



With the summer solstice comes our summer programme! Enjoy a range of workshops, live gigs, theatre shows and more at Poplar Union, with a backdrop of Bartlett Park and the canal!

## JULY

### Community Litter Pick with Sunny Jar Eco Hub

Saturday 10 July • 10.30am • Free

Meet your neighbours and lend a hand keeping your community clean, and looking it's best for Summer - there's even a prize for whoever collects the most litter!

### Beside Ourselves present: You Can Art Workshop

Thursday 15 July & 22 July • 10am • Free

A workshop for parents & carers that makes space for you to think about your feelings and your wellbeing, whilst making some art.

### Family Nature Trail with Sunny Jar Eco-Hub

Saturday 17 July • 10am • £5 per child

Sunny Jar Eco Hub are back for a trail exploring the natural surroundings of Bartlett Park. Together we'll be gathering summer treasures for some earth-friendly crafts activities!

### Centre Stage presents...

Saturday 17 July • 7pm • £7

Centre Stage welcomes you back to live music with a talented collective warming up the floor with sounds of smooth r'n'b, Hip-hop, Soca and Afrobeats.

### LAVA ELASTIC presents: Neurodiverse Comedy Night...+ poetry & stuff

Thursday 22 July • 7.30pm • £10 / £8 conc.

Join us for a night celebrating humans of all kinds – just doing their comedy/performance thing. Line up: Joe Wells, Cheekykit, Victoria Melody, Alain English, Variety D!

### Salone Sounds presents: Leones 2 Pounds

Saturday 24 July • 7pm • £8

An evening celebrating "Leones 2 Pounds", the debut EP from award-winning British-Sierra Leonean artist, Selenks.

### Luis Amália presents: Stigma

Thu 29 July • 7.30pm • £10 / £8 conc.

Luis Amália brings us their new show, Stigma, about being yourself, even if you are a freak. This time history will be written by losers, not winners.

# AUGUST

## South Asian Rhythm Course Performance

Sunday 1 August • 3pm • 5 / Free for under 16s

A meet-up, performance and sharing from the students of Poplar Union's online South Asian Music workshop, including a special performance from Yousuf Ali Khan and Sitar.

## Spun Glass Theatre present: This Noisy Isle

Sunday 8 August • 10am  
(with performances every 15 mins)  
£7 / £5 conc. per person

A treasure-hunt show giving 7-11 year-olds an adventure through a strange, magical new world.

# SEPTEMBER

## Experimental Illustration, Textures & Printmaking Course with Veronica Rowlands

Wednesday 1 September - 20 October • 6pm  
8 week course £60 / £40 conc.  
Drop in £8 / £6 conc.

Join guest artist, Veronica Rowlands, in this multi-disciplinary illustration course which explores a diverse range of processes including experimental drawing, printmaking, collage and mark-making.

## Anandadhara Arts Masterclass

Sunday 11 September • 3pm  
£5 / Free for under 16s

An intimate appreciation of South Asian music and culture, Anandadhara arts invites acclaimed musicians, dancers and artists to discuss their craft and demonstrate their rich skills.

## Dendê Nation Percussion & Music Course

Thursday 14 September - 16 November • 6pm  
10-week course £80 / £60 conc. | Drop in £10

Delve into and explore aspects of Afro-Brazilian percussion in this 10 week-course with Dendê Nation, inspired by Afro blocos and capoeira from Brazil.

## South Asian Rhythm Online Course with Yousuf Ali Khan

Wednesday 15 September - 1 December • 5pm  
12-week course £60

After the success of our weekly Zoom Music classes, maestro Tabla player, Yousuf Ali Khan is back with a 12-week course learning and discovering South Asian Rhythm in depth.

## Bryony Byrne presents: Fan/Girl

Thursday 16 September • 7.30pm  
Saturday 18 September • 7.30pm  
£10 / £8 conc.

It's 1998. Geri Halliwell is leaving the Spice Girls and David Beckham is wearing a sarong. Somewhere in England a ten year old girl is trying to be a football fan.

## Yoga for Immune & Respiratory Health (Through Covid-19 & Beyond) with Anu Gupta

Sunday 19 September • 11am • £10 / £8 conc.

As we navigate our way out of the pandemic, recovery and resilience are going to be key. Yoga can help us with both.

## Stories We Tell Photography Course with Pierre Bureau

Thursday 23 September - 11 November • 11am  
Free

Stories We Tell is an inclusive participatory photography project to enable local people with little or no experience of photography to develop the skills necessary to create and share reflections of their own community while having fun.

## Going Places with Teddy & Yunus

Thursday 23 September • 5pm  
Saturday 25 September • 2pm  
Child £5 / £3 conc. | Adults go free!

Join Teddy and Yunus as they travel effortlessly together through time and space with their (endless) imagination!

# WEEKLY & MONTHLY EVENTS

## CLASSES

### — Line Dancing with Lyn

Mondays • 1pm • £3

### — Art Class

Tuesdays • 1pm • £3

## HEALTH & WELLBEING

### — Zumba with Talia Huamantincó

Mondays • 6.30pm • £3

### — Vinyasa Flow Yoga with Sarah Anderson

Mondays • 7.45pm • £5 / £3 conc.

### — Kenshukai Karate for Beginners

Saturdays 17 July - 25 September • 9am • £8

## KIDS & FAMILY

### — Sensory Exploration Sessions

with Abigail Huan

Tuesdays • 10am • £5

### — Kid's Drama Club!

Tuesdays • 4pm • £3

## NEIGHBOURHOOD

### — Tower Hamlets Family Meet-Up

First Thursday of every month • 10.30am • Free

### — Poplar Union's Freelancer's Café

Thursday 1 July - 2 September (fortnightly) • 11am • Free

## MUSIC

### — POP-Park Sessions

Live music every Friday night  
Fridays • from 6.30pm • Free

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## Contact:

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## Keys

- Classes & Workshops
- Health & Wellbeing
- Kids & Family
- Neighbourhood
- Music & Dance
- Theatre & Film

