

OCTOBER - NOVEMBER 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

Autumn is upon us, and our performing members have been getting busy. Take a look at the Music pages and you'll find a great deal to make venturing out on a perhaps murky afternoon or definitely dark evening well worthwhile. And don't forget Drama; not as many performances shown there, but all well worth your attention.

Our remaining sections have the accent on things to do rather than to hear or watch, and there are so many to choose from! All our members welcome new participants, so don't hold back; you're sure to find a welcome.

Do check our website if you can for events which didn't reach us in time to publish here. All our members are listed on the back page, and their details are in the Members section of our website at www.ealingarts.org.uk/members. Give Richard a ring on 020 8567 4075 if the internet isn't for you, and he'll be able to help.

Copies of *What's On* can go quickly. See page 10 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** on **Tuesdays** and **Thursdays (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



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Find us online at
ealingarts.org.uk

 facebook.com/EalingArts

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

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

OCTOBER

Ealing Symphony Orchestra

SATURDAY 5 OCTOBER

STANFORD: Irish Rhapsody No 1 in D minor

Lowell LIEBERMANN: Flute Concerto

TCHAIKOVSKY: Symphony No. 6 (*Pathétique*)

Peter Robertson (flute), Ealing SO / John Gibbons

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

Advance tickets, including season tickets, via website or entry at the door

£17 (under-25/student £6, accompanied under-18 free), including programme

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

the chamber music collective

Bohemian Celebration!

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



Zahra Benyounes
Alexandros Koustas
Markella Vandoros
Alisa Liubarskaya

SMETANA

String quartet no. 1 in E minor, 'From my life'

DVOŘÁK

String quartet no. 12 in F major op.96, 'American'

www.thechambermusiccollective.com

Book now!

Adults: £13
Concessions: £10
under 18s: £5

tinyurl.com/5octCMC



Saturday

5

October

3.00pm

Ealing Green Church

The Chamber Music Collective
BOHEMIAN CELEBRATION!

SATURDAY 5 OCTOBER

A glorious afternoon of string quartets by Bohemian composers Smetana and Dvořák, performed by world-class musicians in the heart of Ealing. Programme:
SMETANA: String Quartet No. 1 in E minor, *From my life*
DVOŘÁK: String Quartet No. 12 in F major Op. 96, *American*
 Markella Vandoros, Zahra Benyounes (violin), Alexandros Koustas (viola), Alisa Liubarskaya (cello)
 3-4pm. Ealing Green Church, Ealing Green, W5 5QT
 £13 (concessions £10, under-18s £5)
 07852 690426 • thechambermusiccollective@gmail.com • www.thechambermusiccollective.com

St Peter's Ealing
GERMAN ORGAN VIRTUOSO COMES TO EALING

TUESDAY 15 OCTOBER

18-year-old organ superstar Jan Liebermann performs on the restored Bishop organ. Big screen projection and refreshments.
 7.30pm. St Peter's Church, Mount Park Road, W5 2RU
 £15 on the door
 020 8997 3655 • musical_markj@yahoo.co.uk • www.stpeterealing.org.uk/about.htm
 Facebook: www.facebook.com/groups/644813947643863

