

APRIL — MAY 2018

# What's On



Arts and leisure  
activities across the  
borough of Ealing

EVENTS INSIDE THIS ISSUE

Music, Art, Crafts, Culture,  
Education, Dance, Movement,  
Drama, Comedy, Poetry,  
Leisure, Multi-Activity

# What's On – your new-look Ealing Arts Diary

We hope you like the second edition of our new-look diary, and our updated and mobile-friendly website at [www.ealingarts.org.uk](http://www.ealingarts.org.uk), which is at last online.

The new website has taken a bit longer than expected, but we hope the wait was worth it.

And we're now also on Facebook – look for Ealing Arts & Leisure.

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Ealing  
Arts &  
Leisure

## Music

HEOS Musical Theatre  
MADE IN DAGENHAM

WEDNESDAY-SATURDAY 11-14 APRIL

A musical based on the true story of the 1968 sewing machinists' strike at Fords, which influenced the passing of the Equal Pay Act of 1970. When the women at the Ford factory in Dagenham are regraded to unskilled, but with less pay than the men on the same grade, Rita O'Grady rallies the women to strike for equal pay, despite the wishes of her family. When news of the strike reaches the head of Ford USA, the men at the factory are laid off, and the British Government is forced to intervene. Contains some strong language.

Music, David Arnold; lyrics, Richard Thomas; book, Richard Bean.

*Evenings 7.45pm, Saturday matinee 2.30pm. The Questors Theatre, 12 Mattock Lane, Ealing W5 5BQ*

£17.50 (concessions £14.50, Wednesday all seats £14.50)

Box office: 020 8567 5184 • Enquiries: 020 8567 4075 • [www.heos.org.uk](http://www.heos.org.uk)

Julian Light Operatic Society  
NAUTICAL NICETIES

FRIDAY 20 APRIL

Our annual Spring Revue – with the theme of The Sea, Salt and anything remotely nautical  
*7.30 for 8pm. St Stephens Church Hall, St Stephens Road W13 8HB*  
£15 including a light supper

0844 880 1852 (inc box office) • [inform@julianoperatic.org](mailto:inform@julianoperatic.org)

## MAY

West London Sinfonia

SATURDAY 12 MAY

*Celebrating a Benefactor – Ida Dodderidge*

BEETHOVEN: Egmont Overture

BEETHOVEN: Piano Concerto No 5 'The Emperor' (soloist Ashley Fripp)

DVOŘÁK: Symphony No 7

Conductor Philip Hesketh, leader Iwona Boesche

*7.30pm. St Michael's Church, Elmwood Road, W4 3DY*

£14 (concessions £12, student or child £5). Buy at the door, cash or cheque

Online box office via website

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

Ealing Symphony Orchestra

SATURDAY 19 MAY

DVOŘÁK: Carnival Overture

BEETHOVEN: Piano Concerto No. 1

George LLOYD: Symphony No. 4

Rhys Concessao (piano: winner of 2017 Ealing Festival Award), conductor John Gibbons

A rare chance to hear one of the 20th century's greatest symphonies live.

*'I am in no doubt what the musical event of this year will be'* (Simon Heffer in the Daily Telegraph)

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

£14 (concessions £12, under 25/student £6, accompanied child £1)

Box office (no booking fee): [www.ealingso.org.uk/tickets](http://www.ealingso.org.uk/tickets)

020 8567 4075 • [secretary@ealingso.org.uk](mailto:secretary@ealingso.org.uk) • [www.ealingso.org.uk](http://www.ealingso.org.uk)

Find us online at  
[ealingarts.org.uk](http://ealingarts.org.uk)

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

Want to know how to list an event  
or advertise here?  
Visit [ealingarts.org.uk/join](http://ealingarts.org.uk/join).



**EALING SYMPHONY ORCHESTRA**  
Registered Charity No. 287974  
President: The Mayor of Ealing

**Piano: RHYS CONCESSAO**  
**Leader: Peter Nall**  
**Conductor: JOHN GIBBONS**

**DVOŘÁK Carnival Overture**  
**BEETHOVEN Piano Concerto No. 1**  
**GEORGE LLOYD Symphony No. 4**

*"Some of us have waited half a lifetime to hear this magnificent work, Lloyd's greatest, performed in public. Gibbons and his orchestra are lighting the proverbial candle in a dark world. It will not be the last." (Simon Heffer, Daily Telegraph 17.2.18)*

**Saturday 19 May 2018, 7.30pm**  
**St Barnabas Church, Pitshanger Lane, London W5 1QG**  
**£14 (concessions £12, under 25/student £6, accompanied child £1)**

[www.ealingso.org.uk](http://www.ealingso.org.uk) | [@ealingso](https://twitter.com/ealingso) | [facebook.com/ealingso](https://facebook.com/ealingso)

## JUNE

### Petros Singers

SATURDAY 30 JUNE

#### GLAD GREETINGS AND FOND FAREWELLS

Our summer concert explores musical portraits of 'hellos' and 'goodbyes', whether love at first sight or burying one's beloved. The centrepiece is Parry's *Songs of Farewell*, marking the 100th anniversary of their composition and their composer's death, alongside music by Haydn, Lassus, Rutter and Stanford. Join us for an evening of beautiful and touching music.

7.30pm. *St Michael & All Angels, Bedford Park, Chiswick, W4*

£17 (concessions £15, students/under 18s £5)

Box office: <http://www.wegottickets.com/petrossingers> • Enquiries: [tickets@petrossingers.org](mailto:tickets@petrossingers.org)

## 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.

*The Hanwell Voice Studio, W7*

Enquiries (Lydia Marchione, AGSM): 07791 170662 • [www.lydiamarchione.com](http://www.lydiamarchione.com)

### The Friends of St Mary's Perivale

#### WEEKEND CONCERTS AT ST MARY'S PERIVALE

Monday 2 April: Yume Fujise (violin) Jamal Aliyev (cello) Hugh Mather (piano)

Sunday 8 April: The Adderbury Ensemble with Viv McLean (piano)

Sunday 15 April: Ashley Fripp (piano)

Sunday 22 April: Corinne Morris (cello) Peter Limonov (piano)

Sunday 29 April: The Blaze Ensemble

Sunday 6 May: Fenella Humphreys (violin) Sam Armstrong (piano)

Sunday 27 May: Ensembles from the Royal Birmingham Conservatoire

3pm. *St Mary's Church, Perivale Lane, Perivale UB6 8SS*

Free with retiring collection

020 8997 7691 • [hmather@btopenworld.com](mailto:hmather@btopenworld.com) • [www.st-marys-perivale.org.uk](http://www.st-marys-perivale.org.uk)

### Ealing Chamber Music Club

MONDAYS

New playing members (and visitors) are always welcome at our regular evenings. Free refreshments.

