



# Welcome to Poplar Union

As the season for woolly jumpers, hot drinks and cosy evenings approaches, we have a programme of events this Autumn that will make you cosy on the inside too!

October is going to be full of a variety of events celebrating Black History Month, including workshops, live music and theatre from Grand Union Orchestra and The Incident Project. Make sure A Mindful Mess Festival is in your diary in November – in collaboration with Sunday Assembly East End, this festival will champion neuro-diversity through music, comedy and much more. As December approaches and wearing one woolly jumper isn't enough, come and warm up with all of our Christmas programming! There will be festive crafts, cosy film screenings and tasty food from e5 Roasthouse – all in all, a wholesome season!

I hope from reading through our programme you are as excited about Autumn and Winter at Poplar Union as we are!

We look forward to seeing you soon for a mince pie, or two!

Emily Jones

(Arts Administrator & Volunteer Coordinator)

poplar  
Union

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## Find out more

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

## Contact us

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

## Our Partners



## Classes & Workshops

### Adult Art Class



### Tuesdays 2 October - 18 December

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.

### Samba Reggae Drumming & Dance Course

with Dendê Bloco & Veronica Leopoldino

**Wednesdays 12, 19 September,  
10, 17, 24 October & 7, 14, 21 November**

Time: 7pm-9.30pm

Suitable for ages 11+

Price: Either dance OR drumming:

£75 / £30 conc.

Both dance AND drumming:

£130 / £60 conc.

Drop-in on the door £10

An 8-week course of Afro-Brazilian percussion and dance workshops. This is a rare chance to learn Samba Reggae drumming and dance together. On Friday 23 November, you'll get to perform alongside Noga Ritter and guests in a special collaboration!

(See pg. 5)

# Classes & Workshops

## BOTH: Dance Sessions



**Thursday 4 October, 1 November,  
6 December**

Time: 6.30pm-9.30pm

Suitable for ages 16+ (experience required)

Price: £15 / £10 conc.

- Book all 3 classes and get the 3rd class half price!

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

**Playing – Creating – Performing**  
with Patrizia Paolini



**Saturday 6 October, 3 November,  
1 December**

Time: 1pm-4pm

Suitable for ages 16+

Price: £20 / £15 conc.

- Book all 3 workshops for £50 / £40 conc.

Work with your body, imagination and creativity with guidance from performer and teacher, Patrizia Paolini, in these friendly, supportive workshops. Work towards potentially performing your piece at Scratch, Crackle & POP in December! (See pg. 3)

## Sew Thrifty with Maud Barrett



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

**Sunday 28 October**

*Bunting Workshop*

Time: 1pm-4pm

Suitable for ages 16+

Price: £15 / £12 conc.

**Sunday 25 November**

*Fabric Print & Tote Bags workshop (Special edition)*

The Experimental Print Lab: 10am-1pm

Tote Bags: 2pm-5pm

Suitable for ages 16+

Price: £25 / £20 conc.

**Sunday 9 December**

*Christmas Stockings Workshop*

Time: 1pm-4pm

Suitable for ages 16+

Price: £15 / £12 conc.



## Christmas Calligraphy

with Liza Kozowyk

**Saturday 8 December**

Time: 1pm-3pm

Suitable for ages 14+

Price: £5 / £3 conc.

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





POP-Corn presents:  
**CHI-RAQ**

Part of Poplar Union's  
Black History Month



## Friday 19 October

Time: 7.30pm-9.45pm

Directed by Spike Lee (2015)

Cert: 15

Price: Free

The girlfriend (Teyonah Parris) of a Chicago gang leader (Nick Cannon) persuades other frustrated women to abstain from sex until their men agree to end the senseless cycle of violence.

## Goldsmiths Showcase



## Saturday 1 December

Time: 7.30pm-9.30pm

Suitable for ages 14+

Price: Free

Produced by Goldsmiths undergraduate, Duncan Woolford, Goldsmiths Showcase is a night of the best and brightest emerging talent from Goldsmiths Theatre and Performance Department.

## Purple Moon Drama present: Graveyard Gang



## Friday 7 December

Time: 7.30pm-8.30pm

Suitable for ages 14+

Price: £8 / £6 conc. / £10 OTD

Set over New Year's Eve and New Year's Day and what would've been Lola's 18th birthday; her closest friends visit her grave. Celebrations turn sour when they have to face up to the hurt and guilt Lola's death caused and their part in it. Can they learn to put the past behind them? Can their friendships survive?

## Scratch, Crackle & POP!



## Thursday 13 December

Time: 7.30pm-9.30pm

Suitable for ages 16+

Price: Free

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

Deadline for applications: Thursday 15 November



### The Incident Sunday 21 October

Time: 3pm-4.30pm  
Suitable for ages 14+  
Price: £9 / £7 conc.

The Incident is an award-winning play by Joakim Daun that tackles belonging, migration, racism and power through an intimate love story spanning Sweden and Zimbabwe.

