

HILLINGDON CULTURE AND HERITAGE

SPRING 2023



EXHIBITIONS

THEATRE AND MUSIC

FESTIVALS

LIBRARY EVENTS

FAMILY ACTIVITIES

AND LOTS MORE...



HILLINGDON
LONDON

www.hillingdon.gov.uk

THURSDAY 1 DECEMBER – FRIDAY 30 DECEMBER 2022

DK PRODUCTIONS & HILLINGDON COUNCIL PRESENT



at the
Compass Theatre

You shall go to the Ball this December with the magical pantomime Cinderella, written by and starring Compass Panto resident, Niall Hemingway, as the Fairy God Mother.

Expect lots of laughter, plenty of magic, bundles of audience interaction and to see some other familiar faces too.

Will Cinders escape the clutches of her ugly step sisters and live happily ever after?

The clock is ticking, so be sure to book your tickets now!

TICKET PRICES AND SHOW TIMES

PREVIEW SHOWS £12

PEAK SHOWS

Adult £19

Under 16s £15

OFF PEAK SHOWS

Adults £19

Under 16s £15

Family of 4* £60

Group 10+ £15

* 2 adults and 2 under 16s or
1 adult and 3 under 16s

SCHOOL TIME SHOWS

Schools £9

Adults £19

Under 16s £15

Groups of 10+ £9

Thurs 1 Dec		7:30pm	Fri 16 Dec	4:00pm	7:30pm	
Fri 2 Dec	4:00pm	7:30pm	Sat 17 Dec	11:00am	2:30pm	6:00pm
Sat 3 Dec	1:30pm	5:00pm	Sun 18 Dec		1:30pm	5:00pm
Sun 4 Dec	1:30pm	5:00pm	Tues 20 Dec		1:30pm	5:00pm
Tues 6 Dec	10:00am	1:00pm	Wed 21 Dec		1:30pm	5:00pm
Wed 7 Dec	10:00am	1:00pm	Thurs 22 Dec		1:30pm	5:00pm
Thurs 8 Dec	10:00am	1:00pm	Fri 23 Dec	11:00am	2:30pm	6:00pm
Fri 9 Dec	4:00pm	7:30pm	Sat 24 Dec		1:30pm	5:00pm
Sat 10 Dec	11:00am	2:30pm	Mon 26 Dec		2:30pm	6:00pm
Sun 11 Dec		1:30pm	Tues 27 Dec		1:30pm	5:00pm
Tues 13 Dec	10:00am	1:00pm	Wed 28 Dec		1:30pm	5:00pm
Wed 14 Dec	10:00am	1:00pm	Thurs 29 Dec		1:30pm	5:00pm
Thurs 15 Dec	10:00am	1:00pm	Fri 30 Dec		1:30pm	5:00pm

BOX OFFICE 01895 250615

WWW.HILLINGDONTHEATRES.UK

NO BOOKING FEES



CHILDREN AND FAMILY

WINSTON CHURCHILL THEATRE

RUMPELSTILTSKIN THE PANTO

Thursday 19 to Friday 20 January, 7.30pm,
Saturday 21 January, 2.30pm and 6.30pm

Written by Phil Gossan, based on a panto by Judy Shone, and featuring the Lynne Chilver School of Dance, Argosy Players present their 2023 pantomime.

Cost: £12.50 / Concessions (under-18s and over-65s)
£10 / Group booking charity discount available

Book: 📄 www.ticketsource.co.uk/argosyplayers @ phil.gossan@yahoo.co.uk

Find out more: 📄 www.argosyplayers.org.uk



ONLINE

TEEN CREATIVE WRITING GROUP

Thursdays 26 January, 23 February, 30 March,
4.15pm to 5pm

Join budding teen authors from around Hillingdon, on Microsoft Teams in this lively and interactive online writing group session, hosted by member of the Oak Farm Library team. Writing can often feel like a lonely activity, so this is a wonderful opportunity for teens to socialise, share their ideas and build their story writing skills. Open to those aged 12 to 16 years.

Cost: Free, but booking is essential

Book: @ oakfarm-library@hillingsdon.gov.uk



HILLINGDON LIBRARIES

STORYTELLER WENDY SHEARER

Saturday 4 February, 2pm to 2.30pm
at Botwell Green Library

Saturday 4 February, 3.30pm to 4pm
at Uxbridge Library

With a sprinkle of sunshine and a dash of sea-breeze, Wendy Shearer will carry you across the Caribbean sea with trickster tales. There will be music and colourful props, where everyone is invited to jump into the stories. Suitable for ages 5+.

