

poplar  
Union

The East End & Docklands'  
Arts and Events Venue

What's On  
January, February,  
March  
2018



# Welcome to Poplar Union

January 2018 sees Poplar Union turn one! And what better way to celebrate than with a jam-packed season of music, theatre, comedy, film and so much more? Here are a few of my highlights:

If the January blues have got you down, sit back and lose yourself in time and space with our Time Travel film season. Tina Turner once asked 'What's Love Got to do With It?'; well, Tina, we might just have the answer with our love season, including a live performance from The Alice Phelps Trio as part of our regular music night, *Live in the Library*. Rounding off the season, we have our first International Women's Day festival, *Women in Focus*, where we'll be celebrating women in the arts with live shows, talks and more.

It has been a pleasure settling into the Poplar community over the last year. With each show, workshop or gig, we have learnt – and grown and made some great friends along the way. So, on behalf of the team, I want to say a huge thank you to everyone who has helped make Poplar Union the vibrant, creative, community hub we are today!

Beth  
(Theatre and Performance Programmer)



Follow Us!

Our Partners

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

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STAMP

HARCA



## Classes & Workshops

**Tuesdays** 16 January – 27 March

**Food for Thought: Nutrition Workshop**

Time: 11am-12.30am

Suitable for ages 16+

Tickets: Free

Discover delicious, healthy and nutritious recipes and cooking techniques to impress your friends and feed your family in these interactive and informative workshops led by Georgia.

**Sunday** 21 January, 25 February & 25 March

**Textiles, Crafts & Upcycling**

with Maud Barrett

Time: 1pm-4pm

Suitable for ages 16+ (All abilities welcome)

Tickets: £5

Give old garments and textiles a new lease of life in this arts & crafts workshop. Bring along any unwanted clothing, fabric or materials and get creative! Each week you'll concentrate on a different project:

**Sunday 21 January:** Tote bag

**Sunday 25 February:** Apron

**Sunday 25 March:** Pencil/make-up case



**Thursdays** 1, 8 & 15 February

**Silver Scripts – Over 50's Writing Workshop**

Time: 1pm-3pm

Suitable for ages 50+

Tickets: £2

Release your inner playwright at Silver Scripts, a three-part script reading and writing workshop finishing with an informal reading for friends and family.

**Sunday** 18 March

**Iconic Calligraphy Workshop**

Time: 1pm-3pm

Suitable for ages 14+

Tickets: £3

As part of our month long celebration for International Women's Day, Liza Ekozowyk will teach you how to use paper and calligraphy to create beautiful wall-art inspired by female icons, both 'herstoric' and contemporary.



**Thursdays** 4, 11 January, 1, 8 February & 1, 8 March

**Percussion Workshop with Dendê Bloco**

Time: 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, Dendê Nation. Rejoicing and rebellious, uplifting and fun – these weekly sessions will share the rhythms of Northeast Brazil and get you dancing!

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

C

## Community

Sunday 25 March

Swadhin Bangla  
Pala Gaan (Bengali Opera)

Time: 6.30pm-9.30pm

Suitable for all ages

Tickets: Free

In celebration of the independence of Bangladesh, Poplar Union is proud to host Swadhin Bangla. This Pala Gaan tells a unique story of the history of the emergence of Bangladesh through theatre and music connecting myth, rituals, folk music, and the popular songs of Swadhin Bangla Betar.



Mondays 8 January - 26 March

## 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, join our adult ballroom classes and make new friends along the way!



Sundays 25 February, 4 March, 18 March &amp; 25 March

## Mindfulness &amp; Movement

Time: 10.30am-12pm

Suitable for ages 16+

Tickets: £15 (4-week course)

Drawing on the Japanese tradition of Kintsugi, this course approaches loss, sickness, injury, ageing and disability through meditation and movement.

