

Ealing  
Arts &  
Leisure

OCTOBER - NOVEMBER 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

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

ISSUE NO. 230

REGISTERED CHARITY NO. 290432

# What's On – so much to do in Ealing

Autumn – season of mellow fruitfulness! Well, the weather may not turn out exactly mellow, but we can promise you plenty of fruitfulness as the endeavours of our performing members reach their culmination in performance. It may be getting dark in the evenings, but there's no substitute for live music and drama: treat yourself!

And there's so much else going on in Ealing. There's bound to be something here you'd enjoy; a shared interest is a great way to make new friends.

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

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

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

Visit [ealingarts.org.uk/join](http://ealingarts.org.uk/join)  
or phone 020 8567 4075

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 December-January issue is 1 November.

NB: Display ads may also be placed by non-members. See [www.ealingarts.org.uk/help](http://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](http://www.st-marys-perivale.org.uk)



## OCTOBER

### The Chamber Music Collective

SATURDAY 4 OCTOBER

#### AUTUMN WITH THE CHAMBER MUSIC COLLECTIVE

MOZART: Sinfonia Concertante in E flat major, K364 (arranged for string septet by Yuri Zhislin)

STRAUSS: Capriccio, Op. 85

Patrick Savage (violin), Markella Vandoros (violin), Yuri Zhislin (viola), Alexandros Koustas (viola), Kirsten Jenson (cello), Alisa Liubarskaya (cello), Stacey Watton (double bass)

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

£15 (concessions £12, under-18 £7)

07852 690426 • [thechambermusiccollective@gmail.com](mailto:thechambermusiccollective@gmail.com) • [www.thechambermusiccollective.com](http://www.thechambermusiccollective.com)

[www.facebook.com/the\\_chamber\\_music\\_collective](https://www.facebook.com/the_chamber_music_collective)

Ealing Symphony Orchestra

SATURDAY 11 OCTOBER

MOZART: Overture, *The Magic Flute*  
SCRIABIN: *Reverie*  
SAINT-SAËNS: Piano Concerto No. 2  
BRAHMS: Symphony No. 1  
Hedi Triki (Ealing Festival concerto award winner 2024), Ealing SO / John Gibbons  
7pm. St Barnabas Church, Pitshanger Lane, W5 1QG  
£17 (under-25 £6, under-18 free) including programme  
020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

West London Sinfonia  
ORCHESTRAL CONCERT

SATURDAY 11 OCTOBER

BRAHMS: Tragic Overture  
POULENC: Organ Concerto (organist Richard Leach)  
TCHAIKOVSKY: Symphony No 5  
7.30pm. St Michael and All Angels Church, Bedford Park, W4 1TT  
£15 (concessions £12, child/full time student £5)  
info@westlondonsinfonia.org • www.westlondonsinfonia.org • www.facebook.com/westlondonsinfonia

Questors Young Musicians Club

SATURDAY 11 OCTOBER

OPEN DAY in partnership with MUSIC FOR ALL

Younger Years

We are running a range of free taster sessions for 18 months - 18 years. See Music for All's *Learn to Play* interactive map for further details and sign-up link.  
9am-1.15pm. Little Ealing Primary School, Weymouth Avenue W4 5EA  
cara.qymc@gmail.com • www.musicforall.org.uk/learn-to-play-participants/

Questors Choir

WEDNESDAYS 15 AND 22 OCTOBER

QUESTORS CHOIR OPEN EVENINGS FOR NEW SINGERS

Come along to one or both of our open evenings, where we'll be trying out a variety of classical pieces and popular tunes. We are a friendly group of about 70 voices with no auditions to join. If you already have experience of singing in choirs, that's great, but we'd be equally happy to see you if you've never tried before – our mission will be to convert you to the joy of choral music!  
Registration from 7.50pm. St Barnabas Church, Pitshanger Lane, W5 1QG  
Free  
Box office: www.questorschoir.org/AutumnOpenEvenings  
Information: 07821 587670 • more@questorschoir.org • www.questorschoir.org  
Facebook: www.facebook.com/QuestorsChoir/

Julian Light Operatic Society  
THE GONDOLIERS by GILBERT AND SULLIVAN

THURSDAY - SATURDAY 16-18 OCTOBER

A production with live 11-piece orchestra  
7.30pm + Saturday matinee 2.30pm. The Judi Dench Playhouse, Questors  
£24 + concessions.  
Questors box office: 020 8567 0011 • www.questors.org.uk  
Information: www.julianoperatic.org

