

poplar
Union

WHAT'S ON

October
November
December

2019



● Classes & Workshops ● Theatre & Film ● Music & Dance ● Comedy & Spoken Word
● Kids & Family ● Neighbourhood ● Health & Wellbeing

WELCOME TO POPLAR UNION

As the days get shorter and the leaves a little crunchier, we bring a close to another jam-packed year of events, festivals, celebrations and community building at Poplar Union. But there's still plenty more to see us through to Big Ben's midnight countdown and the start of a new year...

We kick-off our winter season in celebration and recognition of Black History Month. From Purple Moon Drama's new work 'Jollof Wars', to our first collaboration with The New Black Film Collective, screening Jordan Peele's spine tingling 'Us', we'll be opening up dialogue, debate and reflection on what race, Black History and identity politics means today.

In November, we are proud to announce the return of A Mindful Mess Festival following its hugely successful Poplar Union debut in 2018. Expect workshops, gigs and a Brainfart Cabaret as we deep dive into the mind and mental health-challenging stigma and celebrating the diversity of our brains!

We'll also be teaming up with local artist, Johanna Ellison, to collaborate with our community in designing a new mural for the cafe wall. Through a series of free creative workshops, we want to see your thoughts of Poplar and Poplar Union displayed in a new piece of artwork to brighten up our space.

Closing the year will be festive events and activities the whole family can enjoy; from family film screenings to a Jazzy Penguin kids show, and maybe a visit from Santa himself!

If you like the sound of all of the above and happen to be a Poplar HARCA resident, why not get some sweet discounts at Poplar Union by signing up to our brand new HARCA membership scheme! For only £5 a year you can enjoy a variety of special offers and discounts on events at PU and drinks in e5 Roasthouse- consider it an early Christmas present to yourself!

Beth Watton
Artistic Director



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FIND OUT MORE

www.poplarunion.com

☎ 020 3039 3333

✉ info@poplarunion.com

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OUR PARTNERS



What we've been up to since opening our doors three years ago...

Since opening in 2017, we've welcomed 5,700 visitors through our doors.



"Poplar Union is an amazing place to work as an artist, the staff are supportive and encouraging and the space is beautiful and inspiring. I feel extremely lucky to have the chance to work with them."
Chloe Stephens
Page One Theatre

"Poplar Union welcomes and respects artists in diverse practices and at any stage of their career - I feel grateful for the warmth and generosity they shared with me."
Cameron Cook
Actor and performer

"Excellent teacher who was very professional. She created a relaxed atmosphere whilst at the same time pitching the routines to match the abilities of the large group. The price for an hours session was also very affordable."
Yoga participant

"Poplar Union makes the imaginable possible!"
Liz Exell
Jazz Herstory

"...puts the heart into the community providing a diverse, light, bright and comfortable space for us all to meet up and enjoy a world of art, music, dance and culture."
Henry Guest
Social Dancing Facilitator

18 Exhibitions

"I think your art exhibitions are a great idea and I love seeing them change when I come to the cafe."
Review via Facebook

4205
Participants

We've put on over 49 workshops and classes making up our creative learning and participation programme.

Art Class participant

"The teacher is available for every student, kind and knowledgeable. I learned a lot."

Zumba participant

"A friendly group, good teacher and good value for money."

Toddler Yoga participant

"It's a really great class, and there is nothing else like it in the area. Things like this are a real lifeline to stay at home mums like me!"

Artists in Residence



Hugh McCann You Are Here Poplar
Hester Welch Food Project
Sophie Wooley Augmented
Emilia Stawicki Thank You and Goodnight
Sonny Hwachukwu Circles
Dickson Misi Enewate
Nick Gilbert Mr Brightside
Paula Varjack Cult of K'nzo
Dan Simpson Avocado Economics
Cameron Cook It All
Box Theatre Camp Be Yourself
Zoo Co. Theatre Sirens
MOTH Physical Theatre Meet the Real Eastenders
Moulded Theatre Company Swish
CAJ COLLAB Interdisciplinary Sessions
Sangeeta Pillai Masala Monologues
Peter Edwards Devotion to Movement
Grand Union ReGeneration Band
Sam Mumford and Jack Miguel Crow

Hire



£48,900

Income generated through our hire which then goes straight back into funding our arts programme.

"Wonderful venue, relaxed staff :-)"

"Fantastic venue, friendly staff, great facilities and amazing food thank you!"