*"It's a brilliant production because it forces the audience to interact, to interrogate their own prejudice"*

Masego Panyane, Theatre and Entertainment Writer, IOL South Africa

Supported using public funding by Arts Council England.  
Produced in association with Bilimankhwe Arts.

### The Incident: Uncovered & Explored Workshop Sunday 28 October

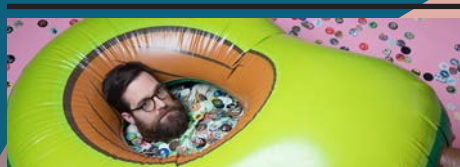
Time: 10am-4pm  
Suitable for ages 16+  
Price: £12 / £10 conc.

(20% off for anyone who attended The Incident show)

This innovative workshop uses two scenes from the play The Incident, and invites audience and community members to explore and challenge the social complexities created by constructs of racism, power and privilege through theatre games and dialogue.

## Comedy & Spoken Word

### Avocado Economics (Preview)



### Thursday 15 November

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

Poet Dan Simpson (BBC, Glastonbury) mashes up 90s culture, over-priced brunch, and economic data to ask: what happened to our future?

### Nice 'N Spiky Comedy presents...



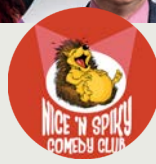
### Thursday 8 November

Time: 8pm-10pm  
Suitable for ages 16+  
Price: £9 / £7 conc.

A night of top laughs with acclaimed stand up comedians!

Line up

**Tez Ilyas, Lou Sanders & Mark Dolan**



# Music & Dance

Komola Collective presents:  
Moushumi Bhowmik's  
Walking With Songs



## Friday 12 October

Time: 7.30pm-9.30pm  
Suitable for ages 14+  
Price: £8 / £6 conc. / £10 OTD

A special evening with renowned Bengali singer and writer, Moushumi Bhowmik, as she discusses her work of archiving the music of Bengal, and illustrates her descriptions through song and field-recordings. Moushumi will play alongside long-time collaborator and composer Oliver Weeks.

## Noga Ritter & Dendê Nation Special Collaboration



## Friday 23 November

Time: 7.30pm-10.30pm  
Suitable for all ages  
Price: £8 / £6 conc. / £10 OTD

Afro grooves & jazzy harmonies are expected in this special evening of live music from Noga Ritter, and a one-off collaboration with Afro-Brazilian Samba-Reggae Bloco, Dendê Nation. (See pg.1)

Mishti Dance presents...



## Saturday 24 November

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

Mishti Dance is back with another night of top quality experimental and electronic music from DJs and producers inspired by the Asian Underground scene.

### Line Up

**Renu:** Berlin based electronic composer RENU will be playing tracks from her latest album 'They Dance in the Dark'.

**TJ Rehmi:** Producer and composer TJ REHMI will be playing a special DJ set from his Asian Underground days.

**Ramjac:** Producer RAMJAC will be playing an old skool beats and break set.

Plus SAMSERA with a MISHTERY MASALA SET

# LIVE IN THE LIBRARY

Poplar Union's monthly gig night

Check the website for line up  
of upcoming shows!

With pizza from c5 Roasthouse



## Grand Union Orchestra: Trading Roots



### Workshops

Suitable for ages 12-18

Price: Free

Young musicians are invited to join the Grand Union Orchestra for these free, instrumental workshops to create music together, ready to perform on stage with the 8-piece orchestra for a one off performance in honour of Black History Month.

### Spotlight

**Tue 23 October**

Time: 1pm-5pm

### Poplar Union

**Thu 25 October**

Time: 1pm-5pm

**Sat 27 October**

Time: 4pm-6pm  
(Rehearsal)

### Performance

**Saturday 27 October**

Time: 7.30pm-10.30pm

Suitable for all ages

Price: £8 / £6 conc. / £10 OTD

Grand Union Orchestra is an all-star band that celebrates the musical connections between Africa, Latin-America and the Caribbean. Expect West African drumming and chant, hi-life, calypso and soca, ska and reggae, salsa and samba – a feast of dance rhythms!

SUPPORTED BY



## The Library Exhibitions



**Thursday 1 November 2018 – Sunday 13 January 2019**

A collaboration between Saori weaver Femke Lemmens and textile artist Maud Barrett, exploring the implications of our social attitude around consumerism and waste through large tapestries and weaves.

# Kids & Family

## Kids Drama Club! with Camilla Gurtler



**Tuesdays 2 October - 11 December**

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 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.

**30 October**

Black History Month Special Guest!

## Crafty Kids

with Maud Barrett



**Thursdays 4 October - 13 December**

Time: 4pm-5pm

Suitable for ages 4-14

Price: £3

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

## Baby & parent meet up

Pop down to e5 Roasthouse every Tuesday from 12pm for a weekly coffee meet up for local parents and guardians. Enjoy a cup of coffee while the little'uns play with our stimulating soft play toys and colourful books.

