

DECEMBER 2023 - JANUARY 2024

# 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

December and January – a *What's On* of two halves.

The run-up to Christmas brings a plethora of performances: first, concerts and plays as the fruition of our members' autumn seasons, and then carols, pantomimes and more for the festive season. Do find some time in the rush of your own preparations, as there's much here to enjoy.

Then comes January, and it goes quiet for a while: or maybe not? There are plenty of regular activities taking place, and it can be a good time to join a performing society as it starts its spring programme.

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* section at [www.ealingarts.org.uk/events](http://www.ealingarts.org.uk/events) will have any events or updates which arrived too late to get into print.

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](http://ealingarts.org.uk)

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

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

Visit [ealingarts.org.uk/join](http://ealingarts.org.uk/join)  
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)



## DECEMBER

### Questors Choir

SATURDAY 2 DECEMBER

#### QUESTORS CHOIR CHRISTMAS CONCERT

Questors Choir presents an evening of Advent and Christmas music. Programme includes *O Holy Night*, *Chestnuts roasting on an open fire*, movements from Handel's *Messiah*, and winter songs old and new. There will be carols for all to sing, and perhaps the first mulled wine of the season. Come and join us.

7.30pm. St Thomas Church, Hanwell, W7 2AD

£16

07821 587670 (musical director) • [more@questorschoir.org](mailto:more@questorschoir.org) • [www.questorschoir.org](http://www.questorschoir.org)

Facebook: [www.facebook.com/QuestorsChoir](https://www.facebook.com/QuestorsChoir)

### Ealing Symphony Orchestra

SATURDAY 9 DECEMBER

#### CHRISTMAS CONCERT FOR FAMILIES

A brief, light-hearted concert for families, with choir and small orchestra

5.30-6.30pm. Ealing Green Church, Ealing Green, W5 5QT

Free entry; collection shared with the church, which hosts a winter night shelter for the homeless.

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

## Ealing Common Choir

### ANCIENT AND MODERN

SUNDAY 10 DECEMBER

Seasonal music spanning over 400 years! We're excited to be performing pieces by today's living composers – Cecilia McDowall, Rebecca Dale, Roxanna Panufnik, Oliver Tarney and Michael Higgins – alongside, and sometimes re-imagining, those by Weelkes, Vivaldi and Handel.

7.30pm. St Stephen's Church, St Stephen's Road, London W13 8HB (note new venue)

£13 in advance, £15 on the day. Paying bar.

Tickets via our website, on the door or from members of the choir.

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

## Ealing Choral Society

### CHARITY CAROL CONCERT in support of READ EASY EALING

SATURDAY 16 DECEMBER

Join us on 16 December 2023 at 7pm for our annual carol concert in support of Read Easy Ealing, a charity helping adults learn to read. A very special evening of carols, seasonal readings, and refreshments following the concert. All proceeds benefit Read Easy Ealing.

7pm. St Barnabas Church, Pitshanger Lane, W5 1QG

£12 (under-18 £6; no other concessions)

Box office: [wegottickets.com/event/582422](http://wegottickets.com/event/582422)

Information: 07957 923341 • [tickets@ealingchoralsociety.org.uk](mailto:tickets@ealingchoralsociety.org.uk) • Facebook: EalingChoralSoc

[www.ealingchoralsociety.org.uk/concert/charity-christmas-carol-concert-2/](http://www.ealingchoralsociety.org.uk/concert/charity-christmas-carol-concert-2/)

## St Peter's Church

### THE NIGHT BEFORE CHRISTMAS

SATURDAY 23 DECEMBER

Christmas songs, carols and readings with the Park Lane Quintet. Mulled wine and mince pies.

7.30pm. St Peter's Church, Mount Park Road, W5 2RU

£15 (children £5) at the door or from Eventbrite

Tickets: [www.eventbrite.co.uk/e/the-night-before-christmas-tickets-742923272507?aff=oddtcreator](http://www.eventbrite.co.uk/e/the-night-before-christmas-tickets-742923272507?aff=oddtcreator)

Information: [www.stpeterealing.org.uk](http://www.stpeterealing.org.uk)

## FEBRUARY

## Questors Choir

### QUESTORS CHOIR WORKSHOP

SATURDAY 3 FEBRUARY

Join Questors choir for a exploration of Purcell's *The Fairy Queen*, which contains a wonderful variety of joyful and descriptive choruses. The day will conclude with a sing-through of the choruses.

Book early as places are limited.

