

APRIL — MAY 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 was deeply saddened to hear of the death in January of John Ross, who started this diary of events (now *What's On*) in 1987, just before he was elected chair of what was then the Ealing Arts Council.

He was chair of Ealing Arts several times in the ensuing years and a committee member till the day he died. You may remember him as a councillor (East Acton ward) and deputy mayor of Ealing (2009), or have seen him in his professional role of photographer at countless local events.

His many interests included motor-racing, music and ballet, and he will be much missed as a man of infinite kindness, enthusiasm and ideas.

Contents

- 1 MUSIC
- 7 ART & CRAFTS
- 10 CULTURE & LEARNING
- 14 DANCE & MOVEMENT
- 19 DRAMA, FILM, COMEDY & POETRY
- 21 LEISURE
- 23 MULTI-ACTIVITY
- 24 YOUNGER YEARS
- 26 OUR MEMBERS

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.

Music



MUSIC AT ST MARY'S PERIVALE

Perivale Lane
UB6 8SS



This 12th-century church is West London's foremost classical music venue, presenting world-class soloists and ensembles in an intimate atmosphere. See listings or website for concert details.

Nearest Tube station: Perivale

www.st-marys-perivale.org.uk

Concerts Wednesday evenings and Tuesday and Sunday afternoons throughout the year

'An impressive roster of fine musicians ... an excellent acoustic... and the audience can appreciate being closer to the musicians [than at other venues]'

Frances Wilson ('The Cross-eyed Pianist')

IMPACT Theatre

IMPACT INCLUSIVE MUSIC PROJECT – MUSICIANS WANTED

IMPACT is planning to run an inclusive music, art and performance project around the theme of communication. Our project seeks to celebrate the ways in which music, art and performance can help bridge gaps in communication for disadvantaged groups in the community. We will facilitate our artists and performers with learning disabilities to play a lead role in planning and running three events at our community arts centre – a band night, a jazz afternoon with art therapy as respite for children, and a classical music brunch. These will be offered either free or at a subsidised rate to groups and individuals in the local community. Any musicians or volunteers who would like to be involved in this project in any way are welcome to contact rustom@impacttheatre.co.

IMPACT Community Arts Centre, Perivale

rustom@impacttheatre.co • www.impacttheatre.co

APRIL

Ealing Symphony Orchestra

SATURDAY 6 APRIL

MARQUEZ: Danzon No. 2

KHACHATURIAN: Cello Concerto

STRAVINSKY: Petrouchka

Willard Carter (cello: 2018 Ealing Festival concerto winner), Ealing SO, conductor John Gibbons

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

£14 (concessions £12, student/under 25 £6, accompanied under-16 £1)

Online tickets (no booking fee): www.ealingso.org.uk/ticketsInformation: 020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk


EALING SYMPHONY ORCHESTRA
Registered Charity No. 285974
President: The Mayor of Ealing

MARQUEZ
Danzon No. 2

KHACHATURIAN
Cello Concerto

STRAVINSKY
Petrouchka

Saturday 6th April 2019, 7.30pm

St Barnabas Church
Pitshanger Lane, London W5 1QG

£14 adult • £12 senior • £6 student • £1 child

www.ealingso.org.uk | [@ealingSO](https://twitter.com/ealingSO) | facebook.com/ealingso

Cello: Willard Carter
Conductor: John Gibbons
Leader: Peter Nall

HEOS Musical Theatre

FOOTLOOSE THE MUSICAL

WEDNESDAY - SATURDAY 10-13 APRIL

It's time to cut loose...

