

FEBRUARY - MARCH 2026

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

It's perhaps a bit late by the time you see this, but Happy New Year! And please join me in welcoming our new member, the Ealing Kung Fu School – a splendid activity if you're young and flexible enough, and we hope we can help expand their already flourishing membership.

As the days lengthen, you'll find plenty here to go out to, especially in the Music section. These societies are always after new blood, too – as are all our members. Whether you have a particular interest or simply want to socialise with like-minded people, do take the plunge and get in touch with a promising group.

All of our members are listed on the back cover, and you can find out about them via their entries here, by visiting our website Members section, or by phoning 020 8567 4075 if the internet is not for you.

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

Contents

- 3 MUSIC
- 9 ART & CRAFTS
- 11 CULTURE & LEARNING
- 13 DANCE & MOVEMENT
- 15 DRAMA
- 16 LEISURE
- 17 MULTI-ACTIVITY
- 18 YOUNGER YEARS
- 20 OUR MEMBERS

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 April-May issue is 1 March.

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 at **2pm** each **Tuesday** and some **Thursdays (Sundays at 3pm)** at this 12th-century church, West London's foremost classical music venue. Plus a **jazz session** once a month.

Perivale Lane, UB6 8SS

All concerts livestreamed in high definition: full details, plus links to previous concerts, at www.st-marys-perivale.org.uk



FEBRUARY

Chiswick Chamber Orchestra AN AFTERNOON OF MOZART

SUNDAY 1 FEBRUARY

MOZART: Overture to *Mitridate, re di Ponto*, K87
MOZART: Piano Concerto No 21 in C major, K467 (soloist Viv Maclean)
MOZART: Symphony No. 41 in C major, K551 (*Jupiter*)
Chiswick Chamber Orchestra, Conductor Sandy Burnett
3.30pm. *St Michael and All Angels Church, Bedford Park, London W4*
£12-25 (under-25 25% reduction)

info@chiswickchamberorchestra.org • www.chiswickchamberorchestra.org

West London Sinfonia

WEST LONDON SINFONIA CONCERT

SATURDAY 7 FEBRUARY

BIZET: Carmen
 DE FALLA: Ballet Suite El Amor Brujo
 RIMSKY KORSAKOV: Capriccio Espagnol
 RAVEL: Bolero
 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

MARCH

Ealing Symphony Orchestra

LATIN COLOURS

SATURDAY 7 MARCH

VILLA-LOBOS: Symphony No. 2 ('Acensão')
 MORICONE: Gabriel's Oboe
 GERSHWIN: Cuban Overture
 Inocente CARRENO: Glosa Sinfónica Margariteña
 ROMERO: Fuga con Pajarillo
 BADEL: Pirates of the Caribbean
 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 Choral Society

EALING CHORAL SOCIETY AT CADOGAN HALL: JS BACH MAGNIFICAT

SATURDAY 14 MARCH

Ealing Choral Society is thrilled to return to Cadogan Hall, alongside a superb quintet of soloists and period instrument specialists The Hanover Band, to perform JS Bach's exultant Magnificat in D. A beloved choral masterpiece, the Magnificat is the Virgin Mary's canticle celebrating her pregnancy with the promised Messiah. The programme also includes works by Handel and Mozart. Peter Asprey conducts.
 7.30pm. *Cadogan Hall, 5 Sloane Terrace, London SW1X 9DQ*
 £30, £22, £15, £12 (ENCORE members 10% off; under-18s half price)
 Box office: www.cadoganhall.com/whats-on/js-bach-magnificat-in-d/book/1216434/ • 020 7730 4500
 Enquiries: www.ealingchoralsociety.org.uk

West London Sinfonia

WEST LONDON SINFONIA CONCERT

SATURDAY 21 MARCH

MAHLER: Symphony No 2 "Resurrection"
 with Diversity Choir, Director Jan Rautio
 7.30pm. *St Barnabas Church, Pitshanger Lane, W5 1QG*
 £15 (concessions £12, child/full time student £5)
 info@westlondonsinfonia.org • www.westlondonsinfonia.org • www.facebook.com/westlondonsinfonia

