

FEBRUARY - MARCH 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

February and March for Ealing Arts & Leisure members are definitely performing months. Take a peep at our Music and Drama sections, and you'll find a splendid choice of events to go to. No excuse for staying at home when there's so much to tempt you out as the days lengthen.

Does that mean that our other sections are a waste of space? Hardly! As well as the performing societies who are always after new talent, we have art classes and societies, brain stimulation, physical exercise both indoors and out, and simple socialisation.

The *What's On* section of our website at [www.ealingarts.org.uk/](http://www.ealingarts.org.uk/) **events** will have events further ahead and any updates which arrived too late to get into print, and all our members are listed on the back cover; you can find their 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.

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

Ealing  
Arts &  
Leisure

## Music



### MUSIC AT ST MARY'S PERIVALE

Concerts by world-class soloists and ensembles are held at **2pm** 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)



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## FEBRUARY

### Questors Choir QUESTORS CHOIR WORKSHOP

SATURDAY 3 FEBRUARY

Join Questors choir for an 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)

### West London Sinfonia WEST LONDON SINFONIA CONCERT

SATURDAY 3 FEBRUARY

Grace WILLIAMS: Fantasia on Welsh Nursery Themes

IBERT: Flute Concerto (soloist Derek Benton)

SHOSTAKOVICH: Symphony No. 9

Conductor Philip Hesketh, leader Iwona Boesche

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

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

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

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

## Ealing Symphony Orchestra

SATURDAY 24 FEBRUARY

MAHLER: Symphony No. 3

6pm. *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

## MARCH

## The Chamber Music Collective

SATURDAY 9 MARCH

### THE CHAMBER MUSIC COLLECTIVE IN CONCERT

Younger Years

A stunning line-up of world-class musicians in the heart of Ealing!

Programme: MOZART: Piano Quartet No. 2 in E flat major, K 493

BEETHOVEN: Piano Trio No. 5 in D major, Op. 71 No. 1, 'Ghost'

Rosie Richardson (piano), Markella Vandoros (violin), Alexandros Koustas (viola), Ben Tarlton (cello).

Advance booking essential; Eventbrite link on our website.

3pm. *Ealing Green Church, Ealing Green W5 5QT. £13 (concessions £10, under-18s £5)*

07852 690426 • thechambermusiccollective@gmail.com • www.thechambermusiccollective.com

Facebook: www.facebook.com/the\_chamber\_music\_collective

## Ealing Symphony Orchestra

SATURDAY 9 MARCH

### CHAMBER MUSIC CONCERT

For instruments and voices

7.30pm. *St Mary's Perivale, Perivale Lane, UB6 8SS*

Free entry, with donations invited.

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

## West London Sinfonia

SATURDAY 16 MARCH

### WEST LONDON SINFONIA CONCERT

Florence PRICE: Concert Overture No.2

COPLAND: Appalachian Spring

ADAMS: Harmonielehre

Conductor Philip Hesketh, leader Iwona Boesche

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

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

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

## Ealing Voices

SUNDAY 17 MARCH

### FAURÉ, JENKINS AND RUTTER

Come and join us for an evening of choral favourites including Fauré's Requiem, Jenkins' *Armed Man* and Rutter's Gloria.7.30pm. *St Stephen's Church, St Stephen's Rd, London W13 8HB*

£13 in advance, £15 on the day. Paying bar. Tickets via our website or on the door.

info@smce.org.uk • www.smce.org.uk

## Ealing Choral Society

SATURDAY 23 MARCH

### SCHÜTZ: MUSIKALISCHE EXEQUIEN

Join Ealing Choral Society for Heinrich Schütz's sacred composition *Musikalische Exequien*. The work precedes Brahms's German Requiem in style and content. The programme also includes Allegri's *Miserere mei Deus*, Carissimi's *Jephthe* and Monteverdi's *Ab Aeterno Ordinata Sum*. With the Choir of the National Musicians' Church, Holy Sepulchre. 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/582427

07957 923341 • tickets@ealingchoralsociety.org.uk

www.ealingchoralsociety.org.uk/concert/musikalische-exequien/ • Facebook: EalingChoralSoc

