

AUGUST — SEPTEMBER 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

While August and September are the key holiday months for many, very few of us are away for the duration. At the height of summer we all still have interests to pursue, the need to get out and meet people beyond our daily realm of activity, and fixtures to punctuate our week. See what this edition of *What's On* can suggest for you, whether it's drama on your doorstep, memorable music, artistic endeavour nurtured or enjoyable ways to get fitter – to mention just a few possibilities.

Don't forget that all our events, regular or one-off, are also publicised on the Ealing Arts & Leisure website: [www.ealingarts.org.uk](http://www.ealingarts.org.uk).

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Find us online at  
[ealingarts.org.uk](http://ealingarts.org.uk)

**f** [facebook.com/EalingArts](https://facebook.com/EalingArts)

Want to know how to list an event  
or advertise here?  
Visit [ealingarts.org.uk/join](http://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](http://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')

Early **OCTOBER**

### West London Sinfonia PRE 2019/20 SEASON RECEPTION

FRIDAY 4 OCTOBER

West London Sinfonia is holding a reception to introduce its exciting programme for the forthcoming 2019/2020 season. There will be a presentation of the six-concert programme, which includes a 50th anniversary concert at St John's Smith Square. Drinks and snacks will be served, and there will be live entertainment. Everybody welcome.

7.30-9.30pm. The Michael Room, St Michael & All Angels' Church, Bedford Park, London W4 1TT  
Free

WLS Helpline: 020 3475 4200 • [friends@westlondonsinfonia.org](mailto:friends@westlondonsinfonia.org) • [www.westlondonsinfonia.org](http://www.westlondonsinfonia.org)

### Ealing Symphony Orchestra

SATURDAY 5 OCTOBER

ARNOLD: Peterloo Overture  
RESPIGI: Adagio con variazioni  
TCHAIKOVSKY: Romeo and Juliet  
SHOSTAKOVICH: Symphony No. 5

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

£14 (under-25 and full-time students £5, under-18 free). Phone or email for season ticket details.

020 8567 4075 • [secretary@ealingso.org.uk](mailto:secretary@ealingso.org.uk) • [www.ealingso.org.uk](http://www.ealingso.org.uk)

## The Hanwell Voice Studio

### SINGING LESSONS

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

*The Hanwell Voice Studio, W7*

Enquiries (Lydia Marchione, AGSM): 07791 170662 • [www.lydiamarchione.com](http://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](mailto:admin@ejms.org.uk) • [www.ejms.org.uk](http://www.ejms.org.uk)

## The Friends of St Mary's Perivale

SUNDAYS

### SUNDAY CONCERTS AT ST MARY'S PERIVALE

8 September: Bradley Cresswick (violin) Margaret Fingerhut (piano)

15 September: Jayson Gillham piano recital

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

*Free with a retiring collection*

020 8997 7691 • [hmath@btopenworld.com](mailto:hmath@btopenworld.com) • [www.st-marys-perivale.org.uk](http://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.

*2nd Monday in the month, except August and September. Please phone to check before coming.*

*8pm. St Mary's Church Perivale, UB6 8SS*

020 3143 3206 • [ealingchambermusic@gmail.com](mailto:ealingchambermusic@gmail.com) • [www.ecmc.org.uk](http://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](http://www.capitalchorus.co.uk)



**Choral music from Baroque to Contemporary**  
 2019/20 season: Britten *St Nicolas*, Christmas Carol Concerts,  
 Mozart *Great Mass in C minor*, Vivaldi *Gloria*, Puccini *Messa di Gloria*

**Rehearsals every Monday 7:35-9:45 pm**

Ealing Green Church Hall W5 5QT

All Voice Parts Welcome

[www.ealingchoralsociety.org.uk](http://www.ealingchoralsociety.org.uk) | [membership@ealingchoralsociety.org.uk](mailto:membership@ealingchoralsociety.org.uk) | 07932 460 388

