

APRIL - MAY 2023

What's On



**Arts and leisure
activities across the
borough of Ealing**

EVENTS INSIDE THIS ISSUE

Music, Art, Crafts, Culture,
Education, Dance, Movement,
Drama, Poetry, Leisure,
Younger Years

What's On – so much to do in Ealing

Spring! With warmer weather you'll want to get outside: Nordic Walking, anyone, or a trip to the bluebell woods? But whatever the weather there's much in here you won't want to miss, indoors or out. There's masses of music – in fact, so much that you'll have to make some tricky choices. It's good to welcome GLOC Musical Theatre back into membership after too long an absence.

It's not all about performing, of course. Do check all of *What's On* if you're looking for something worthwhile to do. Not least, Ealing Talking Newspapers really need some new blood to keep running; their advert is on page 8.

Copies of *What's On* can go quickly. See page 17 if you'd like to have it delivered to you.

Don't forget that our website carries everything in here and more at www.ealingarts.org.uk/events, as well as any late updates. All our members are listed on the back cover, and at www.ealingarts.org.uk/members with more detail.

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Ealing
Arts &
Leisure

Music



MUSIC AT ST MARY'S PERIVALE

Concerts by world-class soloists and ensembles are held at 3pm every **Tuesday**, **Thursday** and some **Sundays** at this 12th-century church, West London's foremost classical music venue. Plus a **jazz session** once a month. The church is in Perivale Lane, UB6 8SS.

All concerts are livestreamed in high definition: full details, plus links to previous concerts, at www.st-marys-perivale.org.uk.



late MARCH - APRIL

HEOS Musical Theatre
42nd STREET

WEDNESDAY - SATURDAY 29 MARCH - 1 APRIL

The multi-award winning musical, and one of show business's most classic and beloved tales. Peggy Sawyer, a talented young performer with stars in her eyes, arrives in New York City armed with her tap shoes and big dreams. Her talent catches the eye of legendary Broadway director Julian Marsh, who gives her a spot in the chorus of his latest show, *Pretty Lady*. When the star of the show, Dorothy Brock, is injured, it looks like the show will have to close, unless a new girl talented enough can be found – someone like Peggy Sawyer?

42nd Street is full of tap dances and show-stopping ensemble numbers, including *We're in the Money*, *Lullaby of Broadway*, *Shuffle off to Buffalo*, *Dames*, and *42nd Street*. 'Come and meet those dancing feet'.

7.30pm (Saturday matinee 2.30pm). The Questors Theatre, 12 Mattock Lane, Ealing, W5 5BQ
Wednesday £15, Thursday-Saturday: £20 full price (concessions £17)

Questors box office: 020 8567 5184

Enquiries: 07708 277327 • Info@heos.org.uk • www.heos.org.uk • Facebook: @heosmusicaltheatre

Find us online at
ealingarts.org.uk

 facebook.com/EalingArts

Want to know how to list an event
or advertise here?

Visit ealingarts.org.uk/join
or phone 020 8567 4075

Petros Singers

JS BACH – MASS IN B MINOR

SATURDAY 1 APRIL

Described by the conductor Robert Shaw as ‘the most remarkable musical allegory of human existence’, Bach’s Mass in B Minor has been likened to Michelangelo’s Sistine Chapel ceiling and Shakespeare’s Sonnets. Petros Singers are delighted to be performing this monumental work alongside a line-up of world-class soloists and our regular collaborator, the Garter Ensemble.

Please see our website for full details.

7.30pm. *St James’s Church, 197 Piccadilly, London W1J 9LL*

£5 - £30 (please see website for details) Box office: petrossingers.org/events/bach-b-minor-mass

Enquiries: tickets@petrossingers.org • Website address: petrossingers.org

Julian Light Operatic Society

OF NOBLE RANK AND TITLE

TUESDAY 18 APRIL

A musical evening featuring a selection of regal and noble numbers from the Gilbert and Sullivan canon and beyond

7.45pm. *The Studio, the Questors Theatre, 12 Mattock Lane Ealing W5 5BQ*

£14 + concessions

Tickets: www.questors.org.uk

Enquiries: 020 8567 5184 • www.julianoperatic.org

MAY

GLOC Musical Theatre

THE ADDAMS FAMILY MUSICAL

WEDNESDAY - SATURDAY 17-20 MAY

Performed by award winning musical theatre group GLOC, everyone’s favourite spooky, kooky family are back on stage at Questors in this spectacular musical comedy. Featuring a live orchestra and fantastic costumes, *The Addams Family* is great entertainment for the whole family.