JULIAN OPERATIC EALING

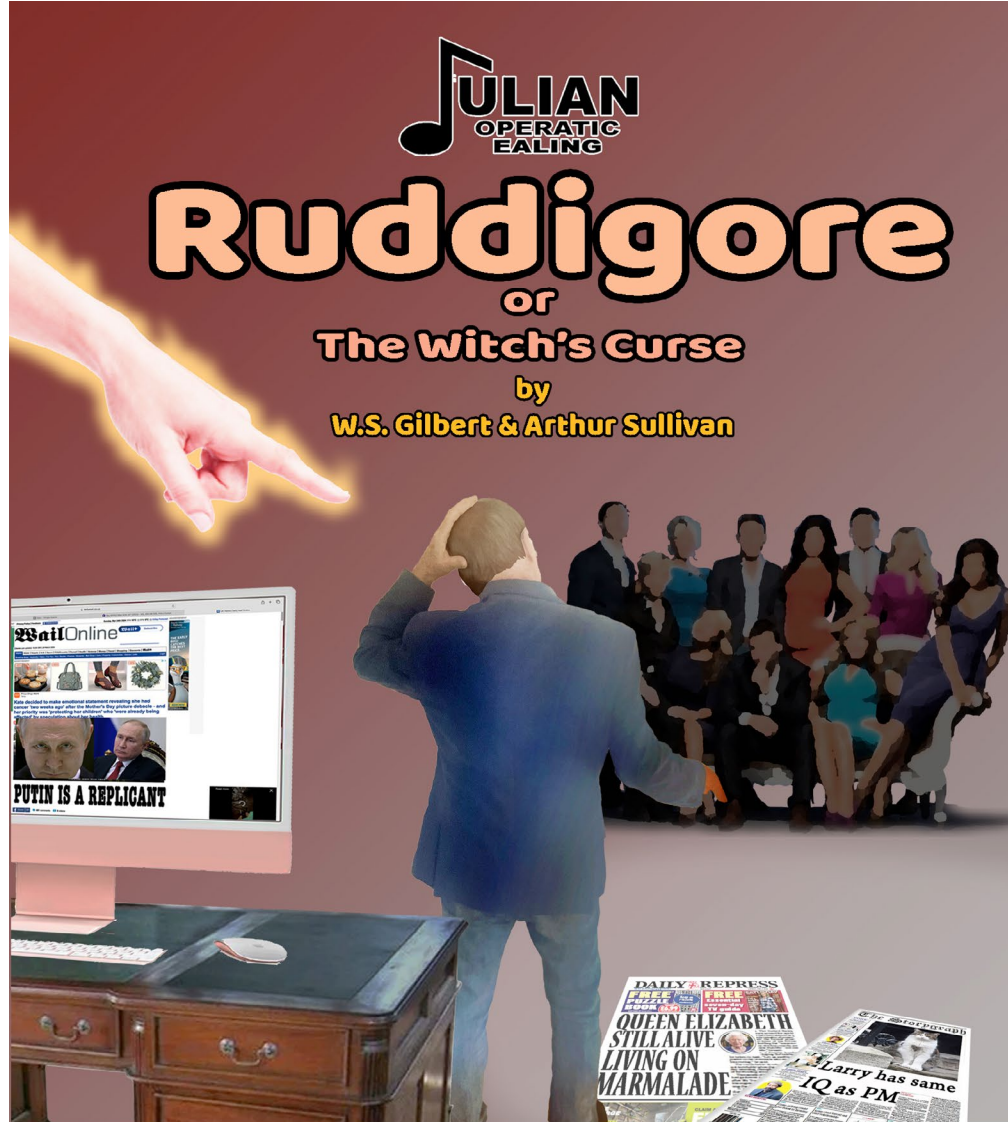
Ruddigore

or

The Witch's Curse

by

W.S. Gilbert & Arthur Sullivan




The Questors Theatre Ealing

17th - 19th October 2024 at 7.30pm

Saturday Matinée at 2.30pm

Tickets £24 + concessions: The Questors Theatre Box Office
 020 8567 5184 or www.questors.org.uk
 or visit www.julianoperatic.org for further details

Julian Light Operatic Society: Registered Charity No 1103764



West London Sinfonia

WEST LONDON SINFONIA CONCERT

SATURDAY 19 OCTOBER

DVOŘÁK: Carnival Overture
 RACHMANINOFF: Rhapsody on a Theme of Paganini
 MARQUEZ: Danzón No 2
 MUSSORGSKY/RAVEL: Pictures at an Exhibition
 Piano Viv McLean, 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
 Facebook: www.facebook.com/westlondonsinfonia