*Second Monday in the month, except August.*

8pm. *St Mary's Church, Perivale*

020 3143 3206 • [ealingchambermusic@gmail.com](mailto:ealingchambermusic@gmail.com) • [www.ecmc.org.uk](http://www.ecmc.org.uk)

### Capital Chorus

MONDAYS

#### WEEKLY REHEARSAL

We're a friendly, diverse and welcoming group of men who love to sing close-harmony songs in the barbershop style. Whatever your age or experience, come and meet us at our weekly open rehearsal. Barbershop could be the exciting, rewarding, fun hobby you're looking for.

7.45 - 10.15pm. *Kingsdown Methodist Church, Northfield Avenue, Ealing W13 9PR*

07963 595930 • [www.capitalchorus.co.uk](http://www.capitalchorus.co.uk)

### West London Strings

MONDAYS

Come and join us! We are a friendly, supportive string orchestra which plays classical music on Monday evenings in West Kensington. Anyone is welcome, from 18 to 80+. Grade 4 upwards, no auditions. To find out more, visit [www.westlondonstrings.org.uk](http://www.westlondonstrings.org.uk) or call Sheila Metcalfe on 020 8946 6185.

7.15 - 9.30pm. *St Mary's Church Hall, Edith Road, London W14*

£90 per term

Enquiries (Sheila Metcalfe): 020 8946 6185 • [www.westlondonstrings.org.uk](http://www.westlondonstrings.org.uk)

### The Love2sing Choir

MONDAYS

#### THE LOVE2SING EALING CHOIR

Come and sing with us at the Love2sing Ealing Choir. Take part in fun, friendly and informative weekly rehearsals and twice yearly concerts. The choir meets for 35 rehearsals per year (terms vary 10-13wks). You will make new friends, raise money, learn and Love2sing. Styles include: Pop, Musical Theatre, Big Band, Rock, Motown, Traditional, World Music and more. Terms run from Sept (Autumn), Jan (Spring) and April/May (Summer).

3pm. *North Hanwell Baptist Church, Cuckoo Avenue, W7 1BW*

Monthly subscription: £20.40 Termly: £70 (10 wks) - £91 (13wks).

Terms vary. Check term lengths at: [www.love2sing.co.uk/term-dates](http://www.love2sing.co.uk/term-dates)

07989 560603 • [info@love2sing.co.uk](mailto:info@love2sing.co.uk) • [www.love2sing.co.uk](http://www.love2sing.co.uk)

## The Friends of St Mary's Perivale

### TUESDAY AFTERNOON PIANO RECITAL SERIES

TUESDAYS

3 April: Callum McLachlan  
 10 April: Tyler Hay  
 17 April: Evgeny Genchev  
 24 April: Tommaso Carlini  
 1 May: Alexander Karpeyev  
 8 May: Victor Maslov  
 15 May: Renata Konyicska  
 22 May: Richard Uttley  
 29 May: Iyad Sughayer  
 2pm. *St Mary's Church, Perivale Lane, Perivale UB6 8SS*  
*Free with retiring collection*

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

## The Friends of St Mary's Perivale

### WEDNESDAY EVENING CONCERTS AT ST MARY'S PERIVALE

WEDNESDAYS

4 April: Chris Hankin (flute) Richard Shaw (piano) / The Chagall Piano Quartet  
 18 April: Mathilde Milwidsky (violin) John Reid (piano) / Penelope Appleyard & the Florisma Baroque Ensemble  
 25 April: Alexandra Lomeiko (violin) Gamal Khamis (piano) / James Gilbert (clarinet) Miguel Sobrinho (viola) Alim Beisembayev (piano)  
 2 May: The Accia Piano Trio  
 9 May: Lisa Ueda (violin) Daniele Rinaldo (piano) / The Esposito String Quartet  
 16 May: Eriko Nagayama (violin) Yi-Shing Cheng (piano) / The Coriolis Wind Quintet  
 23 May: Julia Pusker (violin) / The Salome Quartet  
 7.30pm. *St Mary's Church, Perivale Lane, Perivale UB6 8SS*  
*Free with retiring collection*

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

## Questors Choir

### COME AND SING WITH QUESTORS CHOIR

WEDNESDAYS

Don't be shy – come along and see what you make of us. Newcomers can attend up to three sessions on a free trial basis. There are no auditions, and all abilities and voice parts are welcome. Try us out and you'll soon have a passion for choral singing!  
 Our repertoire is deliberately varied. Past concert performances include major works ranging from Baroque to contemporary, as well as folk songs, spirituals and carols. Above all, we aim to enjoy ourselves through singing. In addition to performing in three to four concerts a year, we also organise or take part in open singing days, choral workshops and singing festivals. Each Christmas we sing for a national or local charity selected by choir members.

8 - 10pm. *St Martin's Church, Hale Gardens, W3 9SQ*

Full year £140 or £130 early bird or £110 concessions; term £60 or £50 concessions.

Anyone over 16 can join, and if you are 25 or under your annual membership is free of charge.

020 8816 7734 • 07802 720333 • www.questorschoir.org.uk

## The Love2sing Choir

### THE LOVE2SING EALING CHOIR

WEDNESDAYS

Come and sing with us at the Love2sing Ealing Choir. Take part in fun, friendly and informative weekly rehearsals and twice yearly concerts. The choir meets for 35 rehearsals per year (terms vary 10-13wks). You will make new friends, raise money, learn and Love2sing. Styles include: Pop, Musical Theatre, Big Band, Rock, Motown, Traditional, World Music and more. Terms run from Sept (Autumn), Jan (Spring) and April/May (Summer).

7.30-9.30pm. *St Christopher's, Bordars Road, Hanwell, W7 1AG*

Monthly subscription: £26.25 Termly: £90 (10 wks) - £117 (13wks).

Terms vary. Check: [www.love2sing.co.uk/term-dates](http://www.love2sing.co.uk/term-dates)

07989 560603 • info@love2sing.co.uk • www.love2sing.co.uk

## Gregorian Chant: Ealing Abbey Lay Plainchant Choir

WEDNESDAYS

Director Fr Peter Burns OSB.

Exploring the riches of the Gregorian Chant tradition. New members always welcome. We usually sing at a Parish Liturgy once each month at 12 noon. A group also sings at a local care home monthly.

6.30 for 6.40 - 8pm. *Bulbeck Room of the Ealing Abbey Parish Centre*

Voluntary contribution of £2 per session

020 8862 2160 • gregorianchantealing@gmail.com

## Julian Light Operatic Society

### NAUTICAL NICETIES – OUR SPRING MUSICAL ENTERTAINMENT

WEDNESDAYS

We're starting rehearsals for our Spring show, *Nautical Niceties*, featuring extracts from *HMS Pinafore* and many more. New members will be made very welcome, especially (shock) sopranos and altos.