7.45pm. *Questors Theatre, 12 Mattock Lane, Ealing, W5 5BQ*

£19

Questors Box Office: 020 8567 5184 • boxoffice@questors.org.uk

Information: www.glocmt.co.uk • Facebook: [@Glocmusicaltheatre](https://www.facebook.com/Glocmusicaltheatre)

Ealing Symphony Orchestra

SATURDAY 20 MAY

William WORDSWORTH: Divertimento

PROKOFIEV: Piano Concerto No. 1

LUTOSŁAWSKI: Variations on a theme of Paganini

Josef SUK: Fairy Tale Suite

Reuben Moisey (piano: Ealing Festival concerto award winner 2022), Ealing SO / John Gibbons

£16 (students and under-25s £6, accompanied under-18s free) via the website and at the door

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

Ealing Junior Music School

THE EJMS COME AND PLAY AN INSTRUMENT DAY

SATURDAY 20 MAY

Younger Years

The doors of The EJMS Instrument cupboard are thrown open for the afternoon. This is a wonderful opportunity for children aged from 5 to 18 to come and ‘have a go’ on an instrument they may otherwise never think of trying. From double basses, cellos, violins and trumpets to horns, trombones, bassoons, flutes, oboes and drums, these are some of the instruments that they will be able to try with expert help from the EJMS music teachers. A great fun afternoon out for all! Our musicianship teachers will also be running hands-on workshops for ages 3 - 9, so there’s something to do for everyone. Refreshments also available to purchase.

2.30-4pm. *Twyford C of E High School, Uxbridge Road, Acton, W3 (free parking via Twyford Sports Centre Entrance, Uxbridge Road)*

Free

020 8930 0579 • admin@ejms.org.uk • admin.assistant@ejms.org.uk • www.ejms.org.uk

Facebook: www.facebook.com/www.ejms.org.uk/

JUNE

West London Sinfonia

SATURDAY 10 JUNE

WEST LONDON SINFONIA CONCERT

SIBELIUS: Finlandia

TAKEMITSU: Green

HOLST: The Perfect Fool

TCHAIKOVSKY: Manfred Symphony

Conductor Philip Hesketh

7.30pm. *St Barnabas Church, Pitshanger Lane, W5 1QG. £15 (concessions £12, child/student £5).*

Tickets now available online and at the door. Card purchase preferred.

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

Facebook: www.facebook.com/westlondonsinfonia

JULY

Ealing Symphony Orchestra

SATURDAY 8 JULY

DVOŘÁK: Hussite Overture

SHOSTAKOVICH: Piano Concerto No. 2

WALTON: Symphony No. 1

Ealing SO / John Gibbons (piano soloist to be confirmed)

£16 (students and under-25s £6, accompanied under-18s free) via the website and at the door

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

West London Sinfonia

SATURDAY 8 JULY

WEST LONDON SINFONIA CONCERT

MENDELSSOHN: Overture Die Schöne Melusine

HAYDN: Sinfonia Concertante (violin Iwona Boesche, cello Rebecca Lewis, oboe Bruno Bower, bassoon Carolyn Sewell)

BEETHOVEN: Symphony No.1

7.30pm. *Venue to be announced. £15 (concessions £12, child/student £5).*

Tickets now available online and at the door. Card purchase preferred.

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

Facebook: www.facebook.com/westlondonsinfonia

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. Virtual singing lessons also now available.