When Ren and his mother move from Chicago to a small farming town, he is prepared for the adjustment to his new high school, but not a ban on dancing organised by the local preacher. And when the Reverend's rebellious daughter sets her heart on Ren, her current boyfriend tries to sabotage Ren's reputation. The Oscar-nominated hit score includes *Let's Hear it for the Boy*, *Holding Out for a Hero*, and the title song, *Footloose!*

7.45pm + Saturday matinee 2.30pm. The Questors Theatre, 12 Mattock Lane, Ealing, W5 5BQ

Wednesday: all seats £14.50, Thursday-Saturday: £17.50 (concessions £14.50)

Box office: 020 8567 5184 • www.questors.org.uk/event.aspx?id=784Info: heos.publicity@gmail.com • www.heos.org.ukJulian Light Operatic Society
THE GILBERT AND SULLIVAN STORY

FRIDAY 12 APRIL

Featuring *Trial By Jury* interleaved with extracts from all the Gilbert and Sullivan operettas, even ... *Thespis!*

7.30 for 8pm. St Stephen's Church Hall, St Stephen's Road, London W13 8HB

£15, including a light supper. Cash bar.

Tickets in advance only: 0884 800 1852 (usual charges) • inform@julianoperatic.org (free)Enquiries: 07976 577232 • www.julianoperatic.org

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 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 April: Jiafeng Chen (violin), Jianing Kong (piano)

1 April: The Salieri Ensemble

5 May: Dinara Klinton (piano)

26 May: Corinne Morris (cello), Peter Limonov (piano)

3pm. 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, except August.

8pm. St Mary's Church, Perivale

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

Ealing Choral Society

JOIN OUR CHOIR!

A Scandinavian-themed June concert *Northern Lights* will 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/

MONDAYS

Capital Chorus

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

MONDAYS

The Love2sing Choir

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 (13 wks)

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

MONDAYS

The Friends of St Mary's Perivale

TUESDAY AFTERNOON PIANO RECITAL SERIES

2 April: Cristian Sandrin
9 April: Ilya Kondratiev
16 April: tbc
23 April: Alexander Soares
30 April: Ugnius Paulikionis
7 May: Hin-Yat Tsang
14 May: Hao Zi Yoh
21 May: Patrick Hemmerle
28 May: Natalia Ehwald
2pm. St Mary's Church, Perivale Lane, Middlesex. UB6 8SS
Free with a retiring collection

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

TUESDAYS

Petros Singers

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

TUESDAYS

Ealing Folk Club

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

WEDNESDAYS

The Friends of St Mary's Perivale

WEDNESDAY EVENING CONCERTS AT ST MARY'S PERIVALE

10 April: Andrzej Wiercinski piano recital
17 April: Mayumi Fujikawa (violin), Richard Markson (cello), Oliver Markson (piano) & Ensemble
24 April: Ezgi Sarikcioglu (violin), Kumi Matsuo (piano) / The Opal Piano Trio
1 May: Noemi Gyori (flute), Dinara Klinton (piano) / Coco Tomita (violin), Kan Tomita (piano)
8 May: Tim Ridout (viola) / The Fujise Quartet
15 May: The Milgram String Ensemble
22 May: Michal Szymanowski (piano)
7.30pm. St Mary's Church, Perivale Lane, Middlesex. UB6 8SS
Free with a retiring collection

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

WEDNESDAYS

Gregorian Chant: Ealing Abbey Lay Plainchant Choir

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

WEDNESDAYS

Questors Choir

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 16-25s.

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

WEDNESDAYS

The Love2sing Choir

THE LOVE2SING EALING CHOIR – EVENING

WEDNESDAYS

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.

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

5 April: Andrew Yiangou and Joanna Kacperek (piano duo)

12 April: The Neos Ensemble (piano quartet)

(19 April Good Friday: no concert)

26 April: Riyad Nicolas (piano)

3 May: The Brompton Quartet

10 May: The Mikelic Bottrill Piano Duo

17 May: The Umerklova piano trio

24 May: Michal Szymanowski (piano)

31 May: Trio Sonorite

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-lunch-time-concerts

Art & Crafts

REGULAR EVENTS

Lady's Creative Centre

(reg. charity no. 1041528)

Wednesdays and Thursdays: art classes

Wednesdays 2-6pm: afternoon tea and social group

Saturday 10am-3pm: doll museum (£1.50 to enter) and art show

International Creative Day Saturday 29 June; stalls for hire

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.

