

THE EALING

Make it Ealing

EDITION 12

SPRING 2018

Explore
**TOP EALING
SCHOOLS**

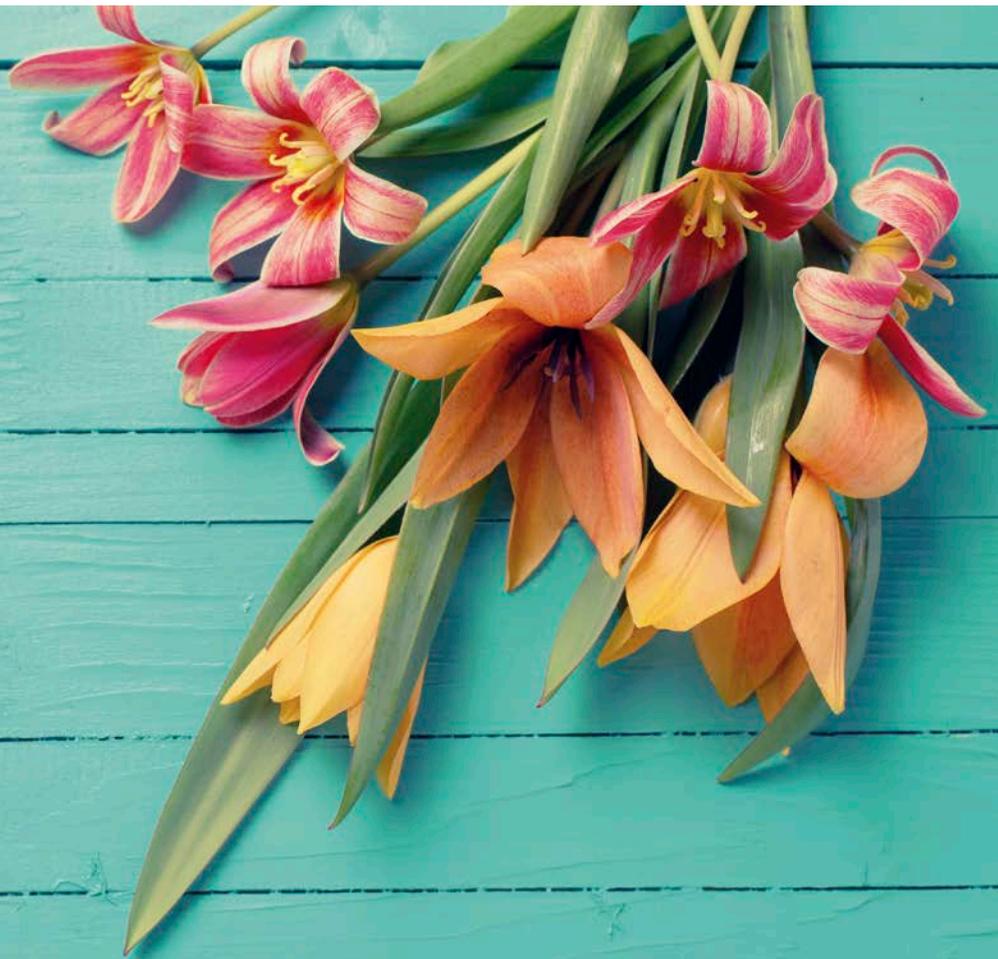
What's on
**EALING
THIS
SPRING**

Top tips from
**LOCAL ESTATE
AGENTS**

FREE

Whatever you're looking for, we can help.
Every day essentials, the latest looks, dinner after
work, or picking up your online shopping.

Pop in for Boxers, Bloomers or **BREAD &**
MILK
Everything is near



ealingbroadwayshopping.co.uk



FEATURED INSIDE



A note from the Editor

What makes Ealing such a special place to live? You could ask that question to a 100 people and receive a 100 different answers.

More than a century has passed since architectural historian Nikolaus Pevsner dubbed the borough 'Queen of the Suburbs', and, despite the passing of time Ealing retains the charm of a bygone era.

Anyone who lives in Ealing will talk of the area's indefinable magic; a vibrant and welcoming corner of west London with a true community spirit.

For many, Ealing's biggest attraction is its wide, green spaces, from Lammas Park and Walpole Park a few moments from Ealing Broadway station to neighbouring Gunnersbury Park and Pitshanger Park.

Others flock to a thriving restaurant scene - Ealing is home to some of the finest eating establishments outside the West End with everything from Caribbean to Greek, Indian and Korean.

There is an array of independent coffee shops, artisan bakeries and a bustling pub and bar scene.

Ealing, of course, is developing rapidly, with Dickens Yard leading a boom in residential and commercial development.

The impending arrival of Crossrail in 2019 will improve Ealing's already excellent transport links, putting residents within 15 minutes of central London.

There are also more than 90 schools in Ealing and, in this issue, we talk to some of Ealing's pupils to find out why they love going to school here.

We also catch up with Ealing's leading estate agents to find out what makes Ealing such a desirable area and to get their top tips for choosing a property.

Enjoy Ealing,

Make it Ealing

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PRODUCED BY

Make it Ealing

#makeitealing @makeitealing

Funded by the businesses in Ealing town centre, Make it Ealing is a company dedicated to supporting local business, celebrating and promoting Ealing town centre and improving the area for everyone who works, lives, or visits the area. Make it Ealing funds programmes and projects under four main project themes, support, advice & connections, events & arts, safe, secure & evening economy and value improvements. If you would like to learn more about Make it Ealing please contact the team.

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St Mary's Road, W5

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Café Zee, 5 New Broadway, W5 5AW

triyoga

As busy Londoners, should we all be taking up yoga? So numerous are the health and lifestyle benefits of this ancient practice that perhaps the more relevant question is: why shouldn't we?

From increased flexibility to increased muscle strength and tone, weight loss, protection from injury, improved metabolism and energy, regular yoga can improve our lives in all sorts of ways. It is, according to the founder of triyoga, Jonathan Sattin, a practice for anyone and everyone.

triyoga, which opened its newest studio in Dickens Yard in November, markets itself as London's leading yoga and pilates centre, combining elements of yoga, pilates and a range of holistic treatments designed to offer a complete physical and mental workout.

The Dickens Yard site runs more than 120 classes each week in three large, bright and spacious studios, while treatment rooms provide massage, osteopathy, reflexology and acupuncture.

"Everyone can benefit from yoga," says Sattin, who took up the practice more than 30 years ago. "Most of us lead busy, stressful lives and we need to add some balance. I took up yoga when I was working as a lawyer and needed a release other than my weekly football – I think a lot of Londoners can relate to that – and within three months it had completely changed my outlook. I had even managed to stop smoking 40 cigarettes a day.

"There can be a perception of yoga – people sitting around in the lotus pose. But, actually, there is an amazing breadth of styles and we aim for everyone who comes here to find a style that suits them.

"Yoga can be relaxing, meditative and de-stressing, but it can also be dynamic and a really good workout. One thing it certainly is not is competitive. Some people can touch their toes, others can't. That's fine, it's about how you feel in the pose. It's about experiencing the feeling."

A range of classes and workshops includes every-body yoga, which caters for people of all shapes, sizes and abilities, chair yoga for older people or those recovering from illness or injury, restorative yoga, which induces a state of relaxation and triyoga hot, which is practised in a heated studio.

triyoga teachers are all experts in their field, each with a minimum of five

years (teaching) experience. CPress café, in the reception, offers a range of organic meals, snacks and fresh fruit juices that make a perfect post-workout boost.

Sattin founded triyoga in 2000, and has since established studios in Covent Garden, Chelsea, Soho, Camden and Shoreditch. A friend and former colleague of Simon Woodroffe, the millionaire founder of the YO! Sushi restaurant chain and star of the BBC series *Dragons' Den*, Sattin says Ealing Broadway, with its rapid commercial growth, was the ideal location for triyoga's sixth studio.

"There is a real community feeling about the area with a great mix of greenery, residential housing and offices," Sattin says. "I also have friends who live in the area, so I was drawn to it, and obviously with Crossrail you'll soon be able to get from Ealing Broadway to central London in less than 15 minutes.



“The local community has made us feel really welcome and I’m really pleased with the feedback we have been getting. It’s been great to become part of that community.”

triyoga’s introductory offer allows members to explore different classes and styles for £54. triyoga also offers class passes, drop-in passes and beginners’ courses, with a 20 per cent discount for full-time students, pensioners and job-seekers.

triyoga

Unit 30, Dickens Yard, Longfield Avenue, W5 2UQ

☎ 020 3362 0688

📧 triyoga.co.uk

🐦 @triyoga

📘 triyogauk

📷 triyogauk



CPRESS

A visit to triyoga in Dickens Yard would not be complete without stopping off at CPress, the newly opened organic juice and coffee bar.

CPress is one of London’s only 100 per cent organic juice and coffee bars, with cafes in Ealing, Canary Wharf, Chelsea and Shoreditch providing cold-pressed juices, plant-based salads and snacks.

Cold-pressed juice could easily be dismissed as just another fad, but there are numerous health benefits to the process, which involves a hydraulic press extracting the maximum amount of nutrients from fresh fruit and vegetables.

No heat or oxygen is used in the process so none of the goodness is lost and ingredients retain their vitamins and minerals.

“We wanted to provide healthy food for people on the go,” said Grace Kingswell, CPress marketing director. “We work exclusively with organic produce that’s nutritious and exciting. Food is hand-prepared every day and juices are delivered fresh to the store each morning.

“We wanted to push the boat out with our juice and food options, but first and foremost we sell healthy, functional foods that deliver real health benefits.”

There are more than 30 juice flavours to try at CPress, from trio shots (turmeric, ginger and lemon) to cleanse juices, which are packed with fruit, nuts, vegetables and roots and provide vital micro-nutrients that help the body detoxify.

They also have an impressive range of speciality coffees – choose from bulletproof, drip or cold brew, plus all your favourites. The home-made almond milk is pretty special too.