Cost: Free, but booking is essential

Book: 📄 www.hillingdon.gov.uk/library-events ☎️ 01895 250714



BATTLE OF BRITAIN BUNKER

HALF-TERM ACTIVITIES

February half-term holiday, 10am to 4pm

Come along to the Battle of Britain Bunker for craft activities throughout the February half-term holiday.

Cost: Included in admission fee to the bunker/visitor centre. Free for under-16s

Book:  battleofbritainbunker.co.uk



BOTWELL GREEN LIBRARY

MEDIEVAL CODES

Monday 13 February, 1pm to 3pm

A family event where you can design a shield, discover the hidden meanings in heraldry, learn about Saxon runes and write your name in runic.

Cost: Free, but booking is essential

Book:  archives@hillingdon.gov.uk




PAVILIONS SHOPPING CENTRE

WINTER PLAYDAY EVENT

Tuesday 14 February, 10am to 4pm

Come along for a family fun day with activities including dance, story time, a baby corner, games, colouring and much more.

Cost: Free, no need to book.

Find out more:  sdurner@hillingdon.gov.uk



COMPASS THEATRE

REVOLTING CHILDREN

Thursday 16 and Friday 17 February, 10am to 4pm

A two-day musical theatre workshop in the February half-term holiday for ages seven to 11.

Listen up maggots! It's your chance to sing and dance to your favourite songs from *Matilda the Musical*. Come along for a jam-packed theatrical experience and get ready to express your revolting side!

Cost: £60 each for the two days

Book:  www.hillingdontheatres.uk  01895 250615



HILLINGDON LIBRARIES

STORY DETECTIVES

Thursday 16 February, 11am at Ruislip Manor Library

Thursday 16 February, 3pm at Botwell Green Library

Saturday 18 February, 11am, 1.30pm and 3.15pm at Uxbridge Library

A 45-minute performance followed by a 30-minute workshop. Created by choreographer Katie Green, the story detectives take families on an adventure around the library, using dance to find clues and solve a mystery. Suitable for ages 7+.

Cost: Free, but advance booking essential

Book:  www.hillingdon.gov.uk/library-events  01895 556262



UXBRIDGE LIBRARY, LEVEL 6

VICTORIAN TOYS

Friday 17 February, 2pm to 4pm

A family event where you can explore and play with Victorian toys, including some from the museum's collection.

Cost: Free, but booking is essential

Book:  archives@hillingdon.gov.uk



WINSTON CHURCHILL THEATRE

DISNEY'S THE LITTLE MERMAID

Wednesday 8 to Saturday 11 March, 7.30pm and
Saturday 11 March, 2.30pm

Hillingdon Musical Society proudly presents this musical based on the Hans Christian Andersen book. This fishy fable will capture hearts with songs including *Under the Sea*, and *Part of Your World*. Mermaid Ariel pursues a human prince in the world above, by bargaining with the sea witch – but the bargain isn't what it seems, and she'll need help to restore order under the sea.

Cost: £16 / Concessions (under-16s, over-60s and students) £14 / Carers accompanying wheelchair users go free / £0.45 plus six per cent booking fee

Book: 📞 www.hillingdonmusicalsociety.co.uk 📞 01753 886609



WINSTON CHURCHILL THEATRE

HIGH SCHOOL MUSICAL

Wednesday 22 to Friday 24 March, 7.30pm

Starlight Ruislip are proud to present the Disney classic, *High School Musical On Stage*, featuring a super-talented young cast, great songs from the film, and the classic story of Troy, Gabriella, and the other pupils at East High. Stardust hope you can join them for this family friendly production.

Cost: £13 / Concessions (under-16s, over-60s and students) £10

Book: 📞 www.starlightytc.com/booking



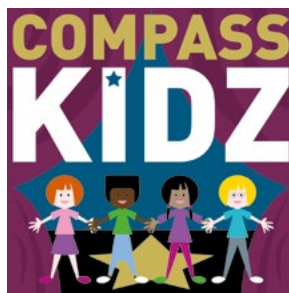
COMPASS THEATRE

COMPASS KIDZ

Saturday mornings in term-time

A fun and safe creative environment in which children aged four to 16 can increase confidence, improve communication skills, develop performing arts disciplines in drama, music, and dance with end of term performance opportunities. Classes led by experienced, DBS checked tutors.