The Hanwell Voice Studio, W7

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

Music at St Mary's Perivale

SUNDAYS, TUESDAYS, THURSDAYS, etc

ST MARY'S PERIVALE CONCERTS AT 3pm - AUDIENCE WELCOME, AND ONLINE

Tuesday 4 April: Ivelina Krasteva (piano)

Tuesday 11 April: Dominic Doutney (piano)

Thursday 13 April: MinJung Baek (piano)

Sunday 16 April: The Ignis Piano Quartet

Tuesday 18 April: Martin Cousin (piano)

Thursday 20 April: The Perhaps Jazz Trio

Sunday 23 April: Boglarka Gyorgy (violin), Amy Butler (piano)

Tuesday 25 April: Cristian Sandrin (piano)

Thursday 27 April: Toby White (cello) Ryan Drucker (piano)

Sunday 30 April: Coco Tomita (violin), Yume Tomita (violin), Kan Tomita (piano)

Tuesday 2 May: Filip Michalak (piano)

Thursday 4 May: The Astatine Piano Trio

Tuesday 9 May: Renata Konyicksa (piano)

Tuesday 16 May: Daniel Lehardt (piano)

Thursday 18 May: John Law (jazz piano), Iain Ballamy (saxophone)

Tuesday 23 May: KaJeng Wong (piano)

Thursday 25 May: Zala Kravos (piano)

Sunday 28 May: The Paddington Piano Trio

Tuesday 30 May: Victor Maslov (piano)

3pm. Everyone very welcome. Come along to the church, or watch online.

St Mary's Perivale, Perivale Lane, Middlesex, UB6 8SS

Free but donations invited, whether at the church or watching online.

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

Dalcroze Eurhythmics Ealing

MONDAYS

DALCROZE EURHYTHMICS FOR ADULTS

Explore music through movement in this fun method developed by Emile Jaques-Dalcroze. It is taught in most of the UK's music conservatoires, and improves flexibility, coordination and self-expression. If you enjoy movement and you love music then this is for you. Your tutor is Kaye Barker (Diplôme Supérieur, Institut Jaques-Dalcroze, BA (Oxon), PGCE). Visit her website www.dalcrozemoves.com for further information.

Please enquire for dates and times.

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

Drop-in £15 (students and seniors £13)

dalcrozemoves@gmail.com • www.dalcrozemoves.com

Ealing Chamber Music Club

MONDAYS

The club allows amateur players to find other people with similar interests and abilities, and then to put together groups for works they'd like to play. Players can perform to other club members at the monthly meeting, which takes place on the second Monday of every month except January, August and September at St Mary's Perivale, Perivale Lane, UB6 8SS.

Please check our website nearer the time for further details.

020 8840 8641 • djrsmith@aol.com • www.ealingchambermusic.wordpress.com

Ealing Choral Society

MONDAYS

SING WITH US!

A joyous opera and musical theatre-themed June concert will end our 60th Anniversary season. We welcome all singers of all ages with a commitment to learning and performing works to a high standard. For ages 16 to 23, membership is free; for under 30 years, membership is substantially reduced. We currently offer a 50% membership subscription discount for new tenors and basses. If you enjoy singing, do come and sing with us!

7.35pm. Ealing Green Church Hall, Ealing, W5 5QT

Membership Secretary Chris Bowles: 07932 460388 • membership@ealingchoralsociety.org.uk

www.ealingchoralsociety.org.uk • Facebook: ealingchoralsec

Capital Chorus

MONDAYS

CAPITAL CHORUS - MONDAY REHEARSALS

We are a friendly male-voice choir who love to sing popular songs in Barbershop and other close-harmony styles. We perform at local events and in competition with similar groups. We're always looking for new members who believe, as we do, that singing is about working towards improvement and having fun. You're very welcome to come and meet us any Monday evening. *7.30-10pm. Kingsdown Methodist Church, Kingsdown Avenue, Northfields, W13 9PR*

Free to attend a rehearsal.

John Beesley (Chorus PRO): 07963 595930 • www.capitalchorus.co.uk • Facebook: @CapitalChorus

West London Sinfonia

TUESDAYS

WEEKLY REHEARSAL

New members welcome: get in touch through our website or phone for information.

7.30-10pm. Haven Green Baptist Church Hall, Castlebar Road, W5 2UP (unless notified on website)

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

Questors Choir

TRY OUT YOUR VOCAL SKILLS IN OUR VARIED PROGRAMME

WEDNESDAYS

We are a friendly mixed voice group of around 70 singers. Led by our inspiring MD Paul Ayres, we love to learn and perform everything from folk to classical including opera, musical theatre, popular songs and much else besides. There are no auditions, and no previous experience is required – only enthusiasm!

Come and join us on Wednesday evenings.