Healthy breakfast options are available – try the Power Acai bowl (Acai berries, coconut nectar, granola, pineapple, cacao nibs and goji berries) or super porridge, made with gluten-free oats, almond milk and fresh fruit.

A range of dried snacks includes dried mango, super berries and paprika flakes.

CPRESS JUICES

Unit 30, Longfield Avenue, Dickens Yard, W5 2UQ

☎ 07799 881 002

📧 cpressjuice.com

🐦 @cpressjuice

📷 cpressjuice

📘 cpressjuice



Style

LIST



BULB-SHAPED LAMP

This contemporary decorative lamp, shaped in a bulb is a great way to brighten up any room.

£6.00 Primark, Ealing Broadway Centre, W5 5JY ☎ 020 8567 4134



LEAF DISH BY LIV INTERIOR

A shallow decorative antique gold dish in the shape of a leaf with intricate detailing, ideal for keys on the hall console or just as a deco object.

£48.00 All Original, 20 The Green, W5 5DA ☎ 020 3689 7034

SET OF THREE BLACK GEO MINI PLANTERS

This set of three black geo mini planters feature three separate designs, each bringing their own individual style to this theme. Perfect together as a three or individually spread throughout the home to add little touches of nature with a bold style.

£10.00 Neon Sheep, Ealing Broadway Centre, W5 5JY





PIKAPLANT JAR

A decorative, poetic object that means you're always close to nature. This hermetic greenhouse which contains a mini-coffee bush is completely autonomous. You don't need to take care of it. Water it and just enjoy watching this miniaturised piece of nature grow day by day!

£49.99 Electric Coffee, 40 Haven Green, W5 2NX
📞 020 8991 1010

COLINE TOASTER AND KETTLE

These stylish appliances will look beautiful on your kitchen countertop and are perfect for complementing contemporary kitchen décor.

Toaster, £24.99. Kettle, £24.99. Clas Ohlson
Ealing Broadway Centre, W5 5JY
📞 020 3005 0210



BUDDLEIA CUSHION BY LORNA SYSON

Bring a touch of urban greenery into your living room with this bold hand designed buddleia cushion.

£60.00 All Original,
20 The Green, W5 5DA
📞 020 3689 7034

GREAT
MOTHER'S
DAY GIFT



ISABEL MUM MUG

This beautiful mug by Cath Kidston would make a great addition to your mug collection. A perfect gift for the mums out there.

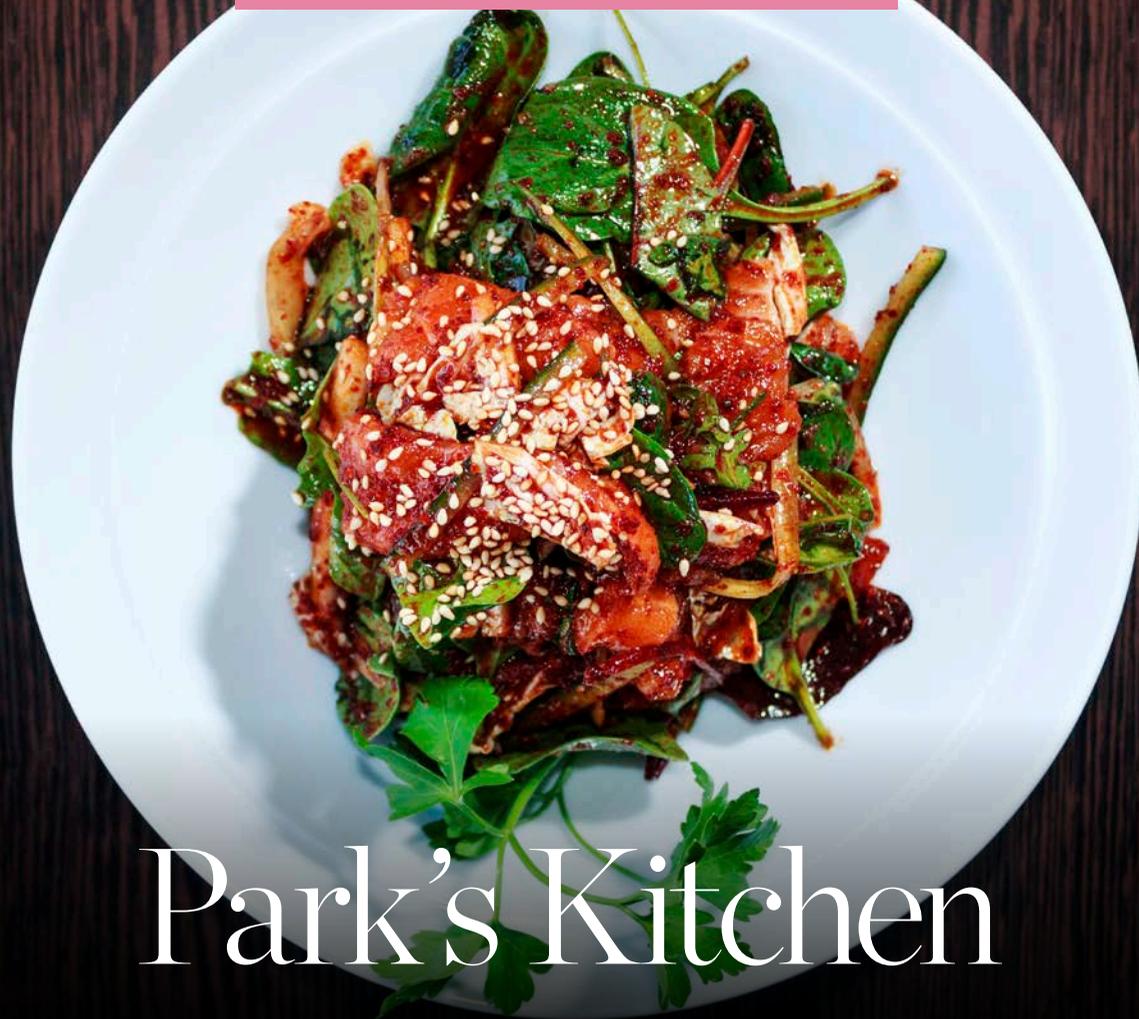
£9.00 Cath Kidston, Ealing Broadway
Centre, W5 5JY 📞 020 85679855

CAKE SLICER

Correct! That's our motto in the Make it Ealing office: 'Happiness is a piece of cake!'

£4.00 Tiger, Ealing Broadway
Centre, W5 5JY 📞 020 579 5977





Park's Kitchen

Kamchul Park, the head chef at Park's Kitchen, is making bibimbap, an authentic Korean dish of hot rice, mixed vegetables and meat.

He adds rice to a large stone bowl, followed by radish, cucumber, carrots, bean sprouts and spinach. He then puts the dish on a high heat for two minutes, topping it with pork strips and an egg.

The result is a steaming, filling and healthy meal that is going down a treat with visitors to Park's Kitchen, which opened at 24 The Green in October.

"It's actually a really simple dish to make, and you can also have it with chicken, beef or tofu," says Jonathan Park, the owner of Park's Kitchen and son of the ever-busy head chef. The secret of good Korean cooking is never to lose the delicacy of the flavours. It should be simple and never overpowering. Our food is home-made and never loses its taste. Luckily, we have one of the best chefs in the business!"

Jonathan's father is 68 and has been a chef for 50 years, working at London's first Korean restaurant, Arirang, on Poland Street, in 1976, before opening his own restaurant in 1981.

"I had to practically drag him out of retirement to work here, but he loves it," adds Jonathan, "There is a real shortage of quality Korean chefs in London, so to have my father here is brilliant. It's a true family business – my 90-year-old grandmother even makes the pickled cabbage at home!" Kamchul chips in: "Cooking is my passion – if my customers are happy, I am happy."

Given Ealing's vast array of eating establishments, it was perhaps surprising that there was no Korean restaurant in the area until the arrival of Park's Kitchen.

"There are lots of students in the area and also a high Asian population, so we felt there was a gap in the market," Jonathan adds.

As well as bibimbap, Kan Poonghi – deep-fried chicken – has been a palpable hit. There is also a variety of rice dishes, from beef bulgogi to spicy salmon rice and kimchi fried rice. "We have tried to add a few modern twists," Jonathan says. "The food is healthy and we cater for vegetarians and vegans."

There will also soon be a new addition to the menu: a dessert made with finely-shredded iced milk, red beans and ice cream.

Information

PARKS KITCHEN
24 The Green, W5 5DA

 020 8840 0200

 parks-kitchen.com

 [parkskoreankitchen](https://www.instagram.com/parkskoreankitchen)

Local INSPIRATION

Well-known for being one of West London's top independent restaurateurs, Alex Wrethman, who was born and bred in Ealing and still lives locally, knows a thing or two about the area. It really is his work, rest and play! We picked his brains about its property and its future over a cuppa....

What makes Ealing so special for you?

Ealing always had a good community and it was fun growing up here. There are lots of schools and it always felt like a village community with lots of kids, plenty of things going on, stuff to do and great parks but also within touching distance of central London.

I went to uni in Manchester as I thought Ealing was a bit 'sleepy' back then. I did the whole central Manchester thing for a while which was greatly enjoyable but life comes around and suddenly Ealing's where you want to be again.

What keeps you drawn to the area? I love its diversity, its buildings, the community and all the different, vibrant mini high streets of St Mary's, Northfields and Pitshanger with their wonderful independent shops. It's still what draws many people to the area - well that, the parks and amazing connections to London and Heathrow!

Two of your three restaurants - Charlotte's Place and Charlotte's W5 - are in Ealing, but they are almost polar opposite in style. What do you like about each of them? They are different, but there are also links. I'm proud we saved Charlotte's Place from closing when we took it over, and we turned W5 from a derelict stable yard into a thriving hub, but another common theme is that all three - even Chiswick - are actually Victorian. We've just designed them differently for different occasions. I think beautiful Victorian buildings just draw me in. W5 felt right immediately and I think a lot of our customers also feel instinctively at home in them, as they either now live in

or grew up in Victorian terraced houses.