Find out more: 📞 www.dk-pro.co.uk/join-in/#compasskidz




COMPASS THEATRE

STARS AT KNIGHT SCHOOL OF DRAMA

Saturday mornings in term-time

Stars at Knight is the home of speech and drama in Hillingdon. A perfect way for young people, aged five to 18 to build confidence and make new friends, in one-hour lessons full of challenging games and improvisations – plus optional preparation for Trinity Drama exams with DBS checked and fully trained tutors.

Find out more:  starsatknight-schoolofdrama.co.uk



COMPASS THEATRE

STAGE TALENT ACADEMY

Various after-school and weekend classes available

Developing children's talent, confidence, educational and social skills with various individual and group weekly classes in piano, ukulele, singing and more.

Find out more:  www.stagetalent.co.uk
 020 3012 0134




COMPASS STUDIO

THE PEGASUS DANCE ACADEMY

After school in term time

Following the Imperial Society of Teachers of Dancing Board (ISTD) in Imperial Classical Ballet, Tap Dance and Modern Theatre, and the Acrobatic Arts Syllabus. The joint principals are fully qualified in all dance genres and acrobatic arts, with a variety of dance training programmes to suit each individual with classes for ages two-and-a-half to 18 years.

Cost: Trial sessions available at £5 per genre

Find out more:  thepegasusdanceacademy1@hotmail.com



THEATRE



COMPASS THEATRE

A BUNCH OF AMATEURS

Wednesday 18 to Saturday 21 January, 7.45pm

Fading Hollywood hero Jefferson Steel thinks he's coming to England to play King Lear with the Royal Shakespeare Company, only to discover he's signed up to appear with an amateur drama group in Stratford, a Suffolk backwater. **Proscenium** presents this hilarious comedy by Ian Hislop and Nick Newman.

Cost: £16 / Groups 10+ £10 / Concessions (over-60s and students) £14

Book:  www.hillingdontheatres.uk  01895 250615




WINSTON CHURCHILL THEATRE

THE DROWSY CHAPERONE

Wednesday 22 to Saturday 25 February, 7.45pm
and Saturday 25 February, 2.30pm

WOS Productions is delighted to present this playful and heartfelt parody of a 1920s musical comedy. The Man in the Chair is eager to tell you about his favourite Broadway musical. He selects the record and as it plays, the show magically blooms to life around him. Winner of five Tony Awards including Best Original Score.

Cost: From £14, plus seven per cent online booking fee

Book:  www.wos-productions.org.uk  07391 988077



COMPASS THEATRE

A MONTH OF SUNDAYS

Wednesday 8 to Saturday 11 March, 7.45pm

Spending their twilight years in a Surrey rest home, best friends Cooper and Aylott respond to the absurdities and indignities of age with wit and humour. **Proscenium** presents this award-winning comedy by Bob Larby, the writer of *The Good Life* and *As Time Goes By*.

Cost: £15 / Concessions (over-60s and students) £13 / Groups 10+ £10

Book:  www.hillingdontheatres.uk  01895 250615



WINSTON CHURCHILL THEATRE

A NIGHT AT THE OPERA

Saturday 18 March, 7.30pm

Hillingdon Philharmonic Orchestra invites you to a special concert of opera favourites to include music by Bizet, Mozart, Puccini, Verdi, and Wagner. Professional vocal soloists will join the orchestra to perform these much-loved moments from the world of opera.



Cost: £15 / Concessions (over-60s, students, disabled and unwaged) £12 / Under-16s free

Book: 📞 www.hillingdontheatres.uk 📞 01895 250615 📞 01895 674223

WINSTON CHURCHILL THEATRE

CRAZY FOR YOU

Wednesday 29 March to Saturday 1 April, 7.30pm
and Saturday 1 April, 2.30pm

Ruislip Operatic Society's high-energy, high-kicking and gloriously glamorous production is the ultimate feel-good, multi-award-winning Gershwin musical, and includes mistaken identities, plot twists, heartbreak, happiness and a wealth of memorable tunes, including *I Got Rhythm*, *They Can't Take That Away From Me*, *Nice Work If You Can Get It* and *Embraceable You*.



