



# Welcome to Poplar Union

The days are getting warmer and the nights are drawing out- it must be time to launch our Spring programme, 2019! After our busiest season to date, we can't wait to bring you another jam packed programme of gigs, theatre, family activities, workshops and so much more!

Particular highlights for me will be April's Easter Family Fun Day where friends and family can come together and get crafty making stylish Easter bonnets, then snuggle down to a film screening of family favourite, Peter Rabbit.

In May we'll be delving into our Insta-induced obsession with clean eating in the riotous show F\*\*d! from Worst Absurd Theatre- you'll never look at an avocado in the same way again!

Taking a more serious turn, June will be marked by a variety of events in recognition of Refugee Week including a new play from Cut the Cord Theatre, Beyond the Blue- a show for adults written by children in response to the refugee crisis.

Finally, I am pleased to announce we now have live music every Friday evening with Live in the Library- a chilled evening of music and delicious pizza from e5 Roasthouse to welcome in the weekend.

Roll on Spring!

*Beth Watton - Artistic Director*

---

## Follow Us!

f / @poplarunion  
t / @PoplarUnion  
i / @poplarunion

## Find out more

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

## Contact us

☎ 020 3039 3333  
✉ info@poplarunion.com

---

## Our Partners



# Classes & Workshops

## Art Class

with Paolo Fiorentini

.....

### Tuesdays 2 April – 25 June

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.

## BOTH: Dance Sessions

.....



### Friday 5 April, Thursday 2 May & 6 June

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 dance, ballet, improvisation and yoga, and are for adult learners with previous dance experience.

## BOTH: Sunday Workshop

### Sunday 16 June

Time: 10.30am-2.30pm

Suitable for ages 16+

Price: £20 / £15 conc. early bird (until 16 April)  
£25 / £20 conc. | £30 / £25 conc. OTD

This Sunday workshop is an intensive four hour training session split between technical training and a workshop. It will include creative explorations, performance practice and/or more analytical and theoretical approaches.

## Classes & Workshops

### Wrap a Hug Sling Library

**Saturday 6 April, 18 May, 15 June**

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? Then book a slot at Wrap a hug Saturday session sling library!

### Percussion Classes

with Dendê Nation



**Sundays 7 April-30 June**

(excluding 21 April, 19 & 26 May)

Time: 4pm-6.30pm

Suitable for ages 11+

Price: £10 per session

Come and learn Afro-Brazilian percussion with Mac, leader of the Samba Reggae crew, Dendê Nation. Rejoicing and rebellious, uplifting and fun – these sessions will share the rhythms of Northeast Brazil and get you dancing!

### Hush Baby No Rush: Baby Massage Course

**Thursday 25 April, 2, 9, 16 & 23 May**

Time: 10am-11am

Suitable for parents & 0-12 month babies

Price: £40 / £35 conc. (for 5 week course)

Infant Massage Instructor Kasia Kropidlowska facilitates this 5 week 'baby led' massage course for parents and their babies.

### Mindfulness of Nature Workshop

**Saturday 1, 8, & 15 June**

Time: 10am-12pm

Suitable for ages 16+

Price: £10 / £7 conc. |

£28 / £25 conc. (for 3 week course)

Morning mindfulness workshops exploring how we can notice and cherish nature's beauty in the midst of the city to help us be well, happy and resilient.

Each workshop will be on a different theme. They work as stand-alone workshops or a three-week course.

### Sew Thrifty with Maud Barrett

*Sew*  
**THRIFTY**

If you've been meaning to dust off that old sewing machine and hone your craft, Sew Thrifty workshops are just for you!



**Sunday 28 April**

*Embroidery & Sew Your  
Own Book Cover  
(Special edition)*

Time: 10am-5pm

Suitable for ages 16+

Price: £25 / £20 conc.



10am-1pm:

The Embroidery Lab

with Veronica Rowlands

2pm-5pm:

Sew Your Own Book Cover

With Maud Barrett



**Sunday 26 May**

*Bias edged Scarf*

Time: 1pm-4pm

Suitable for ages 16+

Price: £15 / £12 conc.

**Sunday 23 June**

*The Sewing Lab: Bring a project*

Time: 1pm-4pm

Suitable for ages 16+

Price: £15 / £12 conc.



