

AUGUST - SEPTEMBER 2025

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

Let's admit it: things go a bit quiet in August, with almost all our performing members taking a break, but they'll be back – fit, sun-tanned and ready to go – in September, which is the ideal time to get in touch with them if you'd like to join. Don't hold back; they always want new talent.

But it's not all about performing. There's plenty which doesn't stop over the summer, so do check all of our sections if you're after a group to join; there's so much going on.

All of our members are listed on the back cover, and you can find out about them via our website Members section, or by phoning 020 8567 4075 if the internet is not for you and they don't have a *What's On* entry with their contact details.

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

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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

EA&L, 68 ELMERS ROAD, LONDON W13 9QD

Chairman: Gill Rowley Secretary: Dorrie Baker Treasurer: Colin Easton
Membership Secretary & Diary Editor: Richard Partridge

NOTE TO MEMBERS: Final entry for the October-November issue is 1 September.

NB: Display ads may also be placed by non-members. See www.ealingarts.org.uk/help

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



SEPTEMBER

Ealing Symphony Orchestra NEW SEASON

THURSDAY 4 SEPTEMBER

First rehearsal of 2025-6 season, preparing for a concert on 11 October.
The orchestra always welcomes good new players. Lots of info on our website.
Thursday evenings in central Ealing

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

Questors Young Musicians Club

MUSIC LESSONS FOR AGES 18 MONTHS - 18 YEARS

SATURDAYS IN TERM-TIME

Younger Years

We offer a variety of music lessons to students aged 18 months - 18 years, including introduction to music group classes for Early Years, a wide range of ensembles, instrumental lessons and group classes for students with SEND.

8.30am-1pm. Little Ealing Primary School, Weymouth Avenue W4 5EA

Prices vary according to classes. See website for details.

cara.qymc@gmail.com • www.qymc.org

Music at St Mary's Perivale

SUNDAYS

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

Sunday 31 August: Diana Cooper (piano)

Sunday 14 September: Madeleine Mitchell piano trio

Sunday 28 September: Victor Braojos (piano)

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.

djrsmith@aol.com • www.ealingchambermusic.wordpress.com

Ealing Choral Society

MONDAYS

SING WITH EALING CHORAL SOCIETY: NEW MEMBERS WELCOME!

Rehearsals begin Monday 8 September for our 2025-26 season. Concerts include Haydn's *Mass in the Time of War*, Handel's *Israel in Egypt* at the Cadogan Hall, our annual charity carol concert and a fun summer concert, *Songs of the Sea*.

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

Free membership for 16-23, substantial reductions for under 30 years, and 50% reduction for new tenors and basses

07932 460388 • membership@ealingchoralsociety.org.uk • www.ealingchoralsociety.org.uk

Facebook: EalingChoralSoc



Sing with Ealing Choral Society

Director of Music Peter Asprey

JOIN OUR CHOIR

Every Monday 7:35-9:45pm
Ealing Green Church, W5 5QT

Choral repertoire from Baroque to Contemporary

Four concerts per year including our popular Charity Carol Concert, and one concert at a central London venue.

membership@ealingchoralsociety.org.uk 07932 460388

First Rehearsal 8 September 2025

COME & SING Fauré and Handel

Join us for a rewarding day of singing
Fauré *Requiem* and Handel *Zadok the Priest*

Saturday, 13 September 2025
12:00-5:00pm/Performance 6:00pm

Haven Green Baptist Church, W5 2UP

Learn, rehearse and perform both pieces in one day!

With Hilary Cronin, soprano; Gavin Cranmer-Moralee, baritone;
James Orford, organ

Cost £20 (£10 under 24) includes score hire

All Voice Parts Welcome

Visit our website ealingchoralsociety.org.uk for more information

Ealing Choral Society | Registered Charity 278174

Dalcroze Eurhythmics Ealing

DALCROZE EURHYTHMICS FOR ADULTS

MONDAYS

Explore music through movement in this fun method developed by Emile Jaques-Dalcroze. Improve your flexibility, balance, coordination and self-expression while learning more about music and meeting others who enjoy moving to music. Your tutor is Kaye Barker (Diplôme Supérieur, Institut Jaques-Dalcroze, Geneva, BA (Oxon), PGCE). Visit her website www.dalcrozemoves.com for further information.
 29 September – 8 December except for 27 October. 6.30-8pm.
 St Andrew's Church Centre, Mount Park Road, Ealing, London W5 2RS
 Drop-in £15 (seniors or students £13)
 £88 for any 6 sessions (students or seniors £68). No need to be on consecutive weeks.
 07773 461087 • dalcrozemoves@gmail.com • www.dalcrozemoves.com

HEOS Musical Theatre

NEW SEASON

MONDAYS, THURSDAYS, ETC.