"Thank you for a very successful event. Excellent communication prior to the event and extremely helpful staff on the day"

Festivals



a MINDFUL MESS

St Paul's Way Festival

DISCOVER
POPLAR

Bloom
21.19

WellOne
established poplar hub

Community Champions



Our 12 Community Champions support us through word of mouth, outreach, feedback and social media support.

Student placements



We have hosted 4 student placements working with the Theatre and Performance department at Goldsmiths, University of London.

Volunteers



136

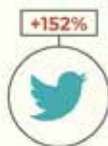


Total hours volunteered



4 who have gone on to paid employment, utilising the skills they have developed as a volunteer at Poplar Union.

We have increased our social media following by:



We have built a marketing support network across 42 arts organisations

School Outreach



We've worked closely with 8 local schools, delivering assemblies, coffee mornings, private theatre performances and interactive workshops.

Testimonials from school performance of Morley College & Page One Theatre's *Numbah: The Refugee Cat*

"We had a fantastic discussion upon our return to school about the themes from the performance and the children expressed how 'cool' and 'magical' it was."
Yasmina Bibi
Teacher at Mariner Primary School

"It was so lovely and I thought pitched so well for the age group. Year 3 listened well and really got it. Really glad I was able to come along and thank you Poplar Union for the invite."
Carol Doherty
Assistant Head at
Mariner Primary School

Blog



Membership



We launched our first membership in August 2019 to further engage the local community.

We will be launching more memberships schemes from 2020.

Accessibility

We are committed to making Poplar Union as accessible as possible; we programme relaxed performances, BSL interpreted shows, and offer companion tickets. We have a range of facilities to make it easier for our patrons with access needs, including accessible parking, a hearing loop and full wheelchair access.



Funding



East End



CANARY WHARF GROUP PLC



ARTS COUNCIL ENGLAND

Classes & Workshops

Art Class

.....



Tuesdays 1 October – 17 December

Time: 1pm-3pm

Suitable for ages 18+

Price: £3

Learn new skills and techniques, including portraiture, landscape painting and still life, perfect for beginners and experienced artists.

Evening Art Class

.....



Wednesdays 2 October – 18 December

Time: 6.30pm-8.30pm

Suitable for ages 18+

Price: Drop-in: £8 / £5 conc.

6 weeks course: £40 / £25 conc.

12-week course: £75 / £45 conc.

Draw, paint and look with our new evening art class. This is a chance to explore your creativity, discover different mediums and learn to capture a range of subjects in a supportive environment.

BOTH Dance Sessions

.....



Thursday 3 October, 7 November, 5 December

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 classes draw from contemporary dance, ballet, improvisation and yoga, and are for adult learners with previous dance experience.

Contemporary Technique Dance Class with BOTH Dance

.....



Tuesdays 15 October – 12 November

Time: 11.15am-12.45pm

Suitable for intermediate/advanced dancers aged 16+

Price: £10 per session

£48 when you book all 6 classes

A dynamic, contemporary class drawing upon release, Limón, Graham and Cunningham techniques exploring alignment, floor and travelling work.

PianoPiano presents: An Introduction to Music Education

.....



Sunday 6 October

Time: 11am-12pm
Suitable for ages 18+
Price: £5

Get your finger on the pulse of your child's music education in this hour-long talk and Q&A session from local piano teacher, Andra Kruka.

Piano Crash Course for Parents

.....

Sunday 13 October

Time: 10.30am-1pm
Suitable for ages 18+
Price: £12 per person

£10 for those who came to the talk

The talk is followed by this interactive piano course, geared to provide parents with the necessary knowledge to be able to monitor your child's piano practice at home as well as start playing piano yourself! Music theory and piano basics explained in an easy and fun way. Instruments provided.

Embroidery Loop

with Milou Stella

.....



Tuesday 8, 22 October, 5, 19 November, 3, 17 December

Time: 7pm-8.30pm
Suitable for ages 14+
Price: £5 / £3 conc.

"Embroidery is a process of conveying and capturing stories. Behind every embroidered piece there is a story."

– Kirsty Whitlock, Artist

Artist Milou Stella is inviting you to stitch with her at this fortnightly embroidery meet up, and contribute to a community wall hanging. What's your story?

Wrap a Hug Sling Library

.....



Saturday 12 October, 16 November, 14 December

Time: 10.30am-12.30pm
Suitable for new parents
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!