# Theatre & Film

True Love Tours presents:

## Speaking Out and Fitting In

Written & performed by Alice D'Lumiere



### Thursday 25 April

Time: 7.30pm-9pm

Suitable for ages 16+

Price: £7 / £5 conc. early bird (until 10 April)  
£9 / £7 conc. / £10 OTD

A new work from Alice D'Lumiere, with flashes of cabaret and burlesque, exploring the wonderful, if occasionally counter-intuitive, position of the transgender / gender-fluid individual striving to both fit in to another gender whilst yearning to establish their own voice.

### Workshop

#### Saturday 27 April

Time: 1pm-3pm

Suitable for ages 16+

Price: £15 / £12 conc. / £10 if you came to the show

Join Alice in this one-off workshop, where people can openly write and discuss cisgender and transgender identity in a safe and welcoming environment.

## Tomboy

+ Q&A for IDAHOBIT



### Thursday 16 May

Time: Screening - 7pm-8.30pm

Q&A: 8.45pm-9.45pm

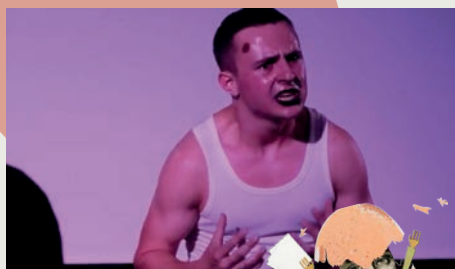
Suitable for ages 15+

Price: Free (Donations on the door go to Galop)

This screening of *Tomboy* for IDAHOBIT provides an opportunity to discuss what justice and protection for all looks like in 2019. With special guests including Rosie Wilby and Mark Healey.

*In partnership with ELOP, London Borough of Tower Hamlets and Poplar Union.*

## Scratch, Crackle & POP!



### Thursday 27 June

Time: 7.30pm-9.30pm

Suitable for ages 14+

Price: Free

Poplar Union's scratch night showcasing new work from writers, performers and poets. Visit our website to apply to perform. Deadline for applications: **Sunday 2 June**

Worst Absurd Theatre present:  
**F\*\*d!**

.....



## Thursday 30 May

Time: 7.30pm-8.30pm  
Suitable for ages 14+  
Price: £9 / £7 conc. / £10 OTD

We're all in a relationship with food...  
and it's complicated.

Worst Absurd blends dance, physical comedy, and a whole lot of kale, in a satirical exploration of our obsession with the F word. Witness this century's great love affair and gorge on a theatrical feast of everything "delicious".

★★★★ *'a pleasingly disgusting orgy of mess...  
Their whole hearted commitment to the cause of  
comedy is admirable. And funny. Very funny'*  
Broadway Baby

WINNER Fourth Monkey Experimental Fringe  
Award

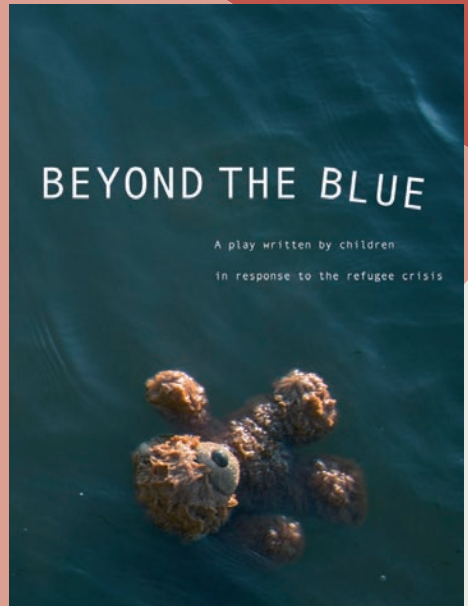
 @worstabsurd

 [www.worstabsurdtheatre.co.uk](http://www.worstabsurdtheatre.co.uk)



Cut the Cord Theatre present:  
**Beyond the Blue**

.....



## Thursday 20 June

Time: 7.30pm-9pm  
Suitable for ages 14+  
Price: £9 / £7 conc. / £10 OTD

Beyond the Blue is a play written by  
children in response to the refugee crisis.