Free membership 16-23 year olds | Reduced membership for under 30s  
 50% reduced membership new tenors and basses

Charity 278174

## The Love2sing Choir

### THE LOVE2SING EALING CHOIR – DAYTIME

MONDAYS

Take part in fun, friendly and informative rehearsals and twice-yearly concerts. Choir meets for 35 rehearsals a year (term lengths vary 10-13 wks). 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 07989 560603 • admin@love2sing.co.uk • www.love2sing.co.uk

## Ealing Choral Society

### REHEARSALS BEGIN FOR NEW SEASON: NEW MEMBERS WELCOME

MONDAYS

Rehearsals start Monday 9 September 2019. Concerts this season to include: Britten St Nicolas, Mozart Great Mass in C Minor, Vivaldi Gloria, Puccini Messa di Gloria.

Come Sing With Us!

Every Monday, 7.35-9.45pm. Ealing Green Church Hall, W5 5QT

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

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

## HEOS Musical Theatre

### NEW SEASON

MONDAYS etc

Younger Years

Join one of the premier musical theatre groups in west London for our exciting new season. Our traditional family pantomime this year is *Aladdin*, and in April 2020 we will perform *Our House* at the Questors Theatre, Ealing.

There are no auditions to join the chorus, and no previous experience is necessary. Rehearsals are Monday evenings (chorus) and Thursday evenings (principals) for *Our House*, and Sunday afternoons plus a few Tuesday evenings for *Aladdin*. Auditions for both shows will be late September/early October for principals, and dancers from age 8 for *Aladdin*.

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

Learn more about both shows at our launch night on Monday 9 September at 7.30pm at Northolt Methodist Church Hall, Church Road, UB5 5AE.

020 8567 4075 • info@heos.org.uk • www.heos.org.uk

## The Friends of St Mary's Perivale

### TUESDAY AFTERNOON PIANO RECITAL SERIES

TUESDAYS

10 September: Chiyan Wong

17 September: Dmitry Kalashnikov

24 September: Tommaso Carlini

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

## Petros Singers

### WELCOMING NEW TENORS AND BASSES

TUESDAYS

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

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

membership@petrossingers.org • www.petrossingers.org

## The Friends of St Mary's Perivale

### WEDNESDAY EVENING CONCERTS AT ST MARY'S PERIVALE

WEDNESDAYS

11 September: So-Ock Kim (violin) Josephine Knight (cello)

18 September: Milos Milivojevic (accordion) / The Bukolika piano trio

25 September: Anna Hashimoto (clarinet) Veronika Shoot (piano) / The Maconchy String Quartet

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

## 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 • gregorianchant@ealing.org.uk • www.ealpc.org

## 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 (£50 for concessions) each term. Free for 16-25s.

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

## Julian Light Operatic Society

### THE YEOMEN OF THE GUARD (GILBERT AND SULLIVAN)

WEDNESDAYS

From September, we are cracking on with our rehearsals for G&S's *The Yeomen of the Guard*. Gilbert's libretto examines the vagaries of true love, power and forced marriage, accompanied by some of Sullivan's finest music. Believe or not, but all voice parts welcome, especially sopranos and altos.

7.45pm. St Matthew's Church, North Common Road, Ealing, London W5 2QA

No admission charge (membership fee if you decide to join)

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

## Ealing Common Choir

### WHERE SINGERS ARE WELCOME

THURSDAYS

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

You should be able to read music, sing in tune and 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