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

15 April: Lecture – *Scottish Colourists* by Ronnie Ireland

20 May: Art lecture – *Russian Realist Painters* by Sonia Bacchus

7.30-9.30pm. Centre For Independent Living, 1 Bayham Road, Ealing W13 0TQ

£4 (members £1)

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

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

DRAWING AND PAINTING CLASSES FOR ALL

MONDAYS AND TUESDAYS

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 29 April - Tuesday 23 July (half term w/c 27 May)

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 website

Hanwell Community Centre, Westcott Crescent, W7 1PD

07535 347764 • membership@4020artgroup.co.uk • www.4020artgroup.co.uk

Patricia Burbidge

WATERCOLOUR PAINTING NORTHFIELDS COMMUNITY CENTRE

TUESDAYS

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

23 April - 2 July, 10am-12.30pm: £80 and 1-4pm: £90

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

artist@patriciaburbidge.com • 020 8891 5115

Jessica Rose (painter, printmaker & art teacher)

WATERCOLOUR CLASSES

TUESDAYS AND WEDNESDAYS

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

Summer 2019 term: 22 April - 19 July (half term 27-31 May)

Autumn 2019 term: 9 September - 6 December (half term 21-25 October)

Hanwell Community Centre, Westcott Crescent, London W7 1PD

£240 per term 07790 995040 • jessicaroseartist@gmail.com • jessicaroseartist.co.uk

Joanna Broom Art Classes

THE TEENAGER ART CLASSES

TUESDAYS, WEDNESDAYS, THURSDAYS, SATURDAYS

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

FLORAL DESIGN DEMONSTRATIONS

WEDNESDAYS

Do you love flowers? Why not join us for an evening of flowers?

17 April: Sally Hardy's demonstration is titled *This & Tat* – yes, that's correct! Come see how she interprets this into flowers – you may find it intriguing!

15 May: We know it's still spring, but Yvonne Tan's demonstration titled *Sunny Holiday* reminds us that summer is just around the corner. We also have a plant sale, so not only could you go home with one of Yvonne's creations, you might wish to pick up a few plants for either home or garden.

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: £6 per session, or you could 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

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

Sew What?

LEARN TO SEW OR GET IT FIXED

WEDNESDAYS, FRIDAYS AND SATURDAYS

Younger Years

Machine sewing classes for total beginners and intermediate skill. Adult class options: Wed / Fri / Sat 10.15am & 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 April: Quilt-as-you-go Potholder

16 May: Patchwork with Sweet Wrappers

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

APRIL

Vitality Leap STARTS SUNDAY 28 APRIL DREAM WEAVER GROUP – MIND-BODY-SPIRIT WORK TO CREATE POSITIVE CHANGE

This is a community of people who are on the journey together and meet six times to initiate transformation and growth in their lives. Andrea is an experienced corporate coach who also teaches spiritual development, Reiki and Tai Chi Chuan. Participants will engage in vision quest, mindset change, imaginary meditations and body work. All combined with down-to-earth action planning.

1-5pm. Fireside Lodge, Hanwell, W7 3QU

£240 for 6 sessions Call Andrea at: 07766 464623 • vitalityleap@gmail.com • www.vitalityleap.com

MAY

Vitality Leap SATURDAY 4 MAY FOUNDATION COURSE CORE SHAMANISM: DRUM JOURNEYS AND POWER ANIMALS

Learn how to change your conscious mind to 'non-ordinary' reality and explore new sources of inner wisdom, guidance, strength and transformation energy. Core Shamanism is a contemporary – spiritual but not religious – version of the many native traditions which have used similar techniques for 40,000 years. Please call for information/sign up.

10am - ca. 6pm. Fireside Lodge, Hanwell, W7 3QU

£90 07766 464623 (Andrea) • fireside.andrea@gmail.com • www.firesidelodge.co.uk

Vitality Leap TUESDAYS 14 & 28 MAY REIKI 1 COURSE – TWO AFTERNOONS

Reiki is a self-development and treatment system which works with light touch on or above the body (fully clothed). It re-balances your energy and releases stress, which has many benefits on a physical, emotional and mental level. The course is in two parts, with practice time in between. Your certificate will allow you to use Reiki on yourself, friends and family.