Toyland is at war. Refusing the Evil Queen  
and her army, four toys embark on a quest  
for a new home. From a sea-monster  
border-guard to a Samaritan penguin, the  
toys meet smugglers and strange creatures  
on their search for a place of peace and  
belonging.

*Original concept commissioned by Omnibus  
Theatre.*



Cut the Cord theatre questions the world  
we live in by turning it upside down. They  
explore political issues through bold visual  
narratives and movement, unlocking the  
physical life of a text.

# Music & Dance

## Khiyo



**Saturday 13 April**

Time: 7.30pm-9.30pm

Suitable for all ages

Price: £6 / £4 conc. / £8 OTD

Bringing a London sound to Bengali music, Khiyo's fresh interpretation of songs from the Bengali tradition draws from rock, folk, blues, Indian and Western classical music.

## Bengali New Year



**Sunday 14 April**

Time: 3pm-8pm

Suitable for all ages

Price: Free

শুভ নব বর্ষ, Shubho Nabobarsho, Happy New Year!  
Join Sultana Sikha, RadhaRaman Society and friends as we celebrate Bengali New Year with song, dance, poetry and ritual.

## CAJ COLLAB



**Saturday 27 April**

Time: 7.30pm-8.30pm

Suitable for ages 16+

Price: £5 early bird (Until 21 April)  
£9 / £7 conc.

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

Line up: Suren Seneviratne  
Stephanie McMann

## International Dance Day: Tagore's Three Girls



**Monday 29 April**

Time: 7.30pm-9pm

Suitable for ages 10+

Price: £10 / £8 conc.

As part of the celebration of International Dance Day, RadhaRaman Society presents a night of hypnotic dance performances by three of Bangladesh's finest contemporary dancers:

Sadia Islam Mou  
Frahana Khan Tanna  
Farhana Chowdhury Baby

**R**  
RadhaRaman Society  
Unfurling Bengali Folk Culture

Folk On Monday present:

Poplar Folk Union



### Saturday 4 May

Time: 2pm-10pm

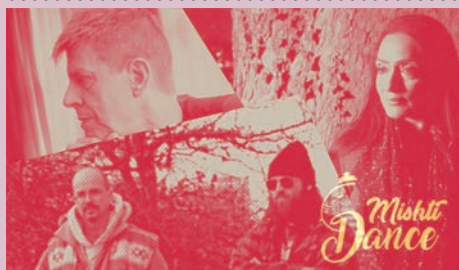
Suitable for all ages

Price: £15 / £10 conc.

Folk On Monday presents Poplar Folk Union, a day-long celebration of folk song and music from around the British Isles featuring locally based artists.

See website for full line up.

### Mishti Dance #4



### Saturday 11 May

Time: 7pm-11pm

Suitable for ages 18+

Price: £10 / £8 conc. / £12 OTD

Mishti Dance is back with another night of sounds inspired by the Asian Underground.

Najma Akhtar will be performing her new Five Rivers project with a full 5-piece band.

DJs sets from:

Hamid Mantu (Transglobal Underground)

Salman Gita (Loop Guru)

Secret Archives of the Vatican

## Music & Dance

### Chicken Shack



### Dance Class

#### Sunday 12 May

Time: 2pm-4pm

Suitable for ages 16+

Price: £5

The Chicken Shack will be teaching a jive class; no experience necessary, just grab your dancing shoes and drop in!

### Dance Night

#### Saturday 1 June

Time: 7pm-10.30pm

Suitable for ages 16+

Price: £8 / £6 conc. / £10 OTD

Been learning to jive and now want to show off your moves on the dance floor? The Chicken Shack will be bringing Rock'n'Roll back to the East End of London! Check website for featured band.



## LIVE IN THE LIBRARY



### Friday Night Music

Time: from 6pm

Suitable for all ages

Price: Free

Poplar Union and e5 Roasthouse join forces every Friday night for Live in the Library, a night of live music and pizza!

Check website for the line up of upcoming shows



### Open Mic

Every 2nd Friday of the month  
Hosted by Tom Price-Stephens  
Sign up on the night!



Why not pre-order a pizza & drink for just £10 when booking your free tickets to Live in the Library online!