Registration 10.30, singing 11am-4pm. St Stephen's Church, W13 8HB

£20

07821 587670 (musical director) • [more@questorschoir.org](mailto:more@questorschoir.org) • [www.questorschoir.org](http://www.questorschoir.org)

Facebook: [www.facebook.com/QuestorsChoir](http://www.facebook.com/QuestorsChoir)



# The night before Christmas

*London's most versatile vocal group The Park Lane Quintet lead favourite Christmas songs from across the years plus a few carols with organ. Christmas readings and a festive sing along with mulled wine and mince pies; the perfect intro to Christmas. Adults £15 Children £5 from [Eventbrite.co.uk](http://Eventbrite.co.uk) and on the door on the evening.*

**Saturday 23<sup>rd</sup> December 7:30pm**

St. Peter's Church,  
Mount Park Road,

Ealing W5 2RU [www.stpeterealing.org.uk](http://www.stpeterealing.org.uk)



## 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

#### ST MARY'S PERIVALE CONCERTS – AUDIENCE WELCOME, AND ON-LINE

Tuesday 5 December, 2pm: William Bracken (piano)

Thursday 7 December, 2pm: Benet McLean jazz quartet

Sunday 10 December, 3pm: Lecture by Richard Markson

Tuesday 12 December, 2pm: Luke Jones (piano)

Thursday 14 December, 2pm: tba

Sunday 17 December, 3pm: Carol Service with Rev Valerie Aitken

Tuesday 2 January, 2pm: Harvey Lin (piano)

Thursday 4 January, 2pm: Julian Jacobson (piano)

Tuesday 9 January, 2pm: Jan Victor Braojos (piano)

Thursday 11 January, 2pm: Jan Maria Setiadi & Nigel Clayton (duet)

Sunday 14 January, 3pm: Andrew Yiangou & Joanna Kacpersek ensemble

Tuesday 16 January, 2pm: Maya Irgalina (piano)

Thursday 18 January, 2pm: Sasha Grynyuk (piano)

Sunday 21 January, 3pm: Rautio Piano Trio

Tuesday 23 January, 2pm: Andrew Brownell (piano)

Tuesday 30 January, 2pm: Hao Zi Yoh (piano)

*Times as indicated – Sunday concerts at 3 pm, weekday concerts at 2 pm*

*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

### 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

MONDAYS

#### DALCROZE EURHYTHMICS FOR ADULTS

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).

*To 4 December, then weekly 22 January - 18 March except for 12 February*

*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

### Ealing Choral Society

MONDAYS

#### SING WITH US!

Our new year term starts on 15 January 2024. We will be performing Schütz's baroque masterpiece *Musikalische Exequien* in March, with a jazz-themed June concert to end another successful season.

We welcome all singers of all ages with a commitment to learning and performing works to a high standard. Our current members range from their 20s to 80s. For ages 16 to 23, we offer free membership. For under 30 years, we offer a substantially reduced membership subscription. We currently offer a 50% reduced membership subscription for new tenors and basses joining us.

If you enjoy singing, come along and join us!

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

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

www.ealingchoralsociety.org.uk • Facebook: EalingChoralSoc

### 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



[www.ealingchoralsociety.org.uk](http://www.ealingchoralsociety.org.uk) | [membership@ealingchoralsociety.org.uk](mailto: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  
15  
January  
2024  
Come try us  
out!

## Julian Light Operatic Society

### WEEKLY REHEARSAL

THURSDAYS

The Julian Light Operatic Society put on a yearly production at Questors Theatre. 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](mailto:inform@julianoperatic.org) • [www.julianoperatic.org](http://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](mailto: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](mailto:chair@smce.org.uk) • [www.smce.org.uk](http://www.smce.org.uk) • [www.facebook.com/groups/18533554000](https://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? **Next concert: 2pm Thursday 7 December, Pitshanger Methodist Church.** 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

## Capital Concert Brass

### COME AND PLAY BRASS!

THURSDAYS

CCB is a small group mostly playing brass instruments, plus other instruments too sometimes. Our aim is to enjoy ourselves and entertain others. We welcome brass players, including 'rusty' ones, music readers interested in learning brass, and others with compatible instruments.