# COME SING WITH US

LOVE2SING  
CHOIR

**NEW CHOIR | SEPT 2019**

**THURSDAYS | 7:30PM**

GRANGE PRIMARY SCHOOL

CHURCH GARDENS

SOUTH EALING W5 4HN

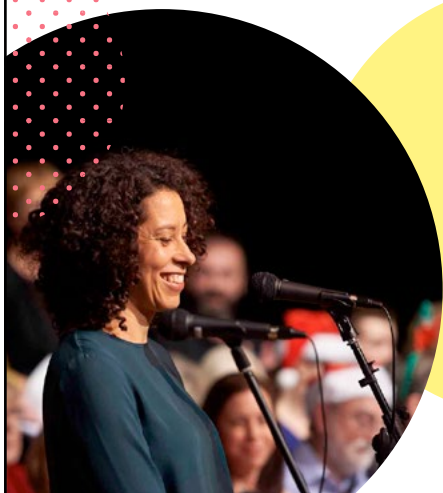
**FREE TASTER!**

**BOOK ONLINE**

**WWW.LOVE2SING.CO.UK**

07989 560 603

admin@love2sing.co.uk



## Ealing Symphony Orchestra

### NEW SEASON

THURSDAYS

Our 2019-20 season starts on 5 September, rehearsing for the 5 October concert – Arnold, Respighi, Tchaikovsky and Shostakovich: a great time to join. Lots of info on our website.  
7.20-10.05pm in central Ealing 020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

## St Barnabas Church

FRIDAYS

### FRIDAY LUNCHTIME CONCERTS AT ST BARNABAS

6 September: The Solomon Piano Quintet

13 September: Paul Ayres (organ)

20 September: The Anern Trio

27 September: Lorena Paz (soprano)

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

Free with a retiring collection

020 8997 7691 • hmather@btopenworld.com •

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

## Art & Crafts

SEPTEMBER

### BEAT 2019

This year's Borough of Ealing Art Trail is taking place 6-8<sup>th</sup> and 13-15<sup>th</sup> September, with over 200 artists showing and selling their art in 80 venues.

Entry to all venues is free and provides an opportunity to visit, browse and buy some amazing local art and chat to the artists.

Check out the website for full details or get your hands on a BEAT 2019 brochure.

[www.ealingbeat.org.uk](http://www.ealingbeat.org.uk)

## Diana Braybrook – Artist

FRIDAY 6 - SUNDAY 15 SEPTEMBER

### BEAT (BOROUGH OF EALING ART TRAIL)

This year Diana will be exhibiting her paintings, affordable prints and art cards in the Fields Café in the Upper Foyer of the Questors Theatre (venue 20+). She will be there to chat to visitors about her work both weekends: Fridays 4 - 8pm, Saturdays 11am – 5pm and Sundays 11am – 5pm.

The paintings (only) will be left on display between the two weekends.

The Questors Theatre, Mattock Lane, W5 5BQ

studio@dianabraybrook.com • www.dianabraybrook.com



## REGULAR EVENTS

### Pamela Lloyd-Jones Art Classes

SATURDAYS

#### LIFE DRAWING

Tutored life drawing workshop for all levels of experience. Great models and fun, friendly, supportive atmosphere. Must book in.

*10am - 1pm Saturdays (August TBC), 14 September, 19 October, 16 November, 7 December*

*The Brentham Club, 38a Meadvale Road, Ealing, W5 1NO (near Pitshanger Lane)*

*£22: all materials included, 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, startup tuition available  
*Every Monday except for bank holidays and all of August*

*7.30 - 9.30pm.*

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

*£12 for 4 weeks*

020 8991 9338 • cathyadams@ntlworld.com

### St Andrew's Art Workshops

MONDAYS, TUESDAYS, WEDNESDAYS AND THURSDAYS

#### TUTOR-LED WORKSHOPS FOR OIL PAINTING AND MIXED MEDIA

Materials supplied for all groups at small additional charge.

Oil painting workshops include structured courses for beginners.

Beginners welcome. Tutor: ex-college lecturer.