7.45pm. *Nelson Room, Ealing Town Hall*

No charge. If you stay with us, we do have a membership fee.

07976 577 232 • inform@julianoperatic.org • www.julianoperatic.org

## Ealing Common Choir

### WHERE SINGERS ARE WELCOME

THURSDAYS

Experience the pleasure of singing an amazingly wide repertoire to a high standard. We give 3/4 concerts a year interspersed with workshops and social events.

You should be able to read music, sing in tune and sight read a simple line.

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

£40 per term. Try the choir for free for your first ever 3 weeks. Concessions for all students.

chair@smce.org.uk • www.smce.org.uk

## St Barnabas Church

### FRIDAY LUNCHTIME CONCERTS AT ST BARNABAS CHURCH

6 April: Akito Goto (cello) Stephen Gutman (piano)  
 13 April: SongHa Choi (violin)  
 20 April: Mishka Rushdie Momen (piano)  
 27 April: Milena Simovic (viola) Olga Sitkovetsky (piano)  
 4 May: Tolga Atalay Un (piano)  
 11 May: The Armored piano trio  
 18 May: Adam Heron (piano)  
 25 May: to be arranged  
 1pm. St Barnabas Church, Pitshanger Lane, London W5 1QG  
 Free with retiring collection

020 8997 7691 • hmather@btopenworld.com • www.barnabites.org/concerts

FRIDAYS

# Art and Crafts

## Borough of Ealing Art Trail

BEAT is a non-selective, not-for-profit organisation run by artists for artists, holding an annual open studios event over two consecutive weekends every September, during which members open their houses or studios to the public to exhibit and sell their work. Annual membership is £5, available anytime throughout the year, but to take part in the BEAT weekends exhibiting fees are extra, payable in January/February. To exhibit, a member must live or work within the Borough of Ealing. The membership application is on-line at [www.ealingbeat.org.uk](http://www.ealingbeat.org.uk). [info@ealingbeat.org.uk](mailto:info@ealingbeat.org.uk)

## REGULAR EVENTS

### Lady's Creative Centre *(reg. charity no. 1041528)*

Art and craft classes.  
 Doll's house museum: Saturdays 10am-3pm; school visits by arrangement.  
 International Creative Day: Saturday 30 June; enquiries welcome  
 12 Haven Green, Ealing, W5 2UU or locally  
 Membership £20/year; classes and table hire extra.  
 020 8998 8236 • lcccharity@aol.com • www.ladyscreativecentre.co.uk

### The Ealing Lacemakers

MONDAYS

A small, friendly group making a variety of laces, independently run, some tuition available  
 Every Monday except for bank holidays  
 7.30 - 9.30pm.  
 Room 2, Northfields Community Centre, 71a Northcroft Road, W13  
 020 8991 9338 • cathyadams@ntlworld.com

### Ealing Art Group

MONDAYS

9 April: Demonstration by local artist Joel Wareing – *Pastel Figures in a Landscape*  
 14 May: Illustrated lecture by Prof. Anthony Slinn – *Modigliani*  
 7.30-9.30pm. Centre for Independent Living, 1 Bayham Road, Ealing, W13 9QT  
 £4 (members £1) 020 8998 5662 • ealingartgroup@gmail.com • www.ealingartgroup.co.uk

## St Andrew's Art Workshops MONDAYS, TUESDAYS, WEDNESDAYS AND THURSDAYS TUTOR-LED WORKSHOPS FOR OIL PAINTING AND MIXED MEDIA

Materials supplied for all groups at small additional charge.  
 Oil painting workshops include structured courses for beginners.  
 Beginners welcome. Tutor: ex-college lecturer.  
*During term-time*  
*Painting: Mon, Tue, Wed 10am - 1pm. £9 per 3hr. session*  
*Mixed media: Thurs 10am - 12.30pm. £8 per 2½hr session*  
 St Andrew's Church Centre, Mount Park Road, Ealing W5

020 8998 8435

### The 4020 Art Group

MONDAYS, TUESDAYS AND SATURDAYS

#### DRAWING AND PAINTING CLASSES FOR ALL

We are a friendly bunch of amateur artists with our own studio and professional tutors. We offer a varied programme of high quality teaching for adults. Beginners and more experienced artists welcome.

• Term-time only: Monday 16 April - Tuesday 9 July (half term w/c Monday 28 May)  
*Weekly Monday classes: 10am - 1pm or 2 - 5pm*  
*Tuesday mornings: 10am - 1pm or 2 - 5pm*  
 £200 for 12 weeks

• Art class for teenagers – Painting, drawing and graphics  
*Thursdays after school classes 4 - 6 pm*  
*Saturday classes suitable for young people aged 12-16 years*

For more information contact Joanna Broom: 07828 908582 • [jb@gmail.com](mailto:jb@gmail.com)  
 • [www.4020artgroup.co.uk](http://www.4020artgroup.co.uk)

• Specialist short courses and evening classes run by professional tutors  
 See [www.4020artgroup.co.uk](http://www.4020artgroup.co.uk) for details

Hanwell Community Centre, Westcott Crescent, W7 1PD

Membership enquiries: 07535 347764 • [membership@4020artgroup.co.uk](mailto:membership@4020artgroup.co.uk)

### Patricia Burbidge

TUESDAYS

#### WATERCOLOUR PAINTING AT NORTHFIELDS COMMUNITY CENTRE

Mixed ability watercolour painting classes with tutor Patricia Burbidge. We experiment with colour mixing, still life and landscape composition using a variety of watercolour techniques.

17 April - 28 June:

10am-12.30: £80 for 10 weeks and 1-4pm: £90 for 10 weeks  
 Room 1, Northfields Community Centre, 71a Northcroft Road, W13 9SS

artist@patriciaburbidge.com • 020 8891 5115

### Ealing Flower Club

WEDNESDAYS

#### FLORAL DESIGN DEMONSTRATIONS

18 April: *Whiskets* is the title of Christine Payne's demonstration. Google says whiskets are small baskets, so join us and see if that is correct. Our club competition is titled *Spring has Sprung...* You can enter or help judge the exhibits.

7pm for 7.30 start. Except March 21st, St Barnabas Church, Pitshanger Lane, W5 1QG (buses E2 or E9; parking in road)

Visitors welcome: £5.50 per session. Membership open from April.

Enquiries (Christine): 020 8998 8228 • [smtpearce@btinternet.com](mailto:smtpearce@btinternet.com)

## Sew What?

WEDNESDAYS, FRIDAYS AND SATURDAYS

LEARN TO SEW OR GET IT FIXED

Younger Years

Machine sewing classes for total beginners and intermediate skill. Adult class options: Wed/ Fri/ Sat 10.30am & 12.30pm. Separate after school or holiday club classes for children 9+yrs. Repairs and alterations by quote. Call Debbie to chat sewing!