Come and join one of the premiere musical theatre groups in West London for our exciting new season. Perform in *Sister Act* next April at Questors Theatre, or appear in our traditional family pantomime, *Snow White*, this December.
Sister Act rehearsals are on Monday (ensemble) and Thursday evenings (principals), with everyone called both evenings and Sunday afternoons leading up to the show. Pantomime rehearsals are on Sunday afternoons, plus Tuesday evenings near performance time.
 Principals' auditions are in September/October, including for dancers from age 8 for the pantomime. There are no auditions to join the chorus, and no previous experience is necessary. Learn more at our LAUNCH NIGHT, 7.30 for 8pm on Monday 15 September at Northolt Methodist Church hall, 240 Church Road, UB5 5AE
 020 8567 4075 • info@heos.org.uk • www.heos.org.uk • Facebook: @hesomusicaltheatre

West London Sinfonia

SYMPHONY ORCHESTRA

TUESDAYS

Weekly rehearsal, 6 concerts per year; see website for repertoire. New members welcome to apply, especially upper strings.
 Tuesday, 7.30-10pm. Haven Green Baptist Church, Castlebar Road, W5 2UP
info@westlondonsinfonia.org • www.westlondonsinfonia.org

Music at St Mary's Perivale

TUESDAYS & THURSDAYS

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

Tuesday 2 September: Tessa Uys & Ben Schoeman (piano duo)
 Thursday 4 September: Jacky Zhang (piano)
 Tuesday 9 September: Thomas Luke (piano)
 Thursday 11 September: Nikita Burzanitsa (piano)
 Tuesday 16 September: Andrzej Wiercinski (piano)
 Thursday 18 September: Luke Hsu (violin)
 Tuesday 23 September: Jed Distler (piano)
 Thursday 25 September: The Steve Vintner Jazz Quartet
 Tuesday 30 September: Ignas Maknickas (piano)
 All 2pm. St Mary's Perivale, Perivale Lane, Middlesex, UB6 8SS
 Free but donations invited, whether at the church or watching online.
 020 8997 7691 • hmath@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

Julian Light Operatic Society

THURSDAYS

Come sing with us in Gilbert & Sullivan's famous comic opera *The Gondoliers* at the Judi Dench Playhouse, Questors, in October; rehearsals are just beginning. There will be four fully-staged performances with a live orchestra and leading soloists. Everyone is welcome, especially more sopranos and altos. No auditions for chorus members. Don't be shy; please come and join us.
 7.45-9.45pm. Haven Green Baptist Church, Castlebar Road, W5 2UP
inform@julianoperatic.org • www.julianoperatic.org

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 • www.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 1.30pm Thursday 11 December, St Barnabas Church Hall.

1.30-3pm in school term time. St Barnabas Church Hall, Pitshanger Lane, W5 1QG (on E2 and E9 bus routes)

£40 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

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

Art & Crafts

SEPTEMBER

Borough of Ealing Art Trail (BEAT)

6/7 & 13/14 SEPTEMBER

BEAT is back very soon for its 9th year of exhibiting the best of creative work by 220 of Ealing's artists. Look out for a stand-alone 'small canvas' exhibition at the Brentham Club by a selection of those BEAT artists with all proceeds going to the Crisis homelessness charity.

Brochure distribution will roll out during August to homes and public places around Ealing. Also download the brochure from BEAT's website.

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

60 venues across the borough: addresses in the brochure. Free admission to all venues.

07934 773098 / 020 8992 0366 • info@ealingbeat.org.uk • www.ealingbeat.org.uk

Facebook: EalingBeat

Ealing Art Group

EALING ART GROUP - BEAT

SATURDAYS & SUNDAYS 6/7 & 13/14 SEPTEMBER

Art exhibition of saleable art and craft

11-5 each day. Boston Manor Park Workshops and Yard, TW8 9JU

Free entry

07702 868558 • ealingartgroup@gmail.com

LONG-TERM AND REGULAR EVENTS

Ealing Art Group

VARIOUS DATES & 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

Patricia Burbidge Watercolour Classes

WATERCOLOUR PAINTING

TUESDAYS

A friendly watercolour class. All levels welcome. We paint a variety of subjects including landscape, still life, figure and abstract compositions.