What's your take on all the new developments...

Ealing's been crying out for a better high street for ages. I'm a passionate defender of independents, but you do need both - in retail and restaurants. Although we probably don't need Louis Vuitton, the chain brands like Jigsaw that are coming into Dicken's Yard are a great fit and they create the footfall that then also enables individual operators to thrive in smaller premises.

And the new housing...

will bring in a different type of person with a desire for modern living. Many are from overseas, freelance or home workers who want to go out to work, eat or do yoga, but I've also noticed several older couples who are downsizing from a big family house for convenience and ease. All that will change the dynamic, but Ealing has always been a melting pot and its community, restaurants and businesses are richer and more vibrant for it.

How do you see Ealing evolving? It really is a new and exciting era for Ealing on all fronts - restaurants, retail and homes. It's great to be part of that and see the area become the cutting edge of West London.



CHARLOTTE'S W5

The Old Stable Block, Dicken Yard,
Longfield Avenue, W5 5UQ

📞 020 3771 8722

🐦 @charlottesgroup

📘 charlottesgroup

Getting to know YOUR LOCAL AGENTS

SINTON ANDREWS

In a nutshell: Sinton Andrews has been in Ealing since 1981 and claims to be the oldest independent in the area. Still steered by the opening founder, their focus remains tightly on the community and adapting to people's specific needs. Sam Robbins says: "The agency was started to provide a service that was lacking in the area and we are now a well-established and highly respected independent brand."

My favourite area... "is Pitshanger as it has a nice mix of property, open spaces and a fabulous high street, but the whole area is a brilliant paradox – only seven

miles to central London, yet it has great parks, wide roads and diversity of property, which is probably why it's so popular with families."

The Crossrail factor... "This has already been exploited, but I think there's more to come although it will be a steady increase rather than a spike. The area will start being on young couples' lists when it wasn't before."

Top tip: "Per square foot, Ealing still represents real value. The average for a semi-detached house is £715 per sq ft, compared to £972 in Chiswick, £883 in Shepherd's Bush and a whopping £1,800 in Notting Hill."



SINTON ANDREWS

8 Spring Bridge Road,
W5 2AA

020 8566 1990

sintonandrews.co.uk

@SintonAndrews

sintonandrews

HAMPTONS INTERNATIONAL

In a nutshell: Hamptons opened in Ealing six years ago. The company ensures half the team are local and with more than 90 branches contributing to a single database, they offer extended reach for clients. Unlike some agencies, full-time staff undertake all show rounds – even on Saturdays.

Paul Daniel, Branch Manager, says: "Opening here was an easy decision. Crossrail and the station upgrade played a significant part, but also many large, double-fronted houses had been undervalued and represented good value for money for overseas and local families looking to move."

My favourite area: "I've spent my life in Ealing and seen it change many times.

Originally it was quite posh, then Westfield opened and Ealing looked a bit sad, but now with Crossrail, St George's Dicken's Yard development and more to come, the high street is really improving and Ealing is becoming vibrant again."

The Crossrail factor: "Financially, the majority has already been exploited but now Ealing is at the forefront of people's minds and becoming a centrepiece for west London."

Top tip: "There's not only more mileage for your money in Ealing, but great schools and a country feel mixed with great connectivity. If you want a large family home without being as expensive, then Ealing is a logical move."



HAMPTONS INTERNATIONAL

20 The Mall, W5 2PJ

020 3151 4205

hamptons.co.uk

@HamptonsInt

HamptonsInt

We chat to four local estate agents to find out more about their businesses – and to ask them what they really think of the area.

MARTIN & CO

In a nutshell: Opening in Ealing five years ago, initially dealing in rentals but adding sales for the past four years, they work independently under an umbrella of 200 offices. They specialise in high-end properties, modern developments and quality homes.

Michael Murphy, Branch Manager, says: “We took over the existing Bradley Beazley as I wanted to work somewhere local. We run the branch with a very personal approach to service, thinking of ourselves as a family – we even go on holiday together!”

My favourite area: “I love Walpole Park and Horsenden Hill for walking,

but Questor’s Theatre is also a fantastic asset. All the additional developments will help Ealing advance even further and it’s really beginning to blossom.”

The Crossrail factor: “This has already been exploited, but there will be more to come. The area was originally a fairly quiet garden suburb but HS2, Crossrail and all the other developments coming in mean Ealing has everything to live for and a great future ahead.”

Top tip: “There are more than 90 different languages spoken in the borough and this diversity has enhanced Ealing, its shops and restaurants. The vast array of restaurants and eateries in Ealing now means it’s difficult to choose what you want for lunch or dinner!”

MARTIN & CO

36-37 High Street,
W5 5DB

📞 020 8579 9191

📧 martinco.com

🐦 @MAC_Ealing

📌 macealing



GARDINER HOMES

In a nutshell: Run by the partners, Gardiner Homes pride itself on their personal one – to – one service and unique relationship with clients. The husband and wife team is integrally involved in the business on daily basis and clients deal directly with them.

Emma Gardiner, Partner, says: “We’d been agents in London for 25 years, but opened the agency in Ealing eight years ago when we started raising a family. I was born here and wanted to be engrained in the community where my children were.”

My favourite area: “I do love Pitshanger and St Mary’s for their independent shops, bakeries and wine bars as well as

the great parks and fabulous transport. There are also so many wonderful and different areas in the borough with an amazing selection of houses from double fronted to new flats and everything in between – no wonder it’s dubbed ‘The Queen of the Suburbs’.”

The Crossrail factor: “The St George’s development began Ealing’s landscape change and now there are lots of new exciting additions on the horizon which will alter the whole footprint of the borough – and the high street.”

Top tip: “Ealing is a very innovative and forward-thinking area right now. Combined with its rich cultural diversity, I believe it’s entering one of its most exciting eras.”

GARDINER HOMES

4A Spring Bridge Road,
W5 2AA

📞 020 8579 5242

📧 gardinerhomes.co.uk

🐦 @gardinerhomes

📌 gardinerhomes

**PROPERTY
SPECIAL W5**

MAKE IT EALING

LOCAL ESTATE AGENTS

Directory

If you are looking to buy, sell, rent or let a property, here are our top estate agents in Ealing

BARNARD MARCUS

55 The Mall, W5 3TA

📞 020 8579 5050

🌐 barnardmarcus.co.uk

🐦 @BarnardMar

📘 BarnardMar

BENHAM AND REEVES

2 Dickens Yard, Longfield Avenue, W5 2TD

📞 020 8003 6087

🌐 brlets.co.uk

🐦 @BRletsUK

📘 BRlets

DEXTERS

2 New Ealing Broadway, W5 2NU

📞 020 8810 0909

🌐 dexters.co.uk

COLIN BIBRA

44 The Mall, W5 3TJ

📞 020 8566 3333

🌐 colinbibra.com

🐦 @colinbibra

📷 colinbibra

📘 ColinBibraEstateAgentsLtd

FOXTONS

54 The Mall, W5 3NE

📞 020 8799 4550

🌐 foxtons.co.uk

🐦 @foxtons

📷 foxtonsestateagents

📘 FoxtonsEstateAgent

HAART

42 The Broadway, W5 2NP

📞 020 8579 3161

🌐 haart.co.uk

🐦 @haart_uk

📘 haart_uk

JAC STRATTON

10 The Mall, W5 2PJ

📞 020 8566 1123

🌐 jacstrattons.com

KINLEIGH FOLKARD & HAYWARD

45 The Mall, W5 3TJ

📞 020 3792 1024

🌐 kfh.co.uk

🐦 @KFHproperty

📷 kfhproperty

📘 KFHEstateAgent

NORTHFIELDS ESTATE AGENT

20 New Broadway, W5 2XA

🌐 northfields.co.uk

🐦 @NorthfieldsLive

📘 Northfields

ROBERSTON SMITH & KEMPSON

38 The Broadway, W5 2NP

📞 020 8840 7885

🌐 robertsonsmithandkempson.co.uk

ROLFE EAST

51 The Mall, W5 3TA

📞 020 8567 2242

🌐 rolfe-east.com

🐦 @RolfeEast

📘 rolfe.east

SAVILLS

3 The Green, W5 5DA

📞 020 8018 7100

🌐 savills.co.uk

🐦 @savills

TOWNENDS

41 The Broadway, W5 2NP

📞 020 3911 1651

🌐 townends.co.uk

🐦 @Townends

📘 Townends



The Line caught up with Lorna Kyle, who makes and sells handmade cards and artwork. Her work can be found at All Original (20/20 The Green, W5 5DA) and online at www.lornakyle.com. She also regularly sells at the Avenue vintage and antiques market. Here, Lorna tells us how she finds inspiration, why no two days are the same and how to make a home business a success.

I started making and selling my own cards 18 years ago... Before that, I was at home looking after my four children. I had always been arty and I used to send my children out to parties with homemade cards because I had forgotten to buy one! People kept coming back and saying they would love to purchase them. So, I sold some at a Christmas fair at school - and the table was cleared! That little step allowed me to make more and I was able

to go into bigger fairs all over London. Over the years I have added artwork, including hand-cut work, vintage sports and vintage map work.

I find inspiration everywhere... Ideas are never a problem - if anything I have to hold back. I make thousands of cards every year and even something as simple as Christmas wrapping paper can give me ideas. It's also great that my business can bring work to other craftspersons. If I am working on a Valentine's card for example, I might need to order pressed flowers from another craftsperson I know. Fortunately, there's always a different occasion coming up to keep me focused. I start designing Christmas cards in August.

Each day is different...and busy! Some days I concentrate on cards and others I might be framing records. It's seven days a week, a full-time job. I might grab a coffee in the morning, but then I'm working through until 9pm. My husband is semi-retired and he helps me out. You cannot stand still, you have to keep reinventing yourself to give your customer new things.