(Free - booking not required)

## Baby Sensory Play with FEEL Theatre



**Tuesdays 30 October - 18 December**

Time: 10am-10.40am

Suitable for 0-crawling

Price: £5 / £3 conc. (per parent)

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

Part of Poplar Union's  
Black History Month



## Anansi Stories

with Barbara Ellis



**Tuesday 30 October**

Time: 4pm-5pm

Suitable for ages 6-12

Price: £3

Join Barbara Ellis and her two puppet friends, Breda and Sista Anansi, and explore the past and present heroes of Africa through storytelling and crafts!



# Kids & Family

## Tiny Light Theatre present: The Paper Moon



### Sunday 4 November

Time: 11am-11.35am / 2pm-2.35pm

Suitable for ages 0-3

Price: £5 / £3 conc. for babies & adults

Welcome to the small town of Blank Page – come and meet its two inhabitants! As they explore their paper-y world they'll take you along on a scrinchy, scrunchy, crinkly journey.

The Paper Moon is a gentle first adventure into theatre for babies, very young children and their grown-ups.

## Hack-a-Thon

with Kano Computing



### Saturday 24 November

Time: 1pm-4pm

Suitable for ages 6+

Price: Free

Due to popular demand, Kano Computing is back with another Hack-a-Thon!

This is an open workshop where kids work with programmers, developers and engineers to create cool tech projects. With lights, sound and movement!

### Sunday 16 December

## Christmas Family Fun Day

A great day out for the whole family!



### Festive Arts & Crafts

with Maud Barrett

Time: 12pm-2pm

Price: £5 / £3 conc.

Get in to the festive spirit by making your own Christmas decorations in this fun arts and crafts workshop.

### Santa's Grotto

Time: 1pm-2pm

Price: Free

Bring the little ones to meet Santa Claus at our magical Christmas Grotto.

### POP-Corn Presents:

## How The Grinch Stole Christmas

Time: 2pm-3.45pm

Cert. PG

Price: Free

Snuggle down to a film screening of family favourite, How the Grinch Stole Christmas.



# Health & Wellbeing

## Zumba

with Talia Huamantincó

**Mondays 1 October - 17 December**

(excluding Bank Holidays)

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 October - 17 December**

(excluding Bank Holidays)

Time: 7.45pm-8.45pm

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.

## Moves Back East

with Jane Belshaw

**Tuesdays 2 October - 18 December**

(No classes on 23 October, 13 & 20 November)

Time: 7pm-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.

## Feel Good Restorative Yoga

with Ashley Handel

**Wednesdays 3 October - 19 December**

Time: 6pm-7pm

Suitable for ages 16+

Price: £5 / £3 conc.

Deep and full stretching, holding poses for prolonged periods of time to really open and soften, helping you achieve physical, mental and emotional relaxation.



## Pilates

with Letizia Binda-Partensky

**Fridays 5 October - 14 December**

Time: 9.15am-10.15am

Suitable for ages 16+

Price: £5 / £3 conc.

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

## Toddler Yoga

with Alice Panascia

**Fridays 5 October - 14 December**

Time: 10.30am-11.30am

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 toddler.

## Kenshukai Karate

**Saturday 6 October- 15 December**

(No class on 10 November)

Time: 10am-11pm

Suitable for the whole family (ages 5+)

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.

# Community

## Social Dancing

with Henry Guest



### **Mondays 1 October - 17 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!

## POP-Bingo!

### **Wednesday 31 October & 28 November**

Time: 6pm-10pm

Suitable for ages 18+

Price: £6 a booklet (10 games)

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



## Active Hope Workshop

How to face the mess we're in without going crazy

### **Sunday 18 November**

Time: 10am-5pm

Suitable for ages 16+

Price: £20 / £15 conc.

A day workshop about finding strength, building community and playing our role in the issues we care about in our community and our world.

## Apongchor Bengali LGBTQ+ Christmas Party!



### **Thursday 20 December**

Time: 7.30pm-10pm

Suitable for ages 18+

Price: £8 / £6 conc. / £10 OTD

Poplar Union is feeling festive and ready to celebrate with Apongchor LGBTQ+ Christmas party. Dance the night away and feel fabulous! Everyone welcome!

Sunday Assembly East End  
Antenna Collective  
Poplar Union

9th-11th NOVEMBER - POPLAR UNION - FREE ENTRY

**a MINDFUL MESS**

MUSIC / COMEDY / FILM / ART / TALKS / WORKSHOPS



SUNDAY  
ASSEMBLY  
EAST END



**FRIDAY NIGHT LATES**  
WOOD FIRED, ORGANIC, SOURDOUGH PIZZAS  
EAT IN / TAKE AWAY + LICENSED BAR

**PIZZA AND TICKET DEAL!**

If you're coming to an event at Poplar Union on a Friday night, why not pre-order a pizza & drink for just £10 when booking your tickets!

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)

## Address:

2 Cotall Street, Poplar, London, E14 6TL