Weekly at 8pm. Holy Cross Church, Ferrymead Gardens, Greenford, UB6 9NJ  
Modest subscription

[alan@capitalconcertbrass.co.uk](mailto:alan@capitalconcertbrass.co.uk) • [www.capitalconcertbrass.co.uk](http://www.capitalconcertbrass.co.uk)

# Art & Crafts LONG-TERM AND REGULAR EVENTS

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## Pamela Lloyd-Jones Art Classes SATURDAYS LIFE DRAWING WORKSHOP

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Three hours of tutored life drawing with great models. Materials all included as well as refreshments. Fun, friendly group suitable for all levels of experience.  
*Saturdays 16 December, 13 January, 3 February, 2 March, 6 April and monthly thereafter*  
10am-1pm. The Brentham Club, 38a Meadvale Road, Ealing, W5 1NP  
£25 inclusive, payable by cash or card

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

## Patricia Burbidge Watercolour Classes TUESDAYS WATERCOLOUR PAINTING

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

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

## Pamela Lloyd-Jones Art Classes TUESDAYS ART CLASSES FOR ADULTS

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Longstanding tutored programmes of art education in fun, friendly environment. It is possible to move between classes to accommodate life events. Happy, comfortable environment for genuine learning.

*We finish this term mid-December 2023. Classes run in 3 terms, beginning 9 January 2024 (half term 20 February, finishing 2 April), and follow school terms approximately for the rest of the year.*  
10am-12 noon or 1-3pm on Tuesdays. The Brentham Club, 38a Meadvale Road, Ealing, W5 1NP  
£162 for 12-week term or £16 weekly

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

## Ealing Flower Club WEDNESDAYS FLORAL DESIGN DEMONSTRATIONS

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13 December: Well, it's almost Christmas, so why not come and join us for our in-house Christmas Workshop.

17 January: Our very own Vijay Bhatia will be demonstrating this month with her title *Inspired By*. All are welcome.

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

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14 December: AGM and Christmas Party

18 January: Sew and Chat

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

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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

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## Friends of Marcq-en-Baroeul EALING'S TWIN TOWN IN FRANCE

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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

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## Ealing Over 60 Network (EON) MONDAYS FRIENDLY INFORMAL OLDER PERSONS' SOCIAL CLUB

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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.

4 December: *On being a Councillor* – Labina Basit, Labour Councillor, Hillingdon, on a councillor's work, how we can benefit from and influence our councillors

11 December: *When icicles hang by the wall* – appreciation session of seasonal published poetry, maximum 40 lines

18 December: *Christmas comes but once a year* – Christmas party with games, mince pies, etc.

8 January: *With Searchlights, Drum Rolls and Fanfares* – the history of 20th Century Fox:

Illustrated talk by David Evans.

15 January: *Where are they now?* – friends from our young years: our memories and their later lives

22 January: *This is - the BBC!* – the history of BBC radio and TV with Robert Seatter, Head of BBC History

29 January: *Performance Poetry* – what makes a good poem for immediate impact? Bring examples of published poetry.

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.*

12 December: AGM and Christmas Quiz & Social

9 January: Professor Ryan Lavelle, Professor in Early Medieval History, University of Winchester, *Cnut the Great: King of the English*

*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](mailto:simoncockshutt@btinternet.com) • [www.ealinghistory.org.uk](http://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: 12 December (*'Winter'*), 9 January (*'John Donne'*).

2.30pm. Hanwell Community Library, Cherington Road, W7

Enquiries: 020 8567 4397 • [donkennedy@f2s.com](mailto: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 Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE*

### MEDITATION AND PHILOSOPHY

Learn to relax your body and breath, focus your mind, and rest in a place of stillness. Meditation is an inward journey and a systematic process to calm mental chatter and manage the stress of everyday life.

*Wednesdays 3 January - 27 March: 6-7.30pm (no class on 14 February)*

*£144 for full course or £72 for either half (£120 or £60 for members) or £12 drop-in*

*Ealing Quaker 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)*

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

• 8-9.30pm, *Thursdays 4 January - 28 March (no class on 15 February)*

*£144 for full course or £72 for each half (£120 or £60 for members) or £12 drop-in*

*Ealing Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE*

07918 622995 • [enquiries@ealingyogamedpc.org.uk](mailto:enquiries@ealingyogamedpc.org.uk) • [www.ealingyogamedpc.org.uk](http://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](mailto:membership@u3aealing.org.uk) • [www.u3asites.org.uk/ealing/home](http://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](mailto:Admin@StayActive4Life.co.uk) • [www.bookwhen.com/sa4l](http://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](mailto:suzanne.gribble@gmail.com) • [suzannegribbleyoga.com](http://suzannegribbleyoga.com)

[www.facebook.com/SuzanneGribbleIyengarYogaTeacher/](http://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](mailto:crishna8@hotmail.com)

## VitalityLeap

### TAI CHI CHUAN: INTRO COURSE

MONDAYS

4-week introduction course in Tai Chi Chuan (Shaolin Style). Supports stress release, balance, agility, memory. For people who start Tai Chi later in life. After the course, you can join our regular class (same time).

15, 22 & 29 January, 5 February, 10.30-11.30am.