NOVEMBER

The Chamber Music Collective

SCHUBERTIAD

SATURDAY 9 NOVEMBER

A tribute to Schubert's stunning chamber music, including the legendary *Trout* quintet, performed by world-class musicians in the heart of Ealing. Programme:

SCHUBERT: String Trio in B flat major, D471
 SCHUBERT: Piano Quintet in A major, D667 (*Trout*)
 Rosie Richardson (piano), Markella Vandoros (violin), Alexandros Koustas (viola), Alisa Liubarskaya (cello), Laurence Ungless (double bass)
 3-4pm. 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 Choral Society

ETERNAL LIGHT: A REQUIEM

SATURDAY 16 NOVEMBER

Please join Ealing Choral Society for its November concert, Howard Goodall's *Eternal Light: A Requiem*. The programme includes Vaughan Williams *Five Mystical Songs* and other choral favourites by Bairstow and Stanford. With the London Mozart Players. 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/624794
 Enquiries: tickets@ealingchoralsociety.org.uk • www.ealingchoralsociety.org.uk
 Facebook: ealingchoralsoc




Howard Goodall
ETERNAL LIGHT
 A Requiem
 and other works by Vaughan Williams, Stanford and Bairstow

SATURDAY 16 NOVEMBER 2024, 7:30pm

Peter Asprey Conductor
 London Mozart Players

St Barnabas Church,
 Pitshanger Lane, Ealing W5 1QG

Tickets: £17, £15 (concessions), £3 (under 18)
 Box Office: wegottickets.com/event/624794
 07957 923 341
tickets@ealingchoralsociety.org.uk
ealingchoralsociety.org.uk • Registered Charity 278174



EALING
 CHORAL
 SOCIETY

Ealing Symphony Orchestra

SATURDAY 23 NOVEMBER

DEBUSSY: La Mer
 Paul CARR: Saxophone Concerto
 George LLOYD: Symphony No. 5
 Rob Burton (saxophone), Ealing SO / John Gibbons
 7pm. St Barnabas Church, Pitshanger Lane, W5 1QG
 Tickets via website or at the door

£17 (under-25/student £6, accompanied under-18 free), including programme
 020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

West London Sinfonia

WEST LONDON SINFONIA CONCERT

SATURDAY 30 NOVEMBER

RAVEL: Ma Mere l'Oye Suite
 Cecilia MCDOWALL: Rain, Steam and Speed
 VAUGHAN WILLIAMS: Symphony No. 5
 conductor Philip Hesketh, leader Iwona Boesche
 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

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 CONCERTS – AUDIENCE WELCOME, AND ONLINE

Sunday 6 October: Coco Tomita and Yume Tomita (violins), Kan Tomita (piano)

Sunday 13 October: Leyth Elmani (violin), Yuri Zhislin (viola) and friends

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

Sunday 10 November: The Brompton String Quartet

Sunday 17 November: The Hankin Wind Quintet

3pm. 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

HEOS Musical Theatre

MONDAYS, TUESDAYS & THURSDAYS

HEOS MUSICAL THEATRE – NEW SEASON

Come and join one of the premier musical theatre societies in West London for *Anything Goes*, Cole Porter's iconic musical with its show-stopping dance routines, to be performed at the Questors Theatre on 9-12 April 2025; auditions are on 20 October.

Rehearsals are on Mondays (ensemble) and Thursdays (principals), with everyone called on both evenings plus Sunday afternoons close to the show date.

We are a very friendly group, and look forward to welcoming you.

Rehearsals Mondays 7.30-10pm, Thursdays 8-10pm, Sundays 2-6pm.

