



Acton

Dance

Saturday, July 11

■ Acton Ballet School Summer Variety Show. Priory Community Centre, Acton Lane. 5.30pm (doors 5pm). Adults £5, children (over five) £2, family (two adults + two children) £12 – on the door. Call Bridget on 020 8992 6891.

Music

Saturday, July 11

■ The Renegades at Rock Music. Kings Head, High Street. 8pm.

Talk

Tuesday, July 14

■ Radiantu is a community project supported by positive awareness, offering emotional counselling. Project leader Steven Simon will be talking about the key components of the work. Priory Community Centre, Acton Hall (main hall), W3 8NY. 7-8pm. £5. 020 8896 2854/ 07908 713 437.

Advice

■ DeafPLUS runs a drop-in surgery from 10am to 1pm to help with phone calls, equipment referrals, basic benefits enquiries, completing forms, signposting, plus information and advice. 2 Erconwald Street, East Acton. Call 020 8749 4111 (voice/fax) or 020 8743 1287 (textphone).

Children

Mondays

■ Little Acorn Drop-in. Old Oak Community Centre, 76 Braybrook Street, East Acton. 11am-noon. 50p. 020 8740 8008.

Tuesdays

■ Pear Tree Baby and Toddler Group, 10-11.45am, London Network Church, 131 East Acton Lane, East Acton. 020 8740 5311.

Wednesdays

■ Little Acorn Drop-in. Old Oak Community Centre, 76 Braybrook Street, East Acton. 1-3pm. £1.

Fridays

■ Youth sessions for kids of African/Caribbean descent, ages four to 16. Priory Community Centre, Acton Lane. 7-9pm. 020 8993 4836.

Saturdays

■ Kids martial arts, Old Gym, Acton High School, Gunnersbury Lane. 10.30am. £3. 020 8933 5389.

Fitness

Mondays

■ Tai chi classes for over-50s, Old Oak Community Centre, 76 Braybrook Street, East Acton, 11am-noon. Cost 50p. 020 8740 8008.

Tuesdays

■ Pilates class at Priory Community Centre, Acton Lane. 8-9pm. Beginners welcome. Just turn up or call Jaqui on 020 8248 4806.

■ Acton Badminton Club seeks intermediate and advanced members. 8-10pm, Twyford Sports Centre, Twyford Crescent. Call 07905 014 190.

■ Aerobics and dance – dance and shake yourself fit. Priory Leisure Centre. 7-8.30pm. £3.

■ Kung-fu classes for everyone from teenage upwards. RC Church, 141 Gunnersbury Avenue, W3 8LE. 7.30-8.30pm. £3. Call 07904 577 274.

Wednesdays

■ Over-50s limited mobility classes (chair-based), Acton Day Centre, High Street, 11am-12.15pm. £3. 020 8992 0898.

Wednesday and Thursday

■ Ealing Judo Club, West Acton Youth and Community Centre, Churchill Gardens. Adult beginners 8.30pm, Wednesdays, juniors 4.45-6pm, Thursdays. £2.50. 07702 322 464.

Thursdays

■ Pilates class in St Mary's church hall, St Mary's Road, W5. 8-9pm. Just turn up or call Jaqui on 020 8248 4806. Beginners welcome.

Fridays

■ Table tennis, The Oaks, Old Actonian Sports Ground, Gunnersbury Drive, 8.30-11pm. £2/£3. 020 8992 4810.

Clubs and societies

Tuesdays

■ Free computer training. Old Oak Community Centre, 76 Braybrook Street, East Acton. 10am-1pm. 020 8740 8008.

■ Sewing classes with crèche. Old Oak Community Centre, 76 Braybrook Street, East Acton. Free. 020 8740 8008.

Wednesdays

■ Bingo at Old Oak Community Centre, 76 Braybrook Street, East Acton. 6.30-9pm. 020 8740 8008.

■ Free computer training. Old Oak Community Centre, 76 Braybrook Street, East Acton. Crèche 10am-noon only. Other sessions 1-5pm, 6-8pm.

■ Questors Choir welcomes new members. Rehearsals held in St Martin's Church Hall, Hale Gardens, W3. 8-10pm. Call 020 8560 1005.

Thursdays

■ Over-50s Club. Old Oak Community Centre, 76 Braybrook Street, East Acton. 2-4pm, 50p. 020 8740 8008.