Cost: From £15

Book: 📞 07713 257603

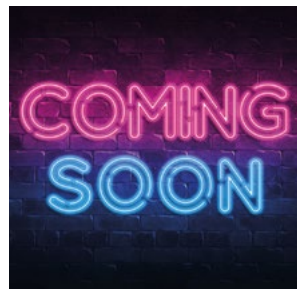
COMING SOON

SISTER ACT

Wednesday 5 to Saturday 8 April
at the Winston Churchill Theatre
KLOS Musical Theatre

COMPANY

Wednesday 10 to Saturday 13 May
at the Compass Theatre
Pastiche Musical Theatre Company





COMPASS THEATRE

ROOM HIRE

Need somewhere to practise or rehearse? As well as the theatre itself, spaces are available to rent by the hour at the Compass Theatre and adjacent Ickenham Hall (subject to availability).

Rent starts at just £13.10 per hour.

COMPASS STUDIO

Equipped with a sprung dance floor, piano, mirrored wall and barre, the studio has a capacity of 40 and is a practical space for drama and physical activity, with direct access to the venue's grounds. It measures 56.8m² – 7.9m by 7.2m and 7m tall.

Capacity: 40

AT ICKENHAM HALL:

THE OAK ROOM

On the ground floor of Ickenham Hall.

Capacity: 15

THE TATE ROOM AND THE DRAWING ROOM


Both on the upper ground floor of Ickenham Hall (stair access from ground level).

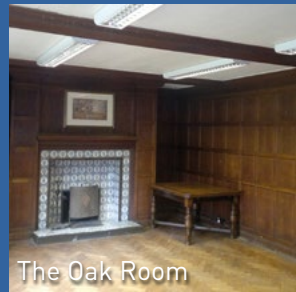
Capacity: Tate Room: 15 / Drawing Room 15

THE LONG ROOM

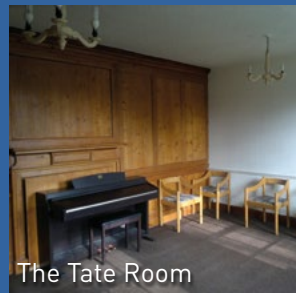
On the top floor of Ickenham Hall (stair access from ground level).

Capacity: 25

Find out more:  www.hillingdontheatres.uk/hire
 artsvenues@hillingdon.gov.uk



The Oak Room



The Tate Room



The Long Room

COMPASS THEATRE

COMPASS COSTUME HIRE

Wednesday evenings and Saturday mornings

The Compass Theatre's volunteer-run wardrobe is found up the spiral stairs from the foyer and features five rooms filled with theatrical costumes and accessories. Items can be hired at reasonable rates at pre-booked appointments on Wednesdays between 6pm and 8pm or Saturdays between 10am and 1pm.

Find out more: www.hillingdontheatres.uk/hire

Book an appointment: [@ boxoffice@hgfl.org.uk](mailto:boxoffice@hgfl.org.uk) [01895 250615](tel:01895250615)



COMPASS THEATRE

COMPASS PUPPET CLUB

Saturdays in term-time, 2pm to 4pm

Members of the Compass Puppet Club have been busy making a full cast of puppets with plans to stage a new, puppet version of *Hans, The Witch and the Goblin*, by Alan Cullen.

The club is now welcoming more volunteers to learn how to puppeteer, to voice the characters, and help with the stage production. A great community arts opportunity for adults, young people aged 14+, or younger with an accompanying adult.

Cost: Free

Find out more: [@ boxoffice@hgfl.org.uk](mailto:boxoffice@hgfl.org.uk) [01895 250615](tel:01895250615)



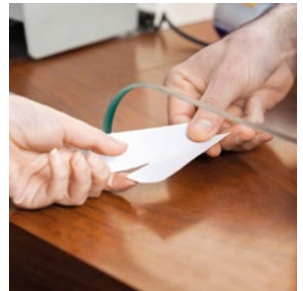
COMPASS THEATRE

BECOME A THEATRE VOLUNTEER

Compass Theatre volunteers offer vital support to the borough's performing arts community in return for experience and broadening skills, a sense of achievement, motivation and meeting friendly and interesting people, along with the chance to see shows for free. Roles include ushers, café bartenders, box office operators, puppeteers and wardrobe assistants.