Classes & Workshops

Grand Union Orchestra: Roots in Rhythm Workshops



**Thursday 24 October &
Saturday 26 October**

Time: 10am-3pm | 2pm-5pm
Suitable for ages 12-18
Price: Free

Black
History
Month

Calling all 12 -18 year old musicians!
To celebrate the musical roots that link Africa, Latin America and the Caribbean, the Grand Union Orchestra is offering free instrumental workshops to explore and develop musical techniques from these cultures.

Tabla Lessons



Wednesdays 9 October – 18 December

Suitable for ages 7-21
Time and prices:
6pm-7pm: Group lesson
(4x people max) - £5 each
7pm-7.30pm: 1-2-1 lesson - £10 a lesson
7.30pm-8pm: 1-2-1 lesson - £10 a lesson

Learn to play the tabla with professional tabla player, Yousuf Khan, covering everything from rhythm to syllables.

Girl Plays Jazz: Introduction to Jazz Workshop



Saturday 23 November

Time: 3pm-6pm
Suitable for ages 8-16
Price: £30

Girl Plays Jazz facilitates this special introduction to jazz workshop for girls aged 8-16, guiding and nurturing young musicians across a range of styles including swing, funk and free jazz.

Festive Calligraphy

with Liza Kozowyk



Saturday 7 December

Time: 1pm-3pm
Suitable for ages 16+
Price: £9 / £7 conc.

This festive season, why not learn how to make personalised Christmas cards to send to your loved ones! Focusing on calligraphy lettering, artist Liza Kozowyk will teach you modern calligraphy designs to create unique festive postcards.

HIRE

Betty

Poplar Union has two main event spaces available for hire, named after local community heroes; Betty, our large multi-purpose studio, and Mike, our meeting room. We can accommodate a range of hires, including meetings, rehearsals, training sessions, away days, presentations, parties and bespoke events. As a charity, all hire income enables our core community and arts programming.



Mike

If you would like to make a hire enquiry, please contact us on:

✉ hire@poplarunion.com

☎ 020 3039 3333

The
Library

Theatre & Film

The New Black Film Collective present:
Us + Post-Screening Discussion & Q&A



Thursday 10 October

Time: 7.30pm-10pm
 Directed by Jordan Peele, 2019
 Cert. 15+
 Price: Free



Join The New Black Film Collective in this Black History Month film screening of Jordan Peele's *Us*. A family's serene beach vacation turns to chaos when their doppelgängers appear and begin to terrorize them. The film is followed by a post-screening discussion with members of TNBFC and special guests.

Black
History
Month

Purple Moon Drama present:
Jollof Wars



Wednesday 23 October

Time: 8pm-9pm
 Suitable for ages 12+
 Price: £9 / £7 conc.



A play that explores culture clashes and friendship. It's a celebration of food and family. Come and see who wins the ultimate battle at Jollof Wars.

Black
History
Month



Odd Doll present:
Seaside Terror



Thursday 24 October

Time: 7.30pm-8.30pm
 Suitable for ages 12+
 Price: £9 / £7 conc.

Leading puppet theatre company Odd Doll take a trip to the seaside, where, this Halloween, they find more than they bargained for. Celebrating the British horror and British holidays of the 1970s, this new show brings together puppetry, mask and specially composed music to fill the stage with nerve-shattering shocks.

Bangla Drama Festival:
 Bangladesh Udichi Shilpi Goshti UK
 Sangshad present: **An Absurd Story**



Sunday 3 November

Time: 7.30pm-8.45pm
 Suitable for 12+
 (younger audiences welcome with an adult)
 Price: £10 / £8 conc.



A strange happening at the execution of Mondol. To be hanged till death...the doctor finds Mondol still alive... mayhem ensues!

Nick Gilbert presents:

Mr Brightside



Thursday 14 November

Time: 7.30pm-8.45pm

Suitable for ages 15+

Price: £9 / £7 conc.

After a sold out show at Brighton Fringe Festival, Nick Gilbert brings this hilarious, honest and cutting comedy about masculinity and mental health to Poplar Union. Mr Brightside is a man. Mr Brightside is a good man. At least he thinks he is. We think he's a d*ck.

**As part of A Mindful Mess festival.*

Trans Remembrance Day Film

Screening with ELOP!

Sunday 24 November

Time: 7.30pm-9.30pm

Suitable for ages 16+

Price: Free

An evening of short-film screenings in honour of Trans Remembrance Day.



Scratch, Crackle & POP!

