessions for seniors, students and children)*

020 8566 0573 (please leave a message) • manager@ealingmusicandfilmfestival.org

www.ealingmusicandfilmfestival.org

Ealing Music and Film Festival EALING YOUTH ORCHESTRA

FRIDAY 15 FEBRUARY

EYO and conductor Leon Gee are joined by members of the London Mozart Players and BBC

Young Musician 2018 winner, Lauren Zhang

Hannah KENDALL (EYO Composer in Residence): *The Spark Catchers*

PROKOFIEV: Piano Concerto No. 2

BERLIOZ: Symphonie Fantastique

*7.30pm. St Barnabas Church, Pitshanger Lane, W5 1QG**£20 (concessions for seniors, students and under-11s)*

manager@ealingmusicandfilmfestival.org • www.ealingmusicandfilmfestival.org • www.eyo.org.uk

Ealing Music and Film Festival WEST LONDON SINFONIA

SATURDAY 16 FEBRUARY

Philip Hesketh conducts WLS in Dvořák's *New World* Symphony, Khachaturian's *Masquerade* Suite and a breathtaking musical murder mystery, *The Composer is Dead* by Nathaniel Stookey and Lemony Snicket (narrator Christopher Kent).

*7.30pm. St Barnabas Church, Pitshanger Lane, W5 1QG**£20 (concessions for seniors, students and under-11s) online or cash at door unless sold out*

EMFF: manager@ealingmusicandfilmfestival.org • www.ealingmusicandfilmfestival.org

WLS enquiries: 020 3475 4200 • 020 8566 0573 • karen@squireuk.com

Petros Singers

SATURDAY 2 MARCH

SINGING WORKSHOP: A ROYAL OCCASION

Join Petros Singers for an afternoon celebrating 400 years'-worth of music written for and performed at the great royal occasions. The workshop will be led by James Vivian – Director of Music at St George's Chapel, Windsor Castle – who, as one of the few people to have conducted at a major royal ceremonial event in recent years, and certainly the only person to have conducted at two, is uniquely qualified. James will lead the singers through a selection of music associated with royal weddings, funerals and coronations, including Parry's *I Was Glad* and *Zadok the Priest* by Handel, amongst other favourites. Please see our website for full details.

*2-6pm (registration from 1.30pm). St Peter's Church, Black Lion Lane, Hammersmith, W6 9BE**£20 (concessions and under 28 £15). All tickets must be booked in advance.*

Information: tickets@petrossingers.org • www.petrossingers.org

Bookings (no booking fee): www.wegottickets.com/petrossingers

Ealing Common Choir

SATURDAY 16 MARCH

DURUFLÉ: REQUIEM & LAURIDSEN: LUX AETERNA

Serene and optimistic music to reflect by

Duruflé: Requiem, 1947

Achieved by his use of Gregorian plainsong melodies, Duruflé's Requiem is more akin to Fauré's familiar setting in its sense of serene optimism.

Morten Lauridsen: *Lux Aeterna*, 1997

Lux Aeterna is a five-movement motet using Latin texts from the Requiem Mass to open and close the work, and from the *Te Deum*, *O nata lux*, and *Veni sancte spiritus* in the three central movements. Its contemplative atmosphere has suggested comparisons with the requiems of Fauré and Brahms.

*6 for 6.30pm. St Matthew's Church, North Common Road, Ealing, W5 2QA**Tickets £12 (16 and under free) on the door or via choir members*

