



# Welcome to Poplar Union



Lianne Hickey  
(Junior Marketing Officer)

2019 is upon us, and I'm excited to introduce our stellar new year programme! Here are some personal favourites...

This January we're launching our fortnightly *POP-Skill Swap*, as well as Saturday morning *Bengali Music Classes* for local children. Fast forward to the end of the month and Sunny Jar welcome you to their *Zero Waste Night* where you will learn crafty ways to waste-not want-not.

In February, Rosie Wilby returns with *The Breakup Monologues* which will have you seeing the funny side of conscious uncoupling. Cinema buffs will be happy with our trio of free film screenings including *Call Me by Your Name*, and Bengali classic, *Charulata*.

We also have a hearty theatre programme for you to feast on, including award winning *The Girl Who Fell in Love with the Moon*.

Oh, and keep your eyes peeled for our *Women in Focus* festival programme coming soon!

# poplar Union

## Follow Us!

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## Find out more

[www.poplarunion.com](http://www.poplarunion.com)

## Contact us

☎ 020 3039 3333  
✉ [info@poplarunion.com](mailto:info@poplarunion.com)

## Our Partners



## Community

### Tower Hamlets Family Meet-Up

in association with The Mother Side UK

#### 3 January, 7 February, 7 March

(1st Thursday of every month)

Time: 10.30am-12.30pm

Suitable for all ages

Price: Free

Enjoy a friendly boost of positivity to help you along your journey through pregnancy into parenthood.  
#ittakesavillage

### Sunday Assembly East End

Every second Sunday  
of the month

Time: 11am-12.30pm

Suitable for all ages

Price: Free

SUNDAY  
ASSEMBLY  
MBL  
Y  
EAST END

## Social Dancing

with Henry Guest

### Mondays

#### 7 January - 25 March

Time: 1pm-3pm

Suitable for ages 16+

Price: £3

A friendly weekly social dance where you learn and practice a mixture of dance styles, including Ballroom, Latin, Sequence, and Line Dancing. A fun and relaxed afternoon, where you can meet new friends along the way!



# Community

Poplar Union & ELOP (East London Out Project)  
present:

## LGBT History Month Rainbow Family Fun Day

### Saturday 9 February

Time: 11am-1pm: Family activities  
2pm-3.30pm: Film screening  
Suitable for all ages  
Price: Free

Rainbow Families Day for LGBT History Month, with face painting, ballooning, games, storytelling and crafts followed by an afternoon film screening of Storks.

### POP-Skill Swap



### Saturday 12, 26 January, 9, 23 February, 9, 23 March

Time: 11am-1pm  
Suitable for all ages  
Price: Free

An informal, community lead fortnightly skill swap for the curious and thrifty!

- |               |  |
|---------------|--|
| <b>12 Jan</b> | Skills to Beat the January Blues                       |
| <b>26 Jan</b> | Start Your Own eBay Shop and Other Penny Saving Skills |
| <b>9 Feb</b>  | Social Media for Business                              |
| <b>23 Feb</b> | DIY Home Décor   |
| <b>9 Mar</b>  | Radical Embroidery                                     |
| <b>23 Mar</b> | Running Workshop                                       |

## Wrap a Hug: Sling Library

### Saturday 19 January, 16 February, 16 March

Time: 10.30am-12.30pm  
Suitable for all ages  
Price: Variable

Need a sling or just don't know where to start with baby-wearing? Can't make a weekday session? Then come to Wrap a Hug monthly Saturday sessions and get the help you need!

To book email:  
mel.wrapahug@gmail.com

### The Sunny Jar eco-hub present: Zero Waste Night



### Wednesday 23 January

Time: 6.30pm-9pm  
Suitable for all ages  
Price: Free

The people of Tower Hamlets have come together and set up a new initiative to live more sustainably and be part of a sharing economy. Join the Sunny Jar team in their first ever Eco-event to share zero waste tips.