The Library  
Exhibitions

John Workman

## Once upon a Time

Exhibition runs:  
9 May-16 June

Open every day  
9am-5pm



SUNDAY  
ASSEMBLY  
EAST END

Sunday Assembly East End is an inclusive, secular congregation. Join them at Poplar Union on the second Sunday of every month! Check the website for more details including themes and speakers.

To find out more about Sunday Assembly East End, or to get involved in shaping this community, please email [samweatherald@sundayassembly.com](mailto:samweatherald@sundayassembly.com)

# Community

## Social Dancing

with Henry Guest



**Mondays 1 April – 24 June**

(excluding bank holidays)

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.

## Magic Me presents: In My Name

Public Sharing



**Tuesday 2 April**

Time: 6.30pm-8.30pm

Suitable for all ages

Price: Free



An interactive performance from Magic Me, presenting artwork by women aged 13-80+ exploring what names and labels mean to women today.

## Tower Hamlets Family Meet-Up

in association with The Mother Side UK



**Thursday 4 April, 2 May, 6 June**

(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.

## POP-Skill Swap



**Saturday 6, 20 April, 4, 18 May,  
1, 15, 29 June**

Time: 11pm-1pm

Suitable for all ages

Price: Free

An informal, community lead fortnightly skill swap for the curious and thrifty! See website for themes and facilitators.

## A Street Safari with Bob Gilbert



### Sunday 12 May

Time: 2pm–3.30pm  
Suitable for all ages  
Price: Free

Even in the heart of the city there is a surprising diversity of wildlife to be found.

Bob Gilbert will take you on this guided walk exploring the local area, streets, park and towpath, uncovering the unexpected in the everyday; the ferns that grow on top of a wall, the spiders that live in the crevices of bark, the birds that nest in canal-side drains. From park trees to pavement weeds it also explores our relationship with living things; the names we have given them, the uses we have put them to and the stories we have attached to them.

## Poplar Poets Society



### Monday 15, 29 April, 13, 27 May & 10, 24 June

Time: 6.30pm–8.30pm  
Suitable for ages 16+  
Price: Free

A relaxed and informal space for poets, lyricists and spoken word artists to come together, share and create new work and hone their poetry skills. Guided by local poet, John Warwick.



SUNNY JAR  
eco hub

## Zero Waste Fundraiser



### Wednesday 12 June

Time: 6.30pm–9pm  
Suitable for all ages  
Price: Donations welcome on the door

Join the Sunny Jar team for another inspiring night, with green living workshops, a clothes swap and tips on all things eco. This fundraiser event is to help raise money for Sunny Jar Eco Hub.

# Kids & Family

## Kids Drama Club!

with Camilla Gurtler

**Tuesdays 2 April – 25 June**

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.

### Special Refugee Week edition

On 18 June there will be a special workshop with Morley College actors, telling the story of Kenkush: The Refugee Cat.

## Sensory Exploration Sessions

with FEEL Theatre



**Tuesdays 2 April – 25 June**

Time: 10am-10.40am

Suitable for 0-crawling

Price: £5 / £3 conc. (parent & baby)

Explore textures, smells, tastes, colours and light in these warm and welcoming sensory play sessions.

## Bengali Music Lessons

with Gouri Choudhury

**Sunday 2, 9, 16, 23, 30 June & 7 July**

Time: 2pm-3pm for ages 4-10

3pm-4pm for ages 11-18

Price: £5 per session | book 6 week block for £28

Gouri Choudhury teaches Bengali song and music to young people, providing students with a strong foundation in South Asian Music.

## Music Club

with Mindful Music



**Wednesday 3, 10 April, 1, 8, 15, 22**

**May & 5, 12, 19, 26 June**

Time: 3.30pm-4.15pm for ages 0-4

4.30pm-5.15pm for ages 5-7

Price: £5 / £3 conc. | book 4 week block for £16 / £10 conc.

Come and explore sounds, stories, breathing games and songs with Mindful Music for grown-ups and their little ones.

## Street Dance

with Jana Karaikoza

**Mondays 8 April – 24 June**

(excluding 29 April & bank holidays)

Time: 4pm-5pm

Suitable for ages 16 and under

Price: £3

Ever wanted to learn street dance? Then join Jana Karaikoza in these weekly after school classes to explore hip hop foundations and grooves, as well as developing rhythm and improving coordination.