Register: www.hillingdontheatres.uk

Book: [@ boxoffice@hgfl.org.uk](mailto:boxoffice@hgfl.org.uk) [01895 250615](tel:01895250615)



LEISURE

COMPASS THEATRE

SPRING 2023 COURSES

WORLD CINEMA (C2424193)

Ten weeks from Tuesday 10 January, 10am to midday

Exploring a wide range of films from Hollywood classics to critically acclaimed world cinema.

PHILOSOPHY IN THE NEWS (C2424194)

Ten weeks from Tuesday 10 January, 1pm to 3pm

Introducing key ideas from philosophy in a discussion of news headlines and the controversies behind them.

TEN COUNTRY HOUSES IN LONDON (C2424195)

Ten weeks from Thursday 12 January, 10am to midday

History and architecture of ten country retreats, now swallowed up by London, including Syon House and William Morris's Red House.

WEA SUMMER DAY SCHOOL 2023

SERVANTS AND THE ENGLISH COUNTRY HOUSE (C2424198)

Saturday 20 May 10am to 3pm, including refreshments and a light lunch

An introduction to the lives of servants who worked in English country houses in the 18th and 19th centuries. This may be of interest to family historians.

Enrol: www.wea.org.uk 0300 303 3464

Find out more: sian.brownhill@wea.ac.uk



CRANFORD PARK

BIRD WALK

Saturday 28 January, midday to 1pm

Red kites, robins, maybe even a kingfisher? As part of the RSPB's Big Garden Birdwatch, come along to Hillingdon Archives and Museums Service's guided bird spotting walk for a chance to see these amazing birds and many others besides. Each participant will be given a 'spotter's guide' to help them along the way.

Cost: Free, but booking is essential

Book: archives@hillingdon.gov.uk



MANOR FARM

BIRDS OF MANOR FARM

Sunday 29 January, midday to 3pm

As part of the RSPB's Big Garden Birdwatch, come along and discover the range of birds that visit Manor Farm.

Identify the birds, listen to birdsong, join a nature trail, and make simple feeders and decorations to take home. Participants will be given a 'spotter's guide' to help them along the way.

Cost: Free, no need to book



CRANFORD PARK

IN THE ORCHARD

Pruning: Wednesday 15 February, 10am (suitable for families with children aged 11+)

Grafting: Sunday 12 March, 10am (for ages 18+)

Cranford Park's historic orchard has over 50 varieties of apple and pear planted in the walled garden which once belonged to Cranford House. These workshops will enable people to learn how to care for the trees and help maintain the orchard.

Cost: Free, but booking is essential

Book: @ archives@hillington.gov.uk



EASTCOTE HOUSE GARDENS

SHELF LIFE WITH HERBS

Saturday 18 March, 9.30am to 12.30pm

Join ecologist Michael Holland to learn about the history and folklore of herbs in the walled garden – the use of sage, growing plants from their corresponding packaging, making a scented herb bag, and taking mint root and stem cutting. Suitable for ages 18+.

Cost: Free, but booking is essential

Book: @ archives@hillington.gov.uk



CRANFORD PARK

WALK ALONG THE RIVER CRANE

Sunday 26 March, 10am

Come for a walk down the River Crane from Cranford Park, heading south to the site of the notorious Hounslow Gunpowder Mills. The walk is approximately 6 miles long.

Cost: Free, but booking is essential

Book: @ archives@hillingdon.gov.uk



MANOR FARM

WILLOW WEAVING

Saturday 1 April, 10am to 4pm

Using willow, Gina Martin will demonstrate the basic techniques you will need to create your own sculpture. This is a 'hands on' course for beginners and those at intermediate level. You will go home with your own willow dragonfly, a small obelisk or other creature. Suitable for ages 18+.

Cost: Free, but booking is essential

Book: @ archives@hillingdon.gov.uk



MANOR FARM

DUCK POND MARKETS

First and third Sundays in each month, 10am to 3pm

Ruislip's Manor Farm hosts the Duck Pond Markets twice every month on the beautiful and ancient rural green heritage space. On the first Sunday, meet local food producers, support local farmers and independent producers. On the third Sunday the Artisan Food and Craft Market has local artists, crafters, food producers, ethical businesses and musicians perform live.