## East London Creatives' Social

### Thursday 24 January

Time: 6.30pm-9pm  
Suitable for 16+  
Price: Free

A relaxed and informal evening for local freelancers, creatives, thinkers and doers to meet, share knowledge, build relationships alongside a panel of local creative experts.

*\*All talks and panel discussions will be BSL interpreted.*



## Theatre & Film



### Zoo Co. present: The Girl Who Fell in Love with the Moon

Thursday 31 January

Time: 7.30pm-9pm  
Suitable for ages 16+  
Price: £9 / £7 / £10 OTD

**ZOOCO**

A patchwork of puppetry, poetry, movement and live music stitched together with Zoo Co.'s explosive visual imagination. The award winning show sets out to explore humanity's eternal fascination with the skies through the eyes of this playful and dynamic ensemble. Expect comedy, clowns and creative uses of clouds...

#### Reviews:

★★★★★ *'It is performed with panache as the company weaves its magic on the audience who were totally absorbed and enthralled. This is certainly a must-see show.'* - British Theatre Guide

★★★★★ *'Breathlessly inventive and thoroughly entertaining'* - The List

★★★★★ *'This is a beautifully constructed piece, intelligently written and excellently performed...The Girl Who Fell in Love with the Moon is a very magical piece of theatre.'* - Fringe Review

### Scratch, Crackle & POP!

Thursday 14 March

Time: 7.30pm-9.30pm  
Suitable for ages 14+  
Price: Free



Poplar Union's scratch night showcasing new work from writers, performers and poets. As part of our Women in Focus festival, we will be looking for work from artists who identify as female and/or make work dealing with issues of identity, gender politics and feminism.

*Deadline for applications: Sunday 17 February*

### Komola Collective presents: Women of Tagore

Saturday 16 March

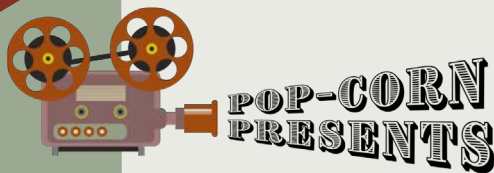
Time: 7.30pm-8.30pm  
Suitable for ages 10+  
Price: £9 / £7conc. / £10 OTD

**KOMOLA**  
COLLECTIVE



To celebrate International Women's Day, Komola Collective present a special night spotlighting Rabindranath Tagore's iconic female characters accompanied by live music. Adapted by Leesa Gazi and directed by Filiz Ozcan.

# Theatre & Film



## Koyaanisqatsi + Q&A w/ Bob Gilbert



### Friday 18 January

Dir. Godfrey Reggio (1982)  
Time: 7.30pm-9pm  
Cert. U  
Price: Free

See nature battle technology in arguably one of Godfrey Reggio's greatest films. This will be followed by a Q&A with local author and writer of Ghost Trees, charting the history of Poplar through the generations of trees discovered here.

## Call Me by Your Name



### Friday 15 February

Dir. Luca Guadagnino (2017)  
Time: 7.30pm-9.45pm  
Cert. 15+  
Price: Free

In celebration of LGBTQ+ History Month we bring you Luca Guadagnino's sensuous and sun-kissed *Call Me By Your Name*, based in 1980s Italy, where a romance blossoms between a seventeen year-old student and an older man hired as his father's research assistant.

## Charulata (The Lonely Wife)



### Friday 15 March

Dir. Satyajit Ray (1964)  
Time: 7.30pm-9.30pm  
Cert. U  
Price: Free

In celebration of International Women's Day, we bring you this classic Bengali feature film based on Rabindranath Tagore's novella *Nastanir* (*The Broken Nest*). It features Soumitra Chatterjee, Madhabi Mukherjee, and Sailen Mukherjee.

