

poplar  
Union

The East End & Docklands'  
Arts and Events Venue



What's On  
April, May, June  
2018

## Welcome to Poplar Union

Our next season of events looks set to keep Spring blooming with some fantastic offerings! Here are some of my highlights...

Big celebrations are planned to celebrate **Bengali New Year** with music, dance, poetry and art workshops taking place over the weekend.

Our continued partnership with **Jazz Herstory** brings female-fronted jazz groups into our main hall; Emma-Jean Thackray, Cath Roberts and Alison Rayner head different bands that swing through groove, experimentation and improvisation.

Raising funds and awareness for **Refugee Week**, the charity Play For Progress have curated a series of special musical offerings, and **Mental Health Awareness Week** will be marked by an exciting residency from Sam Mumford and Jack Miguel.

I'm also very happy to see **Popular Projects** (funded by the Big Lottery Fund) bring even more workshops and activities to add to our ongoing community programme.

Finally, we warmly welcome the **Sunday Assembly End End** community, who will be hosting their monthly meetings here at Poplar Union.



Will  
(Music Programmer)

# poplar Union

### Follow Us!

f / @poplarunion  
t / @PoplarUnion  
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Find out more at  
[www.poplarunion.com](http://www.poplarunion.com)

### Our Partners

STAMP



HARCA



## Classes & Workshops

**Tuesdays** 3 April – 26 June



### Adult Art Class

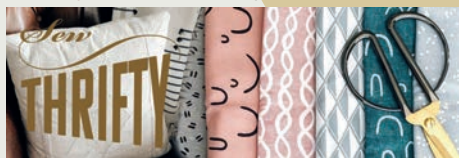
Time: 2pm-4pm

Suitable for all ages (all abilities welcome)

Tickets: Free

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

**Sunday** 15 April, 20 May, 17 June



### Sew Thrifty

Sewing classes with Maud Barrett

Time: 1pm-4pm

Suitable for ages 16+ (all abilities welcome)

Tickets: £15 / £12 conc.

If you've been meaning to dust off that old sewing machine and learn new skills & techniques, these sewing classes are for you! Give old garments and textiles a new lease of life, focusing on a new project each month.

15 April – cushion covers  
20 May – short sleeve tops  
17 June – laptop sleeves

**Thursday** 28 June



### Theatre Craft Workshop

with Page One Theatre

Time: 10am-3pm

Suitable for ages 16+

Tickets: £15 / £12 conc.

This workshop will guide you through the fundamentals of creating theatre for young audiences. Working with Page One Theatre Director, Chloe Stephens, you will discover the tools needed to begin devising your own original pieces of performance.

**Thursdays** 12, 26 April, 3, 10, 31 May & 7 June



### Percussion Workshop with Dendê Bloco

Times: 6.30pm-8pm

Suitable for ages 11+

Tickets: £7 / £3 for E14 residents

Come and learn Afro-Brazilian percussion with Mac, leader of the Samba Reggae crew Dende Nation. These weekly sessions will share the rhythms of Northeastern Brazil and get you dancing!

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

# Community



Sunday 22 April

## Taster Session

Time: 2pm-3.30pm

Suitable for ages 16+

Tickets: £9 / £6 conc. / £3 MAAM conc.

This taster session offers you the chance to sample the Mindfulness, Art & Movement course ahead of the next 5-week course, beginning Sunday 20 May.

Sunday 8 April, 13 May, 10 June, 8 July

## Reconnect

Time: 3pm-5pm

Suitable for ages 16+

Tickets: £12 / £8 conc.

Reconnect class is for those who have previously undertaken a Mindfulness, Art and Movement course to refresh and evolve their practice.

Sunday 20, 27 May, 3, 24 June & 1 July

## Stress Relief (5-week course)

Time: 2pm-4pm

Suitable for ages 16+

Tickets: £60 / £40 conc. / £20 MAAM conc.

A 5-week course which provides a route map to deal with everyday stress, chronic pain and the usual challenges of life.



Popular Projects is a three-stranded series of events funded by the Big Lottery Fund with the aim of improving the social lives and mental and physical wellbeing of our local community.