*During term-time*

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

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

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

020 8998 8435 • matthew2Ls@btinternet.com

### The 4020 Art Group

MONDAYS AND TUESDAYS

#### DRAWING AND PAINTING CLASSES FOR ALL

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

Term time only:

*Monday 9 September - Tuesday 10 December (½ term Monday 21 October – Friday 1 November)*

*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

### The Fine Art Room

MONDAYS, TUESDAYS, FRIDAYS &amp; SATURDAYS

Learn new skills, develop your creativity and enjoy affordable art courses with professional artist and qualified art tutor Mario Lautier Vella in a fun and supportive environment. Meet other local artists in class, at social events or on art holidays as we experience the best of London's cultural scene, plus art collections and sites of interest further afield.

Courses this Autumn (September-December):

• Art studio course: Monday morning, Monday afternoon, Tuesday afternoon and Friday afternoon in Northfields and Ealing Broadway

• Life drawing studio: Monday afternoon in Northfields

• Learn to draw: Tuesday morning in Ealing Broadway

Plus workshops, exhibitions, events and more – go to [www.thefineartroom.com](http://www.thefineartroom.com) for times, venue and course info.

07930 649299 • thefineartroom@gmail.com • www.thefineartroom.com

### Patricia Burbidge

TUESDAYS

#### WATERCOLOUR PAINTING NORTHFIELDS COMMUNITY CENTRE

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

*17 September - 26 November, 10am-12.30pm: £80 and 1-4pm: £90*

*Northfields Community Centre, 71a Northcroft Road, W13 9SS*

artist@patriciaburbidge.com • 020 8891 5115

### Pamela Lloyd-Jones Art Classes

TUESDAYS

#### WATERCOLOUR TECHNIQUES AND CREATIVE APPLICATIONS

For the beginner to the most experienced .... watercolour is tricky stuff, but learn all the techniques in a fun, friendly atmosphere. 'Flowers' will be our learning source, and creative projects will be based on these.

*Tuesdays 10 September - 10 December (½ term 29 October), 10am - 12 noon or 1pm - 3pm.*

*The Brentham Club, 38a Meadvale Road, Ealing, W5 1NO (near Pitshanger Lane)*

*£143 for 13-week class or £14 drop in*

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

### Jessica Rose (painter, printmaker & art teacher)

TUESDAYS &amp; WEDNESDAYS

#### WATERCOLOUR CLASSES

Gain the confidence to handle the wonderful medium of watercolour. Classes are at Hanwell Community Centre on Tuesdays and Wednesdays during term time.

*Tue 1.30-4.30pm, Wed 10am-1pm. Hanwell Community Centre, Westcott Crescent, 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

### FLORAL DESIGN DEMONSTRATIONS

WEDNESDAYS

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

21 August: *Jewels & Gems* is Jane Haas's title for this month's demonstration. This truly sounds very exciting – please join us to see how she will interpret this into her creations.

18 September: Gilly Griffin's title for this month is *Off The Wall* – now that could be very interesting! You could perhaps take home one of her arrangements from our raffle.

*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 become a member.*

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

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

Follow us on Facebook: Ealing Flower Club

## The Himalayan Institute of Yoga Science & Philosophy

### HOW TO MEDITATE, IN 5 STEPS

WEDNESDAYS

Learn and develop how to relax your body and breath, focus your mind and sit resting in a place of stillness – in 5 easy stages. This 5-week course will prepare you for this journey.

*8 September - 16 October, 6.30-8pm.*

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

*£40 for full course*

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

## HCC Upholstery and Refurbishment Group

WEDNESDAYS AND THURSDAYS

If you would like to learn to upholster from scratch or wish to carry on a skill you have previously learnt, with a professional instructor on hand to guide you, please come and join our friendly groups run through a not-for-profit organisation.

We encourage the recycling of old chairs by recovering or completely re-upholstering (or somewhere in between) anything from a dining chair to a sofa (although there is a waiting list for sofas because of the storage space required). It is run informally and is project-led so you work at your own pace on a project of your choice.

