

poplar  
Union

The East End & Docklands  
Arts and Events Venue



What's On  
Winter 2017  
October, November,  
December



# Welcome to Poplar Union

Poplar Union is the new arts and events venue in East London built to showcase and nurture the untapped creativity of Poplar. We provide a communal, social and creative space that's accessible to all.

Situated between the Limehouse Cut and Bartlett Park, we offer a broad programme of family events and workshops, performances in comedy, spoken word, music, dance and theatre, waterside activities, health and wellbeing classes and much more. Through our programme, we hope to promote inspiration, develop creative skills, ignite conversation and nurture talent - all contributing to developing a real destination for the community.

Find out more at [www.poplarunion.com](http://www.poplarunion.com)



## Follow Us!

f t i / @poplarunion

## Our Partners



STAMP

HARCA



C&W

## Classes & Workshops

**Wednesdays 13 September & Fridays 15 September onwards (term time only)**

**ESOL (Tower Hamlets New City College)**

Time: Wednesday: 1pm-3.30pm

Friday: 9.30am-12pm

Suitable for ages 16+

Tickets: FREE

please go to Tower Hamlets College website to register

**Thursdays 2, 9 & 16 November**

**Creative Writing Workshop:**

**Man, I Feel Like a Woman**

with Sangeeta Pillai Lander

Time: 6.30pm-8.30pm

Suitable for ages 16+

Tickets: £3

So, what's being a woman all about? Ladies, join our collaborative & supportive creative writing workshops & see for yourself.

*This workshop is open to anyone who identifies as female*

**Saturday 2 December**

**Festive Arts & Crafts!**

Time: 12pm-2pm

Suitable for all ages

Tickets: £3

Get in the festive spirit by making your very own Christmas decorations with local artist Maud Barrett.

**Sunday 10 December**

**Christmas Gift Making Workshop**

Time: 12pm-2pm

Suitable for all ages

Tickets: £3

Dodge the shops and get creative at this gift making workshop! Whether it's for a loved one or to decorate your home, we've got you covered this Christmas!

**Mondays 6, 13, 20, 27 November,  
4 & 11 December**

**Food for Thought:**

**Nutrition & Cooking workshop**

Time: 9.30am-11.30am

Suitable for ages 16+

Tickets: FREE

Interactive, informative and fun! Discover delicious, healthy and nutritious recipes and cooking techniques to impress your friends and feed your family!



Box Office: [boxoffice@poplarunion.com](mailto:boxoffice@poplarunion.com) • 020 3039 3330

C

## Community

Thursday 30 November

## Magic Me present: Decorum

Time: 10am-4.30pm  
 Suitable for ages: 55+  
 Tickets: FREE

What are the issues facing 21st Century women? What is 'etiquette' today? Who decides what good behaviour is? If you identify as female, are over 55, live in East London and have an opinion and something to say – get involved!



Mondays 2 October - 11 December

## Social Dancing at Poplar Union

Time: 1pm-3pm  
 Suitable for ages 16+  
 Tickets: £2

If you love the idea of twirling with confidence and learning a new life skill, our adult ballroom classes are for you! Try our ballroom social dance classes to get a flavour of your favourite ballroom dances in a relaxed and friendly environment.



Saturdays 30 September, 7, 21, 28 October &amp; 4 November

## Mindfulness &amp; Movement

Time: 10.30am-12pm  
 Suitable for ages 16+  
 Tickets: £3

Drawing on the Japanese tradition of Kintsugi, this five week course uses meditation and movement to offer a route map to creatively and therapeutically approach loss, sickness, injury, ageing and disability.

Wednesday 27 September, 25 October, 29 November

## POP-Bingo!

Time: 6.30pm-8.30pm  
 Suitable for ages 18+  
 £6 a booklet (10 games) paid on the door

Win cash prizes at Poplar HARCA's monthly bingo night.

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**Music &  
Dance**

**Sunday 3 December**



## Sefiroth

Time: 6.30pm-8pm

Suitable for ages 16+

Tickets: £10 adv. / £12 on the door / £5 conc.

Re-imagining the ancient songs of the Spanish Jews, Sefiroth combines trance-inducing rhythms and improvisation, telling timeless stories of love, loss and yearning for home.