Thursday 12 December

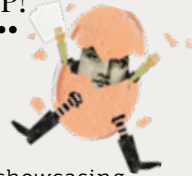
Time: 7.30pm-9.30pm

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: Monday 18 November



Making Black History

A night showcasing work in progress performances from the world of dance, theatre and poetry from artists of colour.



7.30pm

Dickson Mbi presents:
Enowate (Truth Stands)

A dance piece where Dickson questions his own identity as he seeks to negotiate his London East End upbringing and his animistic practice influenced by his heritage.



8.05pm

Sonny Nwachukwu presents:
Triple Threat

Triple Threat is the first solo piece by Sonny Nwachukwu, exploring the intersectionality of being black, gay and disabled.



8.30pm

Sabrina Richmond presents:
An African in the Snow

Join Bree in a one-woman play as she cooks, sings and tells stories of identity and belonging, migrating across 5 countries.



Black
History
Month

STICK ME ON YOUR FRIDGE!

Weekly Classes	Time	Age	Date	Pg
Art Class	1pm-3pm	18+	Tuesdays 1 Oct - 17 Dec	5
Evening Art Class	6.30pm-8.30pm	18+	Wednesdays 2 Oct - 18 Dec	5
BOTH Contemporary Technique	11.15am-12.45pm	16+	Tuesdays 8 Oct - 12 Nov	5
Tabla Group Lessons	6pm-7pm	7-21	Wednesdays 9 Oct - 18 Dec	7
Tabla 1-2-1 Lessons	7pm-7.30pm	7-21	Wednesdays 9 Oct - 18 Dec	7
Tabla 1-2-1 Lessons	7.30pm-8pm	7-21	Wednesdays 9 Oct - 18 Dec	7
Sensory Exploration	10am-10.40am	0-1	Tuesdays 1 Oct - 17 Dec	17
Kids Drama Club	4pm-5pm	4-8	Tuesdays 1 Oct - 17 Dec	17
Children's Choir	4.15pm-5.45pm	7-11	Tuesdays 1 Oct - 17 Dec (No session on 22 Oct)	18
Street Dance	4pm-5pm	6-12	Mondays 7 Oct - 16 Dec	17
Social Dancing	1pm-3pm	16+	Mondays 7 Oct - 16 Dec	19
Kenshukai Karate	10am-12am	5+	Saturdays 5 Oct - 14 Dec	21
Zumba	6.30pm-7.30pm	16+	Mondays 7 Oct - 16 Dec	21
Feel Good Flow Yoga	7.30pm-8.30pm	16+	Mondays 7 Oct - 16 Dec	21
5 Rhythms	7.30pm-9.30pm	16+	Tuesdays 1 Oct - 17 Dec	21
Morning Pilates	9.30am-10.30am	16+	Fridays 4 Oct - 20 Dec	21
Toddler Yoga	10.45am-11.45am	1-4	Fridays 1 Oct - 17 Dec	21
Live in the Library	6pm-10pm	all ages	Fridays 4 Oct - 13 Dec	16

