

AUGUST - SEPTEMBER 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

We must admit that things go a bit quiet in August, though many of our members' regular activities keep going. Enjoy the summer – if the weather lets you.

Then in September everything gets going again, and with so many performing societies starting a new season it's the ideal time to see if they're looking for new members, which of course they all are! All our member organisations are listed on the back cover, and if they don't have an event listed currently you can find how to get in touch via the Members page of our website (www.ealingarts.org.uk/members), or by phoning us on 020 8567 4075.

Don't forget that our website *What's On* page at www.ealingarts.org.uk/events carries everything in here and more, including any late updates.

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

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Find us online at
ealingarts.org.uk

 [facebook.com/EalingArts](https://www.facebook.com/EalingArts)

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

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

Music



MUSIC AT ST MARY'S PERIVALE

Concerts by world-class soloists and ensembles are held at **2pm (NB)** each **Tuesday** and **Thursday (Sundays at 3pm)** 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



SEPTEMBER

Ealing Common Choir OPEN REHEARSAL

THURSDAY 7 SEPTEMBER

Join us for a short rehearsal in which we'll meet the autumn term repertoire for our concert on Sunday 20 December. We'll be looking at Vivaldi's Magnificat and Cecilia McDowell's *Christus Natus Est*. The rehearsal is followed at 9pm by drinks and snacks so you can get to know us. 7.30pm. St Matthew's Church, North Common Road, Ealing, W5 2QA
Try us out free for your first 3 weeks. Termly subs £50.

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

Questors Choir JOIN US IN HARMONY

WEDNESDAYS 20 & 27 SEPTEMBER

If you'd like to try choral singing but you feel 'a bit rusty' or you 'haven't sung for years', don't worry: many of us were the same when we joined! Why not come along to one or both of our free open evenings on 20 and 27 September and try us out – we're a friendly group of about seventy voices, with no auditions to join. There will even be home-baked cakes to try in the interval. 8pm. St Martin's Church Hall, Hale Gardens, W3 9SQ

Book your places at: www.questorschoir.org/202309-Join-us-in-Harmony
Enquiries: 07821 587670 (musical director) • more@questorschoir.org www.questorschoir.org
Facebook: <https://www.facebook.com/QuestorsChoir>

OCTOBER

Ealing Symphony Orchestra

SATURDAY 7 OCTOBER

SIBELIUS: Finlandia

BERLIOZ: Harold in Italy

KALINNIKOV: Symphony No. 1

David Way (viola), Ealing SO / John Gibbons

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

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

Dalcroze Eurhythmics Ealing

THURSDAY & FRIDAY 26 & 27 OCTOBER

DALCROZE MOVES COURSE (EXPLORING DALCROZE EURHYTHMICS)

The course is an exploration of music through movement using the principles of Dalcroze Eurhythmics. Classes will be in rhythmic (music and movement), aural training, improvisation (beginner to more advanced) and presentations. Suitable for those with no or some experience of Dalcroze Eurhythmics.

9am-5pm. St Andrew's Church Centre, Mount Park Road, Ealing, London W5 2RS

Two Days: £195 (£180 Early Bird - 31 July) Students/Seniors £180 (£160 Early Bird - 31 July)

One Day only: £110 (£100 Early Bird - 31 July) Students/Seniors £100 (£90 Early Bird - 31 July)

07773 461087 • dalcrozemoves@gmail.com • www.dalcrozemoves.com

NOVEMBER

Petros Singers

SATURDAY 25 NOVEMBER

SPEM IN ALIUM: SINGING WORKSHOP AND PERFORMANCE

This full-day workshop of Thomas Tallis's 40-part motet offers a unique opportunity for experienced amateur and young singers to explore and untangle this wonderfully complex and exciting work. Composed for eight choirs of five voice parts, each choir will be led by a professional singer. At the end of the day, all eight choirs will come together to rehearse and then perform *Spem in Alium* to an audience at a ticketed recital.

11am-7pm. Godolphin & Latymer School, Iffley Road, W6 0PG and St Peter's Church, Black Lion Lane, W6 0BE

Enquiries and tickets: tickets@petrossingers.org • www.petrossingers.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. Virtual singing lessons also now available.