**Saturday 4 November**

## Songscape Sounds Double Bill: Land of If • 1816

Time: 8pm-10.30pm

Suitable for all ages, under 16s must be accompanied by an adult

Tickets: £5 adv. / £7 on the door / £3 conc.

### 1816

1816 is a Norwegian alternative pop band led by renowned vocalist Wenche Losnegård and double bassist Audun Ellingsen. The year 1816 is famously known as the Year Without a Summer, which informs the sound and lyrical universe of the band.

### Land of If

Land of If is a new project from critically-acclaimed drummer and composer Simon Roth, with intimate songs that reflect on love, life, nature and all the usual poetic suspects. They take musical inspiration from the likes of composers Béla Bartók, György Ligeti, as well as artists such as Becca Stevens, June Tabor, Radiohead, PJ Harvey and Nick Drake.

**Monday 11 December**



## Christmas Sing-Along with Poplar Singers

Time: 7pm-9pm

Suitable for all ages, under 16s must be accompanied by an adult

Tickets: Free – donations welcome

Kick off the Christmas season with an evening of mince pies, mulled wine and music from local community choir Poplar Singers.



Live Music from

**Songscape Sounds  
Double Bill**

**LAND OF IF**

Sunday 12 November



## Vintage Tea Dance

Time: 6pm-10pm

Suitable for ages 16+ (all abilities welcome)

Tickets: £5

Join us for an evening of multigenerational social dancing, with a beginners' Cha Cha Cha lesson from Rachel Sparks Dance, DJ Bunny playing an excellent selection of Ballroom dance music and live singer Lara de Belder entertaining you throughout the evening.

Thursdays 5 October - 23 November



## Percussion Workshop with Dendê Bloco

Time: 6.30pm-8pm

Suitable for ages 11+

Tickets: £3

Come and learn Afro-Brazilian percussion with Mac, leader of the Samba-Reggae crew, Dendê Nation. Rejoicing and rebellious, uplifting and fun - these weekly sessions share the rhythms of Northeast Brazil. Open to all abilities.

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# Saudha presents: Bangla Music Festival 2017

This unique festival, returning to London for the fifth year, showcases the splendour of Bangla Music and its spectacular latitude through mind blowing performances.

Saturday 7 October

## Pala Gaan (Folk Ballad)



Time: 6.30pm-9.30pm

Under 16s must be accompanied by an adult

Tickets: FREE

A mesmerising presentation of Bangla Pala Gaan (Bengali Folk Ballad) along with a solo session of devotional folk music by the top Bengali folk singer in the UK, Gouri Chowdhury.

Saturday 14 October

## Children's Session



Time: 6.30pm-9.30pm

Under 16s must be accompanied by an adult

Tickets: FREE

A night of Bangla music researched, performed and anchored by the young talented Bengali diaspora in London, who are carrying on the legacy of this great form of world music.

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## Reviews of Bangla Music Festival

*'Hypnotic and breath-taking presentation of Indian classical music'*

Asian Echo

*'A taste of India: Music explained through world poetry'*  
Yorkshire Evening Post

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# Theatre & Film

Thursday 30 November



## Scratch, Crackle & POP!

Time: 7pm-9pm

Under 16s must be accompanied by an adult

Tickets: FREE

Poplar Union's scratch night showcasing new work from writers, performers and poets. Visit our website to apply to perform.

Deadline for applications: Tuesday 31 October.

Saturday 11 November

## Muvvahood

by Libby Liburd

Time: 2pm-3pm

Under 16s must be accompanied by an adult

Tickets: £7/£5 conc.

In the UK, there are around two million single parents. More than 9 out of 10 single parents are mothers. But what is the reality of being a single mother?

Funny, frank and authentic, Muvvahood is a one-woman verbatim theatre piece that explores the emotional and economic issues surrounding single motherhood, created from the voices of single mothers living in London today.

This is a relaxed performance-parents with young babies welcome. Free creche facilities on site.