Fridays 6 April - 22 June

## Mental Health Care & Wellbeing

Time: 2pm-4pm

Suitable for 16+

Tickets: Free

Working in a safe and inclusive environment, with guidance from the Popular Projects facilitator, these participant-led workshops allow you to pick an activity you feel would be most beneficial to your mental health and wellbeing.

Mondays 9 April - 2 July

## Over 60s Wellbeing Café

Time: 11.30am-1pm

Suitable for ages 60+

Tickets: Free

Taking place in e5 Roasthouse café, these relaxed and creative sessions will improve participants' sense of wellbeing and social life - after all, 60 is the new 40!

Sunday 15 April

## Bengali New Year

Time: 12pm-4pm

Suitable for all ages

Tickets: Free

বাংলা নববর্ষ, Śubha naba barsha or Happy New Year!

Enjoy a day of celebratory activities to welcome in Bengali New Year, including music, dance, food stalls and more!

Wednesdays 9 May - 27 June

Saturday 7 & 14 July

## Crafts from Bangladesh

Time: 11am-12.30pm

Suitable for all ages

(under 16s must be accompanied by an adult)

Tickets: Free

Each week we invite members of the community of all ages and backgrounds to come and enjoy the creativity and craft of vibrant Bangladesh.

Mondays 9 April - 25 June



## Social Dancing with Henry Guest

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!

Wednesday 25 April, 30 May, 27 June



## POP-Bingo!

Time: 6pm

Suitable for ages 18+

Tickets: £6 a booklet (10 games)

Win cash prizes at Poplar HARCAs monthly bingo night.



Thursday 5 April

## Full Circle Productions present: Outside the Box

Time: 7.30pm-9.30pm

Suitable for ages 12+

Tickets: £9 / £7 conc. / £10 OTD

(under 16s must be accompanied by an adult)

Funny, wise and taboo busting, Outside The Box confronts death with grace and humour, asking its audience to embrace mortality and look on the bright side of life.

*'I'd like to see it performed in every Fringe Festival, every Art Centre and every village hall in the UK!'*

**Brighton Fringe Review**

*'I loved this show!... She makes it both everyday and profound and moves us to laughter and tears.'*

**Mike Kenny - Olivier Award Winning Playwright**

Sunday 6 May

## Gerrard Winstanley's True and Righteous Mobile Incitement Unit

Time: Tea Party: 1pm-2.30pm / Performance: 3pm-4.30pm

Suitable for ages 14+ (under 16s must be accompanied by an adult)

Tickets: £5 / £3 free for those who attend the tea party

The Black Smock Band and Daedalus Theatre Co. have worked with Tower Hamlets residents and students from Queen Mary University to create a truly unique, local gig-theatre performance. Expect a song, a dance and perhaps the start of the revolution!



Thursday 14 June

## Scratch, Crackle & POP!

Time: 7.30pm-9.30pm

Suitable for ages 14+

Tickets: Free

Poplar Union's scratch night showcasing new work from writers, performers and poets. This season, expect tasters of shows that will be taken to Edinburgh Fringe Festival. Visit our website to apply to perform.

**Deadline for applications: Thursday 17 May**

\*Please note, acts taking shows to Edinburgh will be prioritised in the billing!

Thursday 24 May

## Cabaret on the Canal

Time: 7.30pm-10pm

Suitable for ages 16+

Tickets: £9 / £7 conc. / £10 OTD

Welcome to Poplar Union's Cabaret night!  
Glitter-fuelled and gender bending - don your glad rags and get ready for a night of entertainment!



### Line-up



Scarlett  
Lassoff



Patrizia  
Paolini



Sandra  
Boom



Hosted by  
PAULUS



Wednesday 13 June

### Fire at Sea

dir. Gianfranco Rosi (2016)

Time: 7.30pm-9.30pm

Cert. 12a

Tickets: Free

(all donations go to the Refugee Council)

In the run-up to Refugee Week, we'll be screening this unconventional film that seeks to capture life on the Italian island of Lampedusa, a frontline in the European Migrant Crisis.



Friday 22 June

### e5's Iranian Film & Supper Club

Time: 7pm-9pm

Suitable for ages 18+

Tickets: £18 including a drink

e5 Roasthouse take over Poplar Union to mark Refugee Week with a night of delicious Iranian food and cinema. Enjoy a special supper club followed by a film screening of Majid Majidi's *Children of Heaven*.