Taster Session: Sunday 4 February, 12.30pm • £5



Wednesday 31 January, 28 February, 28 March

## POP-Bingo!

Time: 6.30pm

Suitable for ages 18+

Tickets: £6 a booklet (10 games), pay on the door

Win cash prizes at Poplar HARGA's monthly bingo night!



Every Tuesday

## Parent Baby Coffee Afternoons

Time: 12pm-3pm

Suitable for babies &amp; toddlers

Tickets: Free (booking not required)

Welcome to our weekly coffee afternoons for local parents and guardians. Enjoy a cup of coffee from e5 Roasthouse while the little 'uns play with our stimulating soft-play toys and colourful books. No need to book, just turn up!







**Theatre &  
Film**



Thursday 22 March

## Scratch, Crackle & POP!

Time: 7.30pm-9.30pm

Suitable for ages 14+

Tickets: Free



As part of our *Women in Focus* Festival in celebration of International Women's Day, we will be showcasing new work from writers, poets and performers, looking at gender, identity, politics and representation.

Visit our website to apply to perform.

**Deadline for applications: Wednesday 28 February**

(All entries will receive a response by Monday 5 March)



Saturday 10 February

## The Soft Subject (A Love Story)

by Hyphen Theatre Co.

Time: 7.30pm-8.30pm

Suitable for ages 14+

Tickets: £7 / £5 conc.

Today's class is about love, heartbreak and *The Little Mermaid*. Not all lessons can be learnt in school. Chris Woodley's autobiographical solo show invites you back into the classroom to learn about loss, survival and Brazil nuts.

★★★★★ 'A masterpiece' *Gay Times*

'Entertains and engages' *AYoungerTheatre.com*

Tuesday 13 February

## The Break-Up Monologues

Time: 7.30pm-9.40pm

Suitable for ages 16+

Tickets: £7 / £5 conc.

As part of our *What's Love Got to Do with It?* season, award-winning comedian, author and Radio 4 regular Rosie Wilby hosts the brilliant comedy story-telling night, *The Break-Up Monologues*.

**Guests include:**



Elf Lyons



Sarah Bennetto



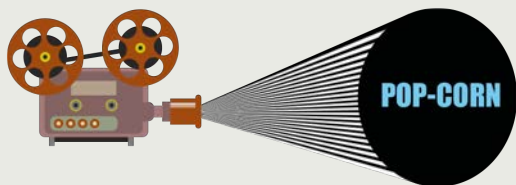
Paula Varjack



Pippa Evans

★★★★ 'Funny, honest, cautionary' *The Reviews Hub*

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This season of POP-Corn films was curated by local filmmaker, Mat Sheldon.

*"I've selected a series of films that delve into the mysteries and complexities of time travel, the passion and vivid tragedy of first love, and the celebration of women in film in honour of International Women's Day."*

Visit [www.matsheldon.com](http://www.matsheldon.com) to see Mat's latest projects.

**FREE admission**

## Time Travel Season



**Wednesday 3 January**  
**Live. Die. Repeat:**  
**Edge of Tomorrow**  
 dir. Doug Liman (2014)  
 Time: 7.30pm  
 Cert: 12