I also frame vinyl records... A while ago I stumbled across seven-inch singles. I bought a

Beatles one for a friend and decided to frame it, but I didn't want to damage it so I had to find the right frame. The idea took off from there. I can't believe how popular they've become. I get requests for everything from Queen to Band Aid to Leo Sayer. I have hundreds. Some people buy them purely for the title, others for the artwork on the label. All the records are playable and we have some quite rare ones, like the Sex Pistols. Some customers buy seven, eight or nine and send them out to family as Christmas presents.

My tips to make your own business a success... Be different. And do your research! I am talking from experience having been through it myself. If you like jewellery, you can't just put beads on a chain. Do your research, see what's out there. I think you need a year of scoping out craft fairs before you consider setting up at one. Start small. If you're a young mum start with your school Christmas fair and go from there.

The best part of my job is... When I get good feedback. It's lovely being a craftsperson but you never switch off. I work Saturdays and Sundays, and even when I take a holiday it takes me a few days to switch off. The hours are monumental. But it is also an absolute joy. I love being creative, I love people buying my work.

This year is going to be busy... I regularly sell at London's craft fairs. My first this year is Richmond May Fair, followed by Bedford Park Festival in Chiswick in early June, and then Kew, Barnes and Primrose Hill. And, of course, you can find my work at All Original.

Information

LORNA KYLE

lornakyle.com

[@lornakylecards](https://www.instagram.com/lornakylecards)

[lornakylecards](https://www.facebook.com/lornakylecards)

[lornakylecards](https://www.facebook.com/lornakylecards)



FOCUS ON CHRIST THE SAVIOUR *Primary School, Ealing*

Christ the Saviour was created by joining St Saviour's Infant School and Christ Church Junior School in 2011. We stepped through the doors to meet pupils and the Head of School to find out what it's like.

Katie Tramoni, Head of School sums up the school and its ethos

"Christ the Saviour is the largest Church of England primary school in the country, with 120 reception pupils each year, but we still feel like a much smaller school. We pride ourselves on being an inclusive school with strong Christian values. Teachers give their time generously to continually demonstrate to the children that they are valued and worth spending time with. An example of this is that teachers enjoy eating with children each lunchtime as well as praying together, learning in the classroom and having a laugh! We are proudest when our pupils demonstrate genuine love and care for their peers and show the essential qualities of compassion, wisdom and trust that we nurture at every level within in our vibrant and diverse school community."

2+2=4



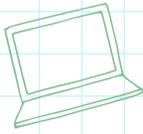
SALEM, YEAR 6 *on school life & trust*

"CtS is quite academic, but also sporty, arty and musical. It pushes you in a good way to make sure you do the best you can. I especially like how teachers connect with us - not like a manager and employee, but like they're your friends. They listen, are very understanding and talk to you on a grown-up level which makes you respect them more. In Year 6 we all have chromebooks which they trust us to use responsibly and that builds a trust wall between us. Art is also great; the art cupboard is amazing, there's so much paint and glitter. Our teacher really knows her stuff. We also do a brilliant science fair with a cool competition and great theme days like Greek day where we dressed up as gods, brought in Greek food and made Pandora's box. Year 5 and 6 also go on residential trips with lots of fun activities like caving, night walks, high ropes and shelter building, which is great."

BEST LUNCH

Pizza and chips or fish and chips on Friday and fruit salad.

AaBbCc



EMMA, YEAR 3

on starting & school houses

"I was nervous coming to the Broadway site, but the teachers really cheered me up and helped us settle in. Now I feel happy here and the lessons are really fun - even wet play is interesting as teachers give us fun things to do so it's not boring! I also love the choir, our teachers are professional musicians and we sing a lot out of school. The house system is exciting too; we elect our captains and whichever house gets the most points for doing good things gets a treat like watching a movie or ice lollies in the park."

BEST LUNCH

Burgers and the salad bar. I love the macaroni pasta salads.



JOSEPH, YEAR 5

on science & film day

"I love science! Some of the experiments are quite gory, like one where we squeezed liquid out of a pair of tights for the digestive system - it made you feel kind of sick! We also did electricity and made a circuit with our bodies! Film day was also great. Our parents ran workshops - we all got an acting lesson and learned how to make fake blood, do special effects, use the camera, direct and recreated the end scene of ET which was so exciting."

BEST LUNCH

The sandwich bar is new and the first week I had nothing but sandwiches! Chicken and tomato is a really nice combo and you can have it on subway bread, paninis or in wraps!

**CHRIST THE SAVIOUR
CHURCH OF ENGLAND
PRIMARY SCHOOL**
Springbridge Road
W5 2AA
☎ 020 8249 6800
✉ ctsprimary.org.uk



MAXWELL H, YEAR 4

on playtime & games

"I really like coming to school. I like 'snug play' best. It's this purple rocking stuff that you can flip over or rock on. There are four playgrounds - one's on the roof with a big glass window on the floor where you can see all the way down. We have lots of other games too, mini bicycles, dressing up kit, hula hoops, giant Connect 4 and sports stuff like tennis, table tennis, football and cricket. I also like choir - we sing a song called 'pass along the bananas' to warm up!"

BEST LUNCH

Lamb kofta kebabs and rice.



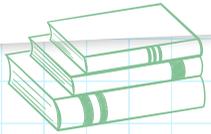
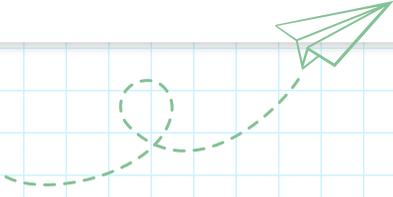
BETHEL, YEAR 4

on teachers & school council

"Our teachers are really kind and good, they give us so many activities it makes school such fun. We do acting in RE and make pop up books in DT. Last year we had butterflies that kept trying to break out of the net and when we released them one landed on my flower hairband, but I wasn't scared. I'm on school council which is cool. I suggested that the star of the week gets to look after a hamster for a week. We also went to Walpole Park and planted plants and talked to other schools' headteachers about school council."

BEST LUNCH

Christmas lunch! We had so much yummy stuff and for dessert there were lots of different types of cake and ice cream and it was all served by the teachers. One was even wearing Rudolph's red nose!





COOL FOR Schools

Ealing is well known for its great schools. Here, we highlight four local Ealing schools that showcase the wonderful wealth of creativity, diversity of schooling and passion of teachers to be found in the borough.



MONTPELIER SCHOOL

26A Montpelier Road, W5 2QT

Montpelier is a large, popular, truly international school and designated National Teaching School. It's a dynamic and exciting place with an enhanced curriculum that ensures learning is stimulating, creative and enjoyed by all. Central to its success is a passion for high-quality, progressive and challenging teaching with children enjoying diverse and rewarding school life experiences from sport and music, art weeks, dance, computing, technology, construction and enterprise projects as well as regular curriculum trips, residential trips and a wide range of complementary clubs.

Siyona, Year 5

"My school is fun to be in. The teachers are kind-hearted, always there to help you and they encourage and support students with their work. I like how our school involves children with fundraisers and charities to support like Macmillan and Water Aid. We learn something new every day and teachers always try to make lessons fun by making jokes or getting us to copy their movements to keep us alert. We have banks we can sit on in our playground to be calm and I also love ICT, science, maths and our art room because there are so many activities."

BEST LUNCH

Pizza and chips. There's also mouth-watering pineapple!

$2+2=4$

NOTTING HILL & EALING HIGH SCHOOL

2 Cleveland Road, W13 8AX

NHEHS has been a leading independent girls' school since its creation in 1873 when it was one of the first to champion girls' education. Today, from the minute you walk in, you can feel the happy, lively buzz, with girls engaged in the excitement of learning. Whether it's Mandarin, art, PE or music, every girl is encouraged to find something that she is passionate about.

NHEHS recently scooped The Sunday Times Parent Power Independent Prep School of the Year – a prestigious guide to the 2,000 top-performing maintained and independent schools in Britain – describing it as mixing “outstanding academic success and a relaxed, happy school where girls are encouraged to be individuals and express themselves.”



Siya, Year 5

“I look forward to going every day and I like that when you get stuck teachers explain without telling you the answer. They make maths interesting – it's my favourite subject and I love challenging myself with problem solving – even when it's hard, it's fun. There lots of clubs too, so it never gets boring and I especially love all the netball. We have lots of it as well as hockey, dance, computing and others. We also do a lot of singing and concerts which are great as we sing lots of different songs.”

BEST LUNCH

Spaghetti Bolognese with cheese.

SCHOOL REPORT



GRANGE PRIMARY

Church Gardens, W5 4HN

Grange is a vibrant four form entry school with over 880 pupils. Over 50 percent of children have English as a second language, with families coming from all over the world. This diversity is embraced in the school's culture with children regularly teaching their teachers and fellow pupils dances, songs and more about their heritage. The school prides itself on being a UNICEF Rights Respecting School and was thrilled with its most recent award, the silver Ealing Reading Quality Mark in autumn 2017, recognizing the work it does with children to instil a love of reading. As well as learning regular subjects, the school also organises many trips, creates fun competitions and has a fantastic choir.

DURSTON HOUSE

12 - 14 Castlebar Road, W5 2DR

Durston House is an independent boys' prep school that's been an integral part of Ealing's community since 1886. Known for its strong academic record and skill in preparing boys for their next schools, its sporting and lively cultural activities are also highly regarded.

Durston House's education ethos is based on timeless British values mixed with 21st- century innovation designed to develop



boys' character, curiosity to learn and discover more, and expand their capabilities. The school is proud that these core concepts develop fine young men who achieve and enjoy success within a spirit of friendship, humility and quiet determination that embody the shared values of its diverse community.