*Two classes a week, 10am-1pm. Hanwell Community Centre, W7 1PD (free parking)*

*12-week term £195 + £5 yearly group membership fee*

Dominique Morgan: 07831 117294 • Jane Hering: 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

19 September: Blocks with curves

*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

# 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

### 'PARIS POST-WAR: EXISTENTIALISM, ART AND PROTEST'

AUTUMN 2019 - SPRING 2020

*Wednesdays 2 October - 18 December 2019, 2-4pm*

### 'PARIS, CAPITAL OF THE NINETEENTH CENTURY': THE MODERN CITY 1848-1914

*Tuesdays 7 January to 24 March 2020, 2-4pm*

*Both courses: venue near Pitshanger Lane, Ealing. £120 for each 12-week course*

wilson\_colette@btinternet.com

## AUGUST

## Vitality Leap – Fireside Lodge

### SISTER MUGWORT'S MANY GIFTS – PRACTICAL AND SPIRITUAL WORKSHOP

SATURDAY 10 AUGUST

You will learn about the health benefits of this ancient Celtic healing and incense plant, and meditate to meet the 'spirit' of the plant.

*12 noon - 6.30pm. Fireside Lodge, Hanwell (directions/joining instructions once you sign up)*

*£60*

07766 464623 • fireside.andrea@gmail.com • www.firesidelodge.co.uk/sister-mugworts-gifts.html

## SEPTEMBER

## The Himalayan Institute of Yoga Science & Philosophy

### HAPPINESS IN RELATIONSHIPS

SATURDAY 21 SEPT

Please see advert overleaf.

## REGULAR EVENTS

## Andrea's Courses: Body, Heart and Mind

### TLC FOR DYING PEOPLE

SATURDAYS &amp; SOME FRIDAYS

Tender Loving Care training for carers of dying people, covering the four phases of Dying, Vigiling, Tender Touch, Listening Skills, Small Acts of Kindness, etc. This is not just for professional end-of-life practitioners, but for everybody who likes to be of service for a dying friend or relative.

*One-day courses on Saturdays 17 Aug, 7 Sept, 9 Nov, 30 Nov, plus Fridays 20 Sept, 25 Oct*

*10am-5.30pm. Fireside Lodge, Hanwell, W7 3QU*

*£90*

07766 464623 • Andrea.Silverbear@gmail.com \* www.firesidelodge.co.uk/tlc.html

## HIMALAYAN INSTITUTE of Yoga Science & Philosophy.

[www.himalayaninstitute.org.uk](http://www.himalayaninstitute.org.uk)

Reg charity 1048336.

### HAPPINESS in RELATIONSHIPS

**Saturday 21<sup>st</sup> September 2019**

**9.15am – 4.00pm**

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

Good relationships are crucial to the well-being of individuals, families, communities and humanity. Any interaction with others may be an opening for happiness and unity or a path to friction, bad feeling and separation. This study day explores what leads to the former and avoids the latter.

#### Programme

9.15am	Registration
9.30	Relax & meditate (guided).
10.00	<b>The source of happiness.</b>
10.45	Tea / coffee
11.15	<b>Why relationships become difficult.</b>
12.00	Relax & meditate (guided).
12.30pm	LUNCH
1.30	Chanting.
2.00	<b>Relationships as spiritual practice.</b>
2.45	Tea / coffee.
3.00	<b>Questions &amp; Answers</b>
3.40	Relax & meditate.
4.00	Depart.

Easy parking    Bookstall    Light vegetarian lunch

Members free    Non-members £45 [Why not join - £25pa?]

Book now. Contact Lisa Schlotmann at  
[enquiries@himalayaninstitute.org.uk](mailto:enquiries@himalayaninstitute.org.uk) or 020 8567 8889.

## Ealing Readers

MONDAYS

We are in 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 Ibsen's *Rosmersholm*.