(Donations on the door will go towards Komola Collective's film 'Rising Silence')

# Comedy & Spoken Word



## Rosie Wilby presents: The Breakup Monologues

### Wednesday 13 February

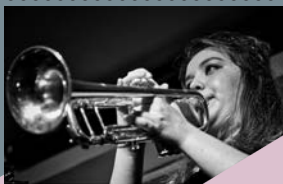
Time: 7.30pm-9.30pm  
Suitable for ages 16+  
Price: £9 / £7 conc. / £10 OTD

This Valentines, we'll be joined by award-winning comedian and author, Rosie Wilby and her performer pals, who'll be looking back at their best and worst romantic breakup stories and discussing ghosting, divorce parties and open relationships. Tragedy plus time equals comedy, right?

Guests include Caroline Mabey, Justin Myers, Charlie Dinkin and Richard Herring.

# Music & Dance

## Alexandra Ridout



### Thursday 17 January

Time: 7.30pm-10.30pm

Suitable for ages 14+

Price: £7 / £5 conc. / £9 OTD

Alexandra Ridout, BBC Young Musician of the Year 2016 and Jazz Award 'Rising Star' runner up 2017, brings a quintet of dazzling musicians, playing her own jazz compositions.

## Rosie Turton



### Thursday 21 February

Time: 7.30pm-10.30pm

Suitable for ages 14+

Price: £7 / £5 conc. / £9 OTD

Trombonist, Rosie Turton, joins us for February's Jazz Herstory session, leading her band with trance-like, grooving adventurous pickings from her new EP.



Supported using public funding by

**ARTS COUNCIL  
ENGLAND**



## Ms Maurice



### Thursday 21 March

Time: 7.30pm-10.30pm

Suitable for ages 14+

Price: £7 / £5 conc. / £9 OTD

Ms Maurice brings her melange of influences to Jazz Herstory, with 70s infused jazz tones and West African inspired grooves that are heavily influenced by her London upbringing.

## CAJ COLLAB



### Saturday 19 January

Time: 7.30pm-8.30pm

Suitable for ages 16+

Price: £9 / £7 conc.

£5 early bird (until 31 Dec)

Two artists collaborate for the first time; they have one day to prepare, and must perform that night!

## Mishti Dance presents:



### Saturday 23 February

Time: 7pm-11pm

Suitable for ages 18+

Price: £10 / £8 conc. / £12 OTD

Mishti Dance is back with it's third night of Asian inspired music from some of the most exciting bands and DJs on the London music scene.

## Line up

Conspirators of Pleasure  
The Tuts  
Kapil Seshasayee  
Soundar Ananda (Indigenous Resistance)



## Workshops

Suitable for ages 11-19

Price: Free

Young musicians are invited to join renowned tabla maestro Yousuf Ali Khan in these free workshops focusing on the music of the Asian sub-continent. Musicians will then join the Grand Union Orchestra in a performance at Poplar Union.

## Spotlight

**Wed 20 Feb**

Time: 12.30pm-4pm

## Poplar Union

**Thu 21 Feb**

Time: 12.30pm-4pm

**Fri 22 Feb**

Time: 4pm-6pm  
(Rehearsal)

## Performance

**Friday 22 February**

Time: 7.30pm-10.30pm

Suitable for all ages

Price: £8 / £6 conc. / £10 OTD

To celebrate Mother Language Day, Grand Union Orchestra returns to Poplar Union for a live performance led by Yousuf Ali Khan, exploring musical meetings of the Asian sub-continent with styles including Bengali songs, Bhangra and classical ragas. The orchestra will be joined by the young musicians who took part in workshops facilitated that week.



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ENGLAND**



## Devotion to Movement

with Peter Edwards and Tello Morgado



**Friday 29 March**

Time: 7.30pm-9.30pm

Suitable for all ages

Price: £7 / £5 conc. / £9 OTD

Musicians Peter Edwards and Tello Morgado premier a new interdisciplinary work that tells the story of dance through video footage projections blended with a live electro acoustic soundscapes.