Date	Time	Event	Pg	Date	Time	Event	Pg
October							
Thu 3	10.30am	Tower Hamlets Family Meet-up	19	Sat 19	7.30pm	Making Black History	10
	6.30pm	BOTH: Monthly Dance Sessions	5	Sun 20	11am	Hotties Vintage Market	20
Sun 6	11am	Introduction to Music Education	6	Tue 22	7pm	Embroidery Loop	6
Tue 8	7pm	Embroidery Loop	6	Wed 23	12pm	Dancing with Parkinson's	13
Wed 9	12pm	Dancing with Parkinson's	13	Thu 24	10am	Roots in Rhythm Workshop	7
Thu 10	7.30pm	Film Screening: Us	9		7.30pm	Seaside Terror	9
Sat 12	10.30am	Wrap a Hug Sling Library	6	Sat 26	2pm	Roots in Rhythm Workshop	7
Sun 13	10.30	Piano Course for Parents	6		7pm	Roots in Rhythm Live	13
Thu 17	7.30pm	SoulMama Sessions	13	Sun 27	3pm	Suraloy Sundays	14
				Thu 31	7.30pm	BirdWorld Album Launch	14
November							
Sat 2	7pm	Noite Dos Tambores No Leste	14	Sun 17	3pm	Suraloy Sundays	14
Sun 3	7.30pm	An Absurd Story	9	Tue 19	7pm	Embroidery Loop	6
Tue 5	11am	Create Together!	19	Wed 20	12pm	Dancing with Parkinson's	13
	7pm	Embroidery Loop	6	Sat 23	11am	Create Together!	19
Wed 6	12pm	Dancing with Parkinson's	13		3pm	Introduction to Jazz Workshop	7
Thu 7	10.30am	Tower Hamlets Family Meet-Up	19		7pm	Girl Play Jazz Yeoja	15
	6.30pm	BOTH: Monthly Dance Sessions	5	Sun 24	10am	Active Hope Workshop	20
Wed 13	12.30pm	Create Together!	19		7.30pm	ELOP Film Screening	10
Thu 14	7.30pm	Mr Brightside	10	Wed 27	10.30am	LGBTQ+ Coffee Morning	20
Sat 16	10.30am	Wrap a Hug Sling Library	6	Thu 28	7.30pm	SoulMama Sessions	13
	7pm	Peter Edwards' Trio	14	Fri 29	12.30pm	Create Together!	19
				Sat 30	7pm	Mishti Dance #6	15
December							
Sun 1	11am	The Legend of the Jazz Penguin	18	Tue 10	6.30pm	Sunny Jar - workshop	20
Tue 3	7pm	Embroidery Loop	6	Thu 12	7.30pm	Scratch, Crackle & POP!	10
Wed 4	12am	Dancing with Parkinson's	13	Sat 14	10.30am	Wrap a Hug Sling Library	6
Thu 5	10.30am	Tower Hamlets Family Meet-Up	19		7.30pm	Chicken Shack Dance Night	15
	6.30pm	BOTH: Monthly Dance Sessions	5	Sun 15	11am	Festive Family Fun Day	18
Sat 7	1pm	Festive Calligraphy	7	Tue 17	7pm	Embroidery Loop	6
	4pm	Winter Folk Union	15	Wed 18	10.30am	LGBTQ+ Coffee Morning	20
Sun 8	3pm	Suraloy Sundays	14				

Poplar Union will be closing from Monday 23 December - 2 January for Christmas.

Music & Dance

Danielle Teale Dance &
Dancing with Parkinson's Company:
Dancing with Parkinson's workshops



**Wednesday 18 September, 9, 23 October,
6, 20 November, 4 December**

Time: 12pm-2pm

Suitable for people with Parkinson's of all
ages and ability, no experience necessary

Price: Free

Join the Dancing with Parkinson's Company
for bi-weekly creative dance workshops
offering an uplifting, supportive space for
expression and connection with others for
people with Parkinson's.

Testimonials from participants:

*"It's like going to a party every week -
you can just be yourself, nobody is judging you"*

*"Your body responds more positively when you are
enjoying yourself. My body is responding more in
Dancing with Parkinson's because I'm enjoying what
I'm doing"*

*"People come here and feel safe... the dancing is
physical but it also gives us a chance to speak, to have
conversation, which is an added bonus of connection
with others"*



LOTTERY FUNDED

Supported using public funding by

**ARTS COUNCIL
ENGLAND**

SoulMama Sessions

Thursday 17 October & 28 November

Time: 7.30pm-10pm

Suitable for ages 18+

Price: £8 / £6 conc. / £10 OTD

SoulMama Sessions is an open mic night
dedicated to art, sharing, music,
brotherhood and sisterhood in the name of
community healing. Everyone welcome.

**Grand Union Orchestra presents:
Roots in Rhythm Live**



Saturday 26 October

Time: 7pm-10pm

Suitable for all ages

Price: £8 / £6 conc. / £10 OTD

**Black
History
Month**

Musicians from the Grand Union Orchestra
and its newly formed Re:Generation Band
combine in an exuberant celebration of Black
History Month with West African drumming
and chant, hi-life, calypso and soca, ska and
reggae, salsa and samba – a feast of dance
rhythms!

Suraloy Sundays with Gouri Choudhury



Sundays 27 October, 17 November & 8 December

Time: 3pm-6pm

Suitable for all ages

Price: Free for under 18's

£2 for over 18's

Gouri Choudhury's Suraloy music students perform popular and traditional Bangladeshi music for friends and family in these monthly showcases.

BirdWorld Album Launch + guests



Thursday 31 October

Time: 7.30pm-10.30pm

Suitable for all ages

Price: £6 / £4 conc.

£8 / £6 conc. OTD

London/Oslo-based duo BirdWorld meld folkloric, groove, ambient electronic and classical influences into a hallowed mix, showcasing their new album UNDA and inviting special guests to the party.