Cost: Free entry

Find out more: 📄 duckpondmarket.com/ruislip



EXHIBITIONS AND TALKS

OAK FARM LIBRARY

HILLINGDON'S MUSICAL HISTORY

Monday 16 January, 5.30pm to 6.30pm

A light-hearted look with Paul from the Archives and Museums Service, as he explores the borough's musical past – from Stephen Storace to The Sweet, from Tippett to Tubeway Army. Musical tastes change through time, but the experience of composing, performing, and gaining recognition remains the same.

Cost: Free

Find out more and book: @ archives@hillingdon.gov.uk



ICKENHAM LIBRARY

DISCOVERY

Throughout February, during library opening hours

Created by the Archives and Museums Service, this exhibition explores Hillingdon's archaeological discoveries, from the Palaeolithic (Old Stone Age) to the Middle Ages – 800,000 years of human history!

Cost: Free, no need to book



EASTCOTE HOUSE GARDENS

DISCOVERING EASTCOTE HOUSE GARDENS

Saturday 4 February, 10am to 1pm

How do you find out about the history of a house and its people?

Join archivist, Paul Davidson, to learn more and create your own impression of times past with artist, Eliza Wheeler.

Cost: Free, but booking is essential

Book: @ archives@hillingdon.gov.uk



ACROSS HILLINGDON

FILM AND TV HILLINGDON

Tuesday 21 February, 10am to 4pm

Ever wondered where they 'Bend it like Beckham'? Can't quite put your 'Goldfinger' on where you've seen that airfield before? Don't want to 'Carry On' not knowing anymore? Then this minibus tour is for you! Visit some of the locations in Hillingdon made famous by the silver screen, both big and small. Suitable for ages 16+.

Cost: Free, but booking is essential

Book: @ archives@hillingdon.gov.uk



HILLINGDON LIBRARIES

WOMEN OF THE BOROUGH

Friday 10 March, 2pm to 3pm at
Botwell Green Library

Monday 13 March, 5.30pm to 6.30pm at
Oak Farm Library

Join archivist Sarah Harrison to hear her talk about lives of women in Hillingdon's past and present, at this event that marks the annual International Women's Day.

Cost: Free, but booking is essential

Book: @ archives@hillingdon.gov.uk



UXBRIDGE LIBRARY

STEAM!! EXHIBITION

Friday 17 March to Friday 14 April, during library
opening hours

All aboard! Come along to learn about the days of steam!

This Archives and Museums Service exhibition tells the story of local railway travel – the stations, trains and locomotives – before the advent of diesel or electricity.

Cost: Free, no need to book



UXBRIDGE LIBRARY

HILLINGDON BY STEAM

Monday 27 March, 5.30pm to 6.30pm

A talk by Paul from the Archives and Museums Service. How did commuters and day trippers experience the age of steam? Where did they travel to and why? How did the early railways affect the area? Come along and find out.

Cost: Free, but booking is essential

Book: @ archives@hillingdon.gov.uk



EXERCISE AND HEALTH

BATTLE OF BRITAIN BUNKER

TWILIGHT YOGA

Check website for dates and times

Come along for an hour of engaging, challenging and fun yoga in the visitor centre, overlooking the main exhibition. Find your inner peace in unique surroundings with impressive aircraft flying overhead. Bring your own yoga mat. Suitable for ages 16+.

Cost: £5

Book: battleofbritainbunker.co.uk



MIDDLESEX SUITE

TEA DANCES

Mondays 16 January, 13 February, 20 March and 17 April, from 1pm to 3pm. Doors open 12.30pm

Hillingdon Council invites you to put on your dancing shoes, dance the session away and socialise with friends. Open to residents aged over 65 (with a Hillingdon *First* card) and up to two guests.

Cost: Free, but booking is essential

Book: www.hillingdon.gov.uk/dances 01895 556688





HILLINGDON LIBRARIES AND ONLINE

MOVES - CHAIROBICS FOR OVER-65s

Join us for low impact chair-based exercise classes that gives you a full aerobic fitness session, working on your strength, flexibility, co-ordination and stamina.