Fridays

■ Family Pathfinders with crèche. Old Oak Community Centre, 76 Braybrook Street, East Acton, 10am-noon. Free. 020 8740 8008.

Sales and fairs

Last Saturday of month

■ Give and Take Day at Acton Market in The Mount, 12.30-3pm – nearly new books, toys, bikes, tools, furniture, kitchenware, bric-a-brac. No electrical items, clothes or knives. Please do not bring items before 12.30pm. The organisers have the right to refuse items. Call 020 8993 9605 or e-mail info@actonacton.co.uk.

Brentford

Events

Saturday, July 11

■ Summer fair with lots of fun and games for children. Our Lady and St John's School, Boston Park Road, TW8 9JF. Noon-4.30pm. £1. Call Denise Boyle on 020 8560 7477.

Wednesday, July 15

■ Luncheon concert by The Fran Clark Jazz Duo, 1.15-2pm. Lunch from noon; afternoon tea also available. St Paul's Church, St Paul's Road. Suggested donation £3.

Clubs and societies

Wednesdays

■ West London Opera rehearses at St Paul's School, St Paul's Road, 7.45pm. 020 8568 7642.

■ Brentford Over-50s Club (men and women). Bingo, raffle, indoor games, dancing and entertainment. 1-3pm. St Paul's Church Hall, St Paul's Road. £3 per month. 020 8579 3517.

Keep Fit

Thursdays

■ Baggy Top Circuit Class. Full body workout at Brentford Methodist Church, Clifden Road. 7-8pm. Mineral water provided. £4 per session.

Chiswick

Music

Saturday, July 11

■ The Addison Singers turn to folk and traditional music for their summer concert. St Michael and All Angels, Bath Road. 7.30pm. £9, £7 from www.wegotickets.com/1807 or write to AGS Tickets Classical Concert, 1A Raynham Road, W6 0HY.

Sunday, July 12

■ The Renegades at Rock Music. John Bull, 590 High Road, W4 5RP. 8pm.

Children

Wednesdays

■ Music classes for ages five to 15. St Peter's Church Hall, Southfield Road. 5-6.30pm. 020 8354 3620.

Thursdays

■ Irish dance classes for children from five upwards, Priory Community Centre, Acton Lane. Call Laura on 07768 085 666.

Fitness

Fridays

■ Grove Park Badminton club, Chiswick Sports Hall, Burlington Lane, W4 3UN. 8-10pm. New players welcome. Feather shuttles. £4 per session covers cost of court hire and shuttles. Call for details 020 8994 0192.

Ealing

Clubs and societies

Saturday, July 11 and Sunday, July 12

■ Open garden, 1-6pm, at 97 Grange Road, W5 3PH. Entry £3 children free. Plants for sale. Proceeds to charity. 020 8567 4435.

Saturday, July 11

■ NCT Nearly New Sale. A great way to buy

Events

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■ Free computer training. Old Oak Community Centre, 76 Braybrook Street, East Acton. 10am-1pm. 020 8740 8008.

■ Sewing classes with crèche. Old Oak Community Centre, 76 Braybrook Street, East Acton. Free. 020 8740 8008.

Wednesdays

and sell quality used items for children up to age five: please email nearlynewsale@ealingnct.org for selling procedure. Items sold include prams, cots, high-chairs, clothes, toys, puzzles and maternity clothes. 10am for NCT members with membership cards, 10.15am for others. Ends 11.30am. St Mary's Church Hall, St Mary's Road, W5 5RH. £1 entry (in aid of NCT).

Thursdays, July 16

■ Brentham Ladies Choir presents a summer concert of all your favourite songs. Pitshanger Methodist Church Hall, Pitshanger Lane, W5 1QP. 2pm. £2.50 on the door.

Art

Mondays/Tuesdays/Wednesdays

■ Oil painting class, 10am-1pm. Beginners welcome. St Andrew's Church Centre, Mount Park Road. 020 8998 8435.

Mondays/Thursdays

■ Drawing classes: Monday 7.15-9.45pm, Thursday 10am-12.30pm. Some experience preferred. St Andrew's Church Centre, Mount Park Road. 020 8998 8435.

Tuesdays

■ Drawing and painting classes with Pamela Lloyd-Jones, The Brentham Club, 38A Meadvale Road, 10am-noon and 1-3pm. 020 8993 5697.

Tuesdays and Thursdays

■ Ealing Arts Club, Scout Hall, by Northfields Tube station. 8pm. Free. 020 7373 7126.