*Garden studio on Brunswick Road, W5 1AH*

debbie@sewwhatcafe.com • 07946 826338 • www.sewwhatcafe.com

## Ealing Quilters

THURSDAYS

19 April: Trapunto

17 May: Bad Taste Night – From Disaster to Success

7.30pm. *Ealing Centre for Independent Living (ECIL), 1 Bayham Road, West Ealing, W13 0TQ*

£4 (members free)

020 8998 6023 • 07757 911740

## Ealing & Hampshire House Photographic Society

THURSDAYS

We are a friendly and very sociable group of photographers making up one of the world's longest-established Photographic Societies.

We meet weekly for talks, practicals, and competitions, both Print and Projected.

All levels welcome - come and try us out!

7.45 for 8 - 10pm. *Ealing Town Hall – with occasional exceptions: see*

<http://www.ehfps.org.uk/event-calendar/>

*Our membership rates are very reasonable but your first visit is free.*

publicity@ehfps.org.uk • www.ehfps.org.uk

# Culture & Learning

## Friends of Marcq-en-Baroeul

EALING'S TWIN TOWN IN FRANCE

The Friends of Marcq is a local group promoting friendship and activities between Ealing and Marcq-en-Baroeul, which is close to Lille, so easily accessible. Knowledge of French is not necessary for many of the organised events. We offer exchange visits to France for language and cultural weekends, staying with French hosts. There are also French classes at various levels, and a variety of activities throughout the year in Ealing.

Enquiries: 020 8991 9685 \* 020 8568 6159 • www.fomeb.eu

APRIL

## The Himalayan Institute of Yoga Science and Philosophy

TUESDAYS

MEDITATION AND ITS PRACTICE

See advert overleaf

REGULAR EVENTS

## Colette Wilson French Cultural Courses

COMING SOON SUMMER AND AUTUMN 2018

**PARIS: THE MODERN CITY 1848-1914**

**POST-WAR PARIS: EXISTENTIALISM, ART, AND PROTEST**

**MODERN FRENCH AUTOBIOGRAPHY: LITERATURE, FILM, ART**

Exciting, thought-provoking courses on French literature, art, film, history and culture led by Dr. Colette Wilson. Texts in translation. Whether you've studied the subject before or are keen to explore something new, you'll be made very welcome. Friendly, interactive sessions.

*Pitshanger Lane area, Ealing. 10-week courses, 2 hours per week, £100*

To register your interest / for further details contact: [Wilson\\_Colette@btinternet.com](mailto:Wilson_Colette@btinternet.com)

## The Arts Society Ealing (formerly EDFAS)

MONDAYS

16 April: Rosalind Whyte – 250 Years of the Royal Academy.

21 May: Tim Stimson – Cartoonery

8pm. *William Barry Theatre, Univ of West London. W5 5RF*

*Visitors welcome. £7 non-members, full-time students £3*

[www.edfas.org.uk](http://www.edfas.org.uk)

## Ealing Red Lion Readers

MONDAYS

We are an informal book group and welcome new members. We read and discuss a wide variety of books including contemporary fiction. Our meetings are monthly, and once a year we visit the theatre to see a play such as Rattigan's *French Without Tears*.

*First Monday in month, 7.30pm. Red Lion, 13 St Mary's Road, W5 5RA*

Enquiries (Hazel): [hazannewilliams@gmail.com](mailto:hazannewilliams@gmail.com) • <https://redlionreadersealing.wordpress.com/>

**HIMALAYAN INSTITUTE of Yoga Science & Philosophy.**[www.himalayaninstitute.org.uk](http://www.himalayaninstitute.org.uk)

Reg charity 1048336.

**MEDITATION and its PRACTICE****Saturday 28<sup>th</sup> April 2018****9.15am – 4.00pm****Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE**

Meditation asks us to take a seat, quieten ourselves and experience the joys of simply being rather than wanting and trying. In time this will show us what is true and not true, and open up a deep inner resource that resolves conflict and gives life true meaning. The event covers meditation in a way suitable for beginners and those already practising.

**Programme:**

|        |  |
|--------|--|
| 9.15am | Registration   |
| 9.30   | <b>Prepare to meditate -- 1.</b><br># Posture; # Natural breathing; # Relaxation |
| 10.15  | <b>The need to meditate.</b>   |
| 11.00  | Tea / coffee.  |
| 11.30  | <b>Preparing to meditate – 2.</b><br># Breath awareness; # Mantra.               |
| 12.30  | LUNCH  |
| 1.30   | Mindful Walking.   |
| 2.00   | <b>Establishing your practice.</b>   |
| 3.00   | Tea / coffee.  |
| 3.15   | <b>Guided meditation.</b>  |
| 3.40   | Questions & answers.   |
| 4.00   | Depart.  |

Easy parking. Bookstall. Light vegetarian lunch.  
Please bring a yoga mat if you have one.  
Members £30 Non-members £45

Book now. Contact Lisa Schlotmann at  
[enquiries@himalayaninstitute.org.uk](mailto:enquiries@himalayaninstitute.org.uk) or 020 8567 8889.  
Why not become a member (£25pa)?

**Historical Association: Ealing Branch**

TUESDAYS

*The Historical Association is open to everyone who is interested in History, both world, national and local, and its relevance to our own times. We meet regularly on the second Tuesday of each month. There will also be organised outings to places of historical interest, one in the autumn and another in the spring.*

**SPEAKERS PROGRAMME**

10 April: T.B.A.

8 May: Heike Schmidt (Associate Prof. Reading University) – 'Zimbabwe, Nationalism, and the Lion's Den in Black London'

7pm for 7.30pm.

*The Parlour, Ealing Green Church, Ealing Green, London W5 5QT*£5 (members free) 020 8567 6554 • [pierre.thomas@btinternet.com](mailto:pierre.thomas@btinternet.com) • <http://ealinghistory.org.uk/>**Ealing National Trust Association**

TUESDAYS

3 April: 'Ellen TERRY and the Aesthetes' – her home was the 15th century Smallhythe Place (NT since 1947) – by Mrs Frances Hughes

1 May: 'The Glories of the Nile – Egyptian Architecture and Temples', by Mr Frank Weare

*Times as above. Parish Hall, Christ Church, Ealing Broadway*

£3 (members free)

020 8567 9517 • [www.ealingnt.org.uk](http://www.ealingnt.org.uk)**Hanwell & Ealing Heritage Museum**

WEDNESDAYS AND SATURDAYS

**DISPLAY OF BRITISH-MADE DOMESTIC ARTEFACTS AND LOCAL HISTORY RESOURCE**

*Open Wednesdays and Saturdays, 11am - 3pm. Hanwell Community Centre, Westcott Crescent (top of Cuckoo Avenue), W7. Adults £2, children £1*