Philip, aged 8

“My school is really fun. It's easy to make friends and we go on lots of school trips. I like learning from the teachers; they aren't boring when they talk about their subjects. They get really excited and some use silly voices to read stories. My favourite

subject is history as I like learning about the past – it's great finding out how the AngloSaxons lived, but the best thing is the library... when you finish a book, you get a tablet and do an exciting quiz.”

BEST LUNCH

Boys bring in their own packed lunch

Miranda, Year 1

“I love our playground, you get to play wherever you want. School is great fun and my teacher has a crazy laugh. She lets us do what we want on story maps, so Goldilocks can eat toast, fishfingers or ice-cream – whatever she wants; not just porridge. I love writing on the white-board but my favourite lesson is PE because we get to play games, and do climbing and running. Sometimes we eat popcorn and watch a movie because we helped raise money for charity.”

BEST LUNCH

Fish and chips or pizza and jelly!

School/Directory for

NURSERIES

BUTTERCUPS EALING

Buttercups is a group of independent, boutique nurseries that are individually and personally managed.

24a Popes Lane, W5 5NB

☎ 020 8840 4838

🌐 buttercups-nursery.co.uk

✉ info@buttercups-nursery.co.uk

🐦 @BcupsNursery

EALING GREEN MONTESSORI

Ealing Green Montessori is part of Creative Minds Nurseries LTD. Providing care and education to children between the ages 2 and 5 years old.

Welsh Presbyterian Church, W5 5EN

☎ 020 8579 2357

🌐 creativemindsnurseries.com

GRANGE MONTESSORI

Grange Montessori Nursery is set in a former Synagogue. Providing a unique style of teaching to adapt every child's learning.

15 Grange Road, W5 5QN

☎ 020 8840 8228

🌐 grange.cx

✉ info@grange.cx

LA CHOUETTE

La Chouette School is a private bilingual nursery school in Ealing that provides care for children aged 2 to 6 years old.

17 The Mall, W5 2PJ

☎ 020 8567 5323

🌐 lachouettesschool.co.uk

✉ info@lachouettesschool.co.uk

JUMPERS! (YMCA)

Jumpers! in Ealing offers excellent Monday-Friday day care for children aged 6 months to 5 years.

23 St Mary's Road, W5 5RE

☎ 020 8832 1516

🌐 ymcawestlondon.org/jumpers-nursery.com

✉ nursery@ymcawestlondon.org

LITTLE ACORNS DAY NURSERY

At Little Acorns Day Nursery, with 30 years' experience in developing, educating and caring for pre-school children.

Oak House, 49A Uxbridge Road, W5 5SA

☎ 020 8567 0800

🌐 ladn.co.uk

✉ admin@ladn.co.uk

TREETOPS PART OF THE BUSY BEES FAMILY

Treetops employs a team who show a strong passion for quality childcare, offering a stimulating environment that is ideal for the challenges of early years learning.

2a The Grove, W5 5LH

☎ 0208 566 1546

🌐 treetopsnurseries.co.uk

✉ ealing.athegrove@busybees.com

JUNIOR AND SENIOR SCHOOLS IN EALING

CHRIST THE SAVIOUR C OF E PRIMARY SCHOOL

Christ the Saviour Church of England Primary School is the capital's largest C of E primary school, formed in 2011 for boys and girls aged 3 - 11 years.

Springbridge Road, W5 2AA

☎ 020 8249 6800

🌐 ctsprimary.org.uk

✉ admin@cts-school.org

CLIFTON LODGE

An independent prep school for boys and girls aged 3 - 11 years.

8 Mattock Lane, W5 5BG

☎ 020 8579 3662

🌐 cliftonlodgesschool.co.uk

✉ admissions@cliftonlodgeschools.co.uk

Open Day - Saturday 17 March 2018

DURSTON HOUSE

An independent prep school for boys aged 4 - 13 years.

12 -14 Castlebar Road, W5 2DR

☎ 020 8991 6450

🌐 durstonhouse.org

✉ info@durstonhouse.org

Open Day - Thursday 22 February 2018

Ealing

FIELDING PRIMARY SCHOOL AND NURSERY

A state school and nursery for boys and girls aged 3 - 13 years.

Wyndham Road, W13 9TE

☎ 020 8567 9524

📧 fieldingprimary.com

@ admin@fielding.ealing.sch.uk

GRANGE PRIMARY SCHOOL

A state school for boys and girls aged 3 - 13 years.

Church Gardens, W5 4HN

☎ 020 8567 1423

📧 grange.ealing.sch.uk

@ admin@grange.ealing.sch.uk

@GrangePrimary1

HARVINGTON PREP SCHOOL FOR GIRLS

Harvington School is an independent preparatory school for girls aged 3-11, with a co-educational nursery for boys aged 3-4.

20 Castlebar Road, W5 2DS

☎ 020 8997 1583

📧 harvingtonschool.com

@ admin@harvingtonschool.com

LITTLE EALING PRIMARY SCHOOL

A state school for boys and girls aged 3 - 11 years.

Weymouth Avenue, W5 4EA

☎ 020 8567 2135

@ littleealing.com

📧 information@leps.org.uk

@little_ealing

MONTPELIER PRIMARY SCHOOL

A state nursery and primary school for boys and girls aged 3 - 11 years.

26A Montpelier Road, W5 2QT

☎ 020 8997 5855

📧 montpelierschool.net

@ admin@montpelier.ealing.sch.uk

@Montpelier_Sch

MOUNT CARMEL CATHOLIC PRIMARY SCHOOL

A state nursery and primary school for boys and girls aged 3 - 11 years.

Little Ealing Lane, W5 4EA

☎ 020 8567 4646

📧 mountcarmel.ealing.sch.uk

@ info@mountcarmel.ealing.sch.uk

NORTH EALING PRIMARY SCHOOL

A state nursery and primary school for boys and girls aged 4 - 11 years.

Pitshanger Lane, W5 1RP

☎ 020 8997 2653

📧 northealingprimary.org

@ admin@northealing.ealing.sch.uk

NOTTING HILL & EALING HIGH SCHOOL

An independent junior, senior and sixth form for all girls aged 4 - 16+ years.

2 Cleveland Road, W13 8AX

☎ 020 8799 8400

📧 nhehs.gdst.net

@ enquiries@nhehs.gdst.net

@nhehs

ST BENEDICT'S JUNIOR SCHOOL

An independent nursery and pre-prep school for boys and girls aged 3 - 7 years.

5 Montpelier Avenue, W5 2XP

☎ 020 8862 2050

📧 stbenedicts.org.uk

@ juniorschool@stbenedicts.org.uk

ST BENEDICT'S SENIOR SCHOOL

An independent senior and sixth form for boys and girls aged 7 - 16+ years.

54 Eaton Rise, W5 2ES

☎ 020 8862 2000

📧 stbenedicts.org.uk

@ seniorschool@stbenedicts.org.uk

PARKS AND LEISURE

facilities in Ealing

Joanne Szczyglowski is a local mum, a freelance writer and blogger, and the founder of The Ealing Mummy, here she suggests some great things to do for children and parents in out local Ealing parks.

Ealing is well known for its wonderful green spaces and parks. So, if you are looking for places to enjoy the great outdoors or activities to do with the family, then you will be spoilt for choice!

Information

Joanne Szczyglowski writes a local blog

 theealingmummy.com

 [TheEalingMummy](https://www.facebook.com/TheEalingMummy)

 [@TheEalingMummy](https://twitter.com/TheEalingMummy)

 [@theealingmummy](https://www.instagram.com/theealingmummy)

LAMMAS PARK

LOCATION

Lammas Park can be easily accessed via Culmington Road, Elers Road, Northfield Avenue and Clovelly Road. It is actually only a short walk from Walpole Park, so you could combine a visit to both parks for a full day out.

FACILITIES

The park has 25 acres of beautiful green space and boasts many recreational facilities. Including two playgrounds, a nature reserve, outdoor fitness equipment, bowling greens and a croquet pitch.

OTHER ACTIVITIES BASED IN AND AROUND THE PARK

On the edge of the park there are floodlit football pitches and tennis courts, which are run by Will To Win. There is something for all abilities including tennis classes for children and adults. Junior football classes, netball and even Petanque (French boules). The various courts and pitches can be hired out. There is even an onsite café, too.

 willtowin.co.uk

 [WilltoWinLammasPark](https://www.facebook.com/WilltoWinLammasPark)

Within the park you will also find Tippitoes at Lammas Park Play Centre. Dawn Bridges founded the group 20 years ago and it has been going strong ever since. A firm favourite with local parents. It is the perfect place to take toddlers and pre-schoolers to enjoy fun with singing, dancing and apparatus. Dawn has developed the play centre to offer outside play and a craft room.

 tippitoes-ealing.co.uk

 [TippitoesEaling](https://www.facebook.com/TippitoesEaling)

If you are looking to get fit outdoors, then why not try a group fitness class in the park? Quit The Gym provides classes in various location throughout Ealing parks. It caters for a range of fitness levels and also offers pre and postnatal exercise programmes.

 quitthegym.co.uk

 [@quitthegym](https://twitter.com/quitthegym)

 [QuitTheGym](https://www.facebook.com/QuitTheGym)



WALPOLE PARK

LOCATION

Walpole Park is located just a short walk from Ealing Broadway. There are entrances on Mattock Lane, Culmington Road and Lammas Park Gardens.

FACILITIES

The park was once the country estate of Sir John Soane. Pitzhanger Manor House and gallery still stands in the park today and is currently undergoing major renovations, due for completion this year. Walpole Park is one of the most popular parks in the borough and hosts the Ealing Summer Festival every July, which includes the renowned jazz and blues festivals.

A new children's playground was opened in 2014 and has proven to be a very popular place for children of a wide range of ages to enjoy. The playground is split into two areas, the first more suited to pre-school children. This area has a large sandpit, a playhouse with a climbing net and slide, plus ride-on animals, roundabout, toddler swings, a Wendy house and a play boat. Everything is built in natural wood and really encourages imaginative play.