Tuesdays 23 September - 2 December, 10.15am-12.30pm and 1.15-4pm. £100 for 10 classes.

Northfields Community Centre, 71 Northcroft Road, W13 9SS

07889 502319 • patricia.burbidge@gmail.com

Ealing Flower Club

WEDNESDAYS

FLORAL DESIGN DEMONSTRATIONS

20 August: *Summer Days* is the title given to our committee by Pat Dibben, a NAFAS National Judge, who will be teaching the *Principles of Judging* at competitions using their arrangements.
17 September: In-house demonstrations by our very own Hilary and Anne with their title *Artists in the Frame*.

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

Visitors: First visit free; thereafter £7 per session, or you could become a member.

Enquiries: (Jenni) 07772 975554 / 020 8998 0186 • jennisworld48@hotmail.com
www.ealingflowerclub.godaddysites.com • Facebook: Ealing Flower Club

Ealing Quilters

THURSDAYS

(No meeting in August)

18 September: Please bring along your completed pieces for the seasonal Table Cover so that we can review progress and chat about the next steps in putting it together.

7.30-9.30pm. St Andrew's Church Centre (1st floor Training Room), Mount Park Road, W5 2RS
£4 (members free)

07929 801724 • kayetelford@hotmail.com

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

Northfields Community Library

VARIOUS DAYS AND TIMES

Come along to Northfields Community Library – your welcoming community hub run by volunteers. We host a variety of regular events and activities for all ages. These include: Author talks, Rhyme time, Digital Skills training, Knit & Natter, Book Clubs, Ealing Repair Cafe, Shared Reading Group ... amongst others.

There is something for everyone. Just get in touch!

Northfields Community Library, 255a Northfield Avenue, W5 4UA

020 8579 2394 • getintouch@northfieldscommunitylibrary.org.uk

www.northfieldscommunitylibrary.org.uk • Facebook: @northfieldscommunitylibrary

LOOKING AHEAD

Colette Wilson French Cultural Courses

NOVEMBER – JANUARY

PIONEERING WOMEN ARTISTS IN A MAN'S WORLD: CAMILLE CLAUDEL AND GWEN JOHN

The course covers the work of sculptor Camille Claudel and painter Gwen John. Both worked in Paris, and were trailblazers in their own time but virtually forgotten after their deaths until they were rediscovered by feminist critics in the 1980s. Small, friendly group. Notes included.

Tuesday 11 November - 27 January, 2.30-4.30pm. Venue near Pitshanger Lane

£150 for 10-week course

wilson_colette@btinternet.com

SEPTEMBER-OCTOBER

VitalityLeap - Firesidelodge

WEEKEND 4-5 OCTOBER (SIGN UP BY 28 SEPTEMBER)

REIKI 1 COURSE

Reiki is an ancient Japanese self-development, meditation and healing method. It creates more balance, refreshes your energy, and helps with stress release. You receive the level 1 attunement, and learn how to use Reiki on yourself, friends and family. After the course, you may join our regular Reiki Share.

Saturday 10am-6pm, Sunday 1.30-6pm (Sunday morning self study). Fireside Lodge, Hanwell

£220

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

REGULAR & CONTINUING EVENTS

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 and in August: 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

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. We meet on the 2nd Tuesday of the month. Please see our website www.ealinghistory.org.uk for up-to-date details and access to meetings.

9 September: *Free Trade or Tariffs? The British Experience, 1780-1914* by Professor Anthony Howe

7.30pm. Ealing Green Church, The Green, W5 5QT

Free for Historical Association members and students. Visitors £5.

Enquiries: 07950 137970 • Tony_Sullivan@hotmail.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: 12 August (*Music*), 9 September (*A Bird*).

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

Enquiries: 020 8567 4397 • donkennedy@f2s.com

Ealing Yoga, Meditation & Philosophy Centre MIXED-LEVEL MEDITATION

WEDNESDAYS & THURSDAYS

This is a mixed-level class, suitable for those who have experience of meditation and those new who wish to learn how to meditate. For new students, the first session is a 'taster.' Thereafter, it is recommended that new students commit to and pay in advance for all the remaining five sessions in the first half of term, to gain maximum benefit from the classes.