8-10pm. *St Martin's Church Hall, Hale Gardens, W3 9SQ*

First 3 sessions free of charge

07821 587670 (musical director) • more@questorschoir.org • www.questorschoir.org

www.facebook.com/QuestorsChoir

Julian Light Operatic Society

WEEKLY REHEARSAL

WEDNESDAYS

The Julian Light Operatic Society put on a yearly production at Questors Theatre; our October 2023 production will be Gilbert and Sullivan's *Iolanthe*, with rehearsals starting in the spring. We always welcome new singers, and we believe this is a fantastic opportunity to perform with a full orchestra at a high-quality venue as a principal or in the chorus.

Every Wednesday, 7.45pm. *Haven Green Baptist Church, Castlebar Road, W5 2UP*

inform@julianoperatic.org • www.julianoperatic.org

Ealing Common Choir

SING WITH US!

THURSDAYS

We are a friendly, sociable and welcoming SATB choir. Our Musical Director Phiroz Dalal inspires us to stretch ourselves, and we are proud to perform a varied and beautiful repertoire of major choral works and songs that are not often tackled by amateur choirs. No auditions, but you must be able to read music well, sight-sing a simple line, and sing in tune! If you'd like to join us email chair@smce.org.uk.

Term-time (see website), 7.30-9.30pm. *St Matthew's Church, North Common Road, W5 2QA*

£40 per term (concessions available)

chair@smce.org.uk • www.smce.org.uk • www.facebook.com/groups/18533554000

Art & Crafts LONG-TERM AND REGULAR EVENTS

4020 Art Group

MONDAYS & TUESDAYS

High-quality teaching in drawing and painting to all, regardless of ability, with professional tutor Vicky Saumarez

17/18 April - 22/23 May (half term 29 May - 2 June)

Hanwell Community Centre, Westcott Crescent, W7 1PD

10am - 1pm both days, plus 2-5pm Mondays.

We have a few vacancies; please email to enquire.

£220 per 12-week term

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

Patricia Burbidge Watercolour Classes

TUESDAYS

Enjoy mixing colour, composing landscapes and working from still-life. A mixed-ability and friendly group of watercolour painters.

18 April - 4 July, 10.15am-12.30pm and 1.15-4pm. £90 for 10 classes

Northfields Community Centre, 71 Northcroft Road, W13 9SS

020 8891 5115 • patricia.burbidge@gmail.com • www.patriciaburbidge.com

Sew What?

TUESDAYS - SATURDAYS

MACHINE SEWING CLASSES

Younger Years

Adult machine sewing classes for all skill levels. Also kids' weekly after-school classes and holiday club. Call Debbie to book.

Sew What? W5 1AH

Limited space - call to book in advance, please.

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

Ealing Flower Club

WEDNESDAYS

FLORAL DESIGN DEMONSTRATIONS

19 April: Graham King will be our guest demonstrator with his title: *Journey to Creativity*. We also have our Club Competition where all members were given baskets to take home and return this month with their own 'creativity', so let's see what they've done and who's the winner.

17 May: This year we are celebrating our 40th anniversary, and we plan to kick-start our celebration tonight with an in-house party with tea and cake and a demonstration by two of our committee members entitled *Red Letter Day*, but our 'official' birthday celebration will be in July – so watch this space!

7pm for 7.30 start. *St Barnabas Church Hall, Pitshanger Lane, W5 1QG (buses E2 & E9 go past the door, or roadside parking).*

Visitors £6.50 per session, or you could become a member, as our new club year starts in May.

Enquiries: (Jenni) 07772 975554 / 020 8998 0186 • jennisworld48@hotmail.com

www.flowerarranginglondon.org.uk/area-clubs • Facebook: Ealing Flower Club

Ealing Quilters

THURSDAYS

20 April: Free Cut Blocks

18 May: Free Cut Curves

7.30pm. *St Andrew's Church Centre (1st floor Training Room), Mount Park Road, Ealing, W5 2RS*

£4 (members free)

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

EALING TALKING NEWSPAPERS

A weekly recording of local news and information for blind and partially-sighted people, available online and by mail in the Borough of Ealing

Volunteers needed
to help for a few hours a week

e-mail info@ealingtalkingnews.org.uk
or phone Brian on 07802 706424

Thank you!