The second playground area is perfect for older children who want something a bit more challenging. There are plenty of high-climbing opportunities, rope walks, bridges and a slide. Water features have also been introduced and are perfect for fun on a warm summer's day.

The Rickyard building houses the food kiosk currently run by Spencer's Café. You are even able to view a live working beehive which is fascinating for adults and children

alike. The Rickyard has facilities that the public is able to hire for events up until the end of August this year.

OTHER ACTIVITIES BASED IN AND AROUND THE PARK

If you are looking for an activity to keep your little ones entertained, then why not get them involved in football? Footy Fun 4 Kids run Sunday morning football and multi-skills club in the park. Age range from 18 months up to 10 years.

footyfun4kidslondon.com

[@footyfun4kids](https://twitter.com/footyfun4kids)

[footyfun4kids](https://www.facebook.com/footyfun4kids)

For adults, how about joining a running club? Ealing Eagles is a friendly club that welcome members of all standards from beginners to competitive runners. They offer club runs on weekday evenings and on Sundays.

ealingeagles.com

[@ealingeagles](https://twitter.com/ealingeagles)

For more information on events and activities at Walpole Park, visit

ealingvenues.co.uk

pitzhanger.org.uk

ealingsummerfestivals.com

ealing.gov.uk



THE BUNNY PARK

BRENT LODGE PARK AND CHURCHFIELDS

LOCATION

The park can be reached at the end of Church Road, Hanwell. There is a car park at the end of Church Road, with limited free parking. The park can also be reached by bus (the E1 and E3 on Greendford Avenue serve this area).

FACILITIES

This is fondly known by locals as The Bunny park because of the history that the park has housed a variety of animals since 1975. The park also has a playground; a Millennium maze made up of 2,000 yew trees; a café; tennis courts and a multi-use games area. Bordered by the River Brent, the park also provides wonderful opportunities to spot wildlife.

OTHER ACTIVITIES BASED IN AND AROUND THE PARK

Hanwell Zoo

Hanwell Zoo was known previously as Brent Lodge Park Animal Centre. Now after extensive refurbishment, the zoo has a wide selection of animals including: birds, invertebrates, mammals and reptiles. It's the perfect place to enjoy a family day out.

HANWELL ZOO

Church Road, Hanwell, W7 3BP

[020 8840 4244](tel:02088404244)

hanwellzoo.co.uk

[@HanwellZoo](https://twitter.com/HanwellZoo)

[HanwellZoo](https://www.facebook.com/HanwellZoo)



Ealing

What's on in

FEBRUARY

Sunday 25 February
14:00 – 17:00

YOU FIRST: SELF CARE AND LIFE GOALS WORKSHOP

Transformational Life Coach Helen Williams is leading a down-to-earth sensory workshop at the wonderfully comfortable and characterful Down Under Centre in Ealing Broadway.

The workshop will include a combination of self-care and coaching activities to give you some care right there, as well as tools and inspiration to take with you. If you're looking for an excuse to focus some energy on the most important person in your life, this is the event for you.

Full price tickets: £40 + £5 discount if you book with a friend until Friday 23 February.

How to book: eventbrite.co.uk/e/you-first-self-care-and-life-goals-workshop-tickets-39128245636

Rose & Butterfly

roseandbutterfly.co.uk

[helen@roseandbutterfly.co.uk](https://www.facebook.com/helen@roseandbutterfly.co.uk)

[@nellsberry](https://www.instagram.com/nellsberry)

[roseandbutterflycoaching](https://www.facebook.com/roseandbutterflycoaching)

MARCH

Wed 7 March & Wed 11 April
10:00 – 12:00

EALING CONNECT – BUSINESS TALK

Ealing Connect business networking was started up by local resident Anita Wong to give small and medium-sized businesses the visibility offline which beautifully complements the visibility provided for them online through the social-media and web-design agency BommieMedia.com.

The next networking meeting will on "Lead Magnets and how SMEs can use them for success" and "How to use video to market your business".

Tickets: £15

Charlottes W5

Dickens Yard, W5 2UQ

entrepreneursconnect.co.uk

[@ecbnetworking](https://www.facebook.com/ecbnetworking)

Saturday 24 March

12:00 – 17:00

SUGAR AND SPICE FLEA MARKET

A unique, travelling West London market showcasing the best local collectors, crafters, artisan food, upcycled, handmade and vintage goods. The market was founded in 2016 by Emma Newman, owner of Cup and Saucer UK (www.etsy.com/uk/shop/CupandSauceruk). The March market will be supporting Oxfam Bookshop in Ealing Broadway. Held in the stunning (and award-winning!) Grange Pub.

Free entry.

sugarandspicefleamarket.blogspot.co.uk

PUB QUIZZES

Mondays 20:30

The Grosvenor, W7 2DT

[@grosvenorW7](https://www.facebook.com/grosvenorW7)

Tuesdays 20:00

Star and Anchor, W13 8RA

[@starandanchor](https://www.facebook.com/starandanchor)

Tuesdays 20:00

1 March, 5 April, 3 May

First Thursday of every month is themed quiz

The Drapers Arms, W5 5DA

[@drapersarmsealing](https://www.facebook.com/drapersarmsealing)

Sundays 19:30

The Grove, W5 5QX

[@TheGroveEaling](https://www.facebook.com/TheGroveEaling)

First Sunday of the month 20:30

4 March, 1 April, 6 May

Crispins Wine Bar, W5 5DA

[@crispinwinebar](https://www.facebook.com/crispinwinebar)



HOMESTART EALING

Do you have parenting experience and understanding of the issues local families face with two to three hours a week to spare? Can you provide friendship, practical and emotional support to a local family (under the age of five years)?

Do you have a desire to help families feel empowered? You can make a significant difference to a family in your local community. Volunteer Preparation Course starts in February 2018.

[020 8842 1617](tel:02088421617)

[@admin@homestartealing.org](mailto:admin@homestartealing.org)



Daylight Savings Time
SUNDAY 25 MARCH
CLOCKS GO FORWARD
1 HOUR

TRIBECA STUDIOS

New classes for 2018

Tribeca Studios

17 The Mall, W5 2PJ

020 8810 0123

tribecastudios.co.uk

@TribecaStudios

tribecastudios



Every week

06:45 & 12:30 Wednesday, 19:05 Thursday,
18:00 Friday, 10:30 Saturday, 11:20 Sunday

WARRIOR SCULPT

Not your regular yoga class – but then Tribeca is not your regular gym! Power up your practice, pick up a pair of dumbbells and join us on the mat to maximise your flow. You'll be dripping with sweat and sculpting your body while feeling surprisingly Zen.

Every week

19:05 Monday, 18:00 Wednesday, 12:30 Friday,
9:40 Saturday

BARRE BEATS

Tribeca's signature ballet barre and pilates-inspired class set to a pumping playlist. Build a lean, toned, dancer's physique as you lengthen, strengthen and define your entire body. This class is no walk in the park – you'll want it to stop, but we won't be able to stop you coming back for more!

Every week

18:50 Wednesday, 11:25 Saturday

HIIT THE BARRE

Perfect if you only have 30 minutes to cram in a workout and want an exclusive workout not available anywhere else. Tribeca's express ballet barre-based workout using high-intensity interval training to get your heart racing and tone your body within an inch of your life. HIIT the Barre and grab a drink on us too!



Every week

11:05 Monday, 7:35 Tuesday, 12:30 & 20:30
Thursday, 13:55 Friday, 8:50 Saturday

CRUNCH

Blast your way through 30 minutes of intense exercise all focused on building you a better, stronger core! Your posture will improve and yes, you might just walk away with the enviable six-pack!

Every week

7:35, 13:05, 19:55 Thursday, 13:20 Friday, 8:15
Saturday

GLUTE MAX

Build your glutes to the MAX in our signature ass-building class! Build, shape and sculpt your glutes using resistance bands and weights while the beat drops.



Every Tuesday

18:45 – 20:30

GOODGYM

GoodGym helps you get fit by doing good! GoodGym are a group of runners that combine regular exercise with helping our local community.

GoodGym meet every Tuesday in Ealing at Bodyline Studio Fitness Gym for a run and physical task to help community organisations and charities in the borough. From hanging curtains for Mr H because he can't manage it on his own, to shovelling a tonne of compost for the Food Growers Group so they can grow vegetables – every GoodGym run is different.

GoodGym meet at 18:45, start running at 19:00 and are finished up by 20:30. There's always a back marker, so nobody ever gets left behind, and there's always somewhere to change and store your bags safely.

goodgym.org/areas/ealing

@oliviap@goodgym.org

@goodgym

goodgym

goodgym





Good Friday
FRIDAY 30 MARCH
Easter Sunday
SUNDAY 1 APRIL

THE QUESTORS THEATRE

The Questors Theatre

12 Mattock Lane, W5 5BQ

☎ 020 8567 0011

🌐 questors.org.uk

🐦 @questorstheatre

📘 /questorstheatre

📷 questors_theatre

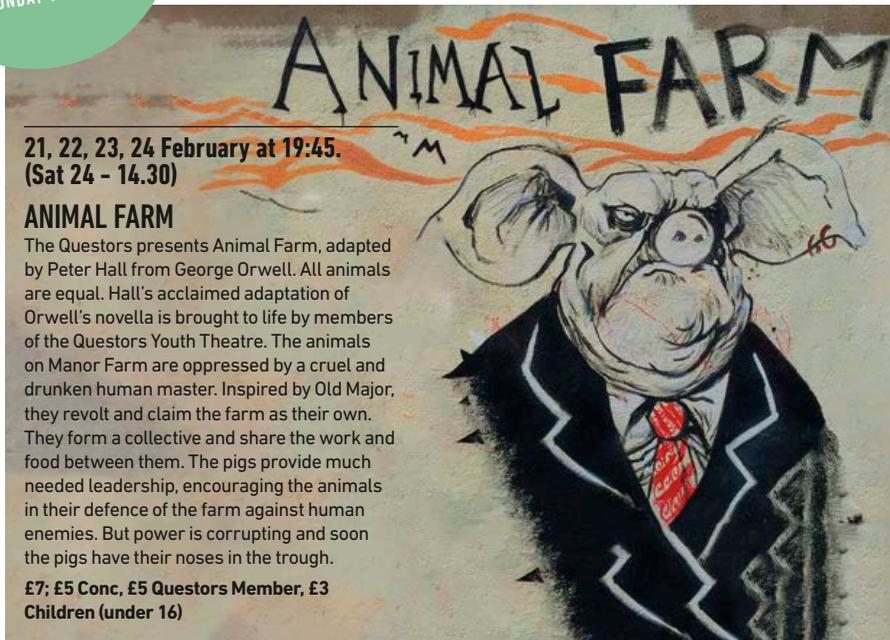
📺 [youtube.com/user/QuestorsTheatre](https://www.youtube.com/user/QuestorsTheatre)