chair@smce.org.uk • www.smce.org.uk

Petros Singers

SATURDAY 23 MARCH

BRAHMS: EIN DEUTSCHES REQUIEM

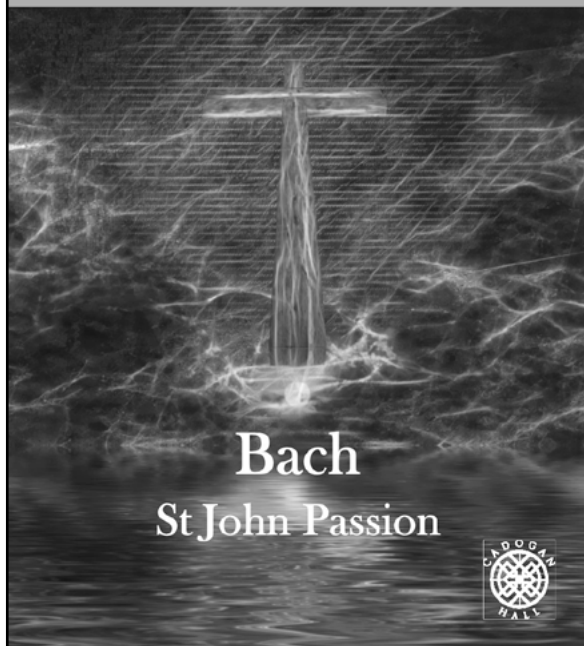
Johannes Brahms was a great musical historian, collecting and editing music by many of his famous predecessors. Here, his monumental *Ein Deutsches Requiem* is preceded by a series of songs and motets known to Brahms, illuminating his influences in the composition of this masterful work – motets by Schütz and JS Bach and songs by Fanny Mendelssohn and Clara Schumann. With Miriam Allan (soprano), Marcus Farnsworth (baritone), Libby Burgess (keyboard), and Will Vann (keyboard).

*7.30pm. St James's Piccadilly, 197 Piccadilly, London W1 9LL**£5 - £25*

Information: tickets@petrossingers.org • www.petrossingers.org

Bookings (no booking fee): www.wegottickets.com/petrossingers

Ealing Choral Society



Saturday
23 March 2019
7pm

Sinfonia Britannica

Conductor
Jonathan Williams

Cadogan Hall
5 Sloane Terrace
London SW1X 9DQ

£24, £17, £10
ENCORE Members 10% off
020 7730 4500
cadoganhall.com
ealingchoralsociety.org.uk

Ealing Choral Society

SATURDAY 23 MARCH

EALING CHORAL SOCIETY AT CADOGAN HALL: BACH ST JOHN PASSION

Ealing Choral Society is thrilled to return to Cadogan Hall, alongside a superb quintet of soloists and Sinfonia Britannica, to perform the magnificent Bach St John Passion.

One of Bach's most famous pieces of sacred music, the Passion depicts Jesus's crucifixion from John's point of view – with a dramatic arc that brings darkness into light, with compassion, hope and ultimate salvation.

7pm. Cadogan Hall, 5 Sloane Terrace SW1X 9DQ

£24, £17, £10 ENCORE members: 10% off all ticket prices

Box office: 020 7730 4500 • www.cadoganhall.com/event/ealing-choral-society-190323/

West London Sinfonia

SATURDAY 23 MARCH

VERDI'S REQUIEM

An internationally acclaimed quartet of soloists: Nadine Benjamin (soprano), Monika-Evelin Liiv (mezzo-soprano), Mario Sofroniou (tenor), Denis Sedov (bass), and the Diversity Choir. Conductor Philip Hesketh, Chorus Master Jan Rautio, Leader Iwona Boesche

7:45pm, pre-concert talk by Bruno Bower (admission with concert ticket) at 7pm.

St Barnabas Church, Pitshanger Lane, W5 1QG

£15 (concessions £13, students / children £6)

020 3475 4200 • karen@squireuk.com • www.westlondonsinfonia.org

WEST LONDON SINFONIA

Nadine Benjamin *soprano* Mario Sofroniou *tenor*
Monika-Evelin Liiv *mezzo-soprano* Denis Sedov *bass*

with the Diversity Choir

Saturday 23 March 7:45pm

VERDI REQUIEM



St Barnabas Church
Pitshanger Lane
London W5 1QG

Conductor Philip Hesketh
Chorus Master Jan Rautio
Leader Iwona Boesche

Tickets £15 full price, £13 concessions
£6 child/student
Buy on the door or online
Information 020 3475 4200

www.westlondonsinfonia.org

PRE-CONCERT TALK 7pm
speaker Bruno Bower
(free admission with
performance ticket)

sponsored by **WHITMAN & CO.**

REGULAR EVENTS

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 Younger Years 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

The Friends of St Mary’s Perivale SUNDAYS
SUNDAY CONCERTS AT ST MARY’S PERIVALE

10 February: Amit Yahav (piano) and String Ensemble
24 February: Mathilde Milwidsky (violin) John Reid (piano)
3 March: The Adderbury Ensemble with Viv McLean
10 March: Mark Viner (piano)
17 March: Yume Fujise piano trio
24 March: The Blaze Ensemble
3pm. St Mary’s Church, Perivale Lane, Middlesex. UB6 8SS
Free with a retiring collection
020 8997 7691 • hmather@btopenworld.com • www.st-marys-perivale.org.uk

Ealing Choral Society MONDAYS
JOIN OUR CHOIR!