Northolt Methodist Church Hall, Church Road, Northolt, UB5 5AE

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

Music at St Mary's Perivale

TUESDAYS AND THURSDAYS

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

Tuesday 1 October: Neil Crossland (piano)

Thursday 3 October: Steve Vintner jazz quartet

Tuesday 8 October: Mengyang Pan (piano)

Thursday 10 October: Renata Konyicska (piano)

Tuesday 15 October: Ronan Magill (piano)

Thursday 17 October: Milos Milivojevic (accordion), Anja Milivojevic (violin)

Tuesday 22 October: Anna Tsybuleva (piano)

Tuesday 29 October: Filip Michalak (piano)

Thursday 31 October: The Art Deco Jazz Trio

Tuesday 5 November: Luisa Tender (piano)

Thursday 7 November: Yevgeny Kutik (violin)

Tuesday 12 November: Amit Yahav (piano)

Thursday 14 November: Michael Petrov (cello), Rosie Richardson (piano)

Tuesday 19 November: Khrystyna Mikhaïlichenko (piano)

Thursday 21 November: Alena Walentin (flute)

Tuesday 26 November: Curtis-Phil Hsu (piano)

Thursday 28 November: Kelley Sutfenfield (jazz vocalist)

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

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 Barnabas Church, Pitshanger Lane, London W5 1QG

First 3 sessions free of charge

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

www.facebook.com/QuestorsChoir

Ealing Voices

THURSDAYS

SING WITH US

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

£60 per term (concessions available)

info@ealingvoices.org.uk • ealingvoices.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?

Next concert: 2pm Thursday 12 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

THURSDAYS

COME AND PLAY BRASS!

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

OCTOBER-NOVEMBER

Ealing Art Group

MONDAY - FRIDAY 28 OCTOBER - 1 NOVEMBER

EALING ART GROUP AUTUMN EXHIBITION

Exhibition and sale of affordable art and craft

OPEN Ealing Arts Centre, School Lane, Dickens Yard, W5 2TD.

Free entry. Please see website for opening times.

07778 351118 / 020 8998 5662 • ealingartgroup@gmail.com • www.ealingartgroup.org.uk

Facebook: www.facebook.com/ealingartgroup

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

Friendly and supportive Life Drawing workshops. Excellent models, experienced tutor, all materials and refreshments supplied. All levels welcome. Free parking. Near E2 and E9 buses.

Saturday once a month, 10am-1pm. Please contact Pamela for upcoming dates.

The Brentham Club, 38a Meadvale Road (near Pitshanger Lane), Ealing, W5 1NP

£25 including all materials and refreshments

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

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.

Tuesdays 14 January - 25 March, 10.15am-12.30pm and 1.15-4pm. £100 for 10 classes.

Northfields Community Centre, 71 Northcroft Road, W13 9SS

020 8891 5115 • patricia.burbidge@gmail.com

Pamela Lloyd-Jones Art Classes

TUESDAYS

ART CLASSES AT THE BRENTHAM CLUB WITH PAMELA LLOYD-JONES

Fun, friendly art classes which will stimulate your creativity while learning drawing and painting techniques in a supportive environment. All levels of experience welcome.

17 September - 10 December, half term 29 October (12 weeks), either 10am-12 noon or 1-3pm.

The Brentham Club, 38a Meadvale Road (near Pitshanger Lane), Ealing, W5 1NP

£153 for 12-week term or £15.50 weekly

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

Facebook: Pamela Lloyd-Jones Art Classes

Ealing Flower Club

FLORAL DESIGN DEMONSTRATIONS

WEDNESDAYS

16 October: In-House Demonstrations by In-House Trio

20 November: In-House Christmas Workshop

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 £7 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

17 October: Cathedral Window and Secret Garden

21 November: Double -sided Pinwheel Block

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

£4 (members free)

07929 801724 • kayetelford@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 (October - September) subscription is £10, or for April - September it's £5 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

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: Les Amis d'Ealing/Friends of Marcq • www.facebook.com/groups/3139986216275513

OCTOBER

Vitality Leap - Fireside Lodge

SATURDAY - SUNDAY 5-6 OCTOBER

REIKI 1 COURSE

Reiki is an ancient Japanese energy healing, meditation and self-development method. It is great for inner balance, stress release, supporting transition times, and mental/emotional health.