21, 22, 23, 24 February at 19:45.
(Sat 24 - 14.30)

ANIMAL FARM

The Questors presents Animal Farm, adapted by Peter Hall from George Orwell. All animals are equal. Hall's acclaimed adaptation of Orwell's novella is brought to life by members of the Questors Youth Theatre. The animals on Manor Farm are oppressed by a cruel and drunken human master. Inspired by Old Major, they revolt and claim the farm as their own. They form a collective and share the work and food between them. The pigs provide much needed leadership, encouraging the animals in their defence of the farm against human enemies. But power is corrupting and soon the pigs have their noses in the trough.

£7; £5 Conc, £5 Questors Member, £3 Children (under 16)



9, 10, 13, 14, 15, 16, 17 March at 19:45

A MIDSUMMER NIGHT'S DREAM

The Questors present A Midsummer Night's Dream by William Shakespeare. The course of true love never did run smooth. Young lovers, feuding fairies and amateur actors collide in the woods outside Athens on a midsummer night. In this, most beloved of Shakespeare's comedies about love and the confusion it brings, there are happy endings for all who deserve them.

£14 (£12 conc, £7 under-16/student). Final Friday and Saturday: £18 (£15 concession, £9.50 under-16/student). First night only: £7



March 22 - 24

19.45 each night

THE QUESTIVAL

The Questors own fringe festival! Three nights of drama, comedy, new writing, physical theatre and everything in between. Each night will be different.

£7.50 (£5.00 concession). 3 for 2 Offer - Buy a ticket for all three nights and only pay for two.

20, 21, 24, 25, 26, 27, 28 April at 19.45
(Sun 22 April - 14.30)

MOJO

The Questors present Mojo by Jez Butterworth. Soho, 1958. Things get nasty in this darkly comic tale of two rival nightclub gangs who both want a piece of the same pie – an up-and-coming rock 'n' roll prodigy named Silver Johnny.

Tickets: £14 (£12 concession, £7 under-16/student). Final Friday and Saturday: £18 (£15 concession, £9.50 under-16/student). First night only: £7

27, 28, 29, 30 April
(Continuing into May)
19.45 (Sun 29 at 14.30)

TESS OF THE D'URBERVILLES

Hardy's infamous tale is brought to the stage in a new and ambitious production. Forced by her parents and by poverty to claim kinship with the wealthy d'Urbervilles, Tess Durbeyfield meets her ruin in the form of her predatory 'cousin' Alec. For Tess, in an unjust world where victims are blamed, only sorrow can follow. Yet still she strives against her fate for hope, for redemption and even for love.

£14 (£12 conc, £7 under-16/student). Final Friday and Saturday: £18 (£15 concession, £9.50 under-16/student). First night only: £7

18, 19, 22, 23, 24, 25 & 26th May at
19.45. 20 May at 14.30.

PEER GYNT

Peer journeys through realms fantastic and real, encountering lovers, trolls, Bedouin Princesses and lunatics, while holding to the maxim 'To hell with all others - to thyself be enough.

But perhaps that's not now long enough? Could you give me some guidance. Also - it does make sense to me that you've left it out as it is not on until May. So, we should be looking to include that in a later edition? (It may be that I got some wires crossed at my end.)

£14 (£12 concession, £7 under-16/student). Final Friday and Saturday: £18 (£15 concession, £9.50 under-16/student). First night only: £7

ARTISTS



Join Ealing's biggest art exhibition

Don't miss your chance to be part of the exciting
Ealing Art Trail Open Studios event taking place on
7-9 & 14-16 September 2018

No matter what your medium – painting, photography, wood work, sculpture, glass, ceramics, metal, textiles, print, mosaics, collage – anyone living or working in the London Borough of Ealing is eligible to take part.

Applications will be open from **1 February to 31 March 2018**
Further information about the event and the application forms for groups and individuals can be found on

www.ealingbeat.org.uk

MAKEIT EALING



BEAT
BOROUGH OF EALING ART TRAIL

FOR ARTS SAKE

For Arts Sake celebrates its 40th anniversary this year! The gallery was founded by Brian and Melanie Davis. Established in 1978, For Arts Sake has forged a reputation as one of the country's leading specialist printmaking galleries.

Housing among the largest collections anywhere of limited-edition, original prints for sale, the gallery represents more than 100 of the very best contemporary British printmakers with 1,000-plus artworks on display for visitors to browse.

In 1984, For Arts Sake opened a second gallery space in Ealing, West London, continuing to offer reproduction art and a specialist framing service. Original limited-edition prints were soon added to the work offered for sale and, in 2005, it was decided to specialise only in this highly collectable art form.

The Ealing site was extended in 2014 to house the custom framing shop – offering more than 900 frames to choose from – and an extensive gallery space across two floors, showcasing not only prints but art cards, books and ceramics.

For Arts Sake

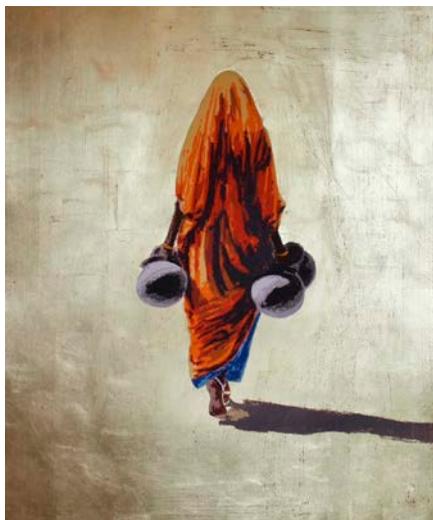
45 Bond Street, W5 5AS

☎ 020 8579 6365

✉ forartssake.com

🐦 @forartssakeuk

📌 forartssakeuk



22 March – 8 April

Mon-Fri 10:00 - 17.30, Sat 10:00 - 18:00, Sun 12:00 - 17:00

NATASHA KUMAR, 'INDIA - PEOPLE AND PLACE'

Anglo-Indian printmaker Natasha Kumar is well-known for her vivid, colourful images of contemporary India. From village scenes to palace

views, her work captures the art of the everyday and a deep sense of love for her paternal homeland.

In this exhibition of screenprints and etchings, we see the country through glorious, boldly coloured snapshots – the sunlight through a diaphanous sari or the steady homeward progress of a woman and her cow.

Natasha, who divides her time between London and a rural farmhouse, with regular trips back to India for inspiration, comes from a long line of established artists on her mother's English side and traces her Indian heritage back to Kashmir and Afghanistan via stories of partition and lost family gold.

She first made her name as an artist at the age of 17, earning a place at the Royal Academy Summer Exhibition. She studied printmaking at the Venice Accademia di Belle Arti and completed an MA in printmaking at Camberwell College of Art, winning the London Printmaking Prize in 2000, her year of graduation.

Her works have been exhibited widely across London and in India and she has a dedicated and growing following of private collectors.

27 April – 20 May

Mon-Fri 10:00 - 17.30, Sat 10:00 - 18:00, Sun 12:00 - 17:00. Private View Thursday 26 April

JOE WEBB, 'LOST & FOUND: A RETROSPECTIVE OF COLLAGE AND SILKSCREENS'

This exciting first major retrospective of acclaimed British artist Joe Webb's silkscreens and collages tracks back to the beginning of his printmaking



career in 2012, when he burst on to the art scene winning a Saatchi Gallery competition.

Since then, the former graphic designer has earned huge international acclaim, seen his works snapped up by private collectors and been cited as an inspiration by artists including Coldplay and Janelle Monae. He was named one of the Evening Standard's 'Exciting Young British Artists To Look Out For' in 2017.

Joe uses vintage magazines and printed ephemera to create simple yet striking hand-made collages whose nostalgic beauty and simplicity belies an often biting social and political commentary. "I find the more simple the collage, the more messages and questions open up within it," he says.

The exhibition title, 'Lost & Found', refers to Joe's creative process finding long-lost images and magazines and reinventing them as artworks: "It also refers to how I was lost for years in the commercial world of work, trying to find out what I wanted to do, and have found my way as an artist."

To attend the private view please email info@forartssake.com

private
TASTINGS

'House' or 'Premier Cru'

A bespoke 5 wine tasting available for any size table or group.
Get in touch to find out more or book.

let us be your host.

hello@abbotshillwine.co.uk @AbbotshillWine 0203 417 0750

We Cheese

Sunday 22 April
11:00 - 16:00

EALING'S CHEESE FESTIVAL RETURNS TO W5!

We Love Cheese has fast become a popular fixture with Ealing's foodie crowd, with hundreds flocking to W5 on its two dates last year. So we're delighted to see that they'll be setting up in Dickens Yard, central Ealing, once more on Sunday 22nd April.