## Bengali Independence Day

with Gouri Choudhury's Suraloy

**Saturday 30 March**

Time: 6.30pm-9.30pm

Suitable for all ages

Price: £2

Students from Gouri Choudhury's Suraloy classes celebrate Bengali Independence Day through a Bengali music performance.

**LIVE IN THE  
LIBRARY**

**Live music every  
Friday night**

Check the website for  
line up of upcoming shows!  
With pizza from e5 Roasthouse



## Kids & Family

### Kids Drama Club! with Camilla Gurtler



**Tuesdays 8 January – 26 March**

Time: 4pm-5pm

Suitable for ages 7-12

Price: £3

Calling all 7-12 year olds! Want to try drama but too scared to step on the stage? Fear no more! Join Camilla Gurtler, actor and teacher, in these fun-filled drama sessions which seek to develop skills and build confidence for young actors.

### Baby Sensory Play

with FEEL Theatre



**Tuesdays 8 January - 26 March**

Time: 10am-10.45am

Suitable for 0-crawling

Price: £5 (per adult)

Explore textures, smells, tastes, colours and light in this warm and welcoming baby sensory play session.

### Komola Collective present: Making & Performing Shadow Puppetry – The Story of Bonbibì



**Saturday 12 January**

Time: 2pm-4pm

Suitable for ages: 8+

Price: £5 / £3 conc.

Komola Collective will present the folktale Bonbibì, the saviour of the forest as a puppet-making workshop, ending with a short performance created by the participants.

### Crafty Kids Party!



**Sunday 13 January, Saturday 2  
February, Saturday 2 March**

Time: 1.30pm-3pm

Suitable for ages 4-12

Price: £5

Come down and get creative with these monthly Crafty Parties and turn unwanted items into fun and funky treasures! It's art and craft but not as you know it...

**13 January:** Eco-Weaving

**2 February:** Valentines Heart Boxes

**2 March:** Women of the World Puppet Making



## Kids & Family

### Moulded Theatre present: Ribbet Ribbet Croak



#### Sunday 27 January

Time: 2pm-2.45pm (performance)

3pm-3.30pm (workshop)

Suitable for families and complex needs audiences

Price: £9 / £7 conc. for children (0-15yrs)

£5 for adults (16+)

Join Grandma and Grandpa Frog as they leave the pond to plan a surprise. A playful family show featuring Makaton.

#### Reviews:

★★★ "A great success" - The Stage

★★★★ "A gentle and successful piece of theatre" - Broadway Baby

★★★ "Inventive sensory elements for an early years audience" - The List

★★★★ "Plenty to see, things to touch and lots of sensory audience participation" - Threeweeks

## Creative Coding

with Kano Computing



#### Saturday 16 February

Time: 1pm-3pm

Suitable for ages 7-12

Price: Free

Learn how to bring creativity and code into your life with Kano Computing. In these sessions you will learn about code by using your imagination to create art, music, Minecraft worlds, and more!

## Hack-a-Thon

with Kano Computing



#### Sunday 24 March

Time: 10am-1pm

Suitable for ages 7-12

Price: Free

A hack-a-thon is an open workshop where kids will work with programmers, developers, and engineers to create cool tech projects. Unleash your imagination by creating a code project with lights, sound, movement and more! (No programming experience necessary)

# Health & Wellbeing

## Toddler Yoga

with Eleonora Fusali

### Fridays 4 January – 29 March

Time: 10.45am–11.45am

Suitable for ages 1–4

Tickets: £6 / £25 for block of 5 sessions

Toddler Yoga seeks to support the wellbeing of the adult and the healthy development of the child through a playful interaction between adult and baby.

## Kenshukai Karate

### Saturdays 5 January – 30 March

(No session 9 Feb, 9 Mar)

Time: 10am–12pm

Suitable for ages 5+, family friendly

Price: £8 / £14 for 2 / £18 for 3 (1st class is free!)