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: 07887 877630 • 020 8568 6159 • info@fomeb.eu • www.fomeb.eu

MAY

Vitalityleap REIKI: USUI LEVEL 1 COURSE

SATURDAY & SUNDAY 6-7 MAY

Reiki is a Japanese meditation and gentle-touch energy healing system. Great for balance, stress release, mental wellbeing, and self development. After Reiki 1 you can treat yourself, friends and family, and attend our monthly Reiki Share group.

Saturday 10-6pm, Sunday 1.30-6pm. Hanwell (location upon sign-up). Also 16-17 September.

£145 Andrea, 07766 464623 • vitalityleap@gmail.com • www.vitalityleap.com/reiki.html

REGULAR & CONTINUING EVENTS

Ealing Readers

MONDAYS

We are an informal book group and welcome new members to our monthly meetings. We read and discuss a wide variety of books including contemporary fiction. Once a year we have a theatre visit. We have now branched out into Zoom.

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

Hazel Williams: hazannewilliams@gmail.com

Ealing Over 60 Network (EON)

MONDAYS

FRIENDLY INFORMAL OLDER PERSONS' SOCIAL CLUB

We get together every Monday afternoon except Bank Holidays at the Ealing Quaker Meeting House for a varied programme of talks, films, discussions and creative activities: poetry appreciation, art, crafts, original writing. Disabled-friendly facilities, free car park, access for Community Transport. Free tea/coffee and social time from 1.30pm, main event 2.15. Everyone welcome. Email for more details and latest programme.

17 April: Live Jazz with the Matyas Gayer Trio

15 May and 22 May to be arranged

No meetings on Bank Holidays

1.30 for 2.15pm. Ealing Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE

£5

arratoon.arratoon@gmail.com • 020 8810 6753

Historical Association: Ealing Branch

TUESDAYS

Our talks are open to everyone who is interested in history – world, national and local – and its relevance to our own times. We meet on the 2nd Tuesday of the month at Ealing Green Church, W5 5QT at 7.30pm.

11 April: Dr Robert Lyman, writer and historian – *A War of Empires: The Importance of the Indian contribution to the Second World War in the East*

9 May: Dr James Ross, Reader in Late Medieval History, University of Winchester – *Henry VI and the Origins of the Wars of the Roses*

7.30pm. Ealing Green Church, W5 5QT

Members £15 per annum, visitors £5 per talk (students free)

Please see our website for up-to-date details and access to meetings.

Enquiries (secretary): 020 8579 9602 • simoncockshutt@btinternet.com • www.ealinghistory.org.uk

Rainbow Poetry Group

TUESDAYS

If you enjoy poetry on a wide range of subjects, we invite you to our informal monthly meetings (on the second Tuesday). We bring, read and discuss published poems, with a specific theme each month. Next meetings: *11 April ('Music')*, *9 May ('U.A. Fanthorpe')*.
2.30pm. Hanwell Community Library, Cherington Road, W7

Enquiries: 020 8567 4397 • donkennedy@f2s.com

Ealing Yoga, Meditation & Philosophy Centre MEDITATION

WEDNESDAYS & THURSDAYS

Suitable for those with some experience of meditation

Level 2: 6-7.30 pm; Level 1: 8-9.30 pm, Wednesdays 19 April - 19 July (no class on 31 May)

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

Level 1 or Level 2: £130 for full course or £65 for each half (13 weeks in total) or £10 drop-in

MEDITATION AND PHILOSOPHY

How to relax, breathe and meditate; the causes of stress and how to reduce it. Yoga's view of mind, emotions, breath and body. Some experience of meditation desirable. This class is live and on Zoom. Details on our website.

8-9.30pm, Thursdays 20 April - 20 July 23 (no class on 1 June)

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

£130 for full course or £65 for each half (13 weeks in total) or £10 drop-in

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

Facebook: Ealing Yoga Meditation & Philosophy Centre

Ealing u3a

THURSDAYS & OTHER DAYS

TALKS PROGRAMME and 40 INTEREST GROUPS

Ealing u3a is a cooperative organisation for those retired or no longer in full-time work, with over 400 members. It offers the opportunity for those with a thirst for knowledge and learning to continue their educational, creative and social interests in a friendly, encouraging atmosphere. It has a talks programme and over 40 interest groups. The U3A is a national movement.