Dendê presents:

Noite Dos Tambores No Leste



Saturday 2 November

Time: 7pm-10.30pm

Suitable for all ages

Price: £5 (all profit goes to Brazilian social projects)

A night of joyous open remembrance and reflection of Afro-Brazilian music and culture with live music from Dendê Nation and special guests, Baque Luar!

Peter Edwards' Trio presents:

Psychedelic Soul Sessions



Saturday 16 November

Time: 7pm-10pm

Suitable for all ages

Price: £7.50 / £5.50 conc. adv.

£10 / £8 conc. OTD

Blending driving jazz funk grooves with Afrobeat string pads and soulful melodic improvised explorations, the Peter Edwards' Trio present new material that is inspired by Miles Davis' 1970s electric period and the music of Herbie Hancock's Headhunters.

Music & Dance

Girl Plays Jazz | Yeoja



Saturday 23 November

Time: 7pm-10pm
Suitable for all ages:
Price: £5 / £7.50 OTD

A double bill celebrating girls and women in jazz – featuring the female-fronted grunge powerhouse Yeoja, plus a showcase performance by girls aged 8 to 16 who took part in the Girl Plays Jazz Project.

Mishti Dance #6



Saturday 30 November

Time: 7pm-11pm
Suitable for ages 18+
Price: £10 / £8 conc. / £12 OTD

Mishti Dance is back for another night of music from and inspired by the Asian Underground. Featuring Rita Morar, DJ Doni Brasco, DJ Isuru, Beat Temperer, and poet, BananaSharma.

Winter Folk Union



Saturday 7 December

Time: 4pm-10pm
Suitable for all ages
Price: £10 / £8 conc. adv.
£12 / £10 conc. OTD

Folk On Monday returns with a day-long celebration of winter through folk song and music from around the British Isles featuring locally based artists.

Chicken Shack Dance Night Christmas Special



Saturday 14 December

Time: 7.30pm-10.30pm
Suitable for ages 18+
Price: £8 / £6 conc. / £10 OTD
£22 group offer (4x people)

Other group booking discounts available

Chicken Shack bring live rock'n'roll back to the East End in this Christmas special dance night!

LIVE IN THE
LIBRARY

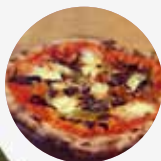
FREE

FRIDAY NIGHT MUSIC

From 6pm

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

For full gig listing visit www.poplarunion.com



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



Street Dance

with Jana Karaikoza



Mondays 7 October – 16 December

Time: 4pm-5pm

Suitable for ages 6-12

Price: £3

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

Sensory Exploration Sessions



Tuesdays 1 October – 17 December

Time: 10am-10.40am

Suitable for 0-crawling

Price: £5 / £3 conc. (adult & baby)

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

Kids Drama Club

with Moth Physical Theatre!



Tuesdays 1 October – 17 December

Time: 4pm-5pm

Suitable for ages 4-8

Price: £3

Calling all 4-8 year olds! Want to try drama but too scared to step on the stage? Fear no more! Join Charlie Irwin, actor and teacher, in these fun-filled drama sessions which seek to develop skills and build confidence for young actors.

East London Children's Choir



Tuesdays 1 October – 17 December

(No session on 22 October)

Time: 4.15pm-5.45pm

Suitable for ages 7-11

Price: £3

Sing your heart out every week in this new children's choir. Lead by musical director, Jonathan Pease.

Discovery Planet present:
Plastic Unwrapped



Saturday 12, 19 October & 2 November

Time: 10am-3pm
Suitable for ages 8+
Price: Free

Plastic Unwrapped is a series of three fun-filled workshops which tell you everything you need to know about plastic: what is it; what's the problem, and how can scientists help to solve it?



The Legend of THE JAZZ PENGUIN



Sunday 1 December

Time: 11am-12pm | 2pm-3pm
Suitable for ages 0-4
Price: £7 / £5 conc. | £18 for family of 4

Welcome to the North Pole Jazz Lounge, a magical place with a very special guest, the legendary Jazz Penguin! Expect tooting, trumpeting and bopping in this hilarious and Christmassy celebration of music.

**Santa's Grotto &
Festive Family
Fun Day**

.....