6-7.30pm Wednesdays 10 September - 3 December (no class on 29 October)

PHILOSOPHY & MEDITATION

This class is suitable for those who have some knowledge of Yoga Philosophy in its various forms, and also experience of meditation and Pranayama techniques.

8-9.30pm. Thursdays 4 September - 4 December (no class on 30 October)

All above: Block booking 5+ sessions £12 (members £10) per session, or £13 per session 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

Ealing u3a

THURSDAYS & OTHER DAYS

TALKS PROGRAMME and 55 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 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.u3aealing.org.uk

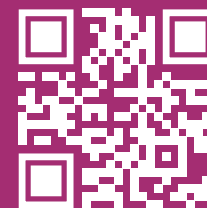
Dance & Movement



Pole classes for everyone!



Book now!



@theealingpolestudio

theealingpolestudio.com

SEPTEMBER - OCTOBER

VitalityLeap - Firesidelodge NORDIC WALKING COURSE

SATURDAY 30 AUGUST, 13 OR 20 SEPTEMBER

Nordic walking is athletic pole-walking that engages 90% of your skeletal muscles. It uses up to 45% more calories than regular walking at the same speed. Great for weight loss, heart health, rehab, stress release and mental wellbeing. After the course, you may join our walking groups (Tuesday and Sunday mornings). Private lessons are available for people with specific health needs.

9.30-11.30am. Outdoors in Hanwell
£48 (pole hire included)

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

VitalityLeap - Firesidelodge TAI CHI CHUAN: INTRO COURSE

MONDAYS 15 SEPTEMBER - 6 OCTOBER

Shaolin style Tai Chi is a gentle workout, a flowing moving meditation and a martial art. It supports stress release, balance, muscle strength, agility and memory. After the four-week course, you may join our regular class (same time/place).

10.30-11.30am. St Mary's Church Hall, Hanwell, W7 3QP
£48 for four classes

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

REGULAR & CONTINUING EVENTS

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 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)

Children / Teenagers – 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

Yoga with Loretta

TUESDAYS

All levels welcome. Leave your cares behind, stretch and re-align your body. I'll help you progress, improve and work on your individual needs.

7.30-9pm. St Peter's Church Hall, 56 Mount Park Road, Ealing W5 2RU

£12 drop-in or £54 for 6 weeks

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

Greenford & District Caledonian Association SCOTTISH COUNTRY DANCING

TUESDAYS

All are welcome. Dances are walked through – all you need is a soft pair of shoes and plenty of enthusiasm. Tea / coffee served in the break. Group meets September to June.

8-10 pm. St Thomas the Apostle Church Hall, 182 Boston Road, Hanwell, W7 2AD

£5 for members, £6 for non-members (first session free)

07787 925022 • janetcmacphail54@gmail.com

Ealing Yoga, Meditation & Philosophy Centre

TUESDAYS, WEDNESDAYS & THURSDAYS

GENERAL YOGA CLASSES

Mixed-ability classes suitable for all levels, including beginners

Either 10-11.15am or 11.30am-12.45pm, Tuesdays 2 September - 2 December (no class on 28 October)

MIXED-ABILITY YOGA

A general class where beginners and continuing students are welcome. Apart from postures, breathing exercises and guided relaxation are part of the sessions.

8-9.30pm, Wednesdays 3 September - 3 December (no class on 29 October)

GENERAL YOGA CLASS

Yoga postures are a remedy for the whole person. They promote health and energy. There is no achievement level or competition. Everybody is welcome, regardless of age, gender, body shape or previous experience.

6.30-8pm, Thursdays 4 September - 4 December (no class on 30 October)

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

£156 for full course or £78 for each 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

Patricia Lajtai – Pilates

MONDAYS, TUESDAYS & 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-60s.

Mondays 10-11am online via Zoom: £10 per class

Tuesdays and Fridays 1-2.15pm in person: £60 for 5 classes or £14 for single class

Innovation Dance Studio, 120 Pitshanger Lane, Ealing, W5 1QX

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 & 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

SEPTEMBER-OCTOBER

The Questors Theatre

FRIDAY 19 SEPTEMBER - SATURDAY 4 OCTOBER

COMING UP AT THE QUESTORS THEATRE

The next season at the Questors Theatre launches in September with Caryl Churchill's *A Number* (19-27 September) and the thrilling *Strictly Murder* (26 September - 4 October). With many more exciting productions to come, this season is not one to be missed.