Thursday talks: 27 April (Bayeux Tapestry), 4 May (John Highman, author), 11 May (History of Feltham) & 25 May (tbc)

10am. Ealing Green Church, W5 5QT

Visitors £3 07504 667005 • 020 8567 1028 • membership@u3aealing.org.uk • www.u3aealing.org.uk

Dance & Movement

APRIL & MAY

VitalityLeap

SATURDAYS 22 APRIL, 13 MAY

NORDIC WALKING – FOUNDATION COURSE

Nordic Walking is the summer version of cross-country skiing, invented by the Finnish Olympic team. It is a full-body workout that uses 90% of your muscles and has much higher health impact than regular walking: stress release, weight loss, cardio health, rehab. After the course, you can join our weekly local walks and some countryside walks.

9.30-11.30am. Outdoors, Brent Valley

£45 (pole hire included)

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

REGULAR & CONTINUING EVENTS

StayActive4Life

StayActive4Life, working in partnership with the United Anglo Caribbean Society, have been commissioned by Ealing Integrated Care Partnership to deliver a FREE Strength and Balance Programme to help reduce the risk of falls. We deliver classes across the borough and online, so please contact us for your nearest class.

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.

07715 170207 • 01753 653836 • Admin@StayActive4Life.co.uk • www.bookwhen.com/sa4l

Suzanne Gribble – Iyengar Yoga

MOST DAYS

YOGA CLASSES

Younger Years

Iyengar yoga classes to help improve flexibility, strength and stamina and a quieter mind.

Suzanne teaches a combination of in-person and online general level classes in Ealing and West Kensington. Please visit <http://suzannegribbleyoga.com> for details and booking.

Monday, Tuesday, Wednesday and Saturday mornings in Ealing (in person)

Tuesday evenings (in person) and Thursday evenings (blended)

Friday mornings (online)

Teenagers – Monday afternoons (blended) and Saturday mornings (in person)

In person: Northfields Community Centre, The Garden Studio, The Bhavan

07916 145786 • suzanne.gribble@gmail.com • suzannegribbleyoga.com

www.facebook.com/SuzanneGribbleIyengarYogaTeacher/

Madhurang Dance

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

INDIAN DANCE / BOLLYWOOD CLASSES

Younger Years

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

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

07922 109289 • crishna8@hotmail.com

Chair Yoga

MONDAYS

Enjoy the gentle yoga exercises and relaxation from the comfort and safety of your chair.

This yoga class is practised sitting or standing, using the chair for support.

Every Monday, 11.30am-12.45pm. St Andrew's Church Centre, Mount Park Road, Ealing, W5 2RS

£12 per session

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

Forys Physio

MONDAYS & WEDNESDAYS

PILATES CLASSES

Take care of your spine and join our new face-to-face pilates classes in Ealing. At Forys Physio a qualified physiotherapist teaches you how to improve your posture, and how to achieve perfect balance between strength and flexibility. Suitable for men and women. All levels welcome.

Monday and Wednesday (online), 10am

Wednesday (in person): 7pm. YMCA, 25 St Mary's Road, London W5 5RE

07585 299156 • forysphysio@gmail.com • www.forysphysio.co.uk

Yoga with Loretta

TUESDAYS

We are a friendly group of all levels. You will leave the cares of the day behind and just let any tension roll off your shoulders. Then do some wonderful work to stretch and re-align your body.

I'll help you progress and improve your postures and focus on your individual needs.

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

£54 for a block of 6 classes or £11 drop-in

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

Ealing Yoga, Meditation & Philosophy Centre

TUESDAYS & THURSDAYS

MIXED-ABILITY YOGA

Suitable for everyone, although some experience of Yoga is beneficial

Tuesdays 10-11.15am and 11.30am-1pm, 18 April - 25 July (no class on 30 May)

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

£112 for full course or £56 for each half (14 weeks in all) or £10 drop-in also

Tuesdays 8-9.30pm, 18 April - 25 July 23 (no class on 30 May)

St Barnabas Church, Pitshanger Lane, Ealing, W5 1QG

£112 for full course or £56 for each half (14 weeks in all) or £10 drop-in

YOGA FOR ALL

Suitable for everyone; no prior experience necessary

Thursdays 6.30-8pm, 20 April - 27 July 23 (no class on 1 June)

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

£112 for full term or £56 for each half (14 weeks in all) or £10 drop-in

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

Facebook: Ealing Yoga Meditation & Philosophy Centre

Greenford & District Caledonian Association

THURSDAYS

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

£3 (non-members £3.50)

enquiries@greenfordcaledonian.net • www.greenfordcaledonian.net

Drama

late MARCH & APRIL

The Questors Theatre

FRIDAY 24 MARCH - SATURDAY 1 APRIL

THE GUT GIRLS

A keenly observed, darkly comic drama, revealing the harsh realities of working-class women in the depths of Deptford.