Fridays

■ Art workshop in St James' Church Hall, West Ealing, 10am-noon. Jackie 020 8579 7630.

Saturdays

■ Floral art classes specialising in Japanese Ikebana arrangements, Monks Drive, North Ealing. 10am-noon. 020 8992 0903.

Drama

Tuesdays and Thursdays

■ Pisces Theatre Group, St Andrew's Church Hall, Mount Park Road. 8pm. 020 8578 9082.

■ Ealing Arts Club Drama Group, Scout Hall, by Northfields Tube station. Call 020 7373 7126.

Wednesdays

■ The Beaufort Players Drama Group, Church of the Ascension, Beaufort Road. From 8.15pm. 01895 639 863.

Children

Thursdays

■ Pitshanger Youth Singers. Theatre, jazz and pop for ages 12 to 18, Pitshanger Methodist Church, 6.30-8pm. £2. 020 8840 0939.

Fridays

■ Junior table tennis coaching, The Oaks, Old Actonian Sports Ground, Gunnersbury Drive. 7-8.30pm. £2. 020 8992 4810.

Saturdays

■ Football training for girls in Pitshanger Park, Meadvale Road. 11.30am-1pm.

■ Football training for children aged four to 14. 9-10.30am. Blodin Park, Swyncombe Avenue, W5. £2. Contact: Mark Stow 07703 538 347.

Dance

Mondays

■ Polish folk dancing, 1 Courtfield Gardens. 8-10pm. 020 8567 5048.

■ Line dancing. Gurnell Grove Community Centre, Gurnell Grove, West Ealing (opposite Gurnell Leisure Centre/Pool). 8.30pm. Call Kim Swan on 07904 351 064.

Mondays and Fridays

■ Line dancing, St Peter's and St Paul's Church Hall, Leybourne Avenue, West Ealing. Beginners' class 10am. £2.50. 020 8579 2817.

First, third and fifth Monday

■ Ealing Country Dance Club, St Barnabas Church Hall, Pitshanger Lane. 8-10pm. £3. 020 8579 4602.

Thursdays

■ Argentine Tango Class, The Hungarian Centre. 62 Little Ealing Lane. 8-10pm. £4. Beginners welcome. Call Zsuzsanna on 07903 066 190.

Fridays

■ Tap, ballet, modern and disco, Northfields Community Centre, Northcroft Road. 10am. £2.30. 020 8574 5032.

Walks/nature

Sundays

■ North-West London Holiday Fellowship Walking Group. 020 8902 9191.

Fitness

Mondays and Fridays

West London highlight

Saturday, July 11
■ Opera Integra presents an evening of excerpts from 10 operas, including The Magic Flute (pictured), Les Troyens, Béatrice et Bénédicet and Cavalleria Rusticana at St John's Church, Ladbroke Grove



■ Table tennis, Northfields Community Centre, 71a Northcroft Road. 7.30-10.30pm. £2-£3. 020 8840 3275.

Monday/Wednesday/Saturday

■ Fat Burn Walking Workout in Gunnersbury Park (Lionel Road end) – Mon 6.45-7.45pm, Wed 6.30-7.30pm, Sat 10-11am. £2.50 per session. Call Jacqueline on 07745 338 374.

Tuesdays

■ Yoga. The Friends Meeting House, 17 Woodville Road. 6.30-8pm and 8-9.30pm. 020 8567 3389.

Tuesdays and Fridays

■ Keep fit for over-40s at Ealing Green Methodist Church Hall on Ealing Green. 11am-12.15pm. Ring 020 8579 9379 for further information or just turn up.

Wednesdays

■ Pilates class, St Mary's Church Hall, St Mary's Road. 8-9pm. Beginners welcome. Turn up or call Jaqui on 020 8248 4806.

■ Table tennis, The Oaks, Old Actonian Sports Ground, Gunnersbury Drive. 7.30-11pm. £2/3. 020 8992 4810.

■ Sahaja Yoga Meditation, Nelson Room, Ealing Town Hall. 7.30pm. Free.

Thursdays

■ Pilates class, St Mary's Church Hall, St Mary's Road. 8-9pm. Beginners welcome. Turn up or call Jaqui on 020 8248 4806.

■ Ealing Bridge Club, St Stephen's House, 62 Little Ealing Lane. Duplicate bridge, 7.30pm. 020 8992 7343.

■ Northfields Camera Club, Northfields Community Centre, Northcroft Road. 8pm. 020 8567 0588.