Dalcroze Eurhythmics Ealing  
DALCROZEMOVES AUTUMN COURSE

MONDAY & TUESDAY 27 & 28 OCTOBER

Enjoy two days of music and movement with Kaye Barker (Diplôme Supérieur, Institut Jaques-Dalcroze, Geneva) and friends. Discover your creativity and improve your flexibility, balance, coordination and self-expression. No prior experience necessary!  
9am-5pm. St Andrew's Church Centre, Mount Park Road, Ealing, London W5 2RS  
Two days £200 (students & seniors £180), one day £110 (students & seniors £100)  
07773 461087 • dalcrozemoves@gmail.com • www.dalcrozemoves.com

NOVEMBER

Ealing Choral Society



SATURDAY 15 NOVEMBER

MUSIC OF WAR AND PEACE: HAYDN'S MASS IN THE TIME OF WAR

Ealing Choral Society presents an evening of music for the season of remembrance: Haydn's *Mass in the Time of War* alongside two contemporary works by young composers Matthew Coleridge and Jessica French.  
7.30pm. St Barnabas Church, Pitshanger Lane, Ealing, W5 1QG  
£19 (concessions £15, under-18 £3)  
Box office: www.wegotickets.com/event/661398  
Information: 07957 923341 • tickets@ealingchoralsociety.org.uk  
www.ealingchoralsociety.org.uk/concert • Facebook: EalingChoralSoc



WAR & PEACE

EALING CHORAL SOCIETY   ORPHEUS SINFONIA   PETER ASPREY CONDUCTOR		
HAYDN: MASS IN THE TIME OF WAR FRENCH: STRENGTHEN FOR SERVICE (UK PREMIERE) COLERIDGE: REQUIEM		
SATURDAY 15 NOVEMBER 2025	7:30PM	ST BARNABAS CHURCH, PITSHANGER LANE, EALING, W5 1QG
 EALING CHORAL SOCIETY	ealingchoralsociety.org.uk Registered Charity 278174	TICKETS £19, £15 (conc.), £3 (under 18) Box Office: 07957 923 341 tickets@ealingchoralsociety.org.uk WeGotTickets.com/event/661398
  @EalingChoralSoc		

## The Chamber Music Collective

### AUTUMN WITH THE CHAMBER MUSIC COLLECTIVE

SATURDAY 22 NOVEMBER

DVOŘÁK: Piano Quintet in A major, Op. 81  
 DVOŘÁK: Terzetto in C major, Op. 74  
 3pm. *Ealing Green Church, Ealing Green W5 5QT*  
 £15 (concessions £12, under-18 £7)

07852 690426 • thechambermusiccollective@gmail.com • www.thechambermusiccollective.com  
 www.facebook.com/the\_chamber\_music\_collective

## Ealing Symphony Orchestra

SATURDAY 29 NOVEMBER

George LLOYD: Symphony No. 6  
 STRAUSS: Horn Concerto No. 1  
 PROKOFIEV: Symphony No. 5  
 Ben Goldscheider (horn), Ealing SO / John Gibbons  
 7pm. *St Barnabas Church, Pitshanger Lane, W5 1QG*  
 £17 (under-25 £6, under-18 free) including programme

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

## Ealing Voices

SUNDAY 30 NOVEMBER

### A CHRISTMAS PRELUDE: MUSIC FOR ADVENT

Before Christmas, there is Advent, a time of waiting and preparation for the birth of Jesus. In this concert, we are celebrating with Purcell, Charpentier, Handel and Corelli – and some Advent carols – with the Orpheus Ensemble.

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

£18 in advance; £20 on the door

Tickets: www.ticketsource.co.uk/ealing-voices

Information: info@ealingvoices.org.uk • www.ealingvoices.org.uk

Facebook: www.facebook.com/groups/18533554000

## 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

SATURDAYS IN TERM-TIME

### MUSIC LESSONS FOR AGES 18 MONTHS - 18 YEARS

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 5 October: The Odysseus Piano Trio  
 Sunday 12 October: Alexander Doronin (piano)  
 Sunday 2 November: Christopher Kent (actor), Gamal Khamis (piano)  
 Sunday 9 November: The Paddington Trio  
 Sunday 16 November: The Elmore Quartet with Robin Green (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 • hmath@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

## Dalcroze Eurhythmics Ealing

MONDAYS

### DALCROZE EURHYTHMICS FOR ADULTS

Explore music through movement in this fun method developed by Emile Jaques-Dalcroze. Improve your flexibility, balance, coordination and self-expression while learning 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

MONDAYS, THURSDAYS, SUNDAYS

### JOIN THE CAST OF SISTER ACT

Join one of the premiere musical theatre groups in West London and perform in *Sister Act* next April at Questors Theatre, Ealing. Rehearsals are on Monday (usually ensemble) and Thursday evenings (usually principals), and Sunday afternoons leading up to the show. Principals' auditions in early November; no auditions for the chorus, and no previous experience is necessary.