First Monday of each month, 7.30pm. The Castle Inn, 36 St Mary's Road Ealing W5 5EU

[hazannevilliams@gmail.com](mailto: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.*

10 September: Dr Tom Crook, Senior Lecturer Oxford Brookes University – *The Corruption of Parliament? MPs, Money and Public Service in Modern Britain*

8 October: Prof. Matthew Seligman, Professor of History Brunel University – *The Treaty of Versailles – a Reassessment*

(6th form lecture at Twyford CoE High School, Twyford Avenue, W3 9PP at 6.30pm)

Except as above, 7pm for 7.30pm. Ealing Green Church, Ealing Green, London W5 5QT

£5 (members free)    020 8567 6554 • [pierre.thomas@btinternet.com](mailto:pierre.thomas@btinternet.com) • [www.ealinghistory.org.uk/](http://www.ealinghistory.org.uk/)

## EALING NATIONAL TRUST ASSOCIATION

Do you enjoy visiting beautiful houses and lovely gardens? Do you realise how many interesting places we have to visit in London, right on our doorstep?

We organise two five-day holidays in the UK and Europe plus a "one night stand" to somewhere which is a bit too far to visit in a day. Plus lots of visits to London venues.

In addition to all this, we have a monthly lecture (free to members) on a wide variety of subjects. So, why not join us and meet like-minded people.

Interested? See our website ([www.ealingnt.org.uk](http://www.ealingnt.org.uk)) for further information and to download an application form



## Ealing National Trust Association

TUESDAYS

6 August: *His Further Travels* by Frank Weare, following on from his earlier talk on *The Glories of the Nile*

3 September: *Customs and Traditions of the City of London* by Mark Lewis

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

£3 (members free)

020 8567 9517 • www.ealingnt.org.uk

## Ealing University of the Third Age WEEKLY MEETINGS AND OTHER ACTIVITIES

THURSDAYS AND OTHER DAYS

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

8 August: Dr George Beccaloni – *Alfred Russel Wallace and Natural Selection: The Real Story*

22 August: Dr Matthew Landrus – *Leonardo da Vinci and the science of observation and invention*

5 September: Colin Lomas – *Myths and Legends in Art and Music*

12 September: Vicky McGrath – *Richmond and the impact of the Victorian railway system*

19 September: Dr Gerda Wielander – *Happiness in China*

26 September: Photographic competition results, plus Ian Richardson – *Tiananmen Square: the 30th Anniversary, some personal memories*

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: non-members £3 on the day

enquiries@u3aealing.org.uk • www.u3aealing.org.uk

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

THURSDAYS

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

8-9.30pm 12 September - 12 December (no class on 24 October)

£104 for full course or £54 for half or £8 drop-in

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

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

## Andrea's Courses: Body, Heart and Mind GUIDED DRUM MEDITATIONS

FRIDAYS

The soft drum beat allows you to switch off your busy 'left brain', so that you can connect to your essence and receive new inspiration.

16 August, 13 September, 11 October, 15 November, 6 December: 7.30-8.45pm.

Fireside Lodge, Hanwell (directions once you sign up).

£15 per evening

07766 464623 • vitalityleap@gmail.com • www.vitalityleap.com/drummeditations.html

# 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

## Andrea's Courses: Nordic Walking

SATURDAYS

### FOUNDATION AND ADVANCED COURSES

Learn correct pole use and walking technique to achieve a great whole-body workout.

Foundation course (2 hours): 27 July 9-11am; 10 Aug 4-6pm; 14 Sept 3-5pm; 16 Nov 9-11am.

Advanced course: 10 Aug 9-11am; 15 Sept 1-3pm.