If you've not been before, then expect exactly what the name suggests. And if you love cheese as much as we do, you need to go. There are cheesy street food traders, special menus and cheese sellers from around the world. You'll find a large selection of stalls where you can taste, buy and chat to the experts, plus a whole range of cheese related products from bread and charcuterie to olives and cheesecake. The

event is free to attend and includes a line-up of talks by producers and importers in the Ealing Bites tent, hosted by The Guardian's food critic Grace Dent. Try out pairing suggestions at pop-up bars from wine and beer specialists and enjoy some live music or keep the kids occupied in the Little Artisans craft and games area. And if that's not enough to keep you busy, you can easily spend an hour working through the We Love Cheese tasting card to vote for the winner of the W5 Cheese Cup.

The line up is yet to be announced, but last year included Raclette Brothers, Grill My Cheese, Bath Soft Cheese, Capo Caccia and Une Normande a Londres. And there was plenty of local representation from the likes of Charlotte's W5, Abbotshill Wine Bar, Kaffee Culture and Honest Burgers – making it a very cheesy and a very local day out.

We Love Cheese is free to attend, but you'll need a ticket to take part in the Cheese Cup (tickets can be



bought in advance from www.welovecheesefest.co.uk, which includes a complimentary drink, tasting card and tasters of all the cheeses entered into the competition. Some talks are free to attend, while tastings and pairings have a small charge and are available to purchase on the day.

Dickens Yard, Ealing, W5 2XA
(see website for details)
www.welovecheesefest.co.uk

EALING ARTISAN MARKET

Bringing You Street Food,
Produce, Crafts & Design
From Ealing & Beyond

Sundays 11am-3pm
Dickens Yard, Ealing W5 2XA

Nearest Tube Ealing Broadway

PRESENTED BY *eat me drink me*®

West London's Latte Art SMACKDOWN

BATTLE OF THE BARISTAS

THURSDAY 22 MARCH 2018

1ST £350 & THE COVETED LATTE ART MILK JUG '18

2ND £100 | 3RD £50

INDEPENDENT JUDGES

WOULD YOU LIKE TO COMPETE? FREE TO ENTER

Places are limited. Maximum 16 baristas.

1. Register your place

2. Competition rules & terms apply

E: natasha@makeitealing.co.uk T: 020 8231 2369

FANCY WATCHING THE ACTION?

Coffee cocktails & cake

Limited audience spaces available.

To reserve

E: natasha@makeitealing.co.uk T: 020 8231 2369

ARTISAN COFFEE - 32 THE BROADWAY | EALING | W5 2XA
DOORS OPEN 18:00 | COMPETITION STARTS 18:30

 MAKEITEALING



Smoothies

Whether you want to detox, get fit or simply find the perfect morning pick-me-up, smoothies make a great addition to your diet. Packed with vitamins and nutrients, they're a great way to get your five a day and, more importantly, they taste amazing.



Holly Berry £4.50

As inspiring as Halle, as vegan as Gwyneth... this fruity little number definitely has star quality - it's packed with blueberries, strawberries, raspberries, banana and blended with silky-smooth almond milk. Yum.

Farm W5 19 The Green, W5 5DA
 ☎ 020 8566 1965 🐦 @FarmW5
 🌐 farmw5.co.uk



The Workout £6.95

A bottle of this power-smoothie will give your body just the boost it needs before exercising. A blend of natural protein and indulgence - coconut nectar, almond butter, cinnamon and cacao - this little bottle of big flavours is a real winner!

Cpress Juices Dickens Yard, W5 2UQ
 🐦 @cpressjuice 🌐 cpressjuice.com



The Detox £4.50

Being healthy never tasted so good! Crammed with a deliciously zingy blend of lemon, kale, spinach, ginger, apple, kiwi and banana, this gem will leave you feeling satisfied, energised & refreshed!

Beehive 26 The Green, W5 5DA
 ☎ 020 7998 0962 🐦 @BeeHiveEaling
 🌐 beehiveonthegreen.co.uk



The Manhattan £4.25

Hold the whisky! This protein bursting cocktail of exotic mango, strawberries, blueberries and refreshing coconut water is a shot of wonderful to liven up any time of day.

Tribeca Studios 17 The Mall, W5 2PJ
 ☎ 020 8810 0123 🐦 @TribecaStudios
 🌐 tribecastudios.co.uk



Raw Fruitfix £4.29

Kick start your morning, perk up your lunch or enliven your evening with this fresh fruit delight blending ginger, apple, pineapple, strawberries, banana and apple juice to create a classic favourite.

itsu Ealing Broadway Centre, W5 5JY
 ☎ 0203 667 8308 🐦 @ItsuOfficial
 🌐 itsu.com



Green Day £4.50

Colleagues and friends will colour-match your smoothie when they clock eyes on this fabulously vibrant mix of spinach, apple, lemon, kale and coconut water - and it's super tasty, too!

Bob's Café 31 Haven Green, W5 2NX
 ☎ 020 8991 1350 🐦 @BobsCafe
 🌐 bobscafe.net

Roy Summers

BODYLINE FITNESS

Bodyline Fitness (Units 5, 6 and 8, Spring Bridge Mews) is the only personal training gym in W5 and one of the main sponsors of the Ealing half-marathon. Established in 2003, it opened a second studio adjacent to its existing gym in August 2017. We caught up with Roy Summers for his fitness and workout tips.

Free weights or machines in the gym?

It is down to what you are comfortable with; **free weights** will usually be more effective but you must use them with correct technique and judge the right weight for you otherwise you are, potentially, opening yourself up to injury.

Train inside or train outside?

Probably **outside**, in the fresh air is better than being inside, but as long as you are getting some exercise it's not crucial; again, just try and do what you enjoy.

Morning or evening workout?

It makes little or no difference, in my opinion, just exercise at the time of day that suits you best. Having said that, if you are training for a specific event that takes place at a certain time of day it might be a good idea to tailor your training for the event.

Benefits of personal training?

Loads! Personal training means your sessions are worked out for you according to your goals and each session is progressive and fun (hopefully). A personal trainer knows the most effective exercises and the most effective techniques to get you to your goals.

Winter workout tips?

Winter can be a tough time for a lot of people with the shorter, darker days so my two main pieces of advice would be to choose a new form of exercise to keep you keen and interested and have a specific goal in mind to achieve by 1 March (the start of spring, in my opinion).

Top breakfast tips?

Porridge with agave syrup and a chopped banana. Fruit smoothies are good as well; just throw in some berries and a chopped

apple into a Nutri-Bullet with some rice milk and hey presto!

Run, swim or cycle?

I'm happy with all or any of them, just do whatever you enjoy! It really is that simple.

Top dinner tips?

Lots of vegetables, a little protein and a little carbs. Homemade soups or food prepared in a slow-cooker can be really nice especially at this time of year.

Ideal workout length?

If you are working intensely then 30-45mins will be enough.

Why Bodyline Fitness?

Because of our team! We have four ex-professional sports people including a former world No1 squash player, an international hurdler and a professional boxer. All of our personal trainers have a wealth of experience and knowledge so they know exactly how to train you!

Information

BODY LINE FITNESS

5, 6 & 8 Spring Bridge Mews, W5 2AB

☎ 07921 777477

📧 bodylinestudios.co.uk

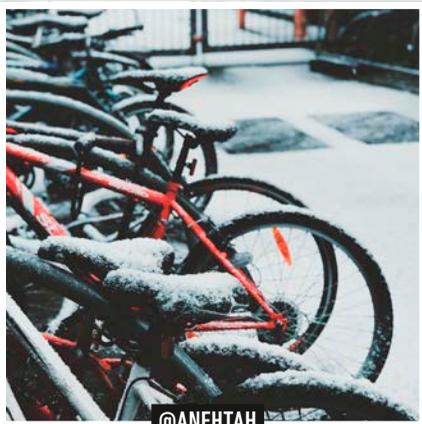
🐦 @BodylineStudios

📷 [bodylinefitness](https://www.instagram.com/bodylinefitness)

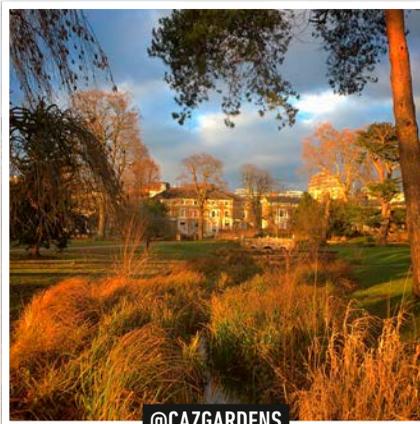
📌 [bodylinestudios](https://www.facebook.com/bodylinestudios)

#SNAPPEDINEALING

Share your pictures of Ealing on Twitter or Instagram @theline_ealing with #snappedinealing. Every edition we will feature our favourite snaps!



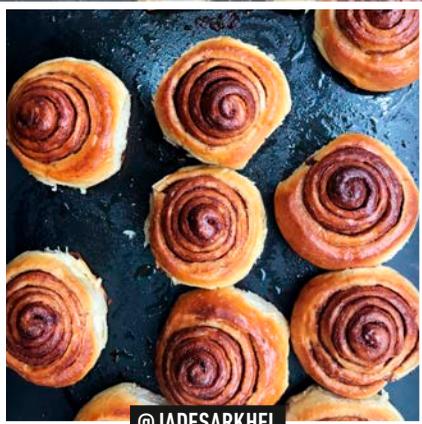
@ANEHTAH



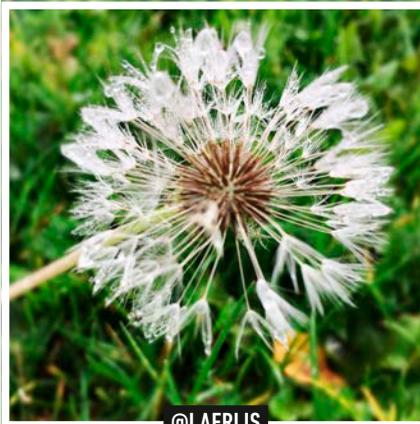
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@LAERLIS



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@THEEALINGMUMMY



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