**Saturday 6 January**  
**Back to the Future**  
 dir. Robert Zemeckis (1985)  
 Time: 2pm  
 Cert: PG



**Wednesday 10 January**  
**Donnie Darko**  
 dir. Richard Kelly (2001)  
 Time: 7.30pm  
 Cert: 15



**Wednesday 17 January**  
**The Terminator**  
 dir. James Cameron (1984)  
 Time: 7.30pm  
 Cert: 15



**Wednesday 24 January**  
**Safety Not Guaranteed**  
 dir. Colin Trevorrow (2012)  
 Time: 7.30pm  
 Cert: 15

## What's Love Got To Do With It?



**Saturday 3 February**  
**Wall-E**  
 dir. Andrew Stanton (2008)  
 Time: 2pm  
 Cert: U



**Wednesday 7 February**  
**Brokeback Mountain**  
 dir. Ang Lee (2005)  
 Time: 7.30pm  
 Cert: 15



**Wednesday 14 February**  
**Romeo and Juliet**  
 dir. Baz Luhrmann (1996)  
 Time: 7.30pm  
 Cert: PG

## Women in Focus



**Saturday 3 March**  
**Moana**  
 dir. Ron Clements & John Musker (2016)  
 Time: 2pm  
 Cert: PG



**Wednesday 7 March**  
**Girlhood**  
 dir. Celine Sciamma (2014)  
 Time: 7.30pm  
 Cert: 15



**Wednesday 14 March**  
**Alien**  
 dir. Ridley Scott (1979)  
 Time: 7.30pm  
 Cert: 15



**Wednesday 21 March**  
**Thelma and Louise**  
 dir. Ridley Scott (1991)  
 Time: 7.30pm  
 Cert: 15

Thursday 18 January



## Nérija

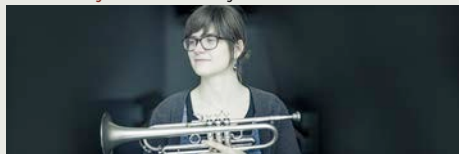
Time: 7.30pm-9pm

Suitable for ages 16+

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

Showcasing work from their forthcoming album, Nérija are a collective of London-based musicians playing exciting and original music inspired by jazz, hip hop, Afrobeat and South African township.

Thursday 15 February



## Laura Jurd

Time: 7.30pm-9pm

Suitable for ages 16+

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

Mercury Prize nominated Laura Jurd is one of the UK's most exciting trumpeters. A master of the instrument, she'll be playing electric grooves and folk-infused melodies with a unique harmonic sense, joined by a trio of fellow heavyweights.



Showcasing the richness of jazz being made in the UK today and celebrating the women who make it, *Jazz Herstory* partners with Poplar Union to introduce award-winning female led bands, instrumentalists and composers of national and international acclaim.

Thursday 15 March



## Yazz Ahmed

Time: 7.30pm-9pm

Suitable for ages 16+

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

Yazz Ahmed is a British Bahraini trumpet and flugelhorn player who has emerged as a distinctive voice on the UK jazz scene. Touring the world performing original music, she infuses her mixed cultural heritage with her love of jazz.

Present:

# Valentine's Ball

in partnership with **poplar Union**

**SWING EAST**

**SATURDAY 17 FEBRUARY**

**DRESS TO IMPRESS!**

Time: 6pm-11pm  
 Tickets: £10 adv.  
 £12 on the door  
 £7 conc.  
 Suitable for 18+

Swing East take over Poplar Union for a Valentine's Ball that'll keep hands clappin', fingers snappin' and feet tappin'!

Warm-up the evening with a Swing dance class from Shag Pile to stretch those wintry limbs, then enjoy DJ sets from Swing East founder DJ Nel Raizer and the indomitable Tim Hellzapoppin'.

Natty Congeroo and the Flames of Rhythm will take over the dancefloor with two electrifying sets!

# LIVE IN THE LIBRARY

Introducing Live in the Library, Poplar Union's regular music night. These live sessions are specially curated to showcase the wealth of musical talent in London and are the perfect way to enjoy new music during the cold winter months.

**Friday 26 January**

**Charlene | Jay Johnson**

Time: 7.30pm-10.30pm

Suitable for ages 16+

Tickets: £2

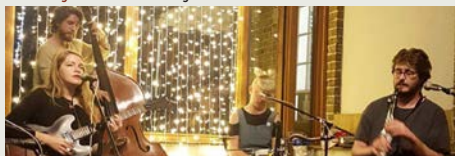


Charlene is a singer-songwriter who has performed her honey-drenched brand of soul internationally, her songs featuring on TV and film. Her album, *Good Day*, reached number 4 in the UK soul charts.



Resident artist at the world-famous Roundhouse, Jay Johnson is an award-winning musician and songwriter, taking influence from Bob Dylan, Paolo Nutini, and Ben Howard.