Discover how training in the Martial Art of Karate can improve your confidence, discipline, self-defence and fitness.

## Capoeira

with Dafne Louzioti, Chloë Cacau &

Emmanuel 'Mac' MacDonald

### Sundays 6 January – 31 March

Time: 4pm–6pm

Suitable for all ages – all abilities welcome

Tickets: £7 / £5 conc.

Weekly capoeira classes shared between three teachers from different schools of capoeira. Capoeira is a martial art from Brazil combining music, dance, combat and acrobatic elements.

## Feel Good Flow Yoga

with Eve Veglio-White

### Mondays 7 January – 25 March

Time: 7.30pm–8.30pm

Suitable for ages 16+

Price: £5 / £3 conc.

Come as you are, with whatever yoga experience you have, to this weekly feel good flow yoga class.

## Zumba

with Talia Huamantincó

### Mondays 7 January – 25 March

Time: 6.30pm–7.30pm

Suitable for ages 16+

Tickets: £3

Get active in these weekly Zumba classes!

## Moves Back East

with Jane Belshaw

### Tuesdays 8 January – 26 March

(No session 19 Feb)

Time: 7.30pm–9.30pm

Suitable for ages 16+

Price: £15, £10 for E14 residents

(other concessions available)

Release your inner dancer with Jane Belshaw's 5 Rhythms movement workshop. Open to all abilities.

## Pilates

with Christine Coker

### Wednesdays 9 January – 20 March

(No session 13 Feb)

Time: 6pm–7pm

Suitable for ages 16+

Tickets: £5 / £3 conc.

This gentle Pilates class is designed to strengthen your back, pelvic floor and legs, tone your abdominal muscles while also improving your energy levels and boosting your well being.

## Morning Pilates

with Fabiola Della Gatta

### Friday 8 February – 29 March

Time: 9.30am–10.30am

Suitable for ages 16+

Tickets: £5 / £3 conc.

Fabiola teaches through flowing sequences designed to increase flexibility and joint mobility.

# Classes & Workshops

## Art Class

with Paolo Fiorentini

**Tuesdays 8 January – 26 March**

Time: 1pm-3pm

Suitable for ages 18+

Price: £3

Learn new skills and techniques, including portraiture, landscape painting and still life, in this relaxed and sociable art class.

## Dendê Bloco Percussion

**Every Wednesday**

Time: 7pm-9.30pm

Suitable for ages 11+

Price: £10 per session

Mac Dendê leads these Afro-Brazilian percussion workshops. This is a chance to learn Samba Reggae drumming, respectfully taught in full and uplifting sessions.

## Bengali Music Lessons

with Gouri Choudhury



**Saturday 12, 26 January,**

**23 February & 16, 23 March**

Time: 10am-11am – for ages 4-10

11.30am-12.30pm – for ages 11-18

Price: £5 per session

Join Gouri Choudhury in these fortnightly Bengali song and music classes for young people, providing students with a strong foundation in South Asian Music.

## BOTH: Dance Sessions



**Thursday 10 January,**

**7 February & 7 March**

Time: 6.30pm- 9.30pm

Suitable for ages 16+

Price: £15 / £10 conc. – book all 3 classes and get the 3rd class half price

BOTH is the teaching initiative of Beatrice Ghezzi and Orley Quick, two London-based dance artists. These monthly classes draw from contemporary, ballet, improvisation and yoga, and are for adult learners with previous dance experience.

## Sew Thrifty

with Maud Barrett



**Sunday 20 January,**

**17 February & 17 March**

Time: 1pm-4pm

Suitable for ages 16+

Price: £15 / £12 conc.

If you've been meaning to dust off that old sewing machine and hone your craft, Sew Thrifty workshops are just for you! Give old garments and textiles a new lease of life, focusing on a new upcycling project each month:

**January:** Mini Quilt

**February:** Draw-String Rucksack

**March:** Women of the World Doll Making



# Did you know we have art exhibitions at Poplar Union?

## The Library

Next to the e5 Roasthouse, we have The Library where we curate seasonal exhibitions all year round.