10 FREE tickets available for single mothers

(first come first served) - See website for details



## Muvvahood Workshop

Saturday 25 November

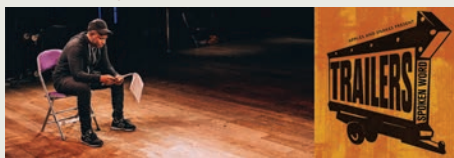
Time: 10am-3pm

Suitable for ages 16+

Tickets: £2

Join Libby Liburd for an interactive workshop for single parents who want to be heard! The workshop will be a safe space to explore the issues and themes raised in Muvvahood. To attend this workshop you should identify or have identified as a single/lone/solo parent.

Wednesday 22 November



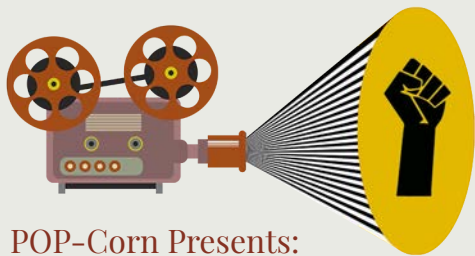
## Apples & Snakes presents: Trailers

Time: 7pm-9pm

Suitable for ages 14+

Tickets: £5/£3 conc.

Take a look at an eclectic mix of some of the best poetic and spoken word theatre in 2017 and beyond. Full line-up to be announced at [www.applesandsnakes.org](http://www.applesandsnakes.org)



## POP-Corn Presents: Black History Month on Film

(FREE admission)



**Friday 6 October**  
**Paris is Burning**  
dir. Jennie Livingstone (1990)  
Time: 7pm-8.15pm (1hr 11min)  
Cert: 15

A chronicle of New York's drag scene in the 1980s, focusing on balls, voguing and the ambitions and dreams of those who gave the era its warmth and vitality.  
WINNER: Sundance Grand Jury Prize • WINNER: New York film Critics Circle • WINNER: National Society of Film Critics.



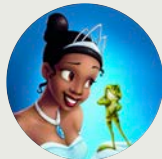
**Friday 13 October**  
**Selma**  
dir. Ava DuVernay (2014)  
Time: 7pm-9.10pm (2hr 8min)  
Cert: 12a

A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.  
WINNER: NAACP Image Award for Outstanding Motion Picture • WINNER: BET Award for Best Picture



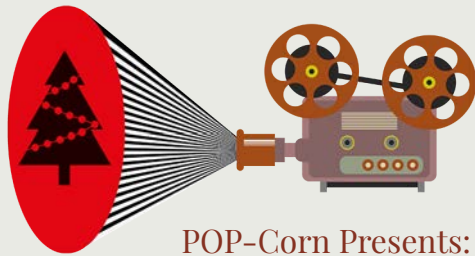
**Friday 20 October**  
**Amazing Grace**  
dir. Michael Apted (2006)  
Time: 7pm-9.00pm (1hr 58min)  
Cert: PG

The idealist William Wilberforce maneuvers his way through Parliament, endeavoring to end the British transatlantic slave trade. WINNER: Christopher Award for Feature Films



**Saturday 28 October**  
**The Princess and the Frog**  
dir. Ron Clements & Jon Musker (2009)  
Time: 2pm-3.40pm (1hr 37min)  
Cert: U

A waitress, desperate to fulfill her dreams as a restaurant owner, is set on a journey to turn a frog prince back into a human being, but she has to face the same problem after she kisses him.  
WINNER: African-American Film Critics Association (Best Screenplay) • Nominated for 3 Oscars



## POP-Corn Presents: Festive Film Season

(FREE admission)



**Saturday 2 December**  
**Elf**  
dir. Jon Favreau (2003)  
Time: 2pm-3.40pm (1hr 37min)  
Cert: PG

After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the US in search of his true identity.



**Thursday 7 December**  
**Die Hard**  
dir. John McTiernan (2003)  
Time: 7pm-9.15pm (2hr 11min)  
Cert: 18

John McClane, officer of the NYPD, tries to save his wife Holly Gennaro and several others taken hostage by German terrorist Hans Gruber during a Christmas party at the Nakatomi Plaza in Los Angeles.  
NOMINATED: 4 Oscars



**Thursday 14 December**  
**The Nightmare Before Christmas**  
dir. Tim Burton (1993)  
Time: 7pm-8.15pm (1hr 16min)  
Cert: PG

Jack Skellington, king of Halloween Town, discovers Christmas Town, but his attempts to bring Christmas to his home cause confusion.