Meet High Lane, Hanwell (near Mayfield Primary School)

£30 (poles included)

07766 464623 • vitalityleap@gmail.com • www.vitalityleap.com/nordiccourses.html

## Pilates Studio

WEEKDAYS &amp; 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

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

£8 per class

Also one-to-one sessions in private gym

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.  
*5, 12, 19, 26 August; 2, 16, 30 September.*  
*8-10pm, £4.50 except August: 7.30-10pm, £5.50*  
*St Barnabas Church Hall, Pitshanger Lane, W5 1QG* 020 8998 6281 • www.ealingfolk.org.uk

## Andrea's Courses: Body, Heart and Mind

MONDAYS

### SHAOLIN TAI CHI – BEGINNER COURSE

8-week course. You can use the first session as a try-out. After the course, you may join our regular class at 12.45.  
*Starts 7 October - 2 December (not 4 November): 11.30am -12.30pm.*  
*Exercise Studio West Ealing (call for directions/access code)*  
*£68 for whole course (pay in advance), first try-out session only: £8.50*  
 07766 464623 • silverwing.shaolin@gmail.com • www.vitalityleap.com/taichi.html

## Suzanne Gribble - Iyengar Yoga

MONDAYS, WEDNESDAYS &amp; FRIDAYS

General Iyengar yoga classes focusing on alignment of the body to help improve flexibility, strength and stamina and a quieter mind  
*Mondays 9.15-10.45am and 11am-12.30pm. Northfields Community Centre, W13 9SS*  
*Wednesdays 9.15-10.45am. Northfields Community Centre, W13 9SS*  
*Fridays 11am-12.30pm. 'on route', 44 - 46 South Ealing Road, W5 4QA. Beginners welcome.*  
 £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](http://www.facebook.com/SuzanneGribbleIyengarYogaTeacher)

## West London Backcare

TUESDAYS

### STRETCH AND RELAXATION CLASSES

Exercises to strengthen back and core muscles to improve strength, flexibility and stability, then a short relaxation session. Please bring a mat. Friendly group.  
*10.55-11.55am Tuesdays 10, 17, 24 September; 1, 8, 15, 22, 29 October*  
*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 experienced 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](mailto:enquiries@greenfordcaledonian.net) • [www.greenfordcaledonian.net](http://www.greenfordcaledonian.net)

## The Himalayan Institute of Yoga Science and Philosophy

TUESDAYS, WEDNESDAYS &amp; THURSDAYS

### MIXED-ABILITY YOGA

Suitable for those with some experience of yoga, but beginners are also welcome.  
*10-11.30am, Tuesdays 6 August - 10 December (no class on 22 October)*  
 £7 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 6 August - 10 December (no class on 22 October)*  
 £7 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 10 September - 10 December (no class on 22 October)*  
 £117 for full course or £59 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 10 September - 10 December (no class on 22 October)*  
 £117 for full course 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 12 September - 11 December (no class on 23 October)*  
 £117 for full course or £59 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 12 September - 12 December (no class on 24 October)*  
 £117 for full term or £59 for half or £11 drop-in  
*Ealing Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE*  
 020 8567 8889 • [enquiries@himalayaninstitute.org.uk](mailto:enquiries@himalayaninstitute.org.uk) • [www.himalayaninstitute.org.uk](http://www.himalayaninstitute.org.uk)

## Spritley Fitness

TUESDAYS &amp; 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

## 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/

## The Himalayan Institute of Yoga Science & Philosophy

WEDNESDAYS

### SUMMER YOGA

Drop-in classes suitable for all levels, including beginners, for six Wednesdays.

*24 July - 28 August, 8-9.30pm. Ealing Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE*

*£11. No need to book, just drop in.*

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

## Shape & Tone

THURSDAYS

### SHAPE & TONE EXERCISE CLASS

Small friendly class for us more mature people, and others, that want to keep fit and healthy.

Varied exercises for strength, stamina and flexibility. Fun workout for all abilities.

Most Thursdays throughout the year.