020 8579 0178 • 07889 033201 (when open) • [davidblackwell199@gmail.com](mailto:davidblackwell199@gmail.com)

Facebook: Hanwell &amp; Ealing Heritage Museum

**Ealing University of the Third Age**

THURSDAYS

**LECTURES**

5 April: Pat Davies OBE 'The Secret Diary of a British Camp Commandant'.

12 April: Ben Chappell 'Quartet Music'

19 April: Mark Lewis 'The History of Lighthouses'

26 April: Stephen Kenster 'Visual Effects in Film'

3 May: Jon Cotton 'One Thames or Two'

10 May: Prof. Andrew Linn 'The History of Linguistics'

17 May: Carol Frankl 'An Occupational Therapist in the Community'

24 May: Yvonne Jackman 'The History of St.Paul's'

31 May: Andrew Wareham 'The Hearth Tax 1662-1689'

*10am - 12 noon. Ealing Green Church*

£3 (members free)

020 8127 5835 • [u3asites.org.uk/ealing](http://u3asites.org.uk/ealing)

# Dance & Movement

## REGULAR EVENTS

### Suzanne Gribble - Iyengar Yoga TEENS YOGA CLASSES

SATURDAYS

Younger Years

Yoga classes for teenagers focusing on improving flexibility, strength and stamina and a quieter mind. Beginners welcome.

4.30 - 5.30 (please check dates in advance). Northfields Community Centre, W13 9SS

£7 a session (£30 for a block of five) 07916 145786 • [suzanne.gribble@gmail.com](mailto:suzanne.gribble@gmail.com)

<http://suzannegribbleyoga.com> • [www.facebook.com/SuzanneGribbleIyengarYogaTeacher](http://www.facebook.com/SuzanneGribbleIyengarYogaTeacher)

### Pilates Studio

WEEKDAYS, EVENINGS, SATURDAYS

Custom one-to-one sessions taken by a qualified physiotherapist (BSc Physiotherapy) specialising in rehabilitation, including back and chronic pain, as well as improving posture and flexibility. Held in a bright studio with full pilates equipment, reformer, trapeze table, etc., and with the new 'Core Align' machine to improve gait and lower body strength.

Montpelier Road, Ealing 07796 663174 / [susan@kineticconsulting.co.uk](mailto:susan@kineticconsulting.co.uk) • [www.pilatesw5.com](http://www.pilatesw5.com)

### Adult Ballet Floor Barre

WEEKDAYS, EVENINGS, SATURDAYS

Susan Jervis, A.R.A.D.

Ex-professional ballet dancer and qualified physiotherapist teaching one-to-one ballet floor barre, allowing people of any age to achieve all the benefits of ballet regarding flexibility, strength, tone and posture. Learning exercises supine on a mat, it's safe and alignment easy to feel.

Montpelier Road, Ealing 07796 663174 / [susan@kineticconsulting.co.uk](mailto:susan@kineticconsulting.co.uk) • [www.pilatesw5.com](http://www.pilatesw5.com)

### Madhurang Dance

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

#### INDIAN DANCE / BOLLYWOOD CLASSES

Younger Years

Classes for children and adults. Learn classical dance form Kathak or Bollywood keep fit classes. ISTD approved exams can be taken; this is optional. You can join the classes at any time. This is a fun activity for one and all. Steps are taught slowly and gradually to the learner's ability. Great care is given and attention. Please call for a free trial class.

Northfields Community Centre, 71a Northcroft Road, West Ealing, W13 9SS

07922 109289 • [crishna8@hotmail.com](mailto:crishna8@hotmail.com)

### Ealing Country Dance Club

MONDAYS

50+? If you'd like to do something different and make new friends, come and try the gentle exercise of traditional English folk dancing. Men and women, singles and couples are all welcome to our friendly club nights.

2, 16, 30 April; 7, 21 May: 8-10pm. St Barnabas Church Hall, Pitshanger Lane, W5 1QG

£4.50 020 8998 6281 • [enquiries@ealingfolk.org.uk](mailto:enquiries@ealingfolk.org.uk) • [www.ealingfolk.org.uk](http://www.ealingfolk.org.uk)

### Suzanne Gribble - Iyengar Yoga

MONDAYS

General Iyengar Yoga classes focusing on alignment of the body to help improve flexibility, strength and stamina and a quieter mind

9.15 - 10.45am and 11am - 12.30pm. Northfields Community Centre, W13 9SS

£66 for block of 6, £120 for block of 12, £13 drop in 07916 145786 • [suzanne.gribble@gmail.com](mailto:suzanne.gribble@gmail.com)

<http://suzannegribbleyoga.com> • [www.facebook.com/SuzanneGribbleIyengarYogaTeacher](http://www.facebook.com/SuzanneGribbleIyengarYogaTeacher)

### West London Backcare

TUESDAYS

#### BACKCARE EXERCISE PROGRAMME

Gentle exercise for back problems, strengthening core muscles, improving posture and flexibility. Followed by relaxation. Friendly class, term time only.

10.55-11.55am. St Andrew's Church Centre, Mount Park Road, W5 2RS.

£7

020 8997 4848

### Yoga With Loretta

TUESDAYS

Experienced and Beginners welcomed! Join our warm and friendly class to gain strength and flexibility, improve posture and alignment, with mindfulness. You may be gently challenged to push yourself ... and keep smiling!

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

£9 drop in; £8 if paid in a block

020 8845 7873 • [shape.tone@blueyonder.co.uk](mailto:shape.tone@blueyonder.co.uk) • [www.yogaloretta.co.uk](http://www.yogaloretta.co.uk)

### The Himalayan Institute of Yoga Science and Philosophy

TUESDAYS

#### YOGA, MIXED ABILITY AND BEGINNERS (10 - 11.30AM)

General Hatha Yoga class for both experienced students and beginners

#### MINDFUL YOGA (11.30AM - 1PM)

Gentle postures combined with learning to meditate and breathing exercises for a more inclusive practice.

17 April- 10 July (no class 29 May). Ealing Friends' Meeting House, 17 Woodville Road, W5 2SE

£6.50 drop-in fee

020 8567 8889 • [www.himalayaninstitute.org.uk](http://www.himalayaninstitute.org.uk)

### West London Dancing

TUESDAYS

#### CLASSES FOR ALL & NEW WEEKLY SOCIAL DANCE

Weekly classes in Ballroom and Latin American for Starters (7.30 - 8.30pm) and Intermediates (7.30 - 9.45pm in small ballroom).

New weekly Social Dance (opening night 26th September) in the outstanding and spacious ballroom 7.45 - 10pm. Great dance music, candlelit tables and atmospheric lighting, BYO drinks and nibbles. Free parking.