Make sure you come along to take a look at the latest work.

Visit the website for upcoming exhibitions.

## The Gallery

This is our community gallery at the back of the building displaying work by local artists.



Free entry • 9am-5pm everyday



e5Bakehouse, Hackney E8 3PH  
e5Roasthouse, Poplar E14 6TL

## NEW CLASSES

These classes can set you up with the skills necessary to become a master of a new craft.

Please visit [e5bakehouse.com/classes/](http://e5bakehouse.com/classes/) for bookings or call us on 020 85252 890 to find out more.



**JAM, BUTTER & PICKLES**  
evening class  
at e5Bakehouse



**SOURDOUGH BREADMAKING**  
full day classes  
at e5Bakehouse



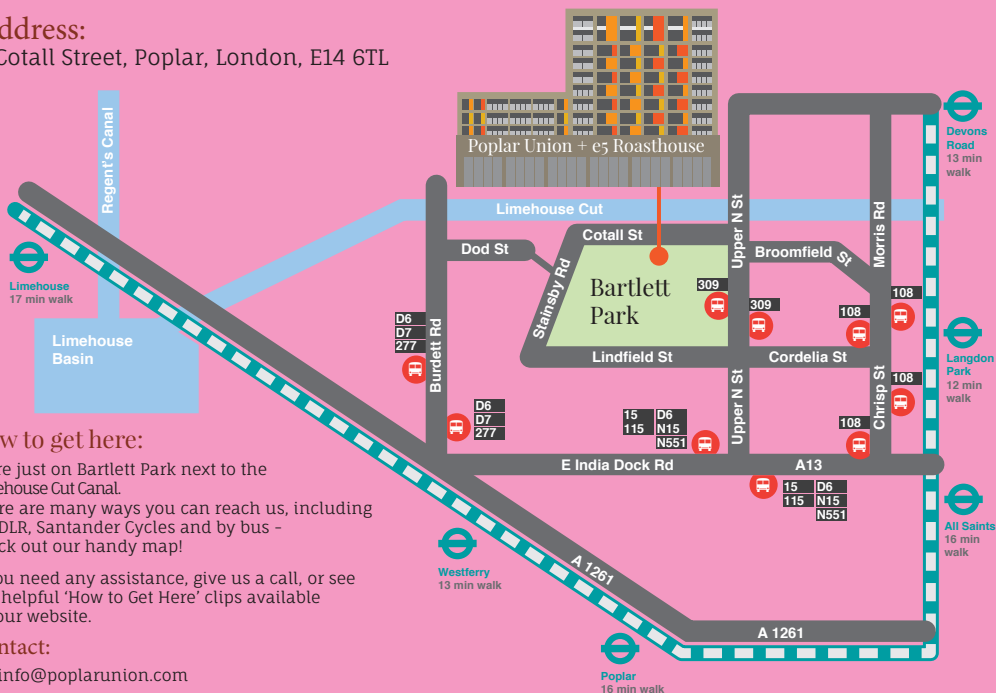
**FLATBREAD & MEZZE**  
evening class  
at e5Roasthouse



**SOURDOUGH PIZZA**  
evening class  
at e5Bakehouse

## Address:

2 Cotall Street, Poplar, London, E14 6TL



## How to get here:

We're just on Bartlett Park next to the Limehouse Cut Canal.

There are many ways you can reach us, including via DLR, Santander Cycles and by bus - check out our handy map!

If you need any assistance, give us a call, or see our helpful 'How to Get Here' clips available on our website.

## Contact:

✉ [info@poplarunion.com](mailto:info@poplarunion.com)

☎ 020 3039 3333

🌐 [www.poplarunion.com](http://www.poplarunion.com)

Lincoln Area Regeneration Group trading as Poplar Union  
(company number 06092664 and charity number 1122590)