BOTWELL GREEN LIBRARY

Fridays, 10.30am

Book: @ botwellgreen-library@hillingdon.gov.uk ☎ 01895 558633

CHARVILLE LIBRARY

Thursdays, 10am and 11am

Book: @ charville-library@hillingdon.gov.uk ☎ 01895 558296

HAREFIELD LIBRARY

Mondays, 11am

Book: @ harefield-library@hillingdon.gov.uk ☎ 01895 558184

HARLINGTON LIBRARY

Fridays, midday

Book: @ harlington-library@hillingdon.gov.uk ☎ 01895 556275

ICKENHAM LIBRARY

Thursdays, 9.30am

Book: @ ickenham-library@hillingdon.gov.uk ☎ 01895 558271

MANOR FARM LIBRARY

Mondays, 10am and 11am

Book: @ manorfarm-library@hillingdon.gov.uk ☎ 01895 558234

OAK FARM LIBRARY

Thursdays, 11am and midday

Book: @ oakfarm-library@hillingdon.gov.uk ☎ 01895 556242

RUISLIP MANOR LIBRARY

Thursdays, 9.30am

Book: @ ruislipmanor-library@hillingdon.gov.uk ☎ 01895 556262

UXBRIDGE LIBRARY

Wednesdays, 10am and 11.15am

Book: @ uxbridge-library@hillingdon.gov.uk ☎ 01895 277798

Cost: Free, but booking is essential

Find out more: 📄 www.hillingdon.gov.uk/chairobics

DESI DANCES

**Fridays 27 January, 24 February and 31 March,
from 11am to 1pm**

These free Desi Dances are suitable for beginners, intermediate dancers and those who just want to enjoy the atmosphere. Seated and standing exercise to the beat of Bollywood music. Open to residents aged 65+ (with a Hillingdon *First* card) and up to two guests.

Cost: Free, but booking is essential

Book: 📧 www.hillingdon.gov.uk/dances ☎️ 01895 556688



EASTCOTE HOUSE GARDENS

MINDFUL WALK

**Thursdays 9 February and 9 March,
10.30am to midday**

Come and join Pravit, who will help take your senses out for a walk in the beautiful gardens. Dress up warm, put on your wellies and bring your raincoats, umbrellas and curiosity. Suitable for ages 18+.

Cost: Free, but booking is essential

Book: @ archives@hillingdon.gov.uk



PARKS AND GREEN SPACES

LED WALKS

Various dates and times

Explore Hillingdon's award-winning parks and green spaces while keeping fit and meeting new people on a free guided walk.

Cost: Free

Find out more and book:

📧 discover.hillingdon.gov.uk/led-walks





VARIOUS VENUES

WALKING FOOTBALL

WOMEN'S WALKING FOOTBALL

Fridays, 6pm to 7pm at Hillingdon Sports and Leisure Complex

MEN'S WALKING FOOTBALL

Wednesdays, 10am to 11am at Hillingdon Sports and Leisure Complex

For men aged 35+.

MIXED WALKING FOOTBALL

Mondays, 2pm to 3pm at Yiewsley and West Drayton Community Centre

For people with limited mobility or long-term conditions.

Cost: Free, but booking is essential

Book: @ sduerner@hillingdon.gov.uk ☎ 01895 277137

DEMENTIA-FRIENDLY ACTIVITIES

COMPASS THEATRE

DAYTIME DISCOS

**Tuesdays 31 January, 28 February and 14 March,
1pm to 3pm**

Friendly sessions for those living with dementia and their carers to reminisce and dance as Brian Rowan sings and plays music from the 60s, 70s and 80s. Space is limited so advance booking is advised. Send song requests to boxoffice@hgfl.org.uk

Cost: £5 (includes one free carer ticket)

Book: www.hillingdontheatres.uk 01895 250615



HILLINGDON LIBRARIES

FRIENDS COFFEE MORNINGS

Weekly at libraries across the borough

Hillingdon's dementia groups are for residents who are in the early to mid-stages of dementia, and their carers. The groups offer an opportunity to socialise, meet others also living with dementia and enjoy a range of activities such as reminiscence, chair-based exercise, Boccia, bingo, art, music and much more.

Cost: Free, but booking is essential

Find out more: www.hillingdon.gov.uk/dementia-activities



HILLINGDON LIBRARIES

TOVERTAFEL (MAGIC TABLE) SESSIONS

Weekly at libraries across the borough

Visit the libraries' magic tables and enjoy a series of 'light' interactive games developed for people living with dementia and other disabilities.

We welcome adults and children with special needs to discover the magic with their families or carers. Organisations are welcome to book in advance.

Cost: Free, but booking is essential

Find out more and booking details: www.hillingdon.gov.uk/dementia-activities





VARIOUS VENUES

DEMENTIA-FRIENDLY SPORTING ACTIVITIES

The council offers a range of opportunities for residents living with dementia to continue to enjoy the sports they love and stay physically active.