*7.30-8.30pm. Room No. 1, Northfields Community Centre, 71a Northcroft Road, W13*

£6

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

## Abi Barber – abibiyoga

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/

## Andrea's Courses: Nordic Walking

FRIDAYS

### NORDIC WALKING – GENTLE START

The content of our Foundation course taught in two 1-hour sessions. Ideal for people who want to take it a bit slower, don't feel fit, or recover from an injury or illness.

*Two-part course: 19 & 26 July, 9 & 16 August, 6 & 13 September, 4 & 11 October*

*9.30-10.30am. Meet at Brent Valley Golf Club parking.*

*£30 (poles included)*

Andrea: 07766 464623 • vitalityleap@gmail.com • www.vitalityleap.com/nordicgentle.html

# Drama, Film, Comedy & Poetry

## 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: 13 August, 10 September*

*2.30pm. Hanwell Library, Cherington Road, W7*

Enquiries: 020 8567 4397 • donkennedy@f2s.com

*I suspect that at least some of our other members in this section have something to offer. Why not check their websites via [www.ealingarts.org.uk/drama-film-poetry-members?](http://www.ealingarts.org.uk/drama-film-poetry-members?) Editor*

# Leisure

## SEPTEMBER

### Charlemagne Wine Club ROMANIA

MONDAY 16 SEPTEMBER

Join us for a taste of delicious wines from Romania.

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

£20 by prior application

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

## OCTOBER

### Charlemagne Wine Club NAPA VALLEY, CALIFORNIA

MONDAY 21 OCTOBER

Vivienne Franks takes us along the Silverado Trail to the wineries of the Napa Valley.

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. 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.

We are in the process of establishing Pilates, Tai Chi for Arthritis and Fall Prevention, Stretch and Tone and Dance4Health Classes.

We are currently able to offer the first four Strength & Balance sessions for free at the venues below when bringing your copy of Ealing Arts *What's On*:

- St Mary's Church, 1 The Mount, High Street, Acton, W3 9NW (Mon, 10:45-11:15)
- St Mary's Church Hall, 62 Greenford Avenue, Hanwell, W7 3QP (Tue, 12:30-13:15)
- William Hobbayne Centre, 45 Lower Boston Road, Hanwell, W7 3TP (Tue, 13:45-14:30)
- Pitshanger Methodist Church Pitshanger Lane, Ealing, W5 1QP (Wed, 10:30-11:15)
- Haven Green Baptist Church, Castlebar Road, Ealing, W5 2UP (Thu, 12:00-12:45)
- St Mary's Church, 1 The Mount, High Street, Acton, W3 9NW (Fri, 11:45-12:30)
- St Paul's Church, Ridley Avenue, Ealing, W13 9XW (Fri, 12:30-1:15)

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

01753 653836 • 07715 170207 • Admin@StayActive4Life.co.uk • www.careplace.org.uk/Services/14856

### 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

## 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

# 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

## HEOS Musical Theatre

MONDAYS etc

### NEW SEASON

Join one of the premier musical theatre groups in west London for our exciting new season. Our traditional family pantomime this year is *Aladdin*, and in April 2020 we will perform *Our House* at the Questors Theatre, Ealing.

There are no auditions to join the chorus, and no previous experience is necessary. Rehearsals are Monday evenings (chorus) and Thursday evenings (principals) for *Our House*, and Sunday afternoons plus a few Tuesday evenings for *Aladdin*. Auditions for both shows will be late September/early October for principals, and dancers from age 8 for *Aladdin*.

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

Learn more about both shows at our launch night on Monday 9 September at 7.30pm at Northolt Methodist Church Hall, Church Road, UB5 5AE.

020 8567 4075 • info@heos.org.uk • www.heos.org.uk

## 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](mailto: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  
 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

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**Visit [ealingarts.org.uk](http://ealingarts.org.uk) or call 020 8567 4075**

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Diary Editor: Richard Partridge

**NOTE TO MEMBERS:**

Final entry for the Oct - Nov 2019 issue is 1 September 2019.

NB: Display ads may also be placed by non-members.

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