■ Ealing Outdoor Club, St Matthew's Church Hall, North Common Road, Ealing Common, 8.30pm, £1. 020 8842 3069.

Wednesdays

■ Ealing Rotary Club meets at Lisa's restaurant, Pitshanger Lane, at 6.30pm. Call Alan Gillett on 020 8997 2526 for further details.

■ Brentham Club Bridge Section, Meadvale Road, Brentham Estate. 7.30pm. 01753 642 438.

■ Julian Operatic (all voices) is rehearsing The Yeomen of the Guard. Ealing Town Hall. 7.45-9.45pm. Visit www.julianoperatic.org or call 020 8998 2414.

Thursdays

■ Support group for victims of sexual abuse. 7pm. 07941 934 267.

Clubs and societies

Mondays

■ Ealing Choral Society seeks singers with good voices and some sight reading ability, Ealing Green, Church Road, Ealing Green. 7.40-9.40pm. 020 8993 0695.

■ Ladies' Creative Centre, St Andrew's Church Hall, Mount Park Road. Craft, chat, lunch and keep fit, noon-4pm. 020 8997 4017.

■ Capital Chorus: singing tuition for men's close harmony. Kingsdown Methodist Church,

Health and fitness

Tuesdays

■ Step and Tone with Paul. The Piper Building, Peterborough Road. 6.30pm. Call 020 7736 5332 to book your free slot.

Wednesdays

■ IT lessons at Elgin Close Centre, 1-3 Elgin Close, off Goldhawk Road. 2-4pm. Free. 020 8746 4270.

■ Line dancing. Hammersmith Club, Rutland Grove. 8-9pm for beginners and improvers, 9pm until late for all levels. Call Kim Swan on 07904 351 064.

Thursday, July 11 and Sunday, July 12

■ Carters Steam Fair at Ravenscourt Park – open from noon. www.carterssteamfair.co.uk. 01628 822 221.

Clubs and societies

Tuesdays

■ Northolt Legionnaires War Gamers Club, Islip Manor Youth and Community Centre, Arnold Road. 1-2pm. 07749 288 291.

Clubs and societies

Tuesdays

■ Indian dance/Bollywood classes. Northfields Community Centre, 71a Northcroft Road. 9.30-10.30am. 020 8579 2168 or 07922 109 289.

■ Pranayam yoga and aspects of breathing. Dormers Wells Centre, Dormers Wells Lane. 10-11.30am. £1. Call 020 8574 4832.

■ Second Friday Honeybee Quilters sewing evenings. Perivale Community Centre, Horsenden Lane South. 020 8902 9934.

■ The Bridge Club, St Peter and Paul's Church Hall, Leybourne Avenue, West Ealing. 1-4.30pm. £1. 020 8567 9565.

■ Ealing and Hampshire House Photographic Society, Ealing Town Hall, 8pm. Free. 020 8992 0713.

■ Ealing Rotaract, Drayton Court pub, The Avenue, West Ealing. Range of social activities for ages 18 to 29. 8.15pm. Free. 020 8991 5712.

■ University of the Third Age, Liz Cantell Room, Ealing Town Hall. 10am. Membership £20 a year, visitors £2. 020 8997 8630.

Thursdays and Sundays

■ Ealing Croquet Club. Thursday 6pm; Sunday 2.30pm. Lammas Park bowling green. 020 8838 4531.

■ Bridge Club, Ealing Liberal Synagogue, Lynton Avenue. Thursday 7.15pm; Sunday 2pm. Tuition available. 020 8571 6903.

Fridays

■ Heston Wargamers Club, Northfields Community Centre, Northcroft Road. 7-11pm. First visit free. 020 8248 7828.

■ West Ealing Bridge Club, 1 Courtfield Gardens, West Ealing. 7.30pm, £1. 020 8998 3948.

Saturdays

■ Ealing Number One Social Club, St Paul's Church Hall, Ridley Avenue, West Ealing. 6.30pm. £2. 020 8579 6023.

First or third Saturday

■ Ealing Music and Literature Society, 33 Mount Park Crescent. 7pm. £15 a year; visitors £3. 020 8997 6601.

Sundays

■ Bridge, King's Arms, The Grove. 8-10.30pm. Free. Call 020 8571 5829.

Fulham

Health and fitness

Tuesdays

■ Step and Tone with Paul. The Piper Building, Peterborough Road. 6.30pm. Call 020 7736 5332 to book