The Hanwell Voice Studio, W7

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

HEOS Musical Theatre

HEOS MUSICAL THEATRE – NEW SEASON

Come and join one of the premier musical theatre groups in west London for our exciting new season. Perform in 9 to 5 at The Questors Theatre in April next year, or appear in our traditional family pantomime, *Jack and the Beanstalk*, in December.

Rehearsals for 9 to 5 are on Monday evenings (ensemble) and Thursday evenings (principals), with everyone called on both evenings plus Sunday afternoons leading up to the show. Pantomime rehearsals are on Sunday afternoons plus Tuesday evenings nearer performance time.

There are no auditions to join the chorus, and no previous experience is necessary. Principals' auditions for both shows will be late September/early October, including for dancers from age 8 for the pantomime.

Learn more about both shows at our launch night on Monday 4 September at Northolt Methodist Church hall. We are a very friendly group, and look forward to welcoming you.

7.30pm. Northolt Methodist Church Hall, 240 Church Road, Northolt, UB5 5AE

020 8567 4075 • info@heos.org.uk • www.heos.org.uk • Facebook: @heosmusicaltheatre

Music at St Mary's Perivale

SUNDAYS

ST MARY'S PERIVALE SUNDAY CONCERTS – AUDIENCE WELCOME, AND ONLINE

Sunday 10 September: The Ignis Piano Quartet

Sunday 17 September: The Salieri Ensemble

3pm unless stated otherwise. See also Tuesdays & Thursdays below.

St Mary's Perivale, Perivale Lane, Middlesex, UB6 8SS. Watch it on our website.

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

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

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 at 8pm on the second Monday of every month except January and August 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

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

Ealing Choral Society

MONDAYS

REHEARSALS BEGIN FOR NEW SEASON: NEW MEMBERS WELCOME!

Rehearsals start Monday 11 September 2023. We always welcome new voices. Concerts this season include Purcell's *Dido and Aeneas*, Schütz's *Musikalische Exequien*, our annual charity carol concert, and a light summer concert featuring Chilcott's *Little Jazz Mass*.

7.35-9.45pm. *Ealing Green Church Hall*

07932 460388 • membership@ealingchoralsociety.org.uk • www.ealingchoralsociety.org.uk
Facebook: [ealingchoralsec](https://www.facebook.com/ealingchoralsec)

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 love exploring 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.

6.30-8pm. *St Andrew's Church Centre, Mount Park Road, Ealing, W5 2RS*

Drop in £15 (£13 (seniors or students), £88 for any 6 sessions (£68 students and senior): no need to be on consecutive weeks

07773 461087 • dalcrozemoves@gmail.com • www.dalcrozemoves.com

West London Sinfonia

TUESDAYS

WEST LONDON SINFONIA 2023-2024 SEASON

Ambitious and friendly full symphony orchestra performing six concerts per year. New members welcome, especially in upper strings. Contact us via our website or phone for information. Rehearsals weekly on Tuesdays.

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
Facebook: www.facebook.com/westlondonsinfonia

Music at St Mary's Perivale

TUESDAYS & THURSDAYS

ST MARY'S PERIVALE CONCERTS – AUDIENCE WELCOME, AND ONLINE

Tuesday 5 September: Ariel Lanyi (piano)

Thursday 7 September: Steve Vintner Jazz Quartet

Tuesday 12 September: Petar Dimov (piano)

Thursday 14 September: Alena Walentin (flute), Niklas Johansen (guitar)

Tuesday 19 September: Mayumi Sakamoto (piano)

Thursday 21 September: Trio Sonorite

Tuesday 26 September: Tommaso Carlini (piano)

Thursday 28 September: Yevgeny Kutik (violin)

2pm unless stated otherwise; please note new time.

St Mary's Perivale, Perivale Lane, Middlesex, UB6 8SS. Watch it on our website.

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

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

Ealing Choral Society



Come Sing With Us

www.ealingchoralsociety.org.uk | membership@ealingchoralsociety.org.uk | 07932 460 388

Choral music from Baroque to Contemporary

2023/24 season: Purcell *Dido and Aeneas*, Christmas Carol Concert, Allegri *Miserere*, Schütz *Musikalische Exequien*, Swayne *Missa Tiburtina*, Chilcott *A Little Jazz Mass*

Rehearsals every Monday 7:35-9:45 pm

Ealing Green Church Hall W5 5QT
All Voice Parts Welcome

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

Charity 278174

First Rehearsal
11
September
2023
Come try us
out!