Julian Light Operatic Society

MONDAY & TUESDAY 23 & 24 MARCH

See advert overleaf

Questors Choir

SPRING CONCERT: (FLANDERS &) SWANN, (GILBERT &) SULLIVAN

SATURDAY 28 MARCH

A programme which explores the wide range of music by Arthur Sullivan and Donald Swann, in their famous comedy song-writing partnerships, and in their sacred music settings.
 7.30pm. *St Barnabas Church, Pitshanger Lane, W5 1QG*
 £18 (under-18 £8, children under 12 free)

Box office: www.questorschoir.org/2026SpringConcert
 Enquiries: 07821 587670 • more@questorschoir.org • www.questorschoir.org
 www.facebook.com/QuestorsChoir

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



 CADOGAN HALL

HANDEL | DETTINGEN TE DEUM
 MOZART | LITANIAE LAURETANAE

JS BACH

MAGNIFICAT IN D

PETER ASPREY CONDUCTOR

14 MARCH 2026 7:30PM

CADOGAN HALL 5 SLOANE TERRACE, LONDON, SW1X 9DQ

THE HANOVER BAND
 EALING CHORAL SOCIETY

Tickets: £30, £22, £15, £12 (ENCORE members 10% off)
 Box Office: 020 7730 4500 Book Online: cadoganhall.com
 (Under 18 half price. Phone box office for details)

 ealingchoralsociety.org.uk | Registered Charity 278174



Day & Night



An entertainment consisting of songs from Gilbert and Sullivan and others based on the above theme, including Cole Porter's well known number

The Questors Studio Theatre Ealing
23rd and 24th March 2026 at 7.30pm

Tickets £15 + concessions £13
The Questors Theatre Box Office
020 8567 0011 or www.questors.org.uk
or visit www.julianoperatic.org for further details



Julian Light Operatic Society: Registered Charity No 1103764



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.

Archie.qymc@gmail.com • www.qymc.org

Music at St Mary's Perivale

SUNDAYS

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

1 February: Paul Ayres (piano)

8 February: Miloš Milivojevic (accordion) and friends

15 February: Coco Tomita, Yume Tomita, Kyota Kakiuchi and Emiri Kakiuchi (violins)

22 February: The Gadrian Piano Quartet

1 March: Trio Sonorité

8 March: The Chamber Music Collective

15 March: Iohan Coman (violin)

22 March: The Waldstein Piano Trio

29 March: Mayumi Sakamoto (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

West London Sinfonia

TUESDAYS

SYMPHONY ORCHESTRA

Weekly rehearsal, 6 concerts per year; see website for repertoire. New members welcome to apply, especially upper strings.

Tuesdays, 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 3 February: Milda Daunoraite (piano)

Thursday 5 February: Chris Ingham (jazz piano), Mark Crooks (saxophone)

Tuesday 10 February: Khrystyna Mykhailichenko (piano)

Tuesday 17 February: Kasparas Mikužis (piano)

Tuesday 24 February: Kyle Hutchings (piano)

Thursday 26 February: The Dean Stockdale Jazz Quartet

Tuesday 3 March: Rose McLachlan (piano)

Tuesday 10 March: Jiali Wang (piano)

Tuesday 17 March: Callum McLachlan (piano)

Tuesday 24 March: Nicholas Absalom (piano)

Thursday 26 March: The Perhaps Jazz Trio

Tuesday 31 March: Salome Jordania (piano)

*Except as shown, 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

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 26 March, 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

Julian Light Operatic Society

THURSDAYS

Calling all Gilbert & Sullivan fans. We perform one of their wonderful comic operas each October and a selection of their songs and music in early spring in the Playhouse and the Studio at Questors Theatre, Mattock Lane, Ealing. All ages are welcome to join us whether experienced or those starting out, especially sopranos and altos. Registered Charity No 1103764.

Thursdays 7.45-9.45pm. Haven Green Baptist Church, Castlebar Road, Ealing W5 2UP (2 minutes walk from Ealing Broadway station).

Contact: inform@julianoperatic.org • www.julianoperatic.org

Art & Crafts

APPLICATIONS OPENING

Borough of Ealing Art Trail (BEAT)

2026 will be BEAT's 10th year, and we plan to build on last year's success when 220 artists took part, and make it the best yet! To get a flavour, view our website (see below). NB: Artist applications open early in February.