1-4pm. Fireside Lodge, Hanwell (directions/joining instructions once you sign up)

£90 plus ca. £15 for manual 07766 464623 • fireside.andrea@gmail.com • www.firesidelodge.co.uk

HIMALAYAN INSTITUTE of Yoga Science & Philosophy.

www.himalayaninstitute.org.uk

Reg charity 1048336.

BECOMING FREE

Saturday 13th April 2019

9.15am – 4.00pm

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

By quietening ourselves, we can taste the inner freedom of simply being rather than wanting & trying. This shows what is true and not true, resolves conflict and gives life true meaning.

Programme:

9.15am	Registration
9.30	How to relax & meditate
10.00	Finding your true self & purpose
10.45	Tea / coffee
11.15	Inner awareness & space
12.00	Relax & meditate
12.30pm	LUNCH
1.45	Walking with attention
2.00	Obstacles to freedom
2.45	Tea / coffee.
3.00	Questions & answers
3.40	Relax & meditate
4.00	Depart

Easy parking. Bookstall. Light vegetarian lunch.
Members £30 Non-members £45

Book now. Contact Lisa Schlotmann at
enquiries@himalayaninstitute.org.uk or 020 8567 8889.

REGULAR EVENTS

The Arts Society Ealing *(formerly EDFAS)* MONDAYS

We are part of the umbrella organisation 'The Arts Society', and welcome those interested in the arts.

15 April lecture: Sarah Deere Jones – *The Harp in Art, History and Music*. Performing on her own reproduction and antique instruments, Sarah will demonstrate the development and evolving sound and repertoire of the harp throughout its history.

20 May lecture: Julia Musgrave – *Caravaggio: Murderer or Genius?*

We meet for a glass of wine at 7.15. Lecture at 8pm. Visitors welcome.

William Barry Theatre, University of West London. W5 5RF

£8 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/>

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.

SPEAKERS PROGRAMME

9 April: Prof. Tony Badger, President Historical Association – *How did Martin Luther King Jr change America, 1955-2019?*

14 May: Prof. Gareth Stedman Jones, Queen Mary, University of London – *The Communist Manifesto*

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

2 April: *Tales from the Front Line* by Jonathan Fryer

7 May: *Amy Wonderful*: the story of Amy Johnson, woman pilot, by David Keen

7.30pm. Parish Hall, Christ Church, Ealing Broadway, W5

£3 (members free) 020 8567 9517 • www.ealingnt.org.uk

The Himalayan Institute of Yoga Science & Philosophy

WEDNESDAYS

BASIC PHILOSOPHY AND MEDITATION

Suitable for those with some experience in meditation

To 10 April, then new course 24 April to 17 July (no class on 29 May)

£96 for full course or £48 for half or £8 drop-in

6.15-7.45pm. Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE

020 8567 8889 • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.uk

Hanwell & Ealing Heritage Museum

WEDNESDAYS AND SATURDAYS

DISPLAY OF BRITISH-MADE DOMESTIC ARTEFACTS AND LOCAL HISTORY RESOURCE

Open Wednesdays and Saturdays.

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

Adults £2, children £1 020 8579 0178 • 07889 033201 (when open) • davidblackwell99@gmail.com

Facebook: Hanwell & Ealing Heritage Museum

Ealing University of the Third Age

THURSDAYS AND OTHER DAYS

WEEKLY MEETINGS AND OTHER ACTIVITIES

EALING U3A – a co-operative of older people sharing educational, creative and leisure activities. Members have access to our weekly talks on Thursday mornings, which are held at Ealing Green Church. Our talks for April and May are:

4 April: Dr. David Jones – *The Most Dangerous Animals on Earth*

11 April: Mike Jones – *Sewage and the City: Sir Joseph Bazalgette and London*

2 May: Dr Sara Dominici – *Photography and Cycling at the end of the 19th Century*

9 May: Ann-Marie Purcell – *Heathrow: The Journey Exhibition*

16 May: Dr Mary Shannon – *London's Latin Quarter? Literature and Art in 19th Century Marylebone*

23 May: Graham Taylor – *Great Art Collections Around the World*

30 May: Dr Lindsay Bywood – *The World of Translation: who does it, and what do they do?*

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 • www.u3asites.org.uk/ealing/home