We will be performing Bach’s St John Passion at Chelsea’s famed Cadogan Hall in March, with a Scandinavian-themed June concert *Northern Lights* to end another successful season. We welcome all singers of all ages with a commitment to learning and performing works to a high standard. Our current members range from their 20s to 80s. For ages 16 to 23, we offer free membership. For under 30 years, we offer a substantially reduced membership subscription. We currently offer a 50% reduced membership subscription for new tenors and basses joining us. If you enjoy singing, come along and join us!
7.35pm. Ealing Green Church Hall, Ealing W5 5QT
Membership Secretary Chris Bowles: 07932 460388 • membership@ealingchoralsociety.org.uk • www.ealingchoralsociety.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

The Friends of St Mary’s Perivale TUESDAYS
TUESDAY AFTERNOON PIANO RECITAL SERIES

5 February: Luke Jones
12 February: Arina Lazgijan
19 February: Yuanfan Yang
26 February: Artur Haftman
5 March: Ke Ma
12 March: Lukasz Krupinski
19 March: Julian Trevelyan
26 March: Jun Lin Wu
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

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

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 • www.ealpc.org

The Friends of St Mary's Perivale

WEDNESDAY EVENING CONCERTS AT ST MARY'S PERIVALE

WEDNESDAYS

6 February: Yuri Zhislin (violins) and friends
 13 February: Trio Isimsiz
 20 February: Mishka Rushdie Momen and Gamal Khamis (piano)
 27 February: Eskra Trio / Savitri Grier (violin) Richard Uttley (piano)
 13 March: The Palmer piano trio
 20 March: Keval Shah and Michael Pandya (piano duo) / Salome Quartet
 27 March Naori Takahashi (violin) / Armored Piano Quintet Duo
 7.30pm. *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 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

COME AND SING WITH QUESTORS CHOIR

WEDNESDAYS

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 (concessions £50) 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

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 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

FRIDAY LUNCHTIME CONCERTS AT ST BARNABAS

FRIDAYS

25 January: Joanna Gutowska (cello) Anna Szalucka (piano)
 1 February: Erzhan Kulibaev (violin) Ilya Kondratiev (piano)
 8 February: The Opal Trio
 15 February: Savitri Grier (violin) Richard Uttley (piano)
 22 February: Alena Walentin (flute) Anne Denholm (harp)
 1 March: Blaze Ensemble
 8 March: The Barbican String Quartet
 15 March: Tony Lamb (clarinet) Roy Stratford (piano)
 22 March: to be confirmed
 29 March: to be confirmed
1pm. St Barnabas Church, Pitshanger Lane, London W5 1QG
Free with a retiring collection
 020 8997 7691 • hmath@btopenworld.com
 www.barnabites.org/page/12/friday-lunchtime-concerts

Art & Crafts

MARCH

Ealing Art Group

TALK BY PROF. ANTHONY SLINN: POST IMPRESSIONISM & ORIGINS OF MODERN ART

MONDAY 18 MARCH

7.30-9.30pm. *Centre For Independent Living, 1 Bayham Road, Ealing W13 0TQ*
£4 (members £1)
 020 8998 5662 • ealingartgroup@gmail.com • www.ealingartgroup.co.uk

REGULAR EVENTS

Lady's Creative Centre

(reg. charity no. 1041528)

Art and craft classes.
 Saturdays 10am-4pm: Dolls' House museum (£1.50 to enter), art show, pencil drawing group.
 Opening hours can be extended by special request.
 AGM at end of February 2019. International Creative Day in June 2019; stalls for hire.
 10am-4pm. *12 Haven Green, Ealing, W5 2UU or locally*
Membership £20/year; classes extra
 lcccharity@aol.com • www.ladyscreativecentre.co.uk

Pamela Lloyd-Jones Art Classes

SATURDAYS

LIFE DRAWING

Great models and tuition. All materials included though welcome to bring your own. Bring own easel and drawing board if available, as well as coffee mug! All levels of experience welcome.
 10 November, 4 December, 12 January, 9 February, 9 March, 13 April: 10am -1pm
The large hall at The Brentham Club, 38a Meadvale Road, Ealing W5 1NO
£22 including all materials as well as tea/coffee and 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

Ealing Art Group

MONDAYS

Passionate about art in all its forms? Join Ealing Art Group! We offer a lively programme of life drawing, lectures on art history and demonstration techniques, group outings to exhibitions and places of artistic interest, together with the opportunity to exhibit with the group.