# Music & Dance



Showcasing the richness of jazz being made in the UK today and celebrating the women who make it.



## Thursday 17 May Cath Roberts

Time: 8.30pm–10.30pm

Suitable for 14+

Tickets: £5 / £3 conc. / £7 OTD

Saxophonist, producer and composer, Cath Roberts leads her trio through a unique journey of collaborative improvisation and composition.



## Thursday 28 June Alison Rayner Quintet

Time: 8.30pm–10.30pm

Suitable for 14+

Tickets: £5 / £3 conc. / £7 OTD

A stalwart of the British jazz scene, Alison Rayner's Quintet is "purposeful, full-toned and melodic, a beautifully integrated band".



## Saturday 14 April Celebration of Bengali New Year

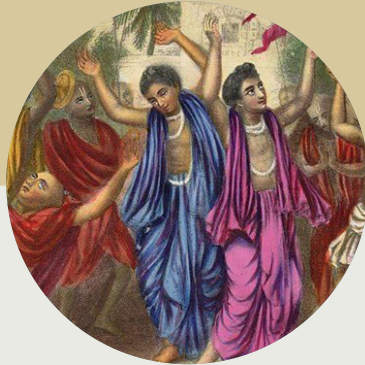
Time: 6.30pm–9.30pm

Suitable for all ages

Tickets: Free

A traditional and colourful celebration of Bengali New Year through music, spoken word, dance and ritual.

*In association with:*



## Saturday 28 April Baul and Vaishnav Music Festival

Time: 6.30pm–9.30pm

Suitable for all ages

Tickets: Free

This festival features performances of Bengali Baul & Vaishnav music by prominent musicians.

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# Music & Dance



Play for Progress (PFP) is a London-based charity that delivers therapeutic and educational music programmes for young people impacted by conflict, to help them engage with, learn through and explore their capabilities in music. These events have been curated in honour of Refugee Week.

**Monday 18 June**



## Music and Poetry from Ruth Padel & Anna MacDonald

Time: 7pm-9pm

Suitable for ages 14+

Tickets: £4 / £2 conc.

An evening of poetry and music surrounding the human journey of migration with award-winning poet and writer Ruth Padel and musician Anna MacDonald.

*All proceeds will go towards supporting Play for Progress and their ongoing work with refugees.*

**Thursday 21 June**



## Windows of Displacement

Time: 7.30pm-8.30pm

Suitable for ages 14+

Tickets: £9 / £7 conc. / £10 OTD

Windows of Displacement is a dance theatre show, choreographed and performed by Akeim Toussaint Buck, encompassing dance, song and spoken word and exploring diverse identities in England today.

**Wednesday 20 June**



## Rookes workshop & performance

Time: 7pm-9pm

Suitable for ages 14+

Tickets: £4 / £2 conc.

Rookes will demystify the world of music looping from the ground up before demonstrating its many uses in her own music making.

**Saturday 23 June**



## Allies In Arts for Refugee Week

Time: 7pm-10.30pm

Suitable for ages 14+

Tickets: £5 / £3 conc.

Play For Progress present a night of music from their Allies In Arts, raising funds and awareness of their continuing support of young refugee musicians. Headlined by Djanan Turan and her band. Visit our website for full line-up.

**LIVE IN THE LIBRARY**

☆ **OPEN MIC NIGHT** ☆

Here's to our first ever open mic night at Poplar Union!

Sign up to take part by emailing us at [info@poplarunion.com](mailto:info@poplarunion.com) with the subject line 'Open Mic - Live in the Library'!

A free drink for everyone who performs!

# Music & Dance



Sunday 1 April

## Fast Fusion

Time: Creating: 12-5pm / Performance: 5.15pm

Suitable for all ages

(under 16s must be accompanied by an adult)

Tickets: Free

Fast Fusion is a live pop-up music installation bringing artists from jazz and 'world' music genres together to write ten minutes of new work in just five hours.