The Questors Theatre, 12 Mattock Lane, W5 5BQ

020 8567 0011 • boxoffice@questors.org.uk • www.questors.org.uk/ • Facebook: The Questors Theatre

Leisure

Northfields Community Library

VARIOUS DAYS AND TIMES

Come along to Northfields Community Library – your welcoming community hub run by volunteers. We host a variety of regular events and activities for all ages. These include:

Author talks, Rhyme time, Digital Skills training, Knit & Natter, Book Clubs, Ealing Repair Cafe, Shared Reading Group ... amongst others.

There is something for everyone. Just get in touch!

Northfields Community Library, 255a Northfield Avenue, W5 4UA

020 8579 2394 • getintouch@northfieldscommunitylibrary.org.uk

www.northfieldscommunitylibrary.org.uk • Facebook: @northfieldscommunitylibrary

SEPTEMBER

Charlemagne Wine Club

MONDAY 15 SEPTEMBER

NEW ZEALAND WINEMAKER FOCUS

Tamra Washington, winemaker at Kelly-Washington and Seresin Estates in Marlborough

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

£25 by prior application

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

www.facebook.com/charlemagnewineclub

REGULAR EVENTS

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

Shadow Warriors

SUNDAYS

ROLEPLAYING AND BOARD GAMES CLUB

Always welcome to new members, playing a variety of roleplaying games: *Dungeons & Dragons*, *The One Ring*, *Cthulhu*, *Coriolis* etc. Board games: *Frosthaven*, *Settlers of Catan*, *Lords of Waterdeep*, *Flourish*, *Dune Imperium* and more. Come along and enjoy a friendly gaming atmosphere with the first session free. We have a convention on August bank holiday; see below.

1-7pm. Northfields Community Centre, Northcroft Road, W13 9SS

Membership £6, per session charge £5

www.shadowwarriors.co.uk • www.facebook.com/ShadowWarriors.UK

Club West

TUESDAYS, FRIDAYS & SUNDAYS

COFFEE MORNINGS AND PUB LUNCHES 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 feature important, gentle, healthy exercise, health checks, friendship, quizzes, bingo, games, refreshments, speakers, and annual seaside trips.

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

£3 per session.

Irene McQuillan: 07958 707253

Multi-activity

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Younger Years

REGULAR EVENTS

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 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)

Children / Teenagers – 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/

Questors Young Musicians Club

SATURDAYS IN TERM-TIME

MUSIC LESSONS FOR AGES 18 MONTHS - 18 YEARS

We offer a variety of music lessons to students aged 18 months - 18 years, including introduction to music group classes for Early Years, a wide range of ensembles, instrumental lessons and group classes for students with SEND.

8.30am - 1pm. Little Ealing Primary School, Weymouth Avenue W4 5EA

Prices vary according to classes. See website for details.

cara.qymc@gmail.com • www.qymc.org

EA&L Members

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
Colette Wilson French Cultural Courses
Ealing Over-60 Network (EON)
Ealing Readers
Ealing u3a
Friends of Marcq-en-Baroeul
Historical Association: Ealing Branch
Northfields Community Library
Rainbow Poetry Group

DANCE & MOVEMENT

Cath Barnes-Holt Iyengar Yoga
Dalcroze Eurhythmics Ealing
Greenford & District Caledonian Association
Mehran Ghodsi Chair Yoga
Patricia Lajtai – Pilates
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
Perivale Social Group
Shadow Warriors
West London Ramblers

MUSIC

Brentham Ladies' Choir
Capital Concert Brass
The Chamber Music Collective
Ealing Chamber Music Club
Ealing Choral Society
Ealing Junior Music School
Ealing Symphony Orchestra
Ealing Voices
GLOC Musical Theatre
Hanwell Voice Studio
HEOS Musical Theatre
Julian Light Operatic Society
Music at St Mary's Perivale
Questors Choir
Questors Young Musicians Club
West London Sinfonia

MORE THAN ONE ACTIVITY
Ealing Yoga, Meditation & Philosophy Centre

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

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