For further information and details of how to join us, please contact our Secretary.

020 8998 5662. • www.ealingartgroup.co.uk

St Andrew's Art Workshops

MONDAYS - 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 & 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 7 January - Tuesday 2 April (half term w/c 18 February)

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

£180 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. We experiment with colour mixing, still life and landscape composition using a variety of watercolour techniques.

15 January - 26 March, 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

ART CLASSES FOR ADULTS

Very popular, friendly art classes. Painting in acrylics. Learning about Post Impressionistic styles. All levels welcome. Classes transferable.

Tuesdays 8 January - 9 April, 10am -12 noon and 1pm - 3pm

The large hall at The Brentham Club, 38a Meadvale Road, Ealing W5 1NO

£143 for 13-week class or £14 drop-in

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

Jessica Rose (painter, printmaker & art teacher)

TUESDAYS & WEDNESDAYS

WATERCOLOUR CLASSES

This course will give you the confidence to handle the wonderful medium of watercolour so you can produce paintings with transparency and glow! We will work on subject matter ranging from still life to landscapes. I also teach drawing skills during the class, which can greatly improve the composition of your paintings.

Tuesdays 1.30-4.30pm or Wednesdays 10am-1pm

Spring term: 7 January - 5 April (half term 18-22 February)

Hanwell Community Centre, Westcott Crescent, London W7 1PD

£240 per term

07790 995040 • jessicaroseartist@gmail.com • jessicaroseartist.co.uk

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

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

20 February: Eleanor Bracken is our guest demonstrator with her title *In the Depths of Winter*.

Come see how she interpret this into flowers. Try your luck in our raffle, and you may even take one of her creations home.

20 March: *After the Olympics* is the title of Pauline Bracken's talk, following our short AGM.

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

HCC Upholstery and Refurbishment Group

WEDNESDAYS & THURSDAYS

We are a friendly and supportive group of mixed-ability enthusiasts, guided by a qualified upholstery teacher, re-upholstering and refurbishing furniture of any age – armchairs, dining chairs, stools, sofas (waiting list).

Two classes a week, 10am-1pm. Hanwell Community Centre, W7 1PD (top of Cuckoo Avenue)

12-week class £195 + £5 yearly Group membership fee

07831 117294 • heringj@btinternet.com

Ealing Quilters

THURSDAYS

Vitality Leap

REIKI 1 COURSE

MARCH

SATURDAY 16 MARCH

21 February: Crumb Quilting
21 March: Cathedral Window and the Secret Garden Variation
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

A long-established, friendly and sociable group of photographers, meeting weekly for talks, practicals and competitions, both Print and Projected. All levels welcome – come along and take your photography to the next level. See our website for details of events.
7.45 for 8-10pm. The Brentham Club, 38a Meadvale Road, W5 1NP
Very reasonable subscription: first visit free. publicity@ehhps.org.uk • www.ehhps.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

TUESDAYS FROM MAY 2019

‘PARIS, CAPITAL OF THE NINETEENTH CENTURY’: THE MODERN CITY 1848-1914

COMING SOON. Register interest/book now.
Explore how Paris became such a powerhouse for literary, artistic and technological innovation from 1848 to the outbreak of WW1. Friendly, interactive course, small group.
7 May - 9 July 2019, 2-4pm. Venue near Pitshanger Lane, Ealing
£100 10-week course wilson_colette@btinternet.com

FEBRUARY

Vitality Leap

REIKI SHARE

Practitioner exchange group for people with a Reiki 1 degree or higher
7.30-ca.9.30pm.
Fireside Lodge, Hanwell (you receive directions/joining instructions once you sign up)
£6 07766 464623 • fireside.andrea@gmail.com

