

OCTOBER - NOVEMBER 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

Autumn is one of the busiest times of the year, and you'll find plenty of events to go to or take part in here, especially in the Music and Drama sections. Our newly-returned member the Brentham Ladies' Choir offers a welcome daytime activity.

If you think an entry has gone missing it could be well worth your while contacting the group directly; all our members are listed on the back page, and you can find contact details on our website at [www.ealingarts.org.uk/members](http://www.ealingarts.org.uk/members), or by phoning us on 020 8567 4075 – and the *What's On* page at [www.ealingarts.org.uk/events](http://www.ealingarts.org.uk/events) will have any events which arrived too late to get into print.

It's not just performances, of course. There's so much here to take part in, both indoors and out; every section of this diary is worth checking.

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

## Contents

- 1 MUSIC
- 7 ART & CRAFTS
- 9 CULTURE & LEARNING
- 11 DANCE & MOVEMENT
- 14 DRAMA
- 15 LEISURE
- 16 YOUNGER YEARS
- 18 OUR MEMBERS

Find us online at  
[ealingarts.org.uk](http://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](http://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](http://www.st-marys-perivale.org.uk)



late **SEPTEMBER**

### 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](http://www.questorschoir.org/202309-Join-us-in-Harmony)  
Enquiries: 07821 587670 (musical director) • [more@questorschoir.org](mailto:more@questorschoir.org) [www.questorschoir.org](http://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  
 7pm. St Barnabas Church, Pitshanger Lane, W5 1QG  
 £16 (under-25 or full-time student £6, accompanied children free), including programme  
 020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

## West London Sinfonia

SATURDAY 14 OCTOBER

## FOX, FIDDLE AND FRENCHMAN

JANÁČEK: The Cunning Little Vixen Suite  
 TCHAIKOVSKY: Violin Concerto (soloist Iwona Boesche)  
 SAINT-SAËNS: Symphony No. 3 'Organ'  
 7.30pm. St Michael and All Angels' Church, Bath Road, Chiswick W4 1TT  
 £15 (concessions £12, child/student £5)  
 020 3475 4200 • info@westlondonsinfonia.org • www.westlondonsinfonia.org  
 Facebook: www.facebook.com/westlondonsinfonia

## Julian Light Operatic Society

THURSDAY - SATURDAY 19-21 OCTOBER

## IOLANTHE by W.S.Gilbert and Arthur Sullivan

7.45pm + 2.30pm Saturday. The Questors Theatre, Ealing.  
 £20 (+ concessions)

020 8567 5184 • boxoffice@questors.org.uk • www.questors.org.uk

## Dalcroze Eurhythmics Ealing

THURSDAY &amp; FRIDAY 26 &amp; 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 intermediate) and creative movement. Suitable for those with no or some experience. Visit [www.dalcrozemoves.com/dalcroze-courses](http://www.dalcrozemoves.com/dalcroze-courses) for more information.  
 9am-5pm. St Andrew's Church Centre, Mount Park Road, Ealing, London W5 2RS  
 Two Days: £195 (students/seniors £180) | One Day only: £110 (students/seniors £100)  
 07773 461087 • dalcrozemoves@gmail.com • www.dalcrozemoves.com


## NOVEMBER

## Ealing Choral Society


SATURDAY 18 NOVEMBER

## DIDO AND AENEAS

Join Ealing Choral Society for Purcell's early opera in English, portraying the ill-fated romance of Queen Dido and Trojan hero Aeneas. With other works by Purcell and Pachelbel. Peter Asprey conducts.  
 7.30pm. St Barnabas Church, Pitshanger Lane, Ealing, W5 1QG  
 £17 (concessions £15, under-18 £3) Box office: [www.wegotickets.com/event/582415](http://www.wegotickets.com/event/582415)  
 Enquiries: 07957 923341 • tickets@ealingchoralsociety.org.uk • www.ealingchoralsociety.org.uk  
 Facebook: ealingchoralsoc



Ealing Choral Society



18 NOVEMBER 2023 • 7:30PM  
 ST BARNABAS CHURCH  
 PITSHANGER LANE, EALING, W5 1QG

EALING CHORAL SOCIETY  
 MERIDIAN SINFONIA  
 PETER ASPREY CONDUCTOR

TICKETS £17  
 £15 (CONCESSION)/£3 (UNDER 18)