I also run Reiki 2 on 9/10 November, but this is only for students who have at least four months experience with Reiki. I accept students who learned Reiki 1 with a different teacher (pre-work required).

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

£195

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

Vitality Leap - Fireside Lodge

SATURDAY - SUNDAY 12-13 OCTOBER

FOUNDATION COURSE DRUM JOURNEY SKILLS

Drum Journeying is a meditation method that allows you to connect to your deepest essence, in order to receive guidance, healing, and positive transformation energy. It is inspired by shamanic practices of First Nation people around the world, but it is put in a format that you can use every day for your personal development needs. A wonderful way to connect to your True Self and the Universe.

Saturday: 10am-6.30pm, Sunday: 1-5.30pm. Fireside Lodge, Hanwell

£190

07766 464623 (Andrea) • fireside.andrea@gmail.com • www.firesidelodge.co.uk/drumjourneycourse.html

NOVEMBER

Ealing Yoga, Meditation & Philosophy Centre

SATURDAY 16 NOVEMBER

AYURVEDA DAY

Please see advert overleaf.

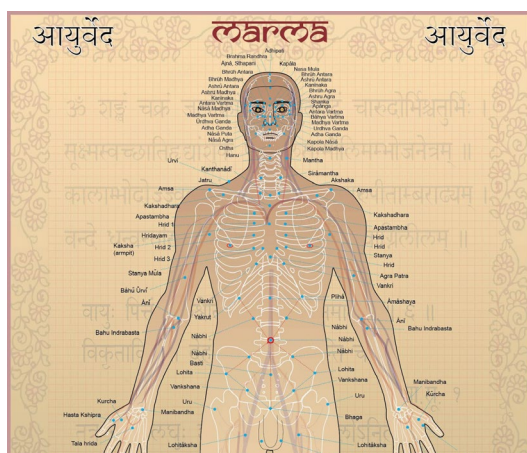
Ealing Yoga, Meditation & Philosophy Centre (EYMPC)[Formerly 'The Himalayan Institute UK']. www.ealingyogamedpc.org.uk Reg. charity 1048336**Saturday 16th November 2024**

9.15am – 3.30pm

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

Ayurveda day with Angela Hope-Murray.

[MSc Ayur. MA.. BSc Ost. DO. HCPC reg Pod]

**Programme**

- 9.15am Registration
 9.30 Introduction to Ayurveda and maintenance of the muscle skeletal system
 11.00 Break
 11.20 Asana to enhance the health of the body and joints (Lisa Schlotmann)
 12.45 Lunch
 1.30 Ayurveda and common musculoskeletal disorders
 2.45 Break
 3.00 Gong Bath with Hana Winter
 3.45 Close

Pleasant venue with easy parking. **Light lunch provided.**
 Bookstall: titles on Ayurveda, yoga, meditation & philosophy.

Fee: £70 [EYMPC Members £55]

To register, contact Lisa Schlotmann

enquiries@ealingyogamedpc.org.uk or 07918 622 995.**Ealing Readers**

MONDAYS

We are an informal book group, and we welcome new members. 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.

Castle Inn, 36 St Mary's Road, W5 5EU. Please enquire for meeting time.

Hazel Williams: hazannewilliams@gmail.com

Ealing Over 60 Network (EON)

MONDAYS

FRIENDLY INFORMAL OLDER PERSONS' SOCIAL CLUB

We offer a regular, varied programme every Monday except Bank Holidays: social gatherings, discussions, talks by outside speakers, quizzes, films, art/craft sessions, music, poetry appreciation, etc. Disabled-friendly venue near Ealing Broadway station. Free car park.

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

Optional door donation up to £5 to cover room hire, etc.