**Friday 9 February**



## Break-Up Blues with The Alice Phelps Trio

Time: 7.30pm-10pm

Suitable for ages 16+

Price £2

Come soothe your troubles with a special break-up set from this accomplished trio, inspired by the great love-lost songs of the American South.

More dates for  
**LIVE IN THE LIBRARY**

**Friday 9 March**

**Friday 23 March**

**LINE UP TO BE ANNOUNCED!**

**Saturday 20 January**

## Cabaret on the Canal

Time: 7.30pm-10pm

Suitable for ages 14+

Tickets: £7 / £5 conc.

Welcome to *Cabaret on the Canal*, Poplar Union's brand new cabaret night offering an eclectic array of performances and live music. Cocktails will be flowing throughout the night, so get your gladrags on, open your minds and enjoy an evening with:

### Cameron Cook: It All

A high-energy, low-budget, one-man performance, spawned out of anxiety, frustration and residual optimism about it all.

### Live music from Garance Loulou Duo

Songwriter and accordionist from rural Southern France, mixing the beautiful with the quirky to devastating effect.

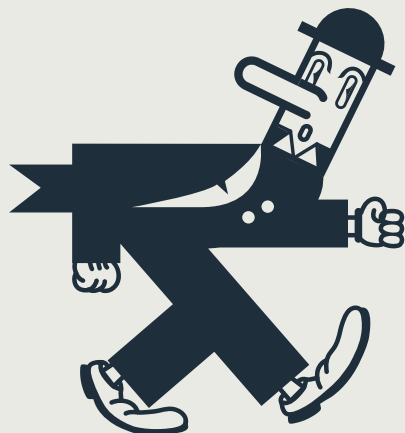
### Luke Rollason: Stepdads

The first step to having fun... is Stepdads. Get ready for an activity-filled weekend of a lifetime with two men who wish they were your dad (but who are glad he went to prison).

### Nick Davies: Double Portrait

Writer and performer from Canada, presenting material from his new show, *Double Portrait*.

*Hosted by Mic Drop*



**CABARET**  
**ON THE CANAL**



C&amp;S

# Comedy & Spoken Word

Thursday 22 February



## Camp Be Yourself

Time: 7.30pm-9pm  
Suitable for ages 16+  
Tickets: £5 / £3

Poplar Union is proud to welcome Box Theatre Co. for a work-in-progress performance of their new play, *Camp Be Yourself!*

This absurd two-woman comedy explores the blurring of lines between reality and fantasy, delving into the mental unrest of trying to be an adult and making sure you know what you're doing, even when you most definitely don't.

Saturday 20 January, 17 February, 17 March



## Screaming With Laughter: Lunchtime Comedy Club

Time: 1pm-2.30pm  
Suitable for under 1s and over 16s  
Tickets: £9 / £7

(First 20 tickets available for £7 - First come first served)

Screaming With Laughter bring their hilarious and unique afternoon stand-up to Poplar Union! For new parents, a night out at one of London's many comedy clubs might not be on the cards, so why not enjoy an afternoon show instead?!

Expectant parents are also very welcome, as are family and friends. The comedians will be performing their normal adult material.

**Check out the website for a newly announced line up of comedians!**

E&amp;T

# Exhibitions & Talks

## Spirit of Place | Woven Light

An exhibition by Alex Prior & Wayne Foskett

Thursday 18 January-  
Sunday 4 March

This new exhibition showcases Alex Prior and Wayne Foskett's work around the theme of light. Both artists are interested in what light can reveal and, equally, what it conceals.

The natural phenomena of light is enigmatic and this quality is what both artists observe in their work, catching the elusive conditions of light and the subtleties within.



## Women in Sport

An exhibition by Teresa Witz

Thursday 8 March-  
Sunday 27 May

As part of our *Women in Focus* Festival, 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.