BOX OFFICE  
[WEGOTTICKETS.COM/EVENT/582415](http://WEGOTTICKETS.COM/EVENT/582415)  
 07957 923 341  
[TICKETS@EALINGCHORALSOCIETY.ORG.UK](mailto:TICKETS@EALINGCHORALSOCIETY.ORG.UK)

REGISTERED CHARITY 278174  
[EALINGCHORALSOCIETY.ORG.UK](http://EALINGCHORALSOCIETY.ORG.UK)

HENRY PURCELL  
**DIDO & AENEAS**

## Ealing Symphony Orchestra

SATURDAY 25 NOVEMBER

RAVEL: La Valse  
 RACHMANINOV: Rhapsody on a theme of Paganini  
 George LLOYD: Symphony No. 4  
 7pm. St Barnabas Church, Pitshanger Lane, W5 1QG  
 £16 (under-25 or full-time student £6, accompanied children free), including programme  
 020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

## 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](mailto:tickets@petrossingers.org) • [www.petrossingers.org](http://www.petrossingers.org)

## West London Sinfonia

### DOOMED LOVE

SIBELIUS: Pohjola's Daughter

Ethel SMYTH: The Wreckers: Act 2 Prelude

DELIUS: The Walk to the Paradise Garden

TCHAIKOVSKY: Francesca da Rimini

7.30pm. *St Michael and All Angels' Church, Bath Road, Chiswick W4 1TT*

£15 (concessions £12, child/student £5)

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

Facebook: www.facebook.com/westlondonsinfonia

SATURDAY 25 NOVEMBER

## REGULAR EVENTS

## HEOS Musical Theatre

### HEOS MUSICAL THEATRE – NEW SEASON

Interested in joining HEOS for 9 to 5, to be performed at The Questors Theatre in April next year, or the pantomime *Jack and the Beanstalk* from 29-30 December at The Greenford Hall?

Rehearsals at Northolt Methodist Church Hall 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, also at Northolt, are on Sunday afternoons plus some Tuesday evenings in December.

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

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

## 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

### AUTUMN CONCERTS AT ST MARY'S PERIVALE

SUNDAYS, TUESDAYS & THURSDAYS

Tuesday 26 September, 2pm: Tommaso Carlini (piano)

Thursday 28 September, 2pm: Yevgeny Kutik (violin)

Saturday 30 September 2-7pm: Autumn Festival with Keyboard Charitable Trust – Day 1

Sunday 1 October 2-7pm: Autumn Festival with Keyboard Charitable Trust – Day 2

Tuesday 3 October 2pm: Alicja Fiderkiewicz (piano)

Thursday 5 October, 2pm: Olga Paliy (piano)

Sunday 8 October, 3pm: The De Beauvoir Piano Trio

Tuesday 10 October, 2pm: Sofia Sacco (piano)

Thursday 12 October, 2pm: The Art Deco Jazz Trio

Tuesday 17 October, 2pm: Julian Trevelyan (piano)

Tuesday 24 October, 2pm: Michal Szymanowski (piano)

Thursday 26 October, 2pm: Michael Petrov (cello), Rosie Richardson (piano)

Sunday 29 October, 3pm: Khrystyna Mykhailichenko (piano)

Tuesday 31 October, 2pm: Ashley Frupp (piano)

Thursday 2 November, 2pm: Madeleine Mitchell (violin), Nigel Clayton (piano)

Sunday 5 November, 3pm: Christopher Kent (actor), Gamal Khamis (piano)

Tuesday 7 November, 2pm: Yuanfan Yang (piano)

Thursday 9 November, 2pm: Alexander Karpeyev (piano)

Sunday 12 November, 3pm: Sarah Williamson (clarinet) & friends. Mozart: 'Gran Partita'

Tuesday 14 November, 2pm: Francis Grier (piano)

Thursday 16 November, 2pm: Tim Richards (jazz piano), Jon Tayler (saxophone)

Friday 17 November, 7.30pm: Leonardo Pierdomenico (piano)

Sunday 19 November, 3pm: The Resol String Quartet

Tuesday 21 November, 2pm: Milosz Sroczynski (piano)