Greenford Hall, Ruislip Road, Greenford, Middx. UB6 9QN.

£6/7

01895 632143 • [info@holidayanddance.co.uk](mailto:info@holidayanddance.co.uk) • [www.holidayanddance.co.uk](http://www.holidayanddance.co.uk)



## The Himalayan Institute of Yoga Science and Philosophy

TUESDAYS, WEDNESDAYS AND THURSDAYS

### MIXED ABILITY AND BEGINNERS' YOGA

8-9.15pm, Tuesdays 17 April - 10 July (no class 29 May)

£108 for full course, £54 half or £12 drop-in

St Andrew's CC, Mount Park Road, Ealing W5 2RS

### INTERMEDIATE YOGA

8-9.30pm, Tuesdays 17 April - 10 July (no class 29 May)

£108 for full course, £54 for half or £12 drop-in

St Barnabas CC, Pitshanger Lane, Ealing W5 1QG

### INTERMEDIATE YOGA

8-9.30pm, Wednesdays 18 April - 11 July (no class 30 May)

£108 for full course, £54 for half or £12 drop-in

Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE

### MIXED ABILITY YOGA

6.30-8pm, Thursdays 19 April - 12 July (no class 31 May)

£108 for full course, £54 half or £12 drop-in

Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE

020 8567 8889 • www.himalayaninstitute.org.uk

## Spritely Fitness

TUESDAYS AND FRIDAYS

Exercise class for people in their 50s, 60s, 70s and beyond. This is a fun and sociable class including dance aerobics for a healthy heart and resistance exercises for conditioning muscles and bones.

Tuesdays: 9.45am. St Mary's Church Hall, 1 Acton High Street, London W3 9NW

Fridays: 10.30am. Ealing Green Church Hall, Ealing, W5 5QT

£7

paul@gunnersbury-fitness.co.uk • www.spritely-fitness.co.uk

## Suzanne Gribble - Iyengar Yoga

WEDNESDAYS

General Iyengar Yoga classes focusing on alignment of the body to help improve flexibility, strength and stamina and a quieter mind.

9.15 - 10.45am. Northfields Community Centre, W13 9SS

£66 for block of 6, £120 for block of 12, £13 drop in 07916 145786 • suzanne.gribble@gmail.com

http://suzannegribbleyoga.com • www.facebook.com/SuzanneGribbleIyengarYogaTeacher

## Shape & Tone

THURSDAYS

### SHAPE & TONE EXERCISE CLASS

Varied exercises for strength, stamina and flexibility. Fun workout for all abilities. Most Thursdays throughout the year.

7.15 - 8.30pm. Room No. 1, Northfields Community Centre, 71a Northcroft Road, W13

£6

020 8845 7873 • shape.tone@blueyonder.co.uk

## Suzanne Gribble - Iyengar Yoga

FRIDAYS

General Iyengar Yoga classes focusing on alignment of the body to help improve flexibility, strength and stamina and a quieter mind. Beginners welcome.

10 - 11.30, The Garden Studio W5 (contact Suzanne directly for details)

£66 for block of 6, £120 for block of 12, £13 drop in 07916 145786 • suzanne.gribble@gmail.com

http://suzannegribbleyoga.com • www.facebook.com/SuzanneGribbleIyengarYogaTeacher

# Drama, Film, Comedy & Poetry

APRIL & MAY

## The Questors Theatre

FRIDAY 20 - SATURDAY 28 APRIL

### MOJO, BY JEZ BUTTERWORTH

Soho, 1958. Things get nasty in this darkly comic tale of two rival nightclub gangs who both want a piece of the same pie – an up-and-coming rock 'n' roll prodigy named Silver Johnny.

*The Questors Theatre. 20, 21, 24, 25, 26, 27, 28 April at 7.45pm. 22 April at 2.30pm.*

From £7

Box office: 020 8567 5184 • Questors.org.uk

## The Questors Theatre

MONDAY 23 APRIL

### TANGERINE HOUSE, BY ROBERT EAST

A rehearsed reading of this new play as part of The Questors Dark Mondays series

*7.45pm. Free (with donations to the QRenew fund gratefully accepted)*

Questors.org.uk

## Conjuring at the Court

THURSDAY 26 APRIL

Witness the impossible as top magicians take to the stage! London's longest running celebration of prestidigitation, *Conjuring at the Court*, features the hilarious Mel Mellers, Jon Allen, and other fine artists of deception. Don't miss it!

*Doors open 7.30pm. Show 8pm - 10pm with an interval*

*Drayton Court, 2 The Avenue, West Ealing, W13 8PH*

*£11 in advance, £12 on the night*

07775 587708 • mail@russell-levinson.com

## The Questors Theatre

FRIDAY 27 APRIL - SATURDAY 5 MAY

### TESS OF THE D'URBERVILLES

#### BY MIKE LANGRIDGE & CAROLINE BLEAKLEY, FROM THOMAS HARDY

A new adaptation of Hardy's classic tale. Forced by her parents and by poverty to claim kinship with the wealthy d'Urbervilles, Tess Durbeyfield meets her downfall in the form of her predatory 'cousin' Alec. Still she strives against her fate for hope, redemption and even for love.

*The Questors Theatre.*

*27, 28, 30 April & 1, 2, 3, 4, 5 May at 7.30pm. 29 April at 2.30pm & 5 May at 2pm*

From £7

Box office: 020 8567 5184 • Questors.org.uk

## The Questors Theatre

MONDAY 30 APRIL

### A CELEBRATION OF SHAKESPEARE'S BIRTHDAY

A special event to celebrate Will's special day as part of The Questors Dark Mondays series

*7.45pm. Admission: please see website for details*

Questors.org.uk

## The Questors Theatre

**PEER GYNT****BY HENRIK IBSEN, TRANSLATED BY STEVE FITZPATRICK**

FRIDAY 18 - SATURDAY 26 MAY

Peer Gynt journeys through realms fantastic and real, encountering lovers, trolls, Bedouin Princesses and lunatics, while holding to the maxim, 'To hell with all others – to thyself be enough.' Ibsen's last verse play is presented in a new translation.

*The Questors Theatre. 18, 19, 22, 23, 24, 25 & 26 May at 7.45pm. 20 May at 2.30pm.*

From £7

Box office: 020 8567 51847 • Questors.org.uk

## The Questors Theatre

**PITSHANGER POETS**

MONDAY 21 MAY

Poetry readings from local poets as part of The Questors Dark Mondays series

*The Questors Theatre. 7.45pm*

*Free (with donations to the QRenew fund gratefully accepted)*

Questors.org.uk

## Popup Theatre (amateur and fringe players)

**DRESSING FOR THE OCCASION**

THURSDAY-SATURDAY 24-26 MAY

Dave likes to cross dress, and he has an occasion to dress for. The family have different attitudes to this, and there is another bigger secret waiting to be found out. The press have scented a story. The church buried a secret in the past. Will all be revealed?