The Himalayan Institute of Yoga Science & Philosophy

THURSDAYS

PHILOSOPHY AND MEDITATION

How to relax, breathe and meditate; some experience of meditation desirable

8-9.30pm to 11 April then new course 25 April - 18 July 2019 (no class on 30 May)

£96 for full course or £48 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

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.

1, 15 & 29 April, 6 & 20 May, 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 (SHAOLIN STYLE) - 50+ CLASS (YOUNGER PEOPLE WELCOME)

Beginners always welcome. The slow, soft movements of Tai Chi foster fitness, balance, stress release, mental agility and joy.

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

West Ealing Broadway. Please call for sign up (you will receive access code/directions).

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

West London Backcare

TUESDAYS

Targeted exercise programme for people with back problems. Strengthening core muscles to improve posture, stability and flexibility. Followed by relaxation. Friendly class. Bring mat.

10.55-11.55am Tuesdays 2, 9, 16, 30 April, 7, 14, 21, 28 May

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

£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, WEDNESDAYS AND THURSDAYS

MIXED-ABILITY YOGA

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

10-11.30am, Tuesdays to 16 April then 30 April - 23 July (no class on 28 May)

£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 to 16 April then 30 April - 23 July (no class on 28 May)

£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 to 9 April then new course 23 April - 16 July (no class on 28 May)

£108 for full course or £54 for half or £11 drop-in

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

INTERMEDIATE YOGA

Suitable for those with some experience of yoga

8-9.30pm, Tuesdays to 9 April then new course 23 April - 16 July (no class on 28 May)

£108 for full course or £54 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 to 10 April then new course 24 April - 17 July (no class on 29 May)

£108 for full course or £54 for 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 to 11 April then new course 25 April - 18 July (no class on 30 May)

£108 for full term or £54 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

Vitality Leap

TUESDAYS AND SATURDAYS

WALK FOR BEGINNERS AND IMPROVERS

Nordic Walking is a full body workout, and can be done in gentle or energetic ways. Core benefits: uses 90% of skeletal muscles, burns 46% more calories than normal walking, is gentle on knees and joints.

No prerequisites (you must be able to safely walk and swing your arms).

9.15-10.30am (total walking time 1 hour), Tues 16 April, 23 April, 30 April, 7 May, 14 May, 28 May

Meeting point: Hanwell, W7 3QU. Contact Andrea for directions/exact meeting point.

£8 with poles, £10 without poles. Buy 5 walks, get one free.

NORDIC WALKING – BEGINNERS COURSE

Nordic walking is a whole-body workout that fosters fitness, weight loss, recovery, stress release and general well-being. This course covers the basic walking technique (which is different from walking with trekking poles or walking sticks).

10am - 12 noon, Saturdays 27 April, 18 May, 15 June, 20 July

Meeting point: Hanwell, W7 3QU. Contact Andrea for directions/exact meeting point.

£30 (poles included)

07766 464623 • vitalityleap@gmail.com • www.vitalityleap.com

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

SHAPE & TONE EXERCISE CLASS

THURSDAYS

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.
 7.30-8.30pm. Room No. 1, Northfields Community Centre, 71a Northcroft Road, W13
 £6 020 8845 7873 • shape.tone@blueyonder.co.uk

Abi Barber – abibiyoga

VINYASA FLOW YOGA

THURSDAYS

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.
 11am-12.30pm. '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

APRIL - MAY

The Questors Theatre

FRIDAY 29 MARCH - SATURDAY 6 APRIL

FUTURE CONDITIONAL by Tamsin Oglesby

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 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/Future

Beaufort Players

THURSDAY-SATURDAY 4-6 APRIL

THE CHILDREN by Lucy Kirkwood

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/

The Questors Theatre

FRIDAY 26 APRIL - SATURDAY 4 MAY

KING CHARLES III by Mike Bartlett

The Queen is dead, and Charles is king at last. Determined to assert his power, the new ruler vetoes a bill restricting freedom of the press, in disagreement with the Prime Minister. But the conflict cannot be resolved and he dissolves parliament, causing chaos.