All About Exercise Studio, West Ealing (above Sainsbury's)

£48 for four classes

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

## 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 • LorettaYoga6@gmail.com • www.yogaloretta.co.uk

## Ealing Yoga, Meditation & Philosophy Centre

TUESDAYS &amp; THURSDAYS

### MIXED-ABILITY YOGA

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 Quaker 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

• Tuesdays 10-11.15am and 11.30am-1pm, 9 January - 26 March (no class on 13 February)

Ealing Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE

£132 for full course or £66 for each half (£110 or £55 for members) or £12 drop-in

• Tuesdays 8-9.30pm, 9 January - 26 March (no class on 13 February)

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

£132 for full course or £66 for each half (£110 or £55 for members) 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

• Thursdays 6.30-8pm, 4 January - 28 March (no class on 15 February)

£144 for full term or £72 for each half (£120 or £60 for members) or £12 drop-in

Ealing Quaker 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

TUESDAYS AND THURSDAYS

### JUMPX EALING & JUMPX CHISWICK

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

THURSDAYS

### SCOTTISH COUNTRY DANCING

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

## Cath Barnes-Holt Iyengar Yoga

FRIDAYS

Lovely friendly Iyengar yoga class for all levels (beginners welcome) – to help release and re-align the body, calm the mind, raise energy levels, ease stiff joints, improve posture and flexibility, plus more! The class is live-streamed so you can join from home if you prefer.

Cath also teaches private sessions on other days at her home studio.

10-11.30am. Ealing Personal Training, 2 St James Avenue, W13 9DJ (above Sainsbury's car park)

07909 995408 • cath@cathbarnesholt.co.uk • www.cathbarnesholt.co.uk

Facebook: https://www.facebook.com/cathyogabee



# Drama

## DECEMBER

### The Beaufort Players FRIDAYS & SATURDAYS 24, 25 NOVEMBER & 1, 2 DECEMBER A DEADLY INFLUENCE

Join us for a unique interactive evening and see if you can work out 'whodunnit' by following the action, interrogating the suspects and deciphering the clues. Tickets include a two-course meal to fuel your brain as you try to untangle the twists and turns in order to solve the mystery..

*Fridays 7.30pm, Saturdays 7pm. Church of the Ascension Hall, Beaufort Road, W5 3EB*

£24 (concessions £21) including food

Box Office: 07730 572389 (box office) • [www.beaufortplayers.org.uk](http://www.beaufortplayers.org.uk) • Facebook: Beaufort Players

### The Questors Theatre FRIDAY 8 - SATURDAY 31 DECEMBER TREASURE ISLAND

Ealing's annual panto returns!

From the Admiral Benbow Inn to the palm-fringed beaches of the Caribbean on board a leaky pirate ship. Come and join us this December for *Treasure Island*, our rip-roaring family pantomime on the high seas.

Follow Jim Hawkins on his adventures with the dastardly Long John Silver on a treasure hunt that will change their lives.

Will our Dame in distress survive a dramatic shipwreck? Will Holly convince our hero to settle down on dry land? Join us – and our extra-special mermaid guests – to find out.

With barrels of laughs, tub-thumping musical numbers and a spectacular underwater sequence, we've got something for all the family.

It's time to find your sea legs, me hearties!

*Please see website or phone for days and times. The Questors Theatre, 12 Mattock Lane, W5 5BQ From £10*

020 8567 5184 • [boxoffice@questors.org.uk](mailto:boxoffice@questors.org.uk) • [www.questors.org.uk/event.aspx?id=1104](http://www.questors.org.uk/event.aspx?id=1104)

### The Questors Theatre FRIDAY 15 - SATURDAY 30 DECEMBER THE WHITE CARNATION by R.C. SHERRIFF

Christmas Eve 1944. A gust of wind leaves John Greenwood stranded outside his family home.

But is he in this world or the next?

*The White Carnation* is a warm, humorous and touching ghost story in the tradition of Ealing comedy classics. Written by R.C. Sherriff, whose screenplays include *Goodbye Mr Chips* and *The Dam Busters*, it's the perfect Christmas treat.

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

020 8567 5184 • [boxoffice@questors.org.uk](mailto:boxoffice@questors.org.uk) • [www.questors.org.uk/event.aspx?id=1100](http://www.questors.org.uk/event.aspx?id=1100)

### HEOS Musical Theatre FRIDAY & SATURDAY 29-30 DECEMBER JACK AND THE BEANSTALK – a traditional family pantomime

**Younger Years**

Plenty of audience participation. When Jack sells the family cow, Daisy, to pay the rent, he is tricked into selling her for a single bean. But the bean grows up to Cloudland, where the Giant is holding Jack's friend, the King's daughter. Jack needs your help to rescue her.