Daily at 7.45pm, excluding Sunday and Monday; Sunday 26th at 2.30pm.

The Questors Theatre, 12 Mattock Lane, Ealing W5 5BQ

£14 (members £7, member guest £10, under-£16/full-time student £7, concession £12)

Final 2 shows: £18. First night: £8

0208 5675184 • boxoffice@questors.org.uk • www.questors.org.uk/event.aspx?id=1025

The Beaufort Players

THURSDAY - SATURDAY 30 MARCH - 1 APRIL

LIMEHOUSE

Step behind closed doors to imagine the personal conflicts behind the making of political history with our spring production of *Limehouse* by Steve Waters.

8pm except Saturday 7pm. Church of the Ascension Hall, Beaufort Road, London W5 3EB

£12 - £15

07730 572389 • www.beaufortplayers.org.uk • www.beaufortplayers.org.uk • Facebook: Beaufort Players

Public Open Days 2023

Perivale Wood Local Nature Reserve

rear of 36/38 Sunley Gardens,
Perivale, UB6 7PE

Sunday 16th, Thursday 20th
& Saturday 22nd April



Enjoy a peaceful woodland walk and see the bluebells;
tea, coffee and cakes will be on sale.

Adults £5, concessions £3, children £2, under-3 free;
tickets available in advance via our website at

www.selbornesociety.org.uk or can be bought at the gate on the day.

Please note dogs are not allowed into the Reserve
(registered assistance dogs are allowed when working).

For more information please see our website or email us at
events@selbornesociety.org.uk

The Selborne Society is a registered charity no. 267635

North Ealing Wine Tasting Society (NEWTS) WINES OF RIOJA

FRIDAY 14 APRIL

A tasting of the wines of Rioja with Gilbert Winfield

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

£20. Admission by prior application only.

020 8578 1206 / 020 8997 8132 • newtsealing@gmail.com • www.newtsealing.org

Charlemagne Wine Club REVISITING BRAZIL

MONDAY 17 APRIL

Nicholas Corfe champions Brazil's growing reputation for fine and exciting wines.

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

£20 by prior application

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

Facebook: www.facebook.com/charlemagnewineclub

North Ealing Wine Tasting Society (NEWTS)

FRIDAY 5 MAY

CONSUMER UNDERSTANDING AND EXPECTATIONS with LEE ISAACS

How do we make our wine choices, and what are we hoping for when we do? Join us for an entertaining and informative tasting exploring wine labels, terminology and pricing.

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

£20. Admission by prior application only.

020 8578 1206 / 020 8997 8132 • newtsealing@gmail.com • www.newtsealing.org

Charlemagne Wine Club

MONDAY 15 MAY

ITALY'S HIDDEN GEMS

Exploring Italy's native grape varieties with Nick Forth

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

£20 by prior application

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

Facebook: www.facebook.com/charlemagnewineclub

REGULAR EVENTS

West London Group of Ramblers Association

SATURDAYS, SOME SUNDAYS & 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/ cafe stop. No charge, but after a couple of 'tasters' you will need to join the RA. For details see website, phone or email.

Please see our website for our current programme of local small group walks.

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

Perivale Social Group

THURSDAYS

Quizzes, bingo, exercise, refreshments, games, friendship.

Every Thursday, 10am - 12 noon. Perivale Community Centre, Horsenden Lane South, UB6 7NP

£3 per session.

Irene McQuillan: 07958 707253

Ealing Junior Music School THE EJMS COME AND PLAY AN INSTRUMENT DAY

SATURDAY 20 MAY

The doors of The EJMS Instrument cupboard are thrown open for the afternoon. This is a wonderful opportunity for children aged from 5 to 18 to come and 'have a go' on an instrument they may otherwise never think of trying. From double basses, cellos, violins and trumpets to horns, trombones, bassoons, flutes, oboes and drums, these are some of the instruments that they will be able to try with expert help from the EJMS music teachers. A great fun afternoon out for all! Our musicianship teachers will also be running hands-on workshops for ages 3 - 9, so there's something to do for everyone. Refreshments also available to purchase.