As protests erupt across the country and the social fabric begins to fray, William and Kate try desperately to restore stability, but at a considerable cost. Meanwhile Camilla frets, politicians plot and Harry seeks a life and love beyond the confines of his royal role.

Daily at 7.45pm (excl. Sun/Mon); Sunday at 2.30pm, Saturday 4 May at 2.30pm.

The Questors Theatre, 12 Mattock Lane W5 5BQ.

From £7

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

The Questors Theatre

FRIDAY 3 - SATURDAY 11 MAY

BLUE/ORANGE by Joe Penhall

Christopher is a young black patient confined to a psychiatric ward. He's due for release and wants to go home. The problem is he thinks oranges are blue – and his doctor wants to section him.

A more senior consultant believes it's all a matter of culture and Christopher will be better off at home with 'people who are just like him'. But are things so black and white? Should he stay or should he go?

This scathing yet comical tale challenges our pre-conceptions about race, mental illness, and the place of the NHS in Britain today.

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/BlueOrange

Theatre West Four BLAST FROM THE PAST

TUESDAY-SATURDAY 14-18 MAY

A new play by Mark Harris
7.30pm + 2.30pm Saturday. Questors Studio Theatre
£13 (concessions £10 Tues-Thurs + Sat matinee)

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

The Questors Theatre NELL GWYNN by Jessica Swale

FRIDAY 31 MAY - SATURDAY 8 JUNE

When Charles II grants permission for women to act, he sees Nell onstage and becomes besotted with her. Despite having a wife and a mistress, he takes her from prestigious actor Charles Hart, and they begin their own affair. Nell soon faces threats to pick the theatre or the king. But how will she choose?

Filled with bawdy jokes, comical characters, songs and dances, Nell Gwynn is a true love story set against an often farcical theatrical world.

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/Nell

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: 9 April ('Simon Armitage'), 14 May ('Farming')

2.30pm. Hanwell Library, Cherington Road, W7 Enquiries: 020 8567 4397 • donkennedy@f2s.com

Popup Theatre DRAMA GROUP RECRUITING NEW MEMBERS

TUESDAYS & THURSDAYS

Weekly Tuesday meetings for readings, recording radio plays, and drama games, but most of all to prepare some new writing for a theatre performance. As we get under way meetings will also be on Thursdays. We need new members to take part in a new play – in the early stages to work with the writer, and later to rehearse and perform the play.

8pm. Johnston Lounge, St. Andrews Church Centre, Mount Park Road, Ealing, W5 2RS

020 8578 9082 • beewolfiekit2@gmail.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

APRIL

North Ealing Wine Tasting Society (NEWTs) SOUTH AFRICAN STARS WITH PETER MAY

FRIDAY 5 APRIL

Join us for a tasting of top South African 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 CHÂTEAUNEUF-DU-PAPE

MONDAY 15 APRIL

A special 'vertical' tasting of Domaine Font-de-Michelle to show how wines can mature. A selection of 8 vintages between 1999 and 2016 will be on offer.

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

MAY

North Ealing Wine Tasting Society (NEWTs) GREEK WINES WITH IAN MCLAREN

FRIDAY 3 MAY

Join us as we explore modern Greek 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 CAMPANIA

MONDAY 20 MAY

From the Bay of Naples, across the slopes of Vesuvius to the hills beyond, Quentin Sadler will take us on a vinous and historical tour of the Italian wine region of Campania.

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.

12.30pm. 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

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

Vitality Leap

EVERY DAY EXCEPT SUNDAY

VITALITY & STRESS MANAGEMENT

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.htm

Younger Years

REGULAR EVENTS

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.

4.30-5.30pm (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

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

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

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 June - July 2019 issue
is 1 May 2019.

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