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



## 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 &amp; THURSDAYS

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

Thursday 2 October: Geirthrudur Gudmundsdottir (cello)

Tuesday 7 October: Susanna Braun (piano)

Thursday 9 October: Sofia Gomez Alberto (violin/viola)

Tuesday 14 October: Oda Voltersvik (piano)

Thursday 16 October: Joel Munday (violin), Julian Trevelyan (piano)

Tuesday 21 October: Patrick Hemmerlé (piano)

Tuesday 28 October: Callum McLachlan (piano)

Thursday 30 October: Allan Barnes (saxophone), David Newton (jazz piano)

Tuesday 4 November: Emanuil Ivanov (piano)

Thursday 6 November: Amber Enson (violin), Leah Nicholson (piano)

Tuesday 11 November: Zala and Val Kravos (piano duo)

Thursday 13 November: Maxim Calver (cello)

Tuesday 18 November: Tyler Hay (piano)

Thursday 20 November: Shlomy Dobrinsky (violin), Maiko Mori (piano)

Tuesday 25 November: Viv McLean (piano)

Thursday 27 November: The Art Deco Jazz Trio

*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

## 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*

*£65 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

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

## Ealing Art Group

TUESDAY - SUNDAY 28 OCTOBER - 2 NOVEMBER

### EALING ART GROUP AUTUMN EXHIBITION

An eclectic mix of media and techniques by Ealing-based artists, plus an affordable Art/Craft wall

*Open daily - times to be announced. OPEN EALING, Dickens Yard, Unit 14, School Lane, W5 2TD*

*Free entry*

020 8998 5662 (secretary) • www.ealingartgroup.co.uk

## LONG-TERM AND REGULAR EVENTS

## Ealing Art Group

VARIOUS DATES &amp; 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

### LIFE DRAWING WORKSHOP

SATURDAYS

3-hour tutored workshop with great models. All materials supplied as well as refreshments included in cost. Longstanding supportive group. All experience levels welcome and encouraged. Inquire about portrait workshops also.

Saturdays 4 October, 8 November, 6 December, 10am-1pm.

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

£25 inclusive (payable by card on the day)

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

## 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

## Pamela Lloyd-Jones Art Classes

### ART CLASSES

TUESDAYS

Friendly, longstanding tutored group, focussing on techniques and developing individual creative choices. It's fun! All experiences welcome and encouraged.

Tuesdays 23 September - 16 December, 10am-12noon or 12.45-2.45pm.

The Brentham Club, 38a Meadvale Road, Ealing, W5 1NP

£153 for 12-week term or £15.50 for weekly payment (payable by card)

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

## Ealing Flower Club

### FLORAL DESIGN DEMONSTRATIONS

WEDNESDAYS

15 October: A *Paper Flower Workshop* by our own Cathy Quinn

19 November: Guest demonstrator Katherine Austin, with her title *Christmas by Candlelight*

7pm for 7.30 start. St Barnabas Church Hall, Pitshanger Lane, W5 1QG

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

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

www.ealingflowerclub.godaddysites.com • Facebook: Ealing Flower Club

## Ealing Quilters

THURSDAYS

16 October\*: *3D Pots and Bowls* - something a little different. Kits available for a small charge.

20 November\*: A variation to sashing to add variety and interest to a quilt.

\* More details sent nearer the meeting. Please bring a sewing kit.

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

£4 (members free)

020 8998 6023 (Jackie Foreman) • kayetelford@hotmail.com

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

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

**Saturday 15<sup>th</sup> November 2025**

9.15am – 3.45pm

**At Ealing 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 - outlining Ojas, Tejas, Prana
11.00	Tea Break
11.20	Yoga practice integrating Prana and Asanas ( Lisa )
12.40pm	Pranayama exercise
1.00	Lunch
1.45	Daily routine, digestion & Agni ; nutrition
2.45	Gong bath ( Hana )
3.15	Q & As
3.45	Close

Pleasant venue with easy parking. **Light lunch provided.**

Bookstall: titles on Ayurveda, yoga, meditation & philosophy.

Fee: £70. [EYMPC Members £50]

To register, contact Lisa Schlotmann

[enquiries@ealingyogamedpc.org.uk](mailto:enquiries@ealingyogamedpc.org.uk) or 07918 622 995.

# Culture & Learning

## MANY DATES

### 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 & 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

## OCTOBER

### VitalityLeap - Firesidelodge REIKI 1 COURSE

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

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

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](http://www.ealinghistory.org.uk) for up-to-date details and access to meetings.

14 October: *Don't Let's Be Beastly to the Germans: The British Occupation of Germany, 1945-49* by Dr Daniel Cowling

4th November: *English Reformations: continuity and change in Tudor religion* by Professor Lucy Wooding

*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: 14 October (Sylvia Plath), 11 November (Water).