## Creative Coding

with Kano Computing



**Saturday 8 June**

Time: 1.30pm-3.30pm

Suitable for ages 7-12

Price: Free

Learn how to bring creativity and code into your life with Kano Computing. Kano believe in demystifying technology and making technology fun! In this session you will learn about code by using your imagination to create art, music, Minecraft worlds, and more!



## Kids Hack Day



### Sunday 28 April

Time: 10am-3pm

Suitable for ages 5+

(children under 10 must be accompanied by an adult)

Price: Free

Kids Hack Day is a global free creative tech event where kids can build, code, engage in challenges and play freely.

## Easter Family Fun Day!

### Saturday 13 April

Come together and get crafty at this Easter Bonnet making workshop!  
Followed by a special Easter screening of family favourite, Peter Rabbit.



### Easter Bonnet Making

Time: 11am-12.30pm

Suitable for all ages

Price: £5 / £3 conc.

(adults go free)



### Peter Rabbit (2018)

Time: 1pm-2.30pm

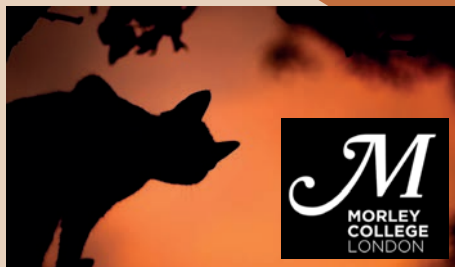
Cert. U

Price: Free

## Theatre Shows

Morley College London present:

### Kunkush: The Refugee Cat



### Saturday 22 June

Time: 2pm-2.45pm

Suitable for ages 7+ and family

Price: £7 / £5 conc. per child | £5 per adult

Join Kunkush, the refugee cat, as he sails across seas, travels continents, and even flies through the air, in an epic quest to be reunited with his family.

Moth Physical Theatre Co.  
present:

### Wild Wilma

MOTH  
PHYSICAL  
THEATRE



### Sunday 30 June

Time: 12pm-12.45pm

Suitable for ages 4-8

Price: £7 / £5 conc. per child | £5 per adult

Be brave. Be different. Be wild!

A wonderfully wild family show written by children's author Rachel Lyon (I Wish I'd Been Born A Unicorn for CBeebies) told through physical storytelling, puppetry and an original soundtrack.

# Health & Wellbeing

## Zumba

with Talia Huamantincó

### **Mondays 1 April – 24 June**

(excluding bank holidays - no session 29 April)

Time: 6.30pm-7.30pm

Suitable for ages 16+

Price: £3

Get active in these weekly Zumba classes!

## Feel Good Flow Yoga

with Eve Veglio-White

### **Mondays 1 April – 24 June**

(excluding bank holidays - no session 29 April)

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.

## 5 Rhythms Dance & Movement

with Jane Belshaw

### **Tuesdays 2 April – 25 June**

(No session 14 May)

Time: 7.30pm-9pm

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 3 April – 26 June**

Time: 6pm-7pm

Suitable for ages 16+

Price: £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.

## Capoeira

with Dafne Louzioti, Chloë Cacau &

Emmanuel 'Mac' MacDonald

### **Wednesdays 3 April – 26 June**

Time: 7pm-9pm

Suitable for all ages – all abilities welcome

Price: £7 / £5 conc. (inc. Poplar residents)

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.

## Friday Morning Pilates

with Fabiola Della Gatta

### **Fridays 5 April – 28 June**

(excluding bank holidays)

Time: 9.30am-10.30am

Suitable for ages 16+

Price: £5 / £3 conc.

Find your balance between toning and strengthening for greater alignment in this morning Pilates class. A great way to relieve tension in the upper back, neck and hip flexors.

## Toddler Yoga

with Eleonora Fusali / Alice Panascia

### **Fridays 5 April – 28 June**

(excluding bank holidays)

Time: 10.45am-11.45am

Suitable for ages 1-4

Price: £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 6 April – 29 June**

(No session 18 & 25 May)

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.






## e5 Roasthouse at Poplar Union

Serving breakfast and lunch, a selection of pastries & cakes, and e5 Bakehouse sourdough.