Reiki is a self-development and treatment system which works with light touch on or above the body (fully clothed). It re-balances our energy and releases stress, which has many benefits on a physical, emotional and mental level.
The Reiki 1 Course will give you the basics for using Reiki on yourself, friends and family.
10am-ca.6pm. Fireside Lodge, Hanwell (directions/joining instructions once you sign up)
£90 (plus manual £15) 07766 464623 • fireside.andrea@gmail.com

REGULAR EVENTS

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.
18th February lecture: Sophie Oosterwijk – The Art of Peter Brueghel the Elder
18th March lecture: Tom Flynn – Tulip Mania in 17th Century Holland
We meet for a glass of wine at 7.15. Lecture at 8pm. Visitors welcome.
Warwick Building theatre, University of West London. W5 5RF
£7 non-members, £3 full-time students 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): hazannevilliams@gmail.com • https://redlionreadersealing.wordpress.com/

Vitality Leap

DRUM JOURNEY MEDITATIONS

MONDAYS & WEDNESDAYS

Journey Meditations feel a bit like daydreaming with a question in mind. With a bit of practice, you can switch off your analytical brain and access your inner wisdom. You may gain surprising insights and new ideas.
25 February (Drum Meditation), 20 March (Equinox Meditation/Ceremony),
1 April (Drum Meditation)
7.30-ca. 9.30pm. Fireside Lodge, Hanwell (directions/joining instructions once you sign up)
£15 07766 464623 • fireside.andrea@gmail.com

Historical Association: Ealing Branch

TUESDAYS

The Historical Association is open to everyone who is interested in history – 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.
12 February: Margaret Willes, Author – The Curious World of Samuel Pepys and John Evelyn
12 March: Dr Lacey Wallace, University of Lincoln – The People of Early Londinium: an exploration of community and diversity
7pm for 7.30pm. The Parlour, Ealing Green Church, Ealing Green, London W5 5QT
£5 (members free) 020 8567 6554 • pierre.thomas@btinternet.com • http://ealinghistory.org.uk/

Ealing National Trust Association

TUESDAYS

5 February, 2pm: *From Flanders Fields to the Tower* by Richard Thomas
 5 March, 7.30pm: *Round and About Osterley* by Andrea Cameron
Times as above. Parish Hall, Christ Church, Ealing Broadway, W5
 £3 (members free) 020 8567 9517 • www.ealingnt.org.uk

Colette Wilson French Cultural Courses

TUESDAYS

'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 post-colonial artists, writers and film directors from the late 20th century to the present.
 19 February - 23 April, 2.30-4.30pm. Venue near Pitshanger Lane, Ealing
 £100 for 10-week course wilson_colette@btinternet.com

The Himalayan Institute of Yoga Science & Philosophy BASIC PHILOSOPHY AND MEDITATION

WEDNESDAYS

Suitable for those with some experience in meditation
 6.15-7.45pm, Wednesdays 9 January - 10 April (no class 20 February)
 £104 for full course or £52 for half or £8 drop-in
 Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE
 07918 622995 • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.uk

Hanwell & Ealing Heritage Museum

WEDNESDAYS & 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 PHILOSOPHY AND MEDITATION

THURSDAYS

How to relax, breathe & meditate; some experience of meditation desirable
 8-9.30pm, Thursdays 10 January - 11 April (no class 21 February)
 £104 for full course or £52 for half or £8 drop-in
 Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE
 07918 622995 • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.uk

Dance & Movement

REGULAR EVENTS

Northfields Morris Dancers

SATURDAYS

MORRIS DANCING - HAVE FUN WITH BELLS ON!

Give Morris dancing a try with your friendly, local Morris team. Open to all; no experience necessary. Great exercise and lots of fun. Or join our band! Do get in touch.
 5-6.30pm. Northfields Community Centre, W13 9SS.
 First time free, then £3 (concessions £2)

07952 238422 • northfieldsmorris@gmail.com • www.northfieldsmorris.com

Suzanne Gribble - Iyengar Yoga

SATURDAYS

TEENS YOGA CLASSES

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 & WEEKDAY EVENINGS

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

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
 11.30am-12.45pm. 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.

4 & 18 February, 4 & 18 March, 1 April, 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

Vitality Leap

MONDAYS

TAI CHI CHUAN BEGINNERS COURSE (FOR AGES 50+: YOUNGER PEOPLE WELCOME)

The soft and flowing movements of this Chinese martial art foster fitness, balance, mindfulness, stress release and mental agility. You don't have to be fit to join this course. Teacher has 20 years experience and a sense of humour. If in doubt join our Taster Class on 11 February.