*5, 6, 12 & 13 September. 11am-6pm on each event day, but please check the brochure.**60 venues spread around Ealing Borough. Please see brochure.**Entry is free to every venue*

07934 773098 • info@ealingbeat.org.uk • www.ealingbeat.org.uk • Facebook: EalingBeat

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.co.uk

Facebook: www.facebook.com/ealingartgroup

Pamela Lloyd-Jones Art Classes

SATURDAYS

LIFE DRAWING WORKSHOP

Tutored longstanding friendly supportive group with great models. Three hours of drawing; all materials and refreshments supplied and included in price.

*Monthly on Saturday mornings. Confirm dates with Pamela via email.**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

TUESDAYS

WATERCOLOUR PAINTING

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

*Tuesdays 13 January - 24 March, 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

Fun, longstanding friendly groups. All experience levels welcome. Taught by experienced tutor, capturing your individuality and creativity.

Term starts 13 January and follows approximately school terms throughout the year.

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

TUESDAYS

Ealing Flower Club

FLORAL DESIGN DEMONSTRATIONS

18 February: Nick Grounds is a NAFAS National Demonstrator and our guest for this month with his title: *A Step into Spring*. Join us to watch him create wonderful arrangements.

18 March: Our AGM is followed by a talk by Andrea Bugari titled *Ethno-botany*. Come and see what that means; I'm sure you will be surprised!

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 unless we have a National demonstrator.

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

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

WEDNESDAYS

Ealing Quilters

19 February: Discussion of Drunkard's Path and Orange Peel patterns as well as free-cut curves. Please bring thin cardboard for making templates and paper scissors or bring plastic templates. Also bring your usual hand sewing kit, fabrics and threads.

19 March: Log Cabin, giving the illusion of curves – build on existing skills and create the illusion of curves. Please bring two coordinating fabrics, threads and your sewing kit.

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

£4 (members free)

07929 801724 (Jackie Foreman) • kayetelford@hotmail.com

THURSDAYS

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

REGULAR & CONTINUING EVENTS

Ealing Readers

MONDAYS

We are an informal book group, and we welcome new members. Our reading list covers a wide range of genres with a focus on contemporary fiction. We meet at 7.30 for a 7.45 start, beginning with an introduction to the book of the month followed by a lively discussion.

7.30 for 7.45pm. Castle Inn, 36 St Mary's Road, W5 5EU.

Enquiries: 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

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.

10 February: *The Family in Slavery and Freedom: Evidence from Late Antiquity* by Professor Kate Cooper

10 March: *The Early Quakers and the English Revolution, 1641-1660* by Dr Ariel Hessayon
7.30pm. Ealing Green Church, The Green, W5 5QT

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

Enquiries: t.sullivan@qmul.ac.uk • www.ealinghistory.org.uk

Rainbow Poetry Group

TUESDAYS

Something new for 2026. Join us to read poems by Simon Armitage on Tuesday 10 February, and Published Poems on City Life on Tuesday 10 March. Or you could relax and listen and join in the discussion.

2.30-4pm. Hanwell Community Library, Cherington Road, W7 3HL

First visit free, donation for the Library upkeep thereafter Enquiries: smtpearce@btinternet.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 7 January - 25 March (no class on 18 February)

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 8 January - 26 March (no class on 19 February)

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

REGULAR & CONTINUING EVENTS

Suzanne Gribble – Iyengar Yoga

MOST DAYS

YOGA CLASSES

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

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

Ealing Kung Fu School

MONDAYS, WEDNESDAYS & THURSDAYS

SHAOLIN KUNG FU & QIGONG CLASSES

Younger Years

Discover the power of Shaolin Kung Fu, Tai Chi, and Qigong at Ealing Kung Fu School – where every class is a step toward strength, focus and confidence. Whether you're seeking fitness, self-defence, or simply a fresh challenge, our expert instructors guide you through a rewarding journey that grows with you. Join a welcoming community, and transform training into a lifestyle that energises both body and mind.