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





## Kids & Family

Saturday 3, Sunday 4 & Saturday 10 February



### Fun with Motors

Time: 3rd + 10th, 11am-1pm / 4th, 1.30pm-3.30pm

Suitable for ages 8+

Tickets: Free

A tiger? A rollercoaster? A monster? Design and build your very own creations, then bring them to life as science and art meet in this creative coding workshop for all the family!

Tuesday 9 January - 27 March

(no club on 13 February)



### Drama Club!

Time: 5pm-6.15pm

Suitable for ages 7-12

Tickets: £2

Calling all 7-12 years olds who want to try out acting! Fun-filled sessions which seek to develop skills and confidence for young actors. Come along and give it a go!



Thursdays 11 January - 29 March



### 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!

Wednesday 10 January - 28 March



### AfroFun - Dance Classes for Kids!

with Shakti Gomez

Time: 4.30pm-5.30pm

Suitable for ages 7-14

Tickets: £3

AfroFun is an energetic kids' dance class, mixing afro, tribal and contemporary dance elements with improvisation - get fit and have fun!

Saturday 24 March

Freshwater Theatre Co. present:

## Nursery Rhyme Story Hunt!

Time: 11am-12pm

Suitable for ages 3-5

Tickets: £3

This interactive and inspiring workshop takes your child on a sensory journey led by Story Hunter Imogen Tranchell, picking up clues around the room at each destination they reach; the seaside, a hillside or a cave!

Along the way they will find some nursery rhymes including 'Twinkle, Twinkle, Little Star', 'Incy Wincy Spider' and 'Five Little Ducks'. At the end of the workshop they will have found enough clues to make a brand new story!

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



# Health & Wellbeing

Have fun and get fit! Stick to your New Year's resolution and work off the Christmas excess with our health & wellbeing classes!

**Tuesdays** 9 January - 27 March  
(no class on 13 February)



## Moves Back East

with Jane Belshaw

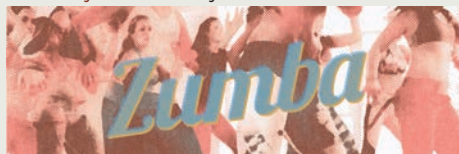
Time: 7pm-9pm

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** 8 January - 26 March



## Zumba

with Talia Huamantincio

Time: 6.30pm-7.30pm

Suitable for ages 16+

Tickets: £3

Get fit while having fun at Poplar Union's Zumba classes.



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**Thursdays** 11 January - 29 March  
(No class 8 February)



## Chair Exercise, Nutrition & Meditation

with Kealy Squires

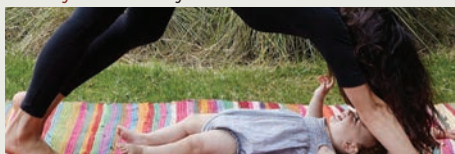
Time: 11am-12.30pm

Suitable for ages 14+

Tickets: £3

A calmer way to exercise, these chair-based classes will help you relax, get fit, improve wellbeing and expand your knowledge of health and nutrition.

**Friday** 5 January - 23 March



## 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 class seeks to support the wellbeing of the adult and the healthy development of the child through playful interaction between adult and child.



**Wednesdays** 3 January - 28 March

## Feel Good Advanced Yoga

with Eve Veglio-White

Time: 7pm-8pm

Suitable for ages 16+

Tickets: £5 / £3 conc.

A small but perfectly formed advanced yoga class. Places are limited, so booking in advance is encouraged.

**Mondays** 8 January - 26 March

## Feel Good Flow Yoga (all abilities)

with Eve Veglio-White

Time: 7.30pm-8.30pm

Suitable for ages 16+

Tickets £5 / £3

Come as you are, with whatever yoga experience you have to Eve's *Feel Good Flow* Yoga class.