### Line-Up:

Shirley Smart

Louisa Jones

Mulele Matondo

Yaw Asumadu



Friday 18 May

## Jack Miguel & Sam Mumford present: A Murder of Crows

Time: 7pm-9pm

Suitable for ages 16+

Tickets: Free

To mark Mental Health Awareness Week, poet and rapper Jack Miguel meets multi-instrumentalist Sam Mumford in an ongoing collaboration in reaction to *Crow*, a collection of poems by Ted Hughes.

Special guests to be announced...



All proceeds will go  
towards supporting  
CALM

## Sunday Assembly East End

Sunday Assembly East End is an inclusive, secular congregation. Through fascinating talks, classic pop singalongs, poetry and tea & coffee, these meet-ups are a great way to come together and celebrate life.

Join Sunday Assembly 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)

  / SundayAssemblyEastEnd

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

SUNDAY  
ASSEMBLY  
EAST END

# Kids & Family

Thursdays 5 April – 28 June



## 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 12 May, 2 June & 9 June



## Creative Coding with Kano!

Time: 12.30pm-2.30pm

Suitable for ages 6+

Tickets: £2

Introduce your children to the world of coding with Kano Computing! Learn how to bring creativity and code into your life by demystifying technology and making it fun!

Tuesday 24 April – 26 June



## Kids Drama Club!

with Camilla Gurtler

Time: 4pm-5pm

Suitable for ages 7-12

Tickets: £2

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.

Wednesdays 18 April – 27 June



## Sensory Play Sessions

with FEEL Theatre

Time: 4pm-5pm

Suitable for ages 4+

(all children must be accompanied by an adult)

Tickets: £3

Join FEEL Theatre for weekly sessions of messy play and sensory activities, allowing children to create, investigate and explore, while encouraging the use of all the senses.

Mondays 19 February – 25 June (Term Time Only)



## Poplar Tots: Stay and Play Session from City Gateway

Time: 10.30am-11.45am

Suitable for ages 0-4 (pre-school)

Tickets: Free

A stay and play session hosted by City Gateway to encourage learning through creative play and social interaction.

Saturday 30 June



## FEEL Theatre present: Sensory Circus

Time: 3pm-4pm

+ 30mins stay and play session

Suitable for early years

Tickets: £9 / £7 per child

(includes one adult in price)

FEEL Theatre brings Sensory Circus to Poplar Union! Blast off into space with Neo, their little alien puppet, and discover the magical wonders of planet circus!

**Saturdays 7 April – 30 June**



## Kenshukai Karate

Time: 10.30am-11.30am

Suitable for ages 5+ (family friendly)

Tickets: £8 / £14 for 2 / £18 for 3

Discover how training in the Martial Art of Karate can improve your confidence, discipline, self-defence and fitness. Enjoy your first class for free!

**Wednesdays 4 April – 27 June**



## Feel Good Restorative Yoga with Eve Veglio-White

Time: 7pm-8pm

Suitable for ages 16+

Tickets: £5 / £3 conc.

(Booking in advance is encouraged)

Restorative yoga provides healing for the body and mind. Deep and full stretching and holding poses for prolonged periods of time to really open and soften helps you achieve physical, mental and emotional relaxation.

**Mondays 9 April – 25 June**



## Feel Good Flow Yoga

with Eve Veglio-White

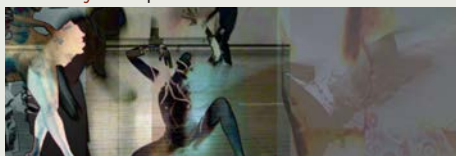
Time: 7.45pm-8.45pm

Suitable for ages 16+ (all abilities welcome)

Tickets £5 / £3 conc.

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

**Tuesdays 3 April – 26 June**



## Moves Back East with Jane Belshaw

Time: 7pm-9pm

Suitable for ages 16+ (all abilities welcome)

Tickets: £15, £10 for E14 residents

(other concessions available)

Release your inner dancer with Jane Belshaw's 5 Rhythms movement workshop.

**Mondays 9 April – 25 June**



## Zumba

with Talia Huamantincio

Time: 6.30pm-7.30pm

Suitable for ages 16+

Tickets: £3

Get active with Poplar Union's Zumba classes!

**Fridays 6 April – 29 June**



## Toddler Yoga

with Alice Panascia

Time: 10.30am-11.30am

Suitable for ages 1-4 years

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.