Children Kung Fu 6.30-7.30pm Mondays & 5.30-6.30pm Thursdays

Adults Kung Fu 7.30-9.30pm Mondays & Wednesdays

Drayton Manor High School, Drayton Bridge Road W7 1EU

07766 240347 • www.ealingkungfuschool.com • www.facebook.com/ealingkungfuschool

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

TUESDAYS

SCOTTISH COUNTRY DANCING

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 & THURSDAYS

GENERAL YOGA CLASSES

Mixed-ability classes suitable for all levels, including beginners

Either 10-11.15am or 11.30am-12.45pm, Tuesdays 6 January - 24 March (no class on 17 February)

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 7 January - 25 March (no class on 18 February)

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 8 January - 26 March (no class on 19 February)

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

Jan-March: £143 for full course or £72 for each half (£110 or £55 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

IMPACT Theatre

IMPACT is a theatre company for performers and artists with learning disabilities. We offer a huge range of performing and creative arts activities, both on stage and behind the scenes.

IMPACT Community Arts Centre, Ealing Central Sports Ground, Horsenden Lane South, UB6 8GP

www.impacttheatre.co • www.facebook.com/impacttheatreuk/

See Multi-activity section for March Impact Theatre Oscars

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

Leisure

FEBRUARY

Charlemagne Wine Club WINES FROM SLOVAKIA

MONDAY 16 FEBRUARY

Lucia Dovalova, from The Naughty Grape, will be showing some classic and less well-known varieties including the unique Slovak Tokaj.
8pm. *The Forester, Leighton Road, W13 9EP*
£25 by prior application

cwc@charlemagnewineclub.co.uk • www.charlemagnewineclub.co.uk
Facebook: 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 4-12 miles, led by volunteers and carefully graded. Almost all our walks are accessible by public transport and have a lunchtime picnic/pub/cafe stop. There is usually no need to book - just turn up and introduce yourself to the leader.

Please see website details for each walk.

No charge, but after a couple of 'taster' walks you will need to join the RA.

secretary@westlondonramblers.org.uk • www.westlondonramblers.org.uk
Facebook: West London Ramblers

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

MARCH

IMPACT Theatre IMPACT THEATRE OSCARS

FRIDAY 6 MARCH

The evening will be a celebration of IMPACT's neurodivergent performers and artists, as they receive awards for their work over the past three years. In addition to delicious Indian food, the evening will feature presentations on the achievements of our performers and artists. You can support IMPACT's invaluable work by buying a supporter ticket for £60. This helps towards the cost of the event. The rising costs over the last few years mean the event costs a lot more to put on than it used to, and we appreciate your support. All our performers attend as guests, and parents' and carers' tickets are subsidised.

7pm. *Royal Nawaab, Perivale*

£60

020 8997 8979 • info@impacttheatre.co • www.impacttheatre.co • www.facebook.com/impacttheatreuk/

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 email membership@ealingarts.org.uk with your name and address, and pay by bank transfer to Ealing Arts, Sort code 40 22 30, Account 01180959.

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

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

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.

Archie.qymc@gmail.com • www.qymc.org

Ealing Kung Fu School

MONDAYS, WEDNESDAYS & THURSDAYS

SHAOLIN KUNG FU & QIGONG CLASSES

Discover the power of Shaolin Kung Fu, Tai Chi, and Qigong at Ealing Kung Fu School – where every class is a step toward strength, focus and confidence. Whether you're seeking fitness, self-defence, or simply a fresh challenge, our expert instructors guide you through a rewarding journey that grows with you. Join a welcoming community, and transform training into a lifestyle that energises both body and mind.

Children Kung Fu 6.30-7.30pm Mondays & 5.30-6.30pm Thursdays

Adults Kung Fu 7.30-9.30pm Mondays & Wednesdays

Drayton Manor High School, Drayton Bridge Road W7 1EU

07766 240347 • www.ealingkungfuschool.com • www.facebook.com/ealingkungfuschool

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
Ealing Over-60 Network (EON)
Ealing Readers
Ealing u3a
Friends of Marcq-en-Baroeul
Historical Association: Ealing Branch
Rainbow Poetry Group

DANCE & MOVEMENT

Cath Barnes-Holt Iyengar Yoga
Dalcroze Eurhythmics Ealing
Ealing Kung Fu School
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)

LEISURE

Charlemagne Wine Club
Perivale Social Group
West London Ramblers

MUSIC

Brentham Ladies' Choir
Capital Concert Brass
The Chamber Music Collective
Chiswick Chamber Orchestra
Ealing Chamber Music Club
Ealing Choral Society
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