Thursday 23 November, 2pm: The Favonius Piano Trio

Saturday 25 November, 1 pm: The Liszt Society Annual Day and Competition

Tuesday 28 November, 2pm: Connor Heraghty (piano)

*Times as indicated. Please note earlier mid-week 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 • 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

## Dalcroze Eurhythmics Ealing

### DALCROZE EURHYTHMICS FOR ADULTS

MONDAYS

Explore music through movement in this fun method developed by Emile Jaques-Dalcroze. Improve your flexibility, balance, coordination and self-expression while learning about music. No previous experience necessary. Your tutor is Kaye Barker (Diplôme Supérieur, Institut Jaques-Dalcroze, Geneva, BA (Oxon), PGCE. Visit her website for further information.

*18 September - 4 December (no class 23 October), 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 seniors): 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

## Questors Choir

WEDNESDAYS

### TRY OUT YOUR VOCAL SKILLS IN OUR VARIED PROGRAMME

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

THURSDAYS

### WEEKLY REHEARSAL

The Julian Light Operatic Society put on a yearly production at Questors Theatre; our October 2023 production will be Gilbert and Sullivan's *Iolanthe*. 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.

*Now every Thursday, 7.45pm. Haven Green Baptist Church, Castlebar Road, W5 2UP*

inform@julianoperatic.org • www.julianoperatic.org

## Ealing Common Choir

THURSDAYS

### SING WITH US!

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*  
*£50 per term (concessions available)*

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

## Brentham Ladies' Choir

THURSDAYS

Brentham Ladies' Choir is a small, friendly choir that always welcomes new members. We sing a variety of music including folk songs, light classical, and songs from the musicals. This choir has existed for more than 40 years, and is now under the enthusiastic direction of John Hudson. There is no formal audition, and we do not require previous experience or for you to read music, but you must be able to sing in tune! We offer a free three-week trial period, so why not find that voice again?

*2-3.30pm in school term time. Pitshanger Methodist Church Hall, W5 1QS (on E2 and E9 bus routes)*

*£35 per term.*

Secretary (Genevieve Ellis): 079797 52424

# Art & Crafts

OCTOBER

## Borough of Ealing Art Trail (BEAT)

Another very successful event for BEAT in September – thanks to all the participating artists and, in particular, to those many members of the public who visited the BEAT venues.

In another month we will start serious planning for BEAT 2024!

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

9 January - 19 March, 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

## Ealing Flower Club

WEDNESDAYS

### FLORAL DESIGN DEMONSTRATIONS

18 October: Daphne Grant is our guest demonstrator for this month with her title *This & That*. We'll also have a 'Bring and Buy' stall where you could possibly pick up a few Christmas gifts!

15 November: *Christmas Magic & Sparkle* is the title of Susan Tausig's demonstration, reminding us that Christmas is just around the corner.

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

Visitors: First visit free; thereafter £6.50 per session, or become a member.

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

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

## Ealing Quilters

THURSDAYS

19 October: Sweet Wrapper Bags

16 November: Curl Up with Log Cabin

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 & Hampshire House Photographic Society

THURSDAYS

### TAKE YOUR PHOTOGRAPHY TO THE NEXT LEVEL

Ealing and Hampshire House is Ealing's premier photography society, established in 1890. We meet every Thursday from September to June (over Zoom for December and January), for a mix of talks, practical sessions, competitions and photo outings.

8pm. The Brentham Club W5 1NP. Please enquire about annual membership

publicity@ehhps.org.uk • www.ehhps.org.uk • www.facebook.com/groups/EHHPs

# 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

## NOVEMBER

### Ealing Yoga, Meditation & Philosophy Centre (EYMPC)

[Formerly 'The Himalayan Institute UK']. [www.ealingyogamedpc.org.uk](http://www.ealingyogamedpc.org.uk) Reg. charity 1048336

#### PRANA & PRACTICE

18 November 2023

9.15am – 3.30pm

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

This workshop will combine theory and practice: the science of the breath, Pranayama, with all its various and diverse facets, and then applying the knowledge to a practical Yoga session. Prana is life, and it is an invisible force that lives within all of us. It is vital to 'remove obstacles' so that Prana can freely expand on its own within us. Breathing with awareness can be a liberating and beneficial process. We will also have an 'all-immersive' Gong Bath at the end of the day to round it all up and complete the session.