020 8810 6753 • arratoon.arratoon@gmail.com

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 September (*Colour*), 8 October (*Buildings*), 12 November (*Edward Thomas and Eleanor Farjeon*).

2.30pm. Hanwell Community Library, Cherington Road, W7 3HL

Enquiries: 020 8567 4397 • donkennedy@f2s.com

Ealing Yoga, Meditation & Philosophy Centre

WEDNESDAYS & THURSDAYS

MEDITATION AND PHILOSOPHY

This is a mixed-level class, suitable for those who have experience of meditation and Yoga practices, and those new who wish to learn how to meditate.

For new students, the first session is a free 'taster'. Thereafter, it is recommended that new students commit to and pay in advance for all 5 remaining sessions in the first half term, to gain maximum benefit from the classes.

6-7.30pm 18 September - 4 December (no class on 30 October)

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

Payment in advance (half or whole term) £12 per session; drop-ins £13 per session.

EYMPC members £10 per session

MEDITATION AND PHILOSOPHY

How to relax, breathe and meditate, 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. Some experience of meditation desirable. Details on our website.

8-9.30pm Thursdays 5 September - 5 December (no class on 31 October); live and on Zoom.

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

£156 for full course or £78 either half (£130 or £65 for members) or £13 drop-in

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

Facebook: Ealing Yoga Meditation & Philosophy Centre

Ealing u3a

TALKS PROGRAMME and 55 INTEREST GROUPS

THURSDAYS & OTHER DAYS

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 55 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

OCTOBER-NOVEMBER

Vitality Leap - Fireside Lodge

NORDIC WALKING COURSE

SATURDAY 26 OCTOBER or 2 NOVEMBER

Nordic Walking is a whole-body workout in nature, which was invented as the summer training of the Finnish Olympic Cross Country ski team. It is different from regular pole walking, as its specific push-back uses 90% of your skeletal muscles. Great for general fitness, heart health, weight loss and mental well-being. Gentle on the joints. After the course, you may join our walking groups.

9.30-11.30am. Outdoors in Hanwell

£48 (pole hire included)

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

Dalcroze Eurhythmics Ealing

DALCROZE MOVES COURSE (exploring Dalcroze Eurhythmics)

MONDAY - TUESDAY 28-29 OCTOBER

Explore music through movement in this fun method developed by Emile Jaques-Dalcroze. Improve your flexibility, balance, coordination and self-expression while learning more about music and meeting others who enjoy moving to music.

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

Two days: £195 (students/seniors £180). One day only: £110 (students/seniors £100)

dalcrozemoves@gmail.com • www.dalcrozemoves.com

REGULAR & CONTINUING EVENTS

StayActive4Life

MONDAYS - FRIDAYS

At StayActive4Life we believe that everybody deserves the help and support to live a more active and healthy life. We know you want to stay fit, healthy and active for longer.

We deliver a range of exercise classes to help:

- Strengthen your muscles and become more flexible
- Improve your fitness and have greater stamina and more energy so that you can live your life to the full.
- Maintain your balance so that you feel steady on your feet and reduce your risk of falls

We deliver classes across the borough so please contact us for your local class and current prices.

The class times vary as we have so many classes.

We deliver classes in Acton, Ealing, Greenford and Northolt.

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

Suzanne Gribble – Iyengar Yoga

YOGA CLASSES

MOST DAYS

Younger Years

Iyengar yoga classes help improve flexibility, alignment, strength and stamina and help quieten the mind, using props to help students access the poses safely. All ages and abilities welcome. Suzanne teaches a variety of classes in Ealing open to beginners and teaches a Saturday class for children/teenagers. See her website for details and booking and do get in touch with any queries.

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/

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

£15 per session

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

Dalcroze Eurhythmics Ealing

MUSIC AND MOVEMENT FOR ADULTS

MONDAYS

Improve your coordination, flexibility and balance in a creative movement class which uses the Dalcroze principles. Explore music in this fun and joyous method.