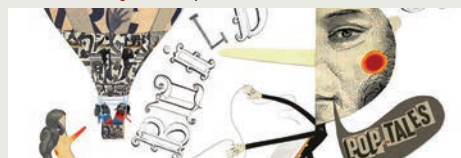


**Thursday 21 December**  
**It's A Wonderful Life**  
dir. Frank Capra (1946)  
7pm-9.10pm (2hr 10min)  
Cert: U

An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.  
WINNER: Golden Globe for Best Director



**Wednesdays** 6 September - 13 December



### POP-Tales! Build a Story Workshops

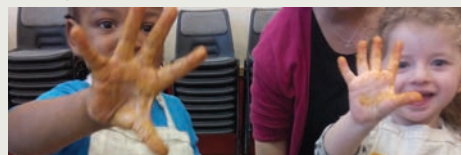
Time: 4pm-5pm

Suitable for ages 4-10

Tickets: £1

Using interactive play, arts & crafts and drama, it's time to build a story!

**Friday** 13 October, 10 November & 8 December



### Kids Kitchen

Time: 10am-12pm

Suitable for under 5s

Tickets: £5, £3 conc.

Parents, guardians and under 5s are invited to cook delicious pizza together from scratch and then, of course, eat their tasty creations. Come along and get stuck in!

**Saturday** 14 October

## Freshwater Theatre Co. present: Carnival of Stories

Time: 1pm-2pm

Suitable for ages 2-5

Tickets: £4 per child

Celebrate Black History Month by travelling around the globe from England to Kenya to the Caribbean to create a magical sensory story!

**Thursdays** 5, 12, 19 & 26 October



### Crafty Kids!

with Maud Barrett

Time: 4pm-5pm

Suitable for ages 5-14

Tickets: £2

Turn discarded everyday items into treasures in this after school arts & crafts workshop!

**Saturday** 18 November



### Freshwater Theatre Co. present: Stories From Asia

Time: 3pm-4pm

Suitable for ages 7-11

Tickets: £4 per child

Bring the magic and mystery of Asian stories to life in this interactive drama workshop!





# Artist in Residence

Hester Welch presents:



Sunday 26 November

## Monski Mouse's Baby Disco Dance Hall

Time: 3pm-4pm

Suitable for under 5s

Tickets: £4 per child, adults go FREE

Why toddle when you can dance?  
Join Australian DJ, producer and  
mum of two, Monski Mouse, and her  
dancers in this interactive early  
childhood event that lets parents  
and under-5s loose on the dancefloor  
in the friendliest of discos.  
Get your disco-dancing booties on!

### Reviews of Monski Mouse

*"Monski has the Midas touch in creating just the right  
atmosphere for grown-ups and little ones to let  
themselves go."* ★★★★★

Families Online

*"A sure-fire hit with all under the age of 5."* ★★★★★  
Edinburgh Festivals Magazine

*"Great introduction to dance & music for the under  
5's... go catch DJ Monski Mouse."*  
Blue Elephant Theatre

Friday 27 October

## The Food Play A Work In Progress

Time: 4.00pm-4.30pm

Suitable for ages 6 months-5 years

Tickets: £2 per child, adults go FREE

Expect messy fun with improvised performance  
in this interactive play session. Engage your  
senses and your curiosity as your child leads  
our imaginations. Who said you shouldn't play  
with your food?!

Sunday 29 October

## The Food Play Workshop

Time: 12pm-12.30pm & 2pm-2.30pm

Suitable for ages 6 months- 5 years

Ticket: £3 per child, adults go FREE

Squish, slush, swish, slam! Come and play with  
your food and turn your food into a play!

Hester will be developing her new project  
exploring messy play, food and creative  
processes in children throughout the week of  
23 - 29 October. These workshops will be the  
result of a week's residency at Poplar Union  
where Hester has developed this new work  
through a process of laboratory research and  
community engagement and participation.