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*; rehearsals started 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 Symphony Orchestra

NEW SEASON

THURSDAYS

The ESO's 2023-24 season's first meeting is on 7 September, rehearsing for its 7 October concert. It's an ideal time to join the orchestra, which is always glad to hear from good new players.

020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk/join-orchestra

Art & Crafts

SEPTEMBER

Borough of Ealing Art Trail (BEAT)

9-10 AND 16-17 SEPTEMBER

BEAT returns on Saturdays and Sundays 9/10 and 16/17 September 2023. Whatever art form you prefer, you will be able to explore that interest at BEAT. Over 200 local artists will be exhibiting their work in more than 70 venues around the Borough – all free to enter: browse or buy. Look out for BEAT brochure distribution, posters and social media promotion starting in August.

View our website at www.ealingbeat.org.uk

Generally 11am - 6pm; confirm venue opening times on our website.

70-plus venues across the Borough of Ealing

info@ealingbeat.org.uk • www.ealingbeat.org.uk

LONG-TERM AND REGULAR EVENTS

Pamela Lloyd-Jones Art Classes

SATURDAYS

LIFE DRAWING WORKSHOP

Monthly Saturday morning workshop – fun, longstanding, supportive group. Tuition as required. Students preparing for art school portfolios very welcome. Great models, large airy room. All materials and refreshments supplied and included. Monthly dates on request.

10am - 1pm (3 hours)

The Brentham Club, 38a Meadvale Road, Ealing, W5 (near Pitshanger Lane)

£25 inclusive Enquiries: 07941 938466 • pamelalloydjones@hotmail.com • www.pamelalloydjones.com

4020 Art Group

MONDAYS & TUESDAYS

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

11/12 September - 4/5 December (half term 23-27 October)

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

WATERCOLOUR PAINTING

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

19 September - 24 November, 10.15-12.30 and 1.15-4pm. £100 for 10 classes

Northfields Community Centre, 71 Northcroft Road, W13 9SS

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

Pamela Lloyd-Jones Art Classes

ART CLASSES FOR ADULTS

TUESDAYS

Painting and drawing focusing on creative approaches in all media, often relating to current exhibitions. Suitable for all abilities. Longstanding, welcoming, friendly group, guided by professional artist and tutor Pamela Lloyd-Jones.

10am - 12 noon or 1-3pm on Tuesdays. You can move between the 2 classes.

The Brentham Club, 38a Meadvale Road, Ealing, W5 1NP

£150 for 12 week term or £15.50 weekly (inc tea/coffee and biscuits)

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

Ealing Flower Club

WEDNESDAYS

FLORAL DESIGN DEMONSTRATIONS

16 August: *Deja Vu* is the title of Nadira Burki's demonstration for this month.

20 September: An Ikebana Presentation by Nasreen Greenway – followed by an in-house workshop. Wow! that should be exciting. Please come to watch and take part.

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

Visitors: First visit free; thereafter £6.50 per session.

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

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

Ealing Quilters

THURSDAYS

21 September: Block Printing Fun

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

Culture & Learning

Colette Wilson French Cultural Courses TUESDAYS FROM 31 OCTOBER
PARIS BETWEEN THE WARS: LITERATURE, ARTS, SPECTACLE

Small, friendly group. Tutor presentations and group discussion. Notes and loan of DVDs included. Knowledge of French not required.

2.30-4.30pm, Tuesdays 31 October 2023 - 13 February 2024. 14 weeks, £170

Online via Zoom and in-person meetings

To register or for more information contact Colette Wilson: wilson_colette@btinternet.com

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. 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

Facebook: www.facebook.com/groups/3139986216275513

REGULAR & CONTINUING EVENTS

Ealing Readers

MONDAYS

We are an informal book group. We read and discuss a wide variety of books, with the majority being contemporary fiction. Once a year we read a play followed by a theatre visit. New members are welcome.