Pleasant venue with easy parking. Light lunch provided.

Bookstall with books on Pranayama, Yoga and more

Fee : £70 (EYMPC Members £55)

To register, contact Lisa Schlotmann

[enquiries@ealingyogamedpc.org.uk](mailto:enquiries@ealingyogamedpc.org.uk)

Tel : 07918 622 995

**Vitality Leap - Fireside Lodge**

SATURDAY &amp; SUNDAY 18-19 NOVEMBER

**REIKI 1 COURSE**

Reiki is an ancient Japanese energy healing system that can serve you for self development, balance and stress release. After the course, you may join our monthly Reiki Share (Sunday afternoons).

Saturday 10am-5.30pm, Sunday 1.30-6pm. Fireside Lodge, Hanwell

£145 07766 464623 • fireside.andrea@gmail.com • www.firesidelodge.co.uk/reiki1.html

**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**

Monday afternoons except bank holidays for varied programme: talks, films, discussion, arts/crafts, poetry appreciation, quizzes etc. Disabled-friendly venue near Ealing Broadway. Free car park. Free tea/coffee from 1.30pm, Main Event 2-3.15 pm followed by tea/coffee and informal social time. Everyone welcome. Email or phone for latest programme.

25 September: *Jazz at the QMH* with the Matyas Gayer Trio

2 October: *Before the Wall came down – daily life in the GDR*

9 October: *The Ealing/Kathmandu Friendship Association*

16 October: *Desert Island Discs – our favourite tunes*

23 October: *William McGonagall – the other Scottish bard*

30 October: *Where was I? on a day of breaking news*

6 November: *Fireworks - in art, music, poetry and prose*

13 November: *Disability Legislation – its history and impact*

20 November: *Spain from Don Quixote to Carlos Alcazar – an Englishman's lighthearted history*

27 November: *Fado – or Fate – a journey through the music of Portugal*

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

£5 optional donation to cover expenses

020 8810 6753 • arratoon.arratoon@gmail.com

**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.*

10 October: Dr Alexander Morrison, speaking to the sixth-form evening at Twyford CoE High school, W3 9PP at 6.30pm – *Russia's colonial allergy, from Central Asia to Crimea*

14 November Dr Sarah-Louise Miller – *Wargame Women: The Women's Royal Naval Service and the Western Approaches Tactical Unit During the Battle of the Atlantic*

*Except for the October meeting, we meet on the 2nd Tuesday of the month at Ealing Green Church, W5 5QT at 7.30pm.*

*All welcome: 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: 10 October ('Evening and Night'), 14 November ('Robert Frost').

2.30pm. Hanwell Community Library, Cherington Road, W7

Enquiries: 020 8567 4397 • donkennedy@f2s.com

**Ealing Yoga, Meditation & Philosophy Centre**

WEDNESDAYS &amp; 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 &amp; 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**

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

## VitalityLeap

### NORDIC WALKING COURSE

SATURDAYS

Nordic Walking is the summer version of cross-country skiing, invented by the Finnish Olympic team. Using poles to propel yourself forward, you use 90% of your muscles and get a much better workout than through regular walking. Good for heart health - gentle on your joints.

7 & 21 October, 4 November, 9.30-11.30am. Outdoors in Hanwell

£45 (pole hire included)

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

## Suzanne Gribble – Iyengar Yoga

### YOGA CLASSES

MOST DAYS

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

### INDIAN DANCE / BOLLYWOOD CLASSES

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

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 &amp; 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 &amp; 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.

New venue being sought. Please check for the current situation.

enquiries@greenfordcaledonian.net • www.greenfordcaledonian.net



# Drama

## OCTOBER

### The Questors Theatre NEVILLE'S ISLAND and SHEILA'S ISLAND

TUESDAY 3 - SATURDAY 14 OCTOBER

Running throughout October, see the same hilarious play from two sides of the gender divide. Written by Tim Firth, the writer of *Calendar Girls*, chaos ensues as hunger, jealousy and one left-over sausage turn a team-building weekend into a fight for survival.