*7.45pm. West London Trades Union Club, 33-35, High Street, Acton, London, W3*

£7

020 8578 9082 • beewolfie@talk21.com

## Conjuring at the Court

THURSDAY 31 MAY

Enjoy a night of mystery and illusion at London's longest-running magic show, Conjuring at the Court. Each show is different! This one features top comedy magician Jon Lenahan, the brilliant Matt Le Mottee, and more. Make sure you're there to be amazed!

*Doors open 7.30pm. Show 8pm - 10pm with an interval*

*Drayton Court, 2 The Avenue, West Ealing, W13 8PH*

*£11 in advance, £12 on the night*

07775 587708 • mail@russell-levinson.com

## REGULAR EVENTS

### Rainbow Poetry Group

TUESDAYS

If you enjoy poetry on a wide range of subjects, we invite you to our informal monthly meetings at Hanwell Library (on the second Tuesday). We read and discuss published poems, with a specific theme each month.

*Next meetings: 10 April, 8 May.*

*2.30pm. Hanwell Library, Cherington Road, W7*

Enquiries: 020 8567 4397 • donkennedy@f2s.com

### The West London Fantastic Film Society

THURSDAYS

Dedicated to the strange and exciting world of fantasy films on reel celluloid film

*First Thursday each month, February - November. 7.30pm - 11pm.*

*The Royal Harvester Restaurant, Boston Manor Road, London, W7 2AX*

*£5 per show / £1 Lifetime Film Society Membership Card*

Enquiries: 07939 395128 • filmhorror@yahoo.co.uk

# Leisure

**APRIL**

## North Ealing Wine Tasting Society (NEWTS)

FRIDAY 13 APRIL

**TURKISH WINES WITH RICHARD BOST**

*8pm. St Barnabas Millennium Hall, Pitshanger Lane, W5 1QG*

*£20. Admission by prior application.*

020 8566 7373 • 020 8997 8132 • newtsealing@gmail.com • www.newtsealing.org

## West London Birders

SUNDAY 15 APRIL

Join us for a car outing to Pagham Harbour, West Sussex. Spring migration will be in full swing and we expect to see plenty of warblers, swallows, waders and terns.

*8am. Depart from Longfield Avenue by Ealing Town Hall*

Enquiries (Nigel Dodd): 020 8998 3284 • nigel125@btinternet.com • Facebook 'West London Birders'

## Charlemagne Wine Club

MONDAY 16 APRIL

Come and join us for a tasting of some delicious wines while you listen to stories of their making. Visit our website or Facebook, Charlemagne Wine Club - Ealing, for further details.

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

*Admission by prior application*

cwc@charlemagnewineclub.co.uk

**MAY**

## North Ealing Wine Tasting Society (NEWTS)

FRIDAY 4 MAY

**NORTHERN AND CENTRAL ITALY WITH ANDREW PRICE**

*8pm. St Barnabas Millennium Hall, Pitshanger Lane, W5 1QG*

*£20. Admission by prior application.*

020 8566 7373 • 020 8997 8132 • newtsealing@gmail.com • www.newtsealing.org

## Charlemagne Wine Club

MONDAY 21 MAY

Come and join us for a tasting of some delicious wines while you listen to stories of their making. Visit our website or Facebook, Charlemagne Wine Club - Ealing, for further details.

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

*Admission by prior application*

cwc@charlemagnewineclub.co.uk

**REGULAR EVENTS**

## West London Group of Ramblers Association

SATURDAYS AND SUNDAYS (SOME 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 stop. No charge, but after a couple of 'tasters' you will need to join the RA. For details see website, phone or email.

020 8863 6523 • westlondongroup@yahoo.co.uk • www.westlondonramblers.org.uk

## Ealing Outdoor Club

SUNDAYS

We are a friendly Ealing based walking group. Most Sundays we have walks led by experienced leaders. Walks are 6 - 16 miles and we walk in the Chilterns and in Surrey. We regularly organise walking trips away. See our website for more details.

ealingoutdoorclub@hotmail.com • www.ealingoutdoorclub.org.uk

## Club West

SUNDAYS

### PUB LUNCHEAS AND COFFEE MORNINGS FOR UNATTACHED OVER-50S

We meet every Sunday for lunch and drinks in a pub somewhere in Ealing, Chiswick, Hammersmith or Richmond. We also meet midweek for coffee, quizzes and other activities. The Club West sign will be on one of our tables. No need to book.

12.30. A pub in West London

020 8992 6134 • www.clubwest.org.uk

## CLAN Social Club

WEDNESDAYS

Are you single? Over 50? Enjoy socialising? Come and find out more over a cup of coffee. Meet members and see a programme of current events.

1st Wednesday of the month, 11am at a coffee shop near you, in Ealing and surrounding areas.

Free Keith 020 8571 2145 or Bette 07446 300007

## The Himalayan Institute

WEDNESDAYS

### MEDITATION AND ITS PRACTICE

An introduction to meditation. The course will provide you with basic tools for beginning and developing meditation.

6.15-7.45pm, 18 April - 11 July 2018 (no class on 30 May)

Ealing Friends' Meeting House, 17 Woodville Road, W5 2SE

£96 for full course, £48 half or £10 drop-in 020 8567 8889 • www.himalayaninstitute.org.uk

## The Himalayan Institute

THURSDAYS

### MEDITATION/PHILOSOPHY

8-9.30pm, 19 April - 12 July (no class 31 May)

£96 for full course, £48 half or £8 drop-in

Ealing Friends' Meeting House, 17 Woodville Rd., W5 2SE

020 8567 8889 • www.himalayaninstitute.org.uk

## CLAN Social Club

THURSDAYS

Another chance to find out more about our friendly social club for unattached over 50's. Come along for a chat and find out about our current programme of events.

2nd Thursday every month, 8pm.

The Royal (Harvester) pub, Boston Road (nearest station Boston Manor)

Keith 020 8571 2145 or Bette 07446 300007

## The Garden Club

FRIDAYS

### GARDENING TALKS

6 April: Osterley Park (Andy Eddy)

20 April: Delphiniums (Edwin Rye)

4 May: The Painted Garden (Russell Bowes)

18 May: Bonsai (Janet Hobbs)

9.45am. Methodist Church Hall, Church Road, Hanwell

Guests £3

020 8840 8106

# Multi-activity

MAY

## IMPACT Theatre

MONDAY-FRIDAY 21-25 MAY

### TECHNICAL AND FILM WEEK

Screenings of short films. Programme to be confirmed. Check website closer to the time.