Sunday 15 December

Festive Arts & Crafts: 11am-1pm
Santa's Grotto: 1pm-2pm
Film screening: 2pm-3.30pm
Suitable for the whole family
Price: Free

(Our Christmas elves will be collecting donations on the door)

A day for the whole family to get you in the Christmas spirit! From a decoration making workshop, a film screening of Christmas classic, The Muppet Christmas Carol, to a magical Christmas Grotto! Come and get festive with us!

Tower Hamlets Family Meet-Up
in association with The Mother Side UK

**Thursday 3 October, 7 November
5 December**

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

Social Dancing

with Henry Guest

**Mondays
7 October – 16 December**

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!



Poplar Poets Society

with Michelle Mangal

**Monday 14, 28 October, 18, 25
November, 9 December**

Time: 6.30pm-8.30pm
Suitable for ages 16+
Price: £5 / £3 conc.

The Poplar Poets Society is a brand new
fortnightly meet up where poets of any
ability can come together alongside
poet Michelle Mangal to be inspired to
create and develop their poetry writing
skills, and share new material.

Create Together!

with Jo Ellison



We want to see you reflected in Poplar Union!

Local artist, Jo Ellison, will be holding a series
of free workshops to hear your views and see
your creativity, exploring questions like; what
is Poplar Union to you; and, what do you hope
to see in the future?
Together, we will create a body of work to
exhibit and to inspire a new mural for the
café wall. Come and get involved!

Tuesday 5 November

11am-1pm
Open to 65+

Explore printmaking, looking at themes of
location, change and our hopes for the future.

Wednesday 13 November

12.30pm-2.30pm
Open to ESOL students

Patterns of growth. Let's explore some of
Poplar Union's natural surroundings,
looking for patterns and creating our own.

Saturday 23 November

11am-1.30pm
Open to all

Who are we? Come along to create a mask
that represents you!

Friday 29 November

12.30pm-2pm
Open to local families

Collaging fun for children and families. Let's
get drawing, cutting and sticking to share
some of our favourite memories.

Active Hope Workshop: How to Face the Mess We're in Without Going Crazy



Sunday 24 November

Time: 10am-5pm
Suitable for ages 16+
Price: £25 / £15 conc.

A day-long workshop about finding our way to contribute to the issues we care about in our community and our world through meditation, discussion and action.

Sunny Jar's Zero-Waste Christmas



Tuesday 10 December

Time: 6.30pm-9pm
Suitable for all ages
Price: Pay what you feel

Sunny Jar are back and they're feeling festive! They'll be hosting another informative and interactive night teaching you how to have a zero-waste Christmas, from learning how to make low impact gift wraps, to making body scrub and bath soak as a sustainable alternative gift for friends and family.

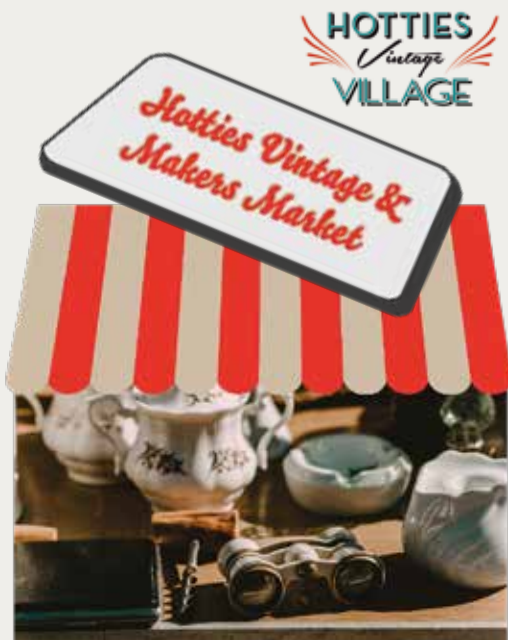
Neighbourhood

LGBTQ+ Coffee Morning

Wednesday 27 November & 18 December

Time: 10.30am-12.30pm
Suitable for ages 16+ LGBTQ+ Identifying & Allies
Price: Free

A free and welcoming space open to all LGBTQ+ communities to enjoy a cuppa and a chat and find out what's happening locally.



Sunday 20 October

Time: 11am-4pm
Suitable for all ages
Price: Free

Come and join us at Poplar Union's first market. Browse a variety of stalls from vintage fashion to local designers, and treat yourself to a cheery purchase.

Zumba

with Talia Huamantincio

Mondays 7 October – 16 December

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 7 October – 16 December

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 1 October – 17 December

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.