**Ealing Choral Society** 

Heinrich Schütz  
**MUSIKALISCHE EXEQUIEN**

**PETER ASPREY CONDUCTOR**  
**EALING CHORAL SOCIETY**  
with the **CHOIR OF THE NATIONAL MUSICIANS' CHURCH, HOLY SEPULCHRE**

**TICKETS: £17**  
£15 (concessions), £3 (under 18)

**BOX OFFICE:** www.wegotickets.com/event/582427  
t: 07957 923 341  
tickets@ealingchoralsociety.org.uk

**SATURDAY MARCH 23, 2024**  
**7:30pm**

**ST BARNABAS CHURCH**  
Pitshanger Lane, Ealing W5 1QG

ealingchoralsociety.org.uk • Registered Charity 278174

## 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

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

Sunday 4 February: Fenella Humphreys (violin), Viv McLean (piano), Jessica Duchen (presenter)

Sunday 11 February: The Morassi String Quartet

Sunday 18 February: Tessa Uys and Ben Schoeman (piano duo)

Sunday 25 February: Diana Cooper (piano)

Sunday 17 March: Songha Choi (violin)

Sunday 24 March: The Continuum Chamber Choir

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

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

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

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

## Music at St Mary's Perivale

TUESDAYS &amp; THURSDAYS

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

Thursday 1 February: Julian Jacobson (piano)

Tuesday 6 February: Callum McLachlan (piano)

Thursday 8 February: Alexander Soares (piano)

Tuesday 13 February: Edward Leung (piano)

Thursday 15 February: Maxim Calver (cello)

Tuesday 20 February: Gabriele Sutkute (piano)

Thursday 22 February: Gabriel Cano (flute), Guillaume Moix (piano)

Tuesday 27 February: Caterina Grewe (piano)

Thursday 29 February: Rob Luft (guitar), Alice Zawadzki (vocals)

Tuesday 5 March: Matthew McLachlan (piano)

Thursday 7 March: The Waldstein Trio

Tuesday 12 March: Roman Kosyakov (piano)

Thursday 14 March: The Perhaps Jazz Trio

Tuesday 19 March: Jacky Zhang (piano)

Thursday 21 March: Viv McLean (piano)

Tuesday 26 March: Phillip Leslie (piano)

*2pm. 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. No prior experience necessary. Your tutor is Kaye Barker (Diplôme Supérieur, Institut Jaques-Dalcroze, Geneva, BA (Oxon), PGCE).

*Weekly 22 January - 18 March except 12 February, then weekly 15 April - 20 May except 6 May 6.30-8pm. St Andrew's Church Centre, Mount Park Road, Ealing, W5 2RS*

*Drop-in £15 (seniors or students £13)*

*£88 for any 6 sessions (students and seniors £68): 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

### 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 • www.julianoperatic.org

## Ealing Voices

### SING WITH US

THURSDAYS

Join our friendly, un-auditioned choir! We welcome new singers with some choral experience in all voice parts. We perform three concerts per year in Ealing – please see the website for our current programme and schedule. Music Director: Michael Veazey.

Term-time, 7.30-9.30pm. St Matthew's Church, North Common Road, W5 2QA

£50 per term (concessions available)

info@smce.org.uk • www.smce.org.uk

## 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

## 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 • www.capitalconcertbrass.co.uk

# Art & Crafts

LOOKING AHEAD

## Borough of Ealing Art Trail (BEAT)

SATURDAY 14 - SUNDAY 22 SEPTEMBER

Over 200 artists exhibited in more than 60 venues across Ealing during the 2023 event and we anticipate that participation in BEAT will continue to grow.

Two weekends: 14-15 & 21-22 September 2024, 11am - 6pm. 60-plus venues across the Borough. Free admission

020 8992 0366 • jorgensenmark1950@gmail.com • www.ealingbeat.org.uk

## LONG-TERM AND REGULAR EVENTS

### Ealing Art Group

VARIOUS DATES AND TIMES

Love art and would like to be part of a lively local group interested in all aspects of art? Ealing Art Group offers the opportunity to exhibit regularly, as well as participate in lectures/demonstrations and occasional visits to places of artistic interest. Visit our website for further information.