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

Enquiries: 020 8997 8979 • info@impacttheatre.co • www.impacttheatre.co

## ANNOUNCEMENTS

## IMPACT Theatre

IMPACT Theatre is a theatre company for adults with learning disabilities. The lives of our members are enriched by a wealth of activities across the performing and creative arts. IMPACT Community Arts Centre is a fully equipped accessible arts centre with facilities such as a studio theatre, recording/rehearsal room and meeting rooms. These facilities are also available for hire, which further supports provision of training, volunteering and work experience opportunities for people with learning disabilities.

IMPACT Community Arts Centre, Perivale UB6 8GP

020 8997 8979 • info@impacttheatre.co • www.impacttheatre.co

## Phototechne International

### SOCIAL MEDIA COURSES

Are you looking to use social media? Learn how social media can be used to communicate with your target audience. An in-depth look at tools and techniques you can use to market your organisation, business on the internet. You will examine Search Engine Optimisation (SEO), web advertising and social media marketing among other topics along with the management tools needed to measure success.

Greater London area, 2 hours per week £45

To register and enquires contact: Joseph Carrera

CarreraJ@gmx.co.uk • linkedin.com/in/josephcarrera • @phototechne

# Younger Years

## REGULAR EVENTS

### Suzanne Gribble - Iyengar Yoga TEENS YOGA CLASSES

SATURDAYS

Younger Years

Yoga classes for teenagers focusing on improving flexibility, strength and stamina and a quieter mind. Beginners welcome.

4.30 - 5.30 (please check dates in advance). Northfields Community Centre, W13 9SS

£7 a session (£30 for a block of five) 07916 145786 • suzanne.gribble@gmail.com

<http://suzannegribbleyoga.com> • [www.facebook.com/SuzanneGribbleIyengarYogaTeacher](http://www.facebook.com/SuzanneGribbleIyengarYogaTeacher)

### Madhurang Dance INDIAN DANCE/ BOLLYWOOD CLASSES

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

Classes for children and adults. Learn classical dance form Kathak or Bollywood keep fit classes. ISTD approved exams can be taken; this is optional. You can join the classes at any time. This is a fun activity for one and all. Steps are taught slowly and gradually to the learner's ability. Great care is given and attention. Please call for a free trial class.

Northfields Community Centre, 71a Northcroft Road, West Ealing, W13 9SS

07922 109289 • crishna8@hotmail.com

### Sew What? LEARN TO SEW OR GET IT FIXED

WEDNESDAYS, FRIDAYS AND SATURDAYS

Machine sewing classes for total beginners and intermediate skill. Adult class options:

Wed/ Fri/ Sat 10.30am & 12.30pm. Separate after school or holiday club classes for

children 9+yrs. Repairs and alterations by quote. Call Debbie to chat sewing!

Garden studio on Brunswick Road, W5 1AH

[debbie@sewwhatcafe.com](mailto:debbie@sewwhatcafe.com) • 07946 826338 • [www.sewwhatcafe.com](http://www.sewwhatcafe.com)

## Ealing Arts Supporters

Would you like to have your copy of *What's On* delivered regularly by post? If so, you will be more than welcome to join our Supporters' Mailing List. The annual subscription is £10 per household.

To join the list, please contact:  
The Secretary, Ealing Arts Supporters' List,  
2 Carlton Road, Ealing, London. W5 2AW  
020 8997 7131 / [hazel@talbot68.plus.com](mailto:hazel@talbot68.plus.com)

# Our Members

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## ART & CRAFTS

The 4020 Art Group  
BEAT (Borough of Ealing Art Trail)  
Diana Braybrook – artist  
Dinesh Studio London  
Ealing & Hampshire House  
Photographic Society  
Ealing Art Group  
Ealing Flower Club  
Ealing Lacemakers  
Ealing Quilters  
Lady's Creative Centre  
Pamela Lloyd-Jones Art Classes  
St Andrew's Art Workshops  
Sew What?  
Timothy Robinson Photography  
Watercolour Painting at  
Northfields Community Centre

## CULTURE & LEARNING

Campaign for an Ealing  
Performance and Arts  
Centre (CEPAC)  
Colette Wilson French  
Cultural Courses  
Ealing National Trust Association  
Ealing Red Lion Readers  
Ealing University of the Third Age  
Friends of Marcq-en-Baroeul  
Hanwell & Ealing Heritage Museum  
Historical Association:  
Ealing Branch  
Workers' Educational  
Association, Ealing Branch

## DANCE & MOVEMENT

Ealing Country Dance Club  
Greenford & District  
Caledonian Association  
Madhurang Indian Dance  
The Pilates Studio +  
Adult Floor Barre  
Shape & Tone / Yoga with Loretta  
Spritely Fitness  
Suzanne Gribble - Iyengar Yoga  
West London Backcare  
West London Dancing

## DRAMA, FILM, COMEDY & POETRY

Beaufort Players  
Conjuring at the Court  
Impact Theatre  
Pisces Players (Popup Theatre)  
The Questors Theatre  
Rainbow Poetry Group  
Theatre West 4 (TW4)  
West London Fantastic Film Society

## LEISURE

Charlemagne Wine Club  
CLAN Social Club  
Club West  
Ealing Outdoor Club  
The Garden Club  
North Ealing Wine Tasting  
Society (NEWTS)  
StayActive4Life LLP  
West London Birders

West London Group of  
Ramblers Association

## MUSIC

Capital Chorus  
Ealing Chamber Music Club  
Ealing Choral Society  
Ealing Common Choir  
Ealing Folk Club  
Ealing Guitar Classes  
Ealing Junior Music School  
Ealing Symphony Orchestra  
Ealing Youth Orchestra  
Friends of St Mary's  
Perivale Music Section  
Gregorian Chant: Ealing Abbey  
Lay Plainchant Choir  
The Hanwell Voice Studio  
HEOS Musical Theatre  
Julian Light Operatic Society  
Love2sing Choirs  
Petros Singers  
The Questors Choir  
St Barnabas Church concerts  
West London Sinfonia  
West London Strings

## MULTI-ACTIVITY

The Arts Society Ealing  
Ealing Music & Film Festival  
Himalayan Institute of Yoga  
Science and Philosophy  
West London Arts Scene  
(Ealing Autumn Festival)

**Interested in listing your club or event in Ealing Arts & Leisure?  
Visit [ealingarts.org.uk](http://ealingarts.org.uk) or call 020 8567 4075**

**Ealing  
Arts &  
Leisure**

68 ELMERS ROAD, LONDON. W13 9QD  
Chairman: Gill Rowley  
Secretary: Diana Braybrook  
Treasurer: Colin Easton  
Membership Secretary: Richard Partridge  
Diary Editor: Richard Partridge

**NOTE TO MEMBERS:**  
Final entry for the June - July 2018 issue  
is 1 May 2018.