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

hazannewilliams@gmail.com • www.redlionreadersealing.wordpress.com

Ealing Over 60 Network (EON)

MONDAYS

FRIENDLY INFORMAL OLDER PERSONS' SOCIAL CLUB

Every Monday afternoon except bank holidays for varied programme: talks, films, discussions, creative activities, poetry appreciation, quizzes etc. Disabled-friendly venue, free car park. Big garden for use in good weather. Free tea/coffee from 1.30pm, main event 2-3.15pm followed by tea/coffee and informal social time. Everyone welcome. Email or phone for latest programme.

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

£5 optional donation to cover expenses

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.

12 September: Professor Michael Clarke, Fellow of King's College London, and Distinguished Fellow of the Royal United Services Institute – *Why Wellington won, and Napoleon lost, the Battle of Waterloo*

We meet on the 2nd Tuesday of the month at Ealing Green Church, W5 5QT at 7.30pm.

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: 8 August ('Travel and Transport'), 12 September ('W.H. Auden').

2.30pm. Hanwell Community Library, Cherington Road, W7

Enquiries: 020 8567 4397 • donkennedy@f2s.com

Ealing Yoga, Meditation & Philosophy Centre

WEDNESDAYS & THURSDAYS

MEDITATION

Suitable for those with some experience of meditation

Wednesdays 25 October - 13 December: 6.30-8pm

£80 for full course (8 weeks in total) or £12 drop -in

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

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 7 September - 7 December (no class on 26 October)

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

£130 for full course or £65 for each half (13 weeks in total) or £12 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

U3A is an organisation for those retired or no longer in full-time work. Members organise activities for each other. U3A 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.

Talks programme, visits and 40 interest groups meeting in venues around Ealing.

Talks: most Thursdays 10am. Ealing Green Church, W5 5QT

Visitors £3

07504 667005 • membership@u3aealing.org.uk • www.u3asites.org.uk/ealing/home

Dance & Movement

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 general level class in Ealing and West Kensington. Please visit her website for details and booking.

Monday, Tuesday, Wednesday and Saturday mornings in Ealing

Tuesday evenings and Thursday evenings (also online)

Friday mornings (online)

Teenagers – Monday afternoons and Saturday mornings

Venues: Northfields Community Centre W13, The Garden Studio W5, The Bhavan W14

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 PILATES CLASSES

MONDAYS & WEDNESDAYS

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 MIXED-ABILITY YOGA

TUESDAYS & THURSDAYS

Suitable for everyone, although some experience of Yoga is beneficial

• *Tuesdays 10-11.15am and 11.30am-1pm, 5 September - 12 December (no class on 24 October)*

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

£112 for full course or £56 for each half (14 weeks in all) or £12 drop-in

• *Tuesdays 8-9.30pm, 5 September- 5 December (no class on 24 October)*

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

£130 for full course or £65 for each half (13 weeks in all) or £12 drop-in

YOGA FOR ALL

Suitable for everyone; no prior experience necessary

Thursdays 6.30-8pm, 7 September - 7 December (no class on 26 October)

£130 for full term or £65 for each half (13 weeks in all) or £12 drop-in

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

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

Facebook: Ealing Yoga Meditation & Philosophy Centre

JumpX World Jumping Fitness JUMPX EALING & JUMPX CHISWICK

TUESDAYS AND THURSDAYS

JumpX class is a high-energy but low-impact cardio fitness class on small trampolines.

The trampolines can hold up to 120kg, and take most of the shock that normally goes to your joints.

We use a mix of music to exercise and it is an extremely up-lifting class.

We dance, sing, shout, and have loads of fun. The class is great for all fitness levels, men and women, age 16+

Tuesdays, 7.30pm at ArtsEd, Thursdays 8pm at St Benedict's School.

£8 newcomers, £10 pay as you go, £40 class pass

Box office: 07919 310379 Enquiries: 07813 134961 • getfit@jumpx.co.uk • www.jumpx.co.uk

Facebook: www.facebook.com/JumpXFitness/

Greenford & District Caledonian Association SCOTTISH COUNTRY DANCING

THURSDAYS

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

AUGUST

Drama Studio London

MONDAY - FRIDAY 7-11 AND/OR 14-18 AUGUST

DRAMA STUDIO LONDON'S ADULT ACTING SUMMER SCHOOL

The DSL Summer School provides you with an exciting and diverse range of classes led by highly experienced professional practitioners.