2.30-4pm. Twyford C of E High School, Uxbridge Road, Acton, W3 (free parking via Twyford Sports Centre Entrance, Uxbridge Road)

Free

020 8930 0579 • admin@ejms.org.uk • admin.assistant@ejms.org.uk • www.ejms.org.uk
Facebook: www.facebook.com/www.ejms.org.uk/

REGULAR EVENTS

Suzanne Gribble – Iyengar Yoga

MOST DAYS

YOGA CLASSES

Iyengar yoga classes to help improve flexibility, strength and stamina and a quieter mind. Suzanne teaches a combination of in-person and online general level classes in Ealing and West Kensington. Please visit <http://suzannegribbleyoga.com> for details and booking.

Monday, Tuesday, and Wednesday mornings in Ealing (in person)

Tuesday evenings (in person) and Thursday evenings (blended)

Friday mornings (online)

Teenagers – Monday afternoons (blended) and Saturday mornings (in person)

In person: Northfields Community Centre, The Garden Studio, The Bhavan

07916 145786 • suzanne.gribble@gmail.com • suzannegribbleyoga.com
www.facebook.com/SuzanneGribbleIyengarYogaTeacher/

Madhurang Dance

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

INDIAN DANCE/ BOLLYWOOD CLASSES

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

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

07922 109289 • crishna8@hotmail.com

Sew What?

TUESDAYS - SATURDAYS

MACHINE SEWING CLASSES

Adult machine sewing classes for all skill levels. Also kids' weekly after-school classes and holiday club. Call Debbie to book.

Sew What? W5 1AH

Limited space - call to book in advance, please.

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 (October - September) is £10 per household.

Contact: Ealing Arts Supporters,
68 Elers Road, London W13 9QD
020 8567 4075 • membership@ealingarts.org.uk

Our Members

ART & CRAFTS

The 4020 Art Group
 Borough of Ealing Art Trail (BEAT)
 Ealing & Hampshire House Photographic Society
 Ealing Art Group
 Ealing Flower Club
 Ealing Quilters
 Pamela Lloyd-Jones Art Classes
 Patricia Burbidge Watercolour Classes
 Sew What?

CULTURE & LEARNING

CEPAC - Campaign for an Ealing Performance and Arts Centre
 Colette Wilson French Cultural Courses
 Ealing National Trust Association
 Ealing Over-60 Network (EON)
 Ealing Readers
 Ealing u3a

Friends of Marcq-en-Baroeul
 Historical Association: Ealing Branch
 Rainbow Poetry Group

DANCE & MOVEMENT

Dalcroze Eurhythmics Ealing
 Forys Physio
 Greenford & District Caledonian Association
 Madhurang Indian Dance
 Mehran Ghodsi Chair Yoga
 StayActive4Life LLP
 Suzanne Gribble - Iyengar Yoga
 Vitality Leap / Fireside Lodge
 Yoga with Loretta

DRAMA & FILM

Beaufort Players
 Drama Studio London
 Impact Theatre
 Pisces Players (Popup Theatre)
 The Questors Theatre

LEISURE

Charlemagne Wine Club
 Club West

North Ealing Wine Tasting Society (NEWTS)
 Perivale Social Group
 West London Ramblers

MUSIC

Capital Chorus
 The Chamber Music Collective
 Ealing Chamber Music Club
 Ealing Choral Society
 Ealing Common Choir
 Ealing Junior Music School
 Ealing Symphony Orchestra
 Ealing Youth Orchestra
 GLOC Musical Theatre
 Hanwell Voice Studio
 HEOS Musical Theatre
 Julian Light Operatic Society
 Music at St Mary's Perivale
 Petros Singers
 Questors Choir
 West London Sinfonia

MORE THAN ONE ACTIVITY

Ealing Yoga, Meditation & Philosophy Centre

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

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

NOTE TO MEMBERS:

Final entry for the June-July 2023 issue is 1 May 2023.
 NB: Display ads may also be placed by non-members.
 See www.ealingarts.org.uk/help