Late opening every Friday night for Live in the Library, serving sourdough wood-fired pizza, craft beer and wine.

The large terrace on Bartlett Park is open during the Summer months.

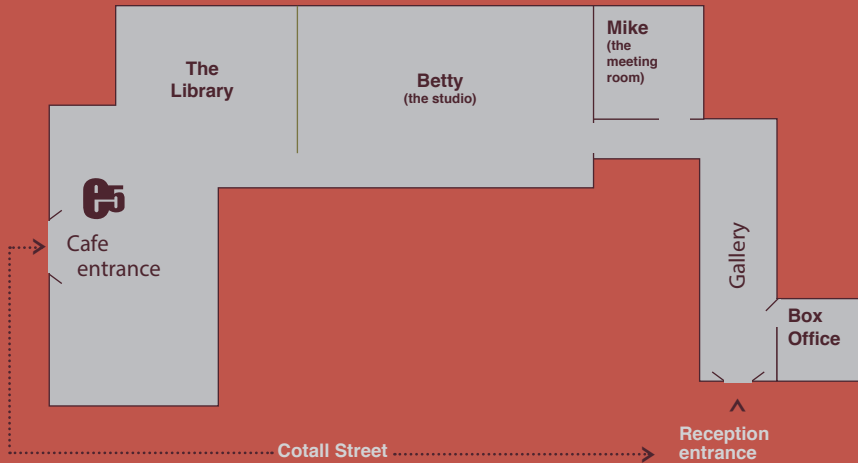
For information about e5 breadmaking and cookery courses, visit [e5bakehouse.com/classes](http://e5bakehouse.com/classes) or call 020 85252 890

   @e5roasthouse

ROAST  
e5  
HOUSE

# Your Visit

## Find your way around Poplar Union

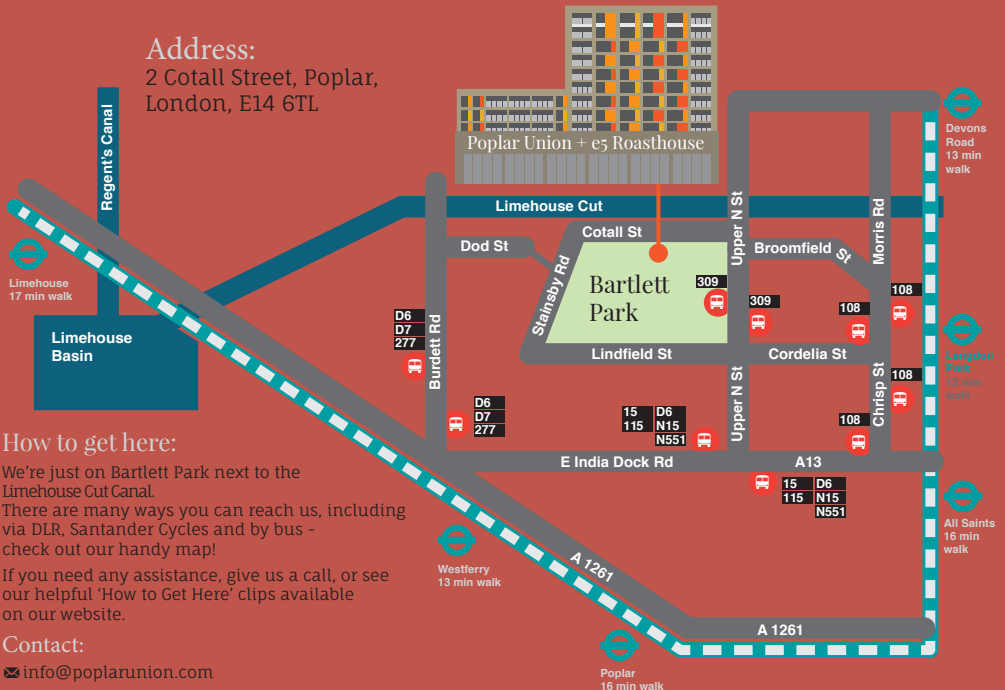


## Accessibility

Poplar Union is a fully accessible venue with wheelchair access and disabled parking bays. If you require any assistance for you access needs, please call our Box Office or email [info@poplarunion.com](mailto:info@poplarunion.com) before your visit.



**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)