## Women in Sport

An exhibition by Teresa Witz  
March - June

Poplar Union is proud to exhibit a selection of Teresa Witz's portraits of female competitors in the 2012 London Olympic Games.

Witz was commissioned to produce highly detailed, life-sized paintings of the Team GB athletes and para-athletes. The oil paintings, completed over three years, were created after spending long periods of time with the athletes; Teresa travelled around the country to observe and sketch them in training, capturing their personalities, physical presence and approaches to competing before they then sat for her in her studio in East London.

The portraits have been praised for capturing the spirit of the 2012 Games, creating a legacy for future generations.



## Explore the Limehouse Cut Canal this Spring with Moo Canoes!

### Monthly Canoe Litterpicks

April 30th, 17:30 - 19:30

May 28th, 17:30 - 19:30

June 25th, 17:30 - 19:30

### Paddleboarding

Every Sunday:

Early Riser Cruise: 9:00am-10:30am

Family Paddle: 11:00am-12:30pm

Adult Skills Session: 1:00pm-2:30pm

Lazy Afternoon Cruise: 3pm-4pm

### Corporate Events & Tours

Get in touch to discuss options

Visit [www.moocanoes.com](http://www.moocanoes.com) for full details and prices, or get in touch by email: [hello@moocanoes.com](mailto:hello@moocanoes.com) or phone: 07879 909423

\* Please note, places MUST be booked in advance



## FLATBREADS AND MEZZE CLASS

*Join us at e5 Roasthouse in Poplar Union, for an evening workshop to learn how to make sourdough Turcoman flatbreads and a selection of our favourite mezze dishes, inspired by traditional recipes from the Aegean to the Middle East.*

*The class will give you an introduction to sourdough, plus the chance to bake flatbreads in a traditional pizza oven.*

*Classes run twice monthly, from 6pm- 9pm.*



FOR MORE INFORMATION OR TO BOOK

visit [e5bakehouse.com](http://e5bakehouse.com) or mail [info@e5bakehouse.com](mailto:info@e5bakehouse.com)



### Friday 22 June e5's Iranian Film & Supper Club

Time: 7pm-9pm

Suitable for ages 18+

Tickets: £18 including a drink

e5 Roasthouse hosts an evening of Iranian food and a screening of Majid Majidi's *Children of Heaven*.

### Address:

2 Cotalt 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 (Chrisp Street, Fawe Street)



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

### Access:

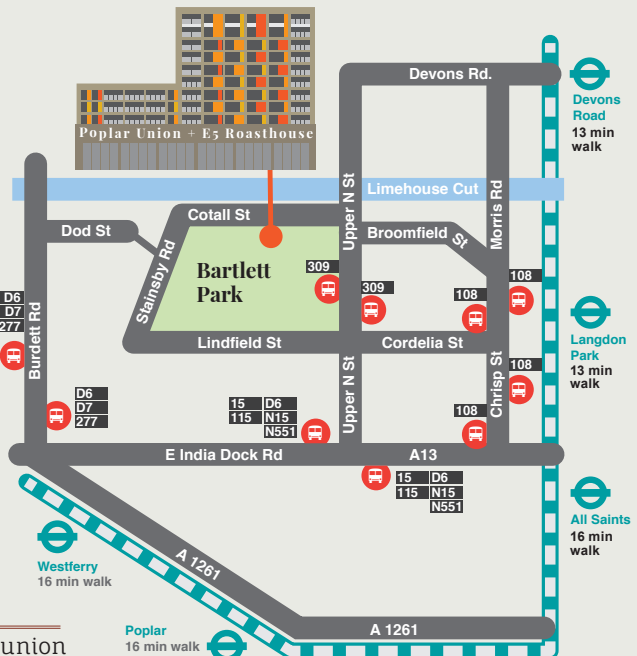
Poplar Union has full disabled access throughout the site, including toilet facilities and disabled parking.

### Contact:

[info@poplarunion.com](mailto:info@poplarunion.com)  
020 3039 3333  
[www.poplarunion.com](http://www.poplarunion.com)

### Social:

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[@poplarunion](https://www.tiktok.com/@poplarunion)



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