Secretary: 020 8998 5662 • ealingartgroup@gmail.com • www.ealingartgroup.org.uk

Facebook: www.facebook.com/ealingartgroup

### Pamela Lloyd-Jones Art Classes

SATURDAYS

#### LIFE DRAWING WORKSHOP

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 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 CLASSES

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

Tuesdays 6 February - 19 March, 16 April - 2 July, 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

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

*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

21 February: *BOGOF* is the title of Peter Bodnar's demonstration this month, so why not come and join us to see what 'BOGOF' really means!

20 March: Our AGM (for approx 30 minutes) is followed by an in-house demonstration by club members.

*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 you could 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

15 February: Japanese Folded Patchwork

21 March: Foundation piecing

*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

## 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

## MARCH

## Vitality Leap - Fireside Lodge

SATURDAY - SUNDAY 23-24 MARCH

### REIKI 1 COURSE

Reiki is an ancient Asian energy healing and meditation system. It can serve you for self-development, mindfulness, balance and stress release. After this course you can give Reiki energy to friends, family and your pets, and you may join our monthly Reiki Share group (Sunday afternoons).

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

£195

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

## REGULAR & CONTINUING EVENTS

## Ealing Over 60 Network (EON)

MONDAYS

### FRIENDLY INFORMAL OLDER PERSONS' SOCIAL CLUB

We offer a varied programme of talks, films, discussions, arts/crafts, poetry appreciation, quizzes, etc. Disabled-friendly venue near Ealing Broadway. Free car park. Free tea/coffee from 1.30pm. Main Event 2-3.15pm 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, Ealing, W5 2SE*

*£5 optional donation to cover expenses*

020 8810 6753 • arratoon.arratoon@gmail.com

## Historical Association: Ealing Branch

TUESDAYS

13 February: Professor Alexandra Walsham, Professor of Modern History, University of Cambridge, and Fellow of Emmanuel College, President of the Historical Association, *In the Shadows and under the Cross: Roman Catholicism in Early Modern England*

12 March: Professor Matthew Hughes, Brunel University, *The Arab Revolt in Palestine in the 1930s*  
*7.30pm. Ealing Green Church, W5 5QT*

*Free to national and local members and students. Visitors £5.*

Enquiries (secretary): 020 8579 2174 • philipgwoods@outlook.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: *13 February ('Customs and Holy Days')*, *12 March ('Irish Poets')*.  
2.30pm. Hanwell Community Library, Cherington Road, W7 3HL

Enquiries: 020 8567 4397 • donkennedy@f2s.com

## Ealing Yoga, Meditation & Philosophy Centre

WEDNESDAYS &amp; THURSDAYS

### 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 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 • www.ealingyogamedpc.org.uk

Facebook: Ealing Yoga Meditation &amp; 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

## 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
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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/ .

### VitalityLeap

SATURDAYS

#### NORDIC WALKING COURSE

Nordic Walking is a whole-body workout that engages 90% of your muscles and uses up to 40% more calories than regular walking. It is great for general fitness, but specifically for heart health, controlling blood sugar levels and rehab. Great fun and gentle on your joints!

*24 February, 16 March, 9.30-11.30am. Outdoors in Hanwell*

*£45 (pole hire included)*

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

### 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

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, 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, 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 &amp; Philosophy Centre

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

FEBRUARY &amp; MARCH 2024

The Questors Theatre

FRIDAY 26 JANUARY - SATURDAY 3 FEBRUARY

YOU CAN'T TAKE IT WITH YOU

A Pulitzer Prize-winner on stage and Academy Award winner on screen, this timeless tale of unbridled optimism in the face of adversity is as relevant today as it was in 1936. Step into the weird and wonderful Sycamore residence, where one unconventional family have chosen a path of individuality, authenticity and joy, rejecting the norms of the time for a life less ordinary.

7.45pm (2.30pm Sunday; not Monday). The Questors Theatre (the Judi Dench Playhouse)

£10 - £20 (season pass, children's and concession prices available)

020 8567 5184 • boxoffice@questors.org.uk • www.questors.org.uk/event.aspx?id=1151

Facebook: www.facebook.com/questorstheatre/

The Questors Theatre

FRIDAY 16 - SATURDAY 24 FEBRUARY

SARA SAMPSON

A man with a dubious past has eloped with a younger woman promising to marry her – but will he? And what will happen when her father arrives, followed by a ruthless ex-lover? Moral ambiguity abounds and tragedy awaits in this almost forgotten classic, originally written by the German writer Gotthold Lessing (perhaps best known for his play *Nathan the Wise*). Join us for the world première of this new translation by David Emmet.