Morning Pilates

with Fabiola Della Gatta

Friday 4 October – 20 December

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 Alice Panascia

Fridays 4 October – 20 December

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 5 October – 14 December

(Saturday 12, 19 October, 2 November class will take place at Spotlight)

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.

Poplar HARCA

poplar
Union

Resident Membership

at Poplar Union

Are you a Poplar HARCA resident?
If so, you're eligible for our new membership scheme!

For just £5 a year, you can take advantage of discounted tickets, special offers and money off at e5 Roasthouse and our theatre bar!

For more information visit our website or give us a call.

Q www.poplarunion.com

☎ 020 3039 3333

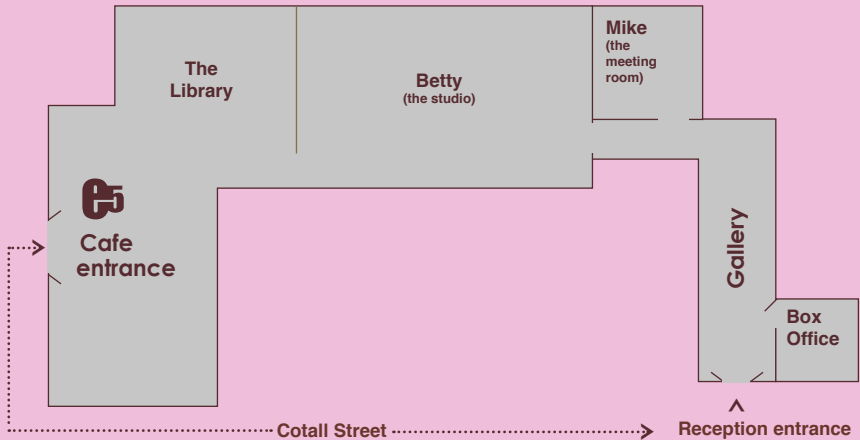
Poplar Union
2 Cotall Street
E14 6TL, London

In partnership with:



YOUR VISIT

Find your way around Poplar Union



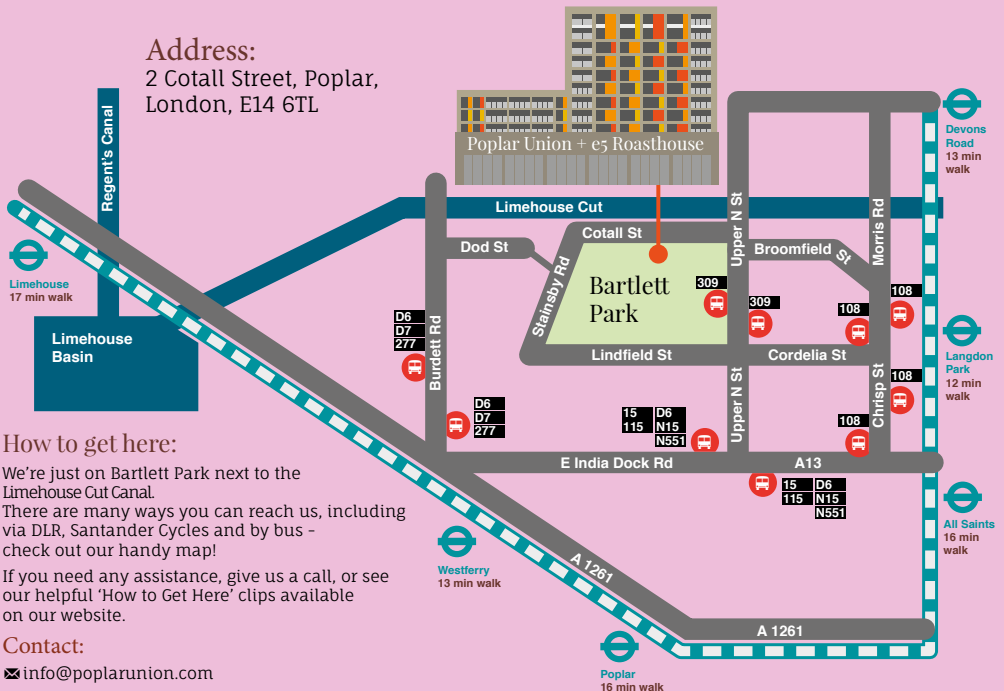
Accessibility

Poplar Union is a fully accessible venue with wheelchair access and accessible parking bays. If you require any assistance or have any questions, please call our Box Office or email 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

☎ 020 3039 3333

🌐 www.poplarunion.com



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