The first production in our newly refurbished Judi Dench Playhouse – see both plays individually or get a 20% discount when you book both at the same time.

*Neville's Island* 3, 5, 7, 10, 12, 14; *Sheila's Island* 4, 6, 8, 11, 13, 14 October.

7.45pm (2.30pm Sunday; 2.30 & 7.45 14th). *The Questors Theatre, 12 Mattock Lane, W5 5BQ*

020 8567 5184 • boxoffice@questors.org.uk • www.questors.org.uk/event.aspx

### The Questors Theatre DRAGON'S TEETH

FRIDAY 20 - SUNDAY 28 OCTOBER

Receiving its UK premiere at The Questors in 1933, *Dragon's Teeth* was the first production at our Mattock Lane site. This season, we're bringing back this lost classic of experimental theatre to the stage for the first time.

Packed with prescient predictions about AI and drone warfare, *Dragon's Teeth* explores one man's doubts about the future and the ethics of his creations.

7.45pm (2.30pm Sunday) except Monday. *The Questors Theatre, 12 Mattock Lane, W5 5BQ*

020 8567 5184 • boxoffice@questors.org.uk • www.questors.org.uk/event.aspx?id=1099

## NOVEMBER

### The Questors Theatre ALBION by MIKE BARTLETT

FRIDAY 3 - SATURDAY 11 NOVEMBER

Grieving a tragic loss, Audrey, a successful businesswoman, uproots her family and moves to rural Oxfordshire. Her aim, to resurrect its once-famous gardens as a memorial to those who have sacrificed their lives for their country. But at what cost to the living – to her family, her community, and herself?

Originally produced in the aftermath of the Brexit vote, Bartlett's fascinating drama holds a mirror to the complex face of Middle England.

7.30pm (2.30pm Sunday) except Monday. *The Questors Theatre, 12 Mattock Lane, W5 5BQ*

020 8567 5184 • boxoffice@questors.org.uk • www.questors.org.uk/event.aspx?id=1101

### The Questors Theatre THE REHEARSAL by JEAN ANOUILH

FRIDAY 25 - SATURDAY 11 NOVEMBER

Love wreaks merry havoc in a French château.

Witty, sophisticated aristocrats are rehearsing an 18th-century play about love. But during rehearsals, real love breaks through the social conventions to cause heartbreak and chaos. First performed in London in 1961 with the young Maggie Smith bursting onto the scene, this is one of Anouilh's most enticing dramas.

7.45pm (2.30pm Sunday) except Monday. *The Questors Theatre, 12 Mattock Lane, W5 5BQ*

020 8567 5184 • boxoffice@questors.org.uk • www.questors.org.uk/event.aspx?id=1102

# Leisure

## OCTOBER

### North Ealing Wine Tasting Society (NEWTS) DOMAINE LE CLOS DES CAZAUX

FRIDAY 6 OCTOBER

Douglas Harrison presents Domaine Le Clos des Cazaux wines of the Vache Archimbaud family.

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

£25. Admission by prior application only.

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

### Charlemagne Wine Club

MONDAY 16 OCTOBER

A fine wine tasting with Charlie Carter

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

£20, by prior application

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

Facebook: www.facebook.com/charlemagnewineclub

## NOVEMBER

### North Ealing Wine Tasting Society (NEWTS) AUSTRIAN WINES

FRIDAY 3 NOVEMBER

Nick Forth will present a selection of wines from Austria.

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

£25. Admission by prior application only.

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

### Charlemagne Wine Club

MONDAY 20 NOVEMBER

Join us for a taste of sunshine in a bottle!

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

£20, by prior application

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

Facebook: www.facebook.com/charlemagnewineclub

## 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 LUNCHEAS 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.

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

£3 per session.

Irene McQuillan: 07958 707253

## Younger Years

### 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

# EA&L 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  
JumpX  
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  
Ealing Outdoor Club

North Ealing Wine Tasting Society (NEWTS)

Perivale Social Group

West London Ramblers

## **MUSIC**

Brentham Ladies' Choir  
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](http://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 December 2023 - January 2024 issue is 1 November 2023.

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

See [www.ealingarts.org.uk/help](http://www.ealingarts.org.uk/help)