*2 & 6.30pm. The Greenford Hall, Greenford, UB6 9QN*

£9-£15 07727 448760 • [info@heos.org.uk](mailto:info@heos.org.uk) • [www.heos.org.uk](http://www.heos.org.uk) • Facebook: @heosmusicaltheatre

## JANUARY - MARCH 2024

### Drama Studio London MONDAY 15 JANUARY - SATURDAY 23 MARCH ADULT ACTING CLASSES

**The DSL Intensive Part Time Acting Course** is designed for those with some acting experience who want to improve or refresh their skills or are considering full-time actor training. Highly experienced professional practitioners will take your skills in acting, voice and movement to the next level. You will gain a deeper understanding of devising, text analysis, and character development.

You will be given a taste of the current industry approaches to Screen Acting work and Audio work. Emphasis is given to audition technique, benefiting those ready for professional auditions as well as those looking to get into full-time drama school.

The course builds up to an ensemble scene study with a rehearsal-based approach, and an opportunity to share your work with family and friends.

**The DSL Recreational Part Time Acting Course** is a fun way to learn core acting skills. Over 10 weeks, you will be guided by highly experienced professional practitioners in skills such as acting, movement, voice and imaginative thinking. You will have the opportunity to act in front of the camera and learn the roles of a crew in Screen Acting classes and use our sound recording studio in Audio lessons.

Towards the end of the course, you will work as an ensemble with a director to devise a short piece of work in a rehearsal room environment. By the end of the 10 weeks, you will have developed your self-confidence, understand how to make bold character choices and interpret text.

This course is open to everyone, no experience necessary.

*Intensive: 6.30-9.30pm. Monday 15 January - Saturday 23 March*

*Recreational: 6.30-9.30pm. Tuesday 16 January - Thursday 21 March*

*Drama Studio London, Grange Court, Grange Road, Ealing, W5 5QN*

*A termly fee applies*

020 8579 3897 • [admin@dramastudiolondon.co.uk](mailto:admin@dramastudiolondon.co.uk) • [www.dramastudiolondon.co.uk/part-courses/](http://www.dramastudiolondon.co.uk/part-courses/)

Facebook: [www.facebook.com/dramastudiolondon](http://www.facebook.com/dramastudiolondon)

## REGULAR EVENTS

### Pisces Players (Pop-up Theatre) TUESDAYS

Our group is preparing for its next production in the early spring and would welcome anyone interested in drama to come along and join us, either acting or helping back-stage.

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

07799 173463 or 07517 792018

### Charlemagne Wine Club MATURE CHÂTEAUNEUF DU PAPE

MONDAY 15 JANUARY

Mature blends from classic properties, 2009-1995  
8pm. *The Forester, 2 Leighton Road, London W13 9EP*  
£25, 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 &amp; 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

THURSDAY AFTERNOONS

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

### HEOS Musical Theatre

FRIDAY &amp; SATURDAY 29-30 DECEMBER

#### JACK AND THE BEANSTALK – a traditional family pantomime

Plenty of audience participation. When Jack sells the family cow, Daisy, to pay the rent, he is tricked into selling her for a single bean. But the bean grows up to Cloudland, where the Giant is holding Jack's friend, the King's daughter. Jack needs your help to rescue her.

2 & 6.30pm. *The Greenford Hall, Greenford, UB6 9QN*  
£9-£15

07727 448760 • info@heos.org.uk • www.heos.org.uk • Facebook: @heosmusicaltheatre

### 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.

You can send a cheque made out to 'Ealing Arts' with your name and address, or phone or email for online bank details.

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

# EA&L Members

## ART & CRAFTS

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

## CULTURE & LEARNING

CEPAC - Campaign for an Ealing Performance and Arts Centre  
 Ealing National Trust Association  
 Ealing Over-60 Network (EON)  
 Ealing u3a  
 Friends of Marcq-en-Baroeul  
 Historical Association: Ealing Branch  
 Rainbow Poetry Group

## DANCE & MOVEMENT

Cath Barnes-Holt Iyengar Yoga  
 Dalcroze Eurhythmics Ealing  
 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  
 Perivale Social Group

West London Ramblers

## MUSIC

Brentham Ladies' Choir  
 Capital Chorus  
 Capital Concert Brass  
 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  
 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 February-March 2024 issue is 1 January 2024.  
 NB: Display ads may also be placed by non-members.  
 See [www.ealingarts.org.uk/help](http://www.ealingarts.org.uk/help)