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



Saturday 10 & Sunday 11 March

International Women's Day:

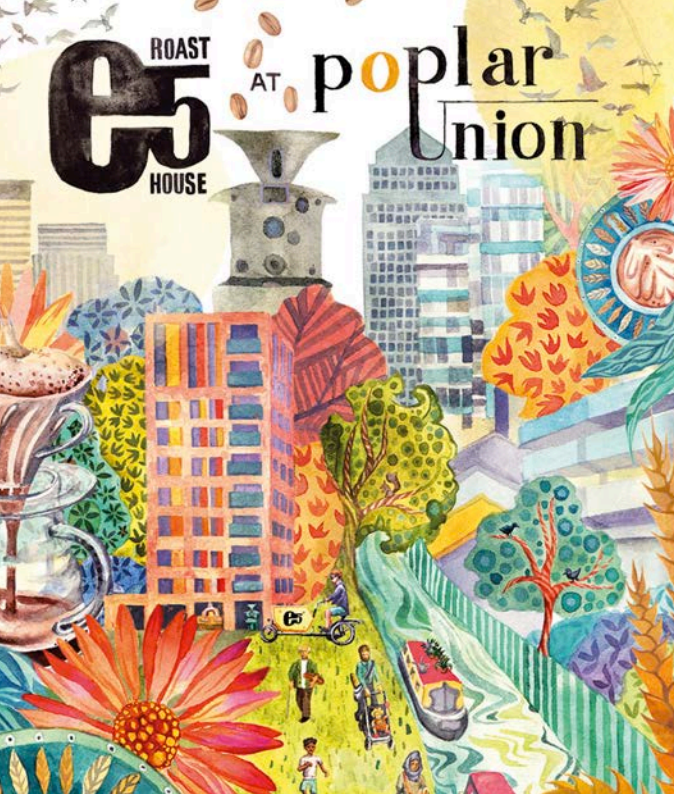
# Women in Focus Festival



This two day festival is open to all and provides a space to enjoy top quality performances, talks, workshops, film screenings and discussion groups. Get involved and together we'll open up a vital and complex discussion surrounding women's rights, gender and what it means to be a woman in 2018! Ladies, gentlemen and everyone in-between - come down and celebrate International Women's Day!

Full programme to be announced soon - check the website for latest news!





# NOW OPEN!

e5 Roasthouse café & coffee roastery at Poplar Union.

Serving house roasted coffee, hot and cold drinks, craft beer and wine.

Fresh sourdough bread from e5 Bakehouse

## Bread Courses

*New evening class starting in 2018: Sourdough flatbreads and Middle Eastern mezze.*

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)



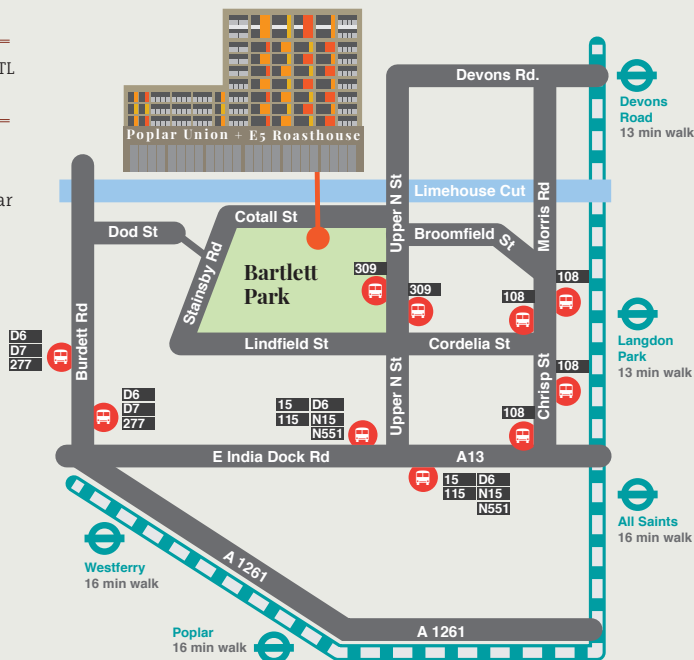
Santander Cycles:  
There is a docking station on  
Stainsby Road, right next to  
Poplar Union.

## 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)