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

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

dalcrozemoves@gmail.com • www.dalcrozemoves.com

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

£9 per class paid in a block or £13 drop-in

020 8845 7873 • LorettaYoga6@gmail.com • www.yogaloretta.co.uk

Ealing Yoga, Meditation & Philosophy Centre

TUESDAYS, WEDNESDAYS & THURSDAYS

MIXED-ABILITY YOGA

Suitable for everyone, although some experience of Yoga is beneficial

• 10-11.15am and 11.30am-1pm, Tuesdays 3 September - 3 December (no class on 29 October)

£156 for full course or £78 for either half (£130 or £65 for members) or £13 drop-in

• 8-9.30pm, Wednesdays 4 September - 4 December (no class on 30 October)

£156 for full course or £78 either half (£130 or £65 for members) or £13 drop-in

All above at Ealing Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE

YOGA FOR ALL

Suitable for everyone; no prior experience necessary

6.30-8pm, Thursdays 5 September - 5 December (no class on 31 October)

£156 for full course or £78 for each half (£130 or £65 for members) or £13 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

Patricia Lajtai – Pilates

TUESDAYS, THURSDAYS & FRIDAYS

Would you like to improve your posture, and enhance your mobility and strength? You're welcome to join our friendly group and begin your journey of feeling more at ease and empowered in your body. Classes are suitable for over-60's.

Tuesdays & Fridays 1-2.15pm in person, £60 for 5 classes or £13 drop in.

Innovation Dance Studio, Pitshanger Lane, W5 1QX

Thursdays 11am-12pm online via Zoom. £10 per class.

07816 760502 • patricia.lajtai@btinternet.com

Cath Barnes-Holt Iyengar Yoga

FRIDAYS

Lovely friendly Iyengar yoga class for all levels (beginners welcome) – to help release and realign 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

SPRING and AUTUMN

Drama Studio London

MONDAYS - SATURDAYS

ADULT ACTING CLASSES AND SUMMER SCHOOLS

Spring and Autumn adult evening classes for 18+, and 1- or 2-week Summer Schools for both 16-18 years and 18+, all delivered by industry professionals. Details and booking online.

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

020 8579 3897 • info@dramastudiolondon.co.uk • www.dramastudiolondon.co.uk/part-courses/

Facebook: www.facebook.com/dramastudiolondon

OCTOBER-NOVEMBER

The Questors Theatre

FRIDAY 27 SEPTEMBER - SATURDAY 5 OCTOBER

BLITHE SPIRIT by NOËL COWARD

A spirited comedy of love and the afterlife! *Blithe Spirit* is a hilarious farce by the master of wit, Noël Coward.

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

£10-£20

boxoffice@questors.org.uk • www.questors.org.uk/event.aspx?id=1230

Facebook: www.facebook.com/questorstheatre

Gloc Musical Theatre

WEDNESDAY - SATURDAY 30 OCTOBER - 2 NOVEMBER

LIFE

Come see the next production by Gloc Musical Theatre, *Life*. It is a musical journey that starts at conception and travels through to death and the afterlife, featuring songs from beloved shows and those that evoke cherished memories. It's a journey we all understand because we're all on it together.

7.45pm. St Benedict's School, 54 Eaton Rise, Ealing, W5 2ES

£20

Box office: TicketSource

Enquiries: gloc@gmail.com • www.glocmt.co.uk/ • Facebook: www.facebook.com/glocmusicaltheatre

Beaufort Players

FRIDAYS & SATURDAYS 29-30 NOVEMBER, 6 -7 DECEMBER

CINDERELLA IN SPACE

It's panto time! An exciting new version of the much-loved *Cinderella* set in space by Alan Robinson. Lots of fun for all ages! Come and join the festive fun.

Fridays 8pm, Saturdays 2pm & 7pm. Church of the Ascension Hall, Beaufort Road, Ealing, W5 3EB
Tickets via website or prices to be confirmed.