Our Acting Summer School is open to beginners and intermediate actors who may be looking to develop their skills or learn something completely new. What we can guarantee is that you will have fun, make new friends and meet a range of skilled industry professionals.

DRAMA STUDIO LONDON'S YOUNG ACTORS' SUMMER SCHOOL

Younger Years

The DSL Young Actors' Summer School is an exciting new course which covers core acting skills for 16- to 18-year-olds.

Whether you are looking to develop a new skill outside of school or are considering full-time training, you will be provided with an exciting and diverse range of classes led by highly experienced professional practitioners.

Emphasis is given to audition technique, benefiting those applying to full-time drama schools.

BOTH COURSES cover many aspects of actor training, including stage, screen, audio and movement. By the end of the course, you can expect to be more confident in your use of your body and voice for performance, enjoy interpreting text and understand ways to make bold character choices.

The courses have been designed in such a way that participants may book for just one week or both. However, if you have little or no previous experience, we recommend that you do both weeks of your chosen course to get the most benefit.

Both courses: 9.45am – 5.15pm daily. Grange Court, 1 Grange Road, Ealing, London W5 5QN
£450 (1 week) / £900 (2 weeks)

020 8579 3897 • marketing@dramastudiolondon.co.uk • www.dramastudiolondon.co.uk

Facebook: Drama Studio London



The Questors
THEATRE

FOUNDATION COURSE

ACTING | AUDITIONS

Auditions are live for our one-year, part-time Foundation Course in Acting for adults.

We audition everyone who applies. Starts September 2023.

Apply now!
questors.org.uk/

Leisure

SEPTEMBER

North Ealing Wine Tasting Society (NEWTS)

FRIDAY 7 JULY

Join us for our final tasting of the season.

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

REGULAR EVENTS

Ealing Outdoor Club

SUNDAYS

Walk in the countryside, experience wild places and connect up with nature. Organised walks on most Sundays of typically 8 to 12 miles. Several residential walking trips every year in the UK and sometimes abroad. Regular social events, for example pub nights, meals, theatre trips, climbing wall visits.

Please see our website for more information and our current programme of events.

ealingoutdoorclub@hotmail.com • www.ealingoutdoorclub.org.uk

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 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

We are a recent welcoming, happy group – not just in Perivale, but all surrounding areas. Would you like to join us? We engage in important, gentle, healthy exercise, friendship, quizzes, bingo, games and refreshments.

Every Thursday, 10am - 12 noon. Perivale Community Centre, Horsenden Lane South, UB6 7NP
£3 per session.

Irene McQuillan: 07958 707253

Drama Studio London

MONDAY - FRIDAY 7-11 AND/OR 14-18 AUGUST

DRAMA STUDIO LONDON'S YOUNG ACTORS' SUMMER SCHOOL

The DSL Young Actors' Summer School is an exciting new course which covers core acting skills for 16- to 18-year-olds.

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The course covers many aspects of actor training, including stage, screen, audio and movement. By the end of the course, you can expect to be more confident in your use of your body and voice for performance, enjoy interpreting text and understand ways to make bold character choices. Emphasis is given to audition technique, benefiting those applying to full-time drama schools. This course has been designed in such a way that participants may book for just one week or both. However, if you have little or no previous experience, we recommend that you do both weeks of your chosen course to get the most benefit.

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£450 (1 week) / £900 (2 weeks)

020 8579 3897 • marketing@dramastudiolondon.co.uk • www.dramastudiolondon.co.uk

Facebook: Drama Studio London

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 general level class in Ealing and West Kensington. Please visit her website for details and booking.

Monday, Tuesday, Wednesday and Saturday mornings in Ealing

Tuesday evenings and Thursday evenings (also online)

Friday mornings (online)

Teenagers – Monday afternoons and Saturday mornings

Venues: Northfields Community Centre W13, The Garden Studio W5, The Bhavan W14

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

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
 JumpX
 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

Ealing Outdoor Club
 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 October-November 2023 issue is 1 September 2023.

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

See www.ealingarts.org.uk/help