ADAPTIVE GOLF

Alternate Mondays, 10am to midday at the West London Golf Centre

In partnership with the Golf Trust, come and enjoy an hour at the driving range followed by a reminiscence session on golf.

ADAPTIVE TENNIS

Tuesdays, 1pm to 2pm at Uxbridge Sports Club

Bring along your tennis racket and have some fun at these sessions run in partnership with Uxbridge Sports Club.

NEW: CHAIR-BASED EXERCISE WITH QPR

Wednesdays, 1pm to 3pm at the Kate Fassnidge Community Hall

These sessions include one hour of chair-based exercise and one hour of social time.

FORGET-ME-NOT FC

Fridays, 11am to midday at Rectory Park

In partnership with the Middlesex FA and Uxbridge Amblers, come and join in with these walking football sessions.

Cost: Free, but booking is essential

Book: @ sdurner@hillington.gov.uk ☎ 01895 277137

VENUES

BATTLE OF BRITAIN BUNKER EXHIBITION AND VISITOR CENTRE

Wren Avenue, Uxbridge, UB10 0GG

BOTWELL GREEN SPORTS AND LEISURE CENTRE (INCLUDES LIBRARY)

East Avenue, Hayes, UB3 2HW

CHARVILLE LIBRARY

Bury Avenue, Hayes, UB4 8LF

COMPASS THEATRE

Glebe Avenue, Ickenham, UB10 8PD

CRANFORD PARK

The Parkway, Hounslow, TW5 9RZ

Work has begun on the Cranford Park restoration project and it will continue until spring 2023. During this time, the access road and bridge will be closed and the car park and courtyard area inaccessible. Check  www.hillingdon.gov.uk/cranfordpark for updates.

EASTCOTE HOUSE GARDENS

High Road, Eastcote, HA5 2QS

KATE FASSNIDGE COMMUNITY HALL

2 Harefield Road, Uxbridge, UB8 1GW

HAREFIELD LIBRARY

Park Lane, Harefield, UB9 6BJ

HARLINGTON LIBRARY

Pinkwell Lane, Hayes, UB3 1PB

HILLINGDON SPORTS AND LEISURE COMPLEX

Gatting Way, Uxbridge, UB8 1ES

ICKENHAM LIBRARY

Community Close/Long Lane, Ickenham, UB10 8RE

MANOR FARM

Bury Street, Ruislip, HA4 7SU

MIDDLESEX SUITE

Civic Centre, High Street, Uxbridge, UB8 1UW

OAK FARM LIBRARY

Sutton Court Road, Hillingdon, UB10 9PB

PAVILIONS SHOPPING CENTRE

Uxbridge, UB8 1LN

RECTORY PARK

Ruislip Road, Northolt, UB5 6AU

RUISLIP MANOR LIBRARY

Linden Avenue, Ruislip Manor, HA4 8TW

UXBRIDGE LIBRARY

High Street, Uxbridge, UB8 1HD

UXBRIDGE SPORTS CLUB

Gatting Way, Uxbridge, UB8 1NR

WEST LONDON GOLF CENTRE

Ruislip Road, Northolt, UB5 6QZ

WINSTON CHURCHILL THEATRE

Pinn Way, Manor Farm, Ruislip, HA4 7QL

YIEWSLEY AND WEST DRAYTON COMMUNITY CENTRE

228 Harmondsworth Road, West Drayton, UB7 9JL

VENUE HIRE

The council arranges the hire of performance/class/meeting spaces at the Compass Theatre, Winston Churchill Theatre and Manor Farm, Battle of Britain Bunker and the Open Air Theatre at Barra Hall Park.

For rates of hire and space details, visit  www.hillingdontheatres.uk and to enquire about availability, email  artsvenues@hillingdon.gov.uk or call  01895 277643.

WEDNESDAY 12 APRIL – SUNDAY 16 APRIL 2023

dk productions & Hillingdon Council
present

EASTER
PANTO
RETURNS!

THE WONDERFUL WIZARD OF OZ



COMPASS THEATRE
GLEBE AVENUE, ICKENHAM, UB10 8PD

Adults £17 / Under 16s £14 / Family of 4* £56

*2 adults and 2 under 16s or 1 adult and 3 under 16s.

BOX OFFICE: 01895 250615
www.hillingdontheatres.uk

No booking fees