11.30am - 12.30pm, 4 March - 29 April. £68 for 8 lessons (paid in advance)

TAI CHI CHUAN (SHAOLIN STYLE) - OUR WEEKLY 50+ CLASS

Beginners/Intermediate 50+ class (younger people welcome). The slow, soft movements of Tai Chi foster fitness, balance, mental agility, stress release and joy.

12.45-1.45pm. £8 for 4 classes paid in advance, £10 drop-in.

Both classes: studio in West Ealing Broadway – call for access code/directions

07766 464623 • silverwing.shaolin@gmail.com • www.silverwingshaolin.com

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

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

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

The Himalayan Institute of Yoga Science and Philosophy

TUESDAYS, WEDNESDAYS & THURSDAYS

MIXED-ABILITY YOGA

Suitable for those with some experience of yoga, but beginners are also welcome.

10-11.30am, Tuesdays 8 January - 16 April (no class 19 February)

£6.50 drop-in fee

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

MINDFUL YOGA

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

11.30am-1pm, Tuesdays 8 January - 16 April (no class 19 February)

£6.50 drop-in fee

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

BEGINNERS' AND MIXED-ABILITY YOGA

This course is suitable for students with some experience of yoga as well as beginners.

8-9.15pm, Tuesdays 8 January - 9 April (no class 19 February)

£117 for full course or £59 for half or £11 drop-in fee

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

INTERMEDIATE YOGA

Suitable for those with some experience of yoga

8-9.30pm, Tuesdays 8 January - 9 April (no class 19 February)

£117 for full term or £59 for half or £11 drop-in

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

INTERMEDIATE YOGA

Suitable for those with some experience of yoga

8-9.30pm. Wednesdays 9 January - 10 April (no class 20 February)

£117 for full term or £59 half or £11 drop-in

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

MIXED-ABILITY YOGA

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

6.30-8pm, Thursdays 10 January - 11 April (no class 21 February)

£117 for full term or £59 for half or £11 drop-in

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

07918 622995 • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.uk

Spritley 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.spritley-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

Abi Barber – abibiyoga

WEDNESDAYS

DYNAMIC FLOW YOGA (7.15-8.15PM)

A fast-paced, vinyasa-based class that will get the body and breath moving. Some experience of yoga would be beneficial, but options will be offered to suit different levels.

YOGA FOR RUNNERS (8.30-9.30PM)

Ease out those hip flexors and hamstrings, strengthen the glutes, improve your balance and core stability, and deepen your breathing. Suitable for all levels of experience – plenty of options on offer.

Yogis Studio, 1 Spring Bridge Mews, W5 2AB

Each class £12 per person, drop in 07944 286685 • abibarber1@gmail.com • www.abibiyoga.co.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

Abi Barber – abibiyoga

THURSDAYS

VINYASA FLOW YOGA

An energising class moving through a series of linked standing poses towards calmer floor-based work and finally, a beautiful place of stillness and relaxation. Suitable for all levels of experience – plenty of options on offer.

7-8am and 6-7pm. Pilates Body Shape Studio, 20 Boston Parade, W7 2DG

£12 per person, drop in 07944 286685 • abibarber1@gmail.com • www.abibiyoga.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

FEBRUARY - MARCH

The Questors Theatre

FRIDAY 25 JANUARY - SATURDAY 2 FEBRUARY

THAT FACE

Who's Martha's worst enemy? Alcohol? Her ex-husband? Herself?

Martha's falling apart. Alcohol seems to help, and so do prescription drugs. Except when her 15-year-old daughter borrows them. Her son is her only hope of sanity, but he's only just 18 and has dropped everything to try and help her. And her rich ex-husband has now decided to fly over from Hong Kong to sort everyone out...

Written by Polly Stenham, *That Face* is a modern drama about family life slowly spiralling out of control.

Daily 7.45pm (excl. Sun/Mon); Sunday 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 8 - SATURDAY 16 FEBRUARY

RUTHERFORD & SON BY GITHA SOWERBY

Fading power, dashed hopes and family secrets take centre stage in this gripping portrayal of two generations of a northern family struggling with class, feminism and freedom.