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

Enquiries: 020 8567 4397 • donkennedy@f2s.com

### Ealing Yoga, Meditation & Philosophy Centre

WEDNESDAYS & THURSDAYS

#### MIXED-LEVEL MEDITATION

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

### TALKS PROGRAMME and 55 INTEREST GROUPS

THURSDAYS &amp; 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.u3aealing.org.uk

# Dance & Movement

## REGULAR 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/

### VitalityLeap

#### NORDIC WALKING COURSE

SATURDAYS

Nordic walking was invented by the Finnish Olympic cross country team. It is a whole-body workout in nature that uses 90% of your muscles while being gentle on your joints. Great for fitness, weight loss, heart health, rehab and mental wellbeing. After the course you may join our group walks.

*18 October, 1 or 29 November, 9.30-11.30am. Outdoors in Hanwell*

*£48 (pole hire included)* 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*

*£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 • www.greenfordcaledonian.net

## Ealing Yoga, Meditation & Philosophy Centre

TUESDAYS, WEDNESDAYS &amp; 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 &amp; 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

## OCTOBER-NOVEMBER

### The Questors Theatre

#### COMING UP AT THE QUESTORS THEATRE

This season at The Questors Theatre catch strong leading ladies in *Hindle Wakes* (17-25 October) and *Emilia* (31 October - 8 November), and embark on an adventure of discovery with *Lightning Beneath the Waves* (8-15 November). Tickets on sale now!

*The Questors Theatre, 12 Mattock Lane, W5 5BQ*

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

### Gloc Musical Theatre

WEDNESDAY - SATURDAY 29 OCTOBER -1 NOVEMBER

#### THE AMAZING TECHNICOLOUR GLOC SHOW

Gloc returns this autumn with a musical theatre night guaranteed to brighten the season. Starting in pure white and adding colour with every number, the show builds into a dazzling rainbow of song, dance, and joy.

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

*£20, or £19 if booked by 14 September with discount code EARLYBIRDGLOC*

Box office: www.ticketsource.co.uk/glocmusicaltheatre

Information: Hello@glocmt.co.uk • www.glocmt.co.uk • Facebook: Gloc Musical Theatre

### Beaufort Players

FRIDAYS & SATURDAYS 21-29 NOVEMBER

#### MURDER MYSTERY/COMEDY

A non-stop physical comedy that turns the world of theatre on its head! A cast of has-been actors plan to revive their careers in *Drop Dead!*, a potboiler murder mystery. At the dress rehearsal the set falls apart around them, props break, and the producer and an actor are murdered. But the show must go on!

*Fridays at 8pm, Saturdays at 7pm. Church of the Ascension Hall, Beaufort Road, W5 3EB*

All details: www.beaufortplayers.org.uk

# 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 & 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

## 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

### 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 Hanwell. We also meet for Sunday lunch. There is no need to book – just turn up. Contact us for more details.

*11.00 or 12.15. Various venues*

020 8992 6134 • mike@miketyzack1.plus.com • 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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020 8579 2394 • [getintouch@northfieldscommunitylibrary.org.uk](mailto:getintouch@northfieldscommunitylibrary.org.uk)  
[www.northfieldscommunitylibrary.org.uk](http://www.northfieldscommunitylibrary.org.uk) • Facebook: @northfieldscommunitylibrary

## NOVEMBER

## Northfields Community Library

SATURDAY 22 NOVEMBER

### GET READY FOR CHRISTMAS BAZAAR

Once again Northfields Community Library are holding their Get Ready for Christmas Bazaar. There will be children's craft activities, cakes for sale, tombola, Christmas cards, decorations and much more. We hope to see you there!

*12 noon-4pm. Northfields Community Library, 255a Northfield Avenue, W5 4UA*

020 8579 2394 • [getintouch@northfieldscommunitylibrary.org.uk](mailto:getintouch@northfieldscommunitylibrary.org.uk)  
[www.northfieldscommunitylibrary.org.uk](http://www.northfieldscommunitylibrary.org.uk) • Facebook: @northfieldscommunitylibrary

# Younger Years

OCTOBER

## Questors Young Musicians Club

SATURDAY 11 OCTOBER

### OPEN DAY in partnership with MUSIC FOR ALL

We are running a range of free taster sessions for 18 months - 18 years. See Music for All's *Learn to Play* interactive map for further details and sign-up link.

*9am-1.15pm. Little Ealing Primary School, Weymouth Avenue W4 5EA*

[cara.qymc@gmail.com](mailto:cara.qymc@gmail.com) • [www.musicforall.org.uk/learn-to-play-participants/](http://www.musicforall.org.uk/learn-to-play-participants/)

## 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.

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*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](mailto:suzanne.gribble@gmail.com) • [suzannegribbleyoga.com](http://suzannegribbleyoga.com)

[www.facebook.com/SuzanneGribbleIyengarYogaTeacher/](https://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](mailto:cara.qymc@gmail.com) • [www.qymc.org](http://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](http://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](mailto:membership@ealingarts.org.uk)