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



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# Health & Wellbeing

**Wednesdays** 11 October - 20 December

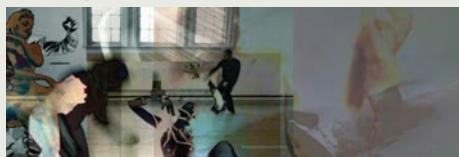


## Yoga

Time: 7pm-8pm  
Suitable for ages 16+  
Tickets: £5 / £3 conc.

Vinyasa flow yoga to get your body moving and increase the peace in your life.

**Tuesdays** 26 September - 19 December



## Moves Back East - Movement & Dance with Jane Belshaw

Time: 7pm-9pm  
Suitable for ages 16+  
Tickets: £15 / £10 for E14 residents  
(other concessions available)

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

**Mondays** 18 September - 18 December  
(no class on 11 December)



## Zumba

Time: 6.30pm-7.30pm  
Suitable for ages 16+  
Tickets: £3

Get active with Poplar Union's Zumba classes!

**Tuesdays** 10 October - 12 December



## AfroFun - Dance Classes for Kids!

Time: 4.30pm-5.30pm  
Suitable for ages 7 - 14  
Tickets: £3

AfroFun is an energetic class mixing afro, tribal and contemporary dance elements with improvisation. Get fit and have fun!

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**Monday** 30 October & 27 November



## Community Canal Clean-Ups

Time: 6.30pm-8.30pm  
Suitable for ages 18+  
Tickets: FREE

Get stuck in with Poplar Union & Moo's monthly litterpicks! After a Christmas break, they'll be back in the New Year!

[hello@moocanoes.com](mailto:hello@moocanoes.com)  
[www.moocanoes.com](http://www.moocanoes.com)  
07879 909423

@moocanoes #moocanoes

## Paddleboard Sessions

Is it a fish? Is it a new species of waterfowl? Is it the offspring of a surfboard and a canoe? No, it's stand-up paddleboarding (SUP), the latest craze to hit the Limehouse Cut, brought to you by Poplar Union and Moo Canoes!



## Fridays 6, 13, 20, 27 October Paddleboard Intro Sessions

Time: 5.30pm-6.30pm  
Tickets: £10

## Fridays 6, 13, 20, 27 October Paddleboard Cruise

Time: 7pm-8.45pm  
Suitable for ages 18+ (8-18 year old can join but must be accompanied by an adult)  
Tickets: £20

# Belonging: a season of migration stories



The Library  
Exhibitions

November 2017 - January 2018

Open day: Friday 3 November 3pm-6pm

Opening times: Open every day 9am-5pm

## Another Crossing

Another Crossing is a collaboration between artists Giovanna Del Sarto and Bern O'Donoghue which examines the European humanitarian crisis through a combination of photography, installation and discussion. Their practice tracks experiences of precarious living, inviting their audience to embark on a journey which challenges stereotypes whilst simultaneously encouraging constructive debate.



Sunday 17 December

## Standing at the Shoreline

Time: 3pm-4pm

Tickets: Donations on the door  
(all proceeds go to the Refugee Council)

In honour of International Migrants Day (18 December 2017), Poplar Union presents Standing at the Shoreline, a public sharing performance exploring themes of migration and movement in response to the landscape and people of Poplar.

### The Standing at the Shoreline Project

This work in progress has been developed over a two-day workshop and is an introduction to a longer-term project. Local residents are invited to participate in future workshops, leading to a public procession due to take place in the Spring for World Refugee Day.