Daily 7.45pm (excl. Sun/Mon); Sunday 2.30pm. The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £7

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

The Questors Theatre

FRIDAY 22 FEBRUARY - SATURDAY 2 MARCH

ROSMERSHOLM BY HENRIK IBSEN

Rosmer's wife committed suicide a year ago, and he has since cast off religion, friendships and family traditions to support the radicals by injecting idealism into the minds of the people. But brother-in-law Magnus is determined to stop him.

Daily 7.45pm (excl. Sun/Mon); Sunday 2.30pm. The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £7

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

Conjuring at the Court

THURSDAY 28 FEBRUARY

Witness the impossible as top magicians take to the stage. Magic and comedy from Noel Britten and more. A night of fun entertainment and magic for all ages!

Doors open 7.30pm. Show starts 8pm and continues to 10pm with a break.

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

£11 in advance, £12 on the door

07775 587708 • tickets@conjuringatthecourt.com • www.conjuringatthecourt.com

The Questors Theatre

SATURDAY 2 - SATURDAY 9 MARCH

BUGSY MALONE BY ALAN PARKER

Younger Years

Rival hoodlums clash in this classic gangster-spoof. In New York City, mobster rivals Fat Sam and Dandy Dan are battling for power. But Buggy is busy sweet-talking would-be singer Blousey Brown, and vows to run away with her.

2 & 9 March 2.30pm & 7.30pm; 3 March 2.30pm; 6-8 March 7.15pm

The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £6

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

The Questors Theatre

THE 39 STEPS BY PATRICK BARLOW

FRIDAY 22 - SATURDAY 30 MARCH

A chance meeting with an attractive spy has resulted in an assassination, and Richard Hannay soon finds himself on the run for murder. Aware of a top secret plot by the mysterious 39 Steps, he flees to Scotland to try to stop the powerful spy ring.

Daily 7.45pm (excl. Sun/Mon); Sunday 2.30pm. The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £7

Box office: 020 8567 5184 • www.questors.org.uk /39Steps

Conjuring at the Court

THURSDAY 28 MARCH

Witness the impossible as top magicians take to the stage. Magic and mind-reading from Sylvia Sceptre, Fritz Alkemade and more. A night of fun entertainment and magic for all ages!

Doors open 7.30pm. Show starts 8pm and runs to 10pm with an interval.

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

£11 in advance, £12 on the door

07775 587708 • tickets@conjuringatthecourt.com • www.conjuringatthecourt.com

The Questors Theatre

FUTURE CONDITIONAL BY TAMSIN OGLESBY

FRIDAY 29 MARCH - SATURDAY 6 APRIL

Tamsin Oglesby's thought-provoking and funny play tackles the conundrum of the British education system through a myriad of characters including parents, teachers and Alia, a prodigiously bright young Pakistani refugee.

Daily 7.45pm (excl. Sun/Mon); Sunday 2.30pm. The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £7

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

Beaufort Players

THE CHILDREN BY LUCY KIRKWOOD

THURSDAY-SATURDAY 4-6 APRIL

Beaufort Players spring production. Two ageing nuclear scientists in an isolated cottage on the coast, as the world around them crumbles. Then an old friend arrives with a frightening request.

4 & 5 April: 8pm, 6 April: 7pm. Church of the Ascension, Beaufort Road, Ealing W5 3EB

£10 - £12

07730 572389 • boxoffice@beaufortplayers.org.uk • www.beaufortplayers.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 bring, read and discuss published poems, with a specific theme each month.

Next meetings: 12 February ('The Visual Arts'), 12 March ('Humour')

2.30pm. Hanwell Library, Cherington Road, W7

Enquiries: 020 8567 4397 • donkennedy@f2s.com

Michael Billington's Theatre Club

at Drama Studio London
We invite you to join our
new Discussion Group for

Theatre Lovers

hosted by

Guardian Critic
Michael Billington

10 Friday nights
5 hot theatre tickets
5 group discussions with
Michael over a glass of wine

(£700 all inclusive package)

Scheduled between 26 April and 28 June 2019

DRAMA
STUDIO
LONDON

A convivial 10 week course
to broaden your knowledge
and heighten your theatrical
experiences.