7.30pm (2.30pm Sunday; no performance Monday). The Questors Theatre (the Studio)

£10 - £20 (season pass, children's and concession prices available)

020 8567 5184 • boxoffice@questors.org.uk • www.questors.org.uk/event.aspx?id=1162

Facebook: www.facebook.com/questorstheatre/

The Beaufort Players

FRIDAY 21 - SATURDAY 23 MARCH

GOD OF CARNAGE by YASMINA REZA (translated by Christopher Hampton)

Savage satire about two sets of parents whose discussion about their sons descends into chaos.

Thursday 21 and Friday 22 March at 8pm, Saturday 23 March at 7.30pm

Church of the Ascension Hall, Beaufort Road, London W5 3EB

£12 to £15

07730 572389 • boxoffice@beaufortplayers.org.uk • www.beaufortplayers.org.uk

Facebook: Beaufort Players

The Questors Theatre

FRIDAY 22 - SATURDAY 30 MARCH

SINGLE SPIES

Embark on a comedic journey with Alan Bennett's double bill featuring spies, lies, royalty, and art. *An Englishman Abroad* explores the encounter between defected spy Guy Burgess and actress Coral Browne in 1958 Moscow, while *A Question of Attribution* unveils the quirky interrogation of Sir Anthony Blunt, Surveyor of the Queen's Pictures, blending humour and mystery.

7.45pm (2.30pm Sunday; not Monday). The Questors Theatre (the Judi Dench Playhouse)

£10 - £20 (season pass, children's and concession prices available)

020 8567 5184 • boxoffice@questors.org.uk • www.questors.org.uk/event.aspx?id=1163

Facebook: www.facebook.com/questorstheatre/



## Gloc Musical Theatre YOUNG FRANKENSTEIN

WEDNESDAY - SATURDAY 8-11 MAY

Experience the electrifying charm of the Broadway sensation *Young Frankenstein*. Grandson of the infamous Victor Frankenstein, Frederick Frankenstein inherits his family's estate in Transylvania. With the help of a hunchbacked sidekick, Igor, and a leggy lab assistant, Inga, Frederick finds himself in the mad scientist shoes of his ancestors. "It's alive!" he exclaims as he brings to life a creature to rival his grandfather's. Eventually, of course, the monster escapes and hilarity continuously abounds.

7.45pm. *The Questors Theatre, 12 Mattock Lane, London W5 5BQ*  
£20

Box office: 020 8567 5184 • [boxoffice@questors.org.uk](mailto:boxoffice@questors.org.uk)  
Information: [www.glocmt.co.uk](http://www.glocmt.co.uk) • Facebook: [www.facebook.com/glocmusicaltheatre](https://www.facebook.com/glocmusicaltheatre)

## Leisure

## 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](mailto:ealingoutdoorclub@hotmail.com) • [www.ealingoutdoorclub.org.uk](http://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](mailto:westlondongroup@yahoo.co.uk) • [www.westlondonramblers.org.uk](http://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](http://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

### The Chamber Music Collective THE CHAMBER MUSIC COLLECTIVE IN CONCERT

SATURDAY 9 MARCH

A stunning line-up of world-class musicians in the heart of Ealing!

Programme: MOZART: Piano Quartet No. 2 in E flat major, K 493

BEETHOVEN: Piano Trio No. 5 in D major, Op. 71 No. 1, 'Ghost'

Rosie Richardson (piano), Markella Vandoros (violin), Alexandros Koustas (viola),

Ben Tarlton (cello).

Advance booking essential; Eventbrite link on our website.

3pm. Ealing Green Church, Ealing Green W5 5QT

£13 (concessions £10, under-18s £5)

07852 690426 • thechambermusiccollective@gmail.com • www.thechambermusiccollective.com

Facebook: www.facebook.com/the\_chamber\_music\_collective

## REGULAR EVENTS

### Suzanne Gribble – Iyengar Yoga YOGA CLASSES

MOST DAYS

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/

## 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

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## ART & CRAFTS

Borough of Ealing Art Trail (BEAT)

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 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

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 April - May 2024 issue is 1 March 2024.

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

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