## One Month Bread Subscription

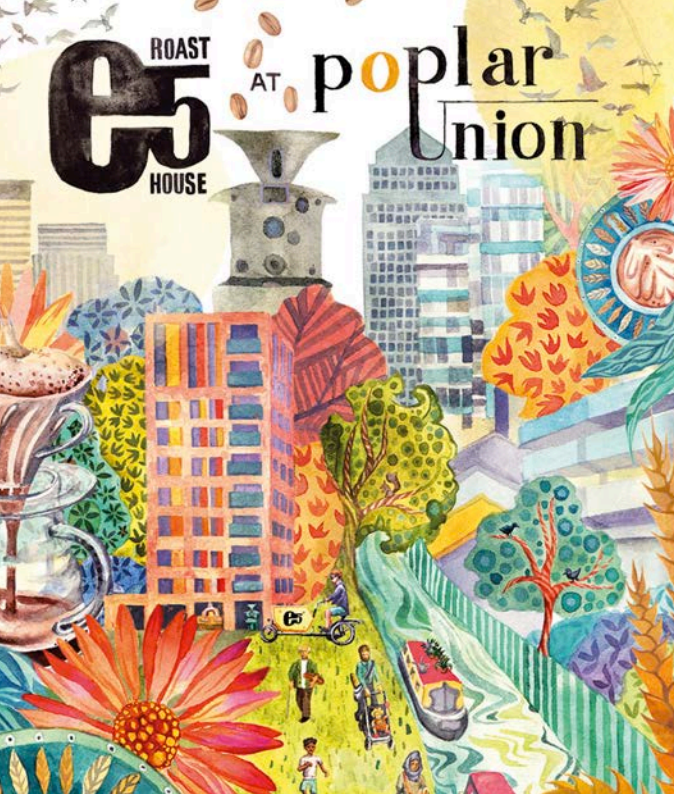
e5 Bakehouse and The Refugee Council are collaborating to train refugee women to gain skills and confidence to work in the food industry in the UK. During the training program, the participants will produce a range of bread which is available to buy as part of a subscription service.

Sign up and receive a loaf of bread per week throughout November, with collection from a choice of four venues across East London.

For more information and to subscribe, visit  
[e5bakehouse.squarespace.com/breadsubscription](http://e5bakehouse.squarespace.com/breadsubscription)







# NOW OPEN!

e5 Roasthouse café & coffee roastery at Poplar Union.

Serving breakfast, lunch, pastries & cakes, inspired by flavours from the mediterranean and Levant regions.

*Organic and locally sourced where possible.*

Open every day  
9am-5pm

@e5roasthouse

## Address:

2 Cotal St, Poplar, London, E14 6TL

## How to get here:



By DLR:  
Westferry (11-minute walk),  
Langdon Park (12-minute walk),  
All Saints (16-minute walk), Poplar  
(16-minute walk)



By National Rail:  
Limehouse (17-minute walk)



By bus:  
309 (stops H & A, Broomfield  
Street); 277,  
D6 & D7 (stops WP & WQ, Pixley  
Street or WO & WR, East India  
Dock Road);  
108 (Chrip Street, Fawe Street)

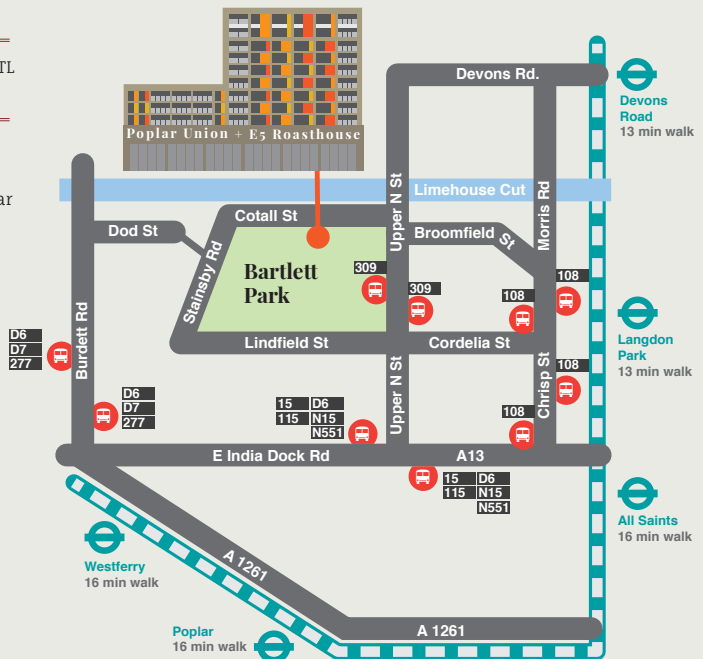


Santander Cycles:  
There is a docking station on  
Stainsby Road, right next to  
Poplar Union.

Access:  
Poplar Union has full disabled  
access throughout the site,  
including toilet facilities and  
disabled parking.

## 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)