Places limited so book early
www.dramastudioLondon.co.uk

020 8579 3897

Leisure

FEBRUARY

North Ealing Wine Tasting Society (NEWTs) CALIFORNIAN WINES WITH ROBBIE RUGMAN

FRIDAY 1 FEBRUARY

Join us for a tasting of fine wines from California.

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

MARCH

North Ealing Wine Tasting Society (NEWTs) PINOT NOIR AROUND THE WORLD WITH JIMMY SMITH

FRIDAY 1 FEBRUARY

Jimmy Smith guides us through a tasting of Pinot Noir wines from around the world.

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 18 MARCH

Join us for a relaxed and entertaining evening of wine tasting. See our Facebook page

<https://www.facebook.com/charlemagnewineclub/> or website for further details.

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

£20 by prior application

cwc@charlemagnewineclub.co.uk • www.charlemagnewineclub.co.uk

REGULAR EVENTS

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

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. Just pop in and give it a go.

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

£3.50 per session

Ealing Over 60 Network (EON)

MONDAYS

A wide range of activities run by members for members throughout the day (stay for whatever suits you), also a 'bring and share' lunch. Feel free to turn up – we're a friendly group. All ideas for the weekly programme welcome; email us for the latest bulletin.

Mondays except public holidays. Ealing Quaker Meeting House, 17 Woodville Road, W5 2SE

No membership fees; donate on the day

Andrée (Secretary) 077611 04609 • ealingover60network@gmail.com

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 300007

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 300007

Multi-activity

Ealing University of the Third Age WEEKLY MEETINGS AND OTHER ACTIVITIES

EVERY DAY EXCEPT SUNDAY

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>

Vitality Leap

VITALITY & STRESS MANAGEMENT

EVERY DAY EXCEPT SUNDAY

Custom one-on-one sessions by a qualified Tai Chi teacher, Corporate Coach and Reiki Master. Mental and physical exercises will enable you to re-connect with your inner strength, release stress, gain inspiration and live with more energy, purpose and joy. Your session may contain mental coaching, Tai Chi exercises, guided meditations and mindfulness exercises. Andrea offers leading-edge tools which she also uses for corporate leaders.

Daytime and early evenings. Fireside Lodge, Hanwell. £60/hour

07766 464623 • vitalityleap@gmail.com • www.silverwingshaolin.com/stress-management.html

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

MARCH

The Questors Theatre BUGSY MALONE BY ALAN PARKER

SATURDAY 2 - SATURDAY 9 MARCH

Rival hoodlums clash in this classic gangster-spoof. In New York City, mobster rivals Fat Sam and Dandy Dan are battling for power. But Bugsy is busy sweet-talking would-be singer Blousey Brown, and vows to run away with her.

2 & 9 March at 2.30pm & 7.30pm; 3 March at 2.30pm; 6-8 March at 7.15pm

The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £6

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

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)

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

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 THE TEENAGER ART CLASSES

TUESDAYS, WEDNESDAYS, THURSDAYS, SATURDAYS

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

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
HCC Upholstery &
Refurbishment Group
J Broom Art
Jessica Rose – painter,
printmaker & art teacher
Lady's Creative Centre
Pamela Lloyd-Jones Art Classes
St Andrew's Art Workshops
Sew What?
Timothy Robinson Photography
Watercolour Painting Northfields

CULTURE & LEARNING

CEPAC - Campaign for an Ealing
Performance and Arts Centre
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

DANCE & MOVEMENT

abibiyoga
Ealing Country Dance Club
Freestyle Pilates
Greenford & District
Caledonian Association
Madhurang Indian Dance
Mehran Ghodsi Chair Yoga
Northfields Morris Dancers
The Pilates Studio +
Adult Floor Barre
Shape & Tone / Yoga with Loretta
Spritely Fitness
Suzanne Gribble - Iyengar Yoga
Vitality Leap
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 Over-60 Network (EON)
Hanwell Table Tennis Club

North Ealing Wine Tasting
Society (NEWTS)
StayActive4Life LLP
West London Group of
Ramblers Association

MUSIC

Capital Chorus
Ealing Abbey Choir
Ealing Chamber Music Club
Ealing Choral Society
Ealing Common Choir
Ealing Folk Club
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

**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 April - May 2019 issue
is 1 March 2019.

NB: Display ads may also be placed by non-members.
See www.ealingarts.org.uk/help