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

Facebook: Beaufort Players

REGULAR EVENTS

HEOS Musical Theatre

BEAUTY AND THE BEAST

SUNDAYS AND TUESDAYS

Come and join the cast of the traditional pantomime *Beauty and the Beast* at the Greenford Hall on 29-30 December. Auditions are on 29 September, including for dancers from age 8. There are no auditions to join the chorus, and no previous experience is necessary. Rehearsals are on Sunday afternoons, plus Tuesday evenings near performance time.

Rehearsals: Sundays 2-6pm, Tuesdays 7-10pm. Northolt Methodist Church Hall, UB5 5AE.

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

Leisure

OCTOBER

Charlemagne Wine Club

MONDAY 21 OCTOBER

CLASSIC WINES

Well-known grapes from the regions that made them famous

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

£25 by prior application

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

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

TUESDAYS, FRIDAYS AND SUNDAYS

COFFEE MORNINGS AND PUB LUNCHESES FOR UNATTACHED OVER-50s

We meet every Tuesday and Friday for coffee and lunch in various places in Ealing, Chiswick, Richmond and Hammersmith. We also meet for Sunday lunch and other activities. The *Club West* sign will be on one of our tables. No need to book.

12.30pm 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.

11am - 2pm. *Perivale Community Centre, Horsenden Lane South, UB6 7NP*

£3 per session.

Irene McQuillan: 07958 707253

Suzanne Gribble – Iyengar Yoga

MOST DAYS

YOGA CLASSES

Iyengar yoga classes help improve flexibility, alignment, strength and stamina and help quieten the mind, using props to help students access the poses safely. All ages and abilities welcome. Suzanne teaches a variety of classes in Ealing open to beginners and teaches a Saturday class for children/teenagers. See her website for details and booking and do get in touch with any queries.

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

www.facebook.com/SuzanneGribbleIyengarYogaTeacher/

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

DANCE & MOVEMENT

Cath Barnes-Holt Iyengar Yoga

Dalcroze Eurhythmics Ealing

Mehran Ghodsi Chair Yoga

Patricia Lajtai – Pilates

StayActive4Life LLP

Suzanne Gribble - Iyengar Yoga

Vitality Leap / Fireside Lodge

Yoga with Loretta

MUSIC

Brentham Ladies' Choir

Capital Chorus

Capital Concert Brass

The Chamber Music Collective

Ealing Chamber Music Club

Ealing Choral Society

Ealing Junior Music School

Ealing Symphony Orchestra

Ealing Voices

Ealing Youth Orchestra

GLOC Musical Theatre

Hanwell Voice Studio

HEOS Musical Theatre

Julian Light Operatic Society

Music at St Mary's Perivale

Music at St Peter's Church

Questors Choir

West London Sinfonia

DRAMA & FILM

Beaufort Players

Drama Studio London

Impact Theatre

Pisces Players (Popup Theatre)

The Questors Theatre

CULTURE & LEARNING

CEPAC - Campaign for an Ealing Performance and Arts Centre

Ealing Over-60 Network (EON)

Ealing Readers

Ealing u3a

Friends of Marcq-en-Baroeul

Historical Association: Ealing Branch

Rainbow Poetry Group

LEISURE

Charlemagne Wine Club

Club West

Ealing Outdoor Club

Perivale Social Group

West London Ramblers

MORE THAN ONE ACTIVITY

Ealing Yoga, Meditation & Philosophy Centre

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

68 ELMERS ROAD, LONDON W13 9QD

Chairman: Gill Rowley

Secretary: Dorrie Baker

Treasurer: Colin Easton

Membership Secretary: Richard Partridge

Diary Editor: Richard Partridge

NOTE TO MEMBERS:

Final entry for the December 2024-January 2025 issue is 1 November 2024.

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

See www.ealingarts.org.uk/help

