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<http://www.leedscombinedarts.org.uk>

Waitrose



Leeds Combined Arts Newsletter - Winter 2018/2019.

Dear All,

Welcome to the LCA Winter Newsletter. We would like to start by wishing you all the very best for the festive season and new year. We have two festive events this year, a lunch as part of the walk **on Sunday 9th December** at the **Cheerful Chilli, Otley**, see under 'walks', and a Party, Play and seasonal buffet with some seasonal poetry in the second half on **Wednesday 19th December**. **The walk and lunch on 9th December does need to be pre-booked by 3 Dec.** Further details below.

Also just to remind you our AGM takes place on **Weds 12th December 7.30 p.m.** at HEART, Headingley. As always we hope you will enjoy attending many of the events on offer over the winter months leading us into the spring. We also commence a new programme of workshops kindly funded by The Postcode Community Trust, Metcalfe Smith and the Headingley Music Festival. The workshops will take place in Burley, Meanwood and Headingley and you can see further information below on both of these projects.

Funding update.

Sadly, LCA did not receive any funds from Skipton Building Society as not enough people voted for us. Fortunately we have recently received some funding from Metcalf-Smith, The Post Code Community Trust and Waitrose. Other funding applications are still pending.

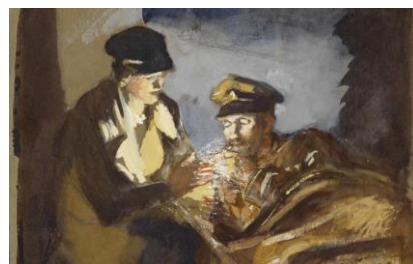
Disclaimer: Leeds Combined Arts reserves the right to alter, cancel or amend an event when circumstances arise beyond their control. However if an event has to be cancelled or changed this will always be advertised on the web-site. Participation in any event included in this Newsletter is undertaken at the individual's own risk.

Theatre Visits, December 2018 to February 2019

Please find below all the theatre trips for December, January & February, and just to remind you when sending payment that all cheques need to be made payable to '**Leeds Combined Arts Theatre Group**'. This also applies to payments for Social Visits such as festive meals and weekend trips. Please book early to avoid disappointment as there are limited tickets available for each production. You can always check on our web-site before booking as we update this regularly with availability. If you book for an event which is already sold-out, we will put you on our waiting list. With discounted tickets we can never guarantee whereabouts in the auditorium you will be sat so if you need specific seating (e.g. end of the aisle seat), then it may be best if you book with the theatre direct and pay the full price rather than through LCA). ***IMPORTANT NOTICE: Once you have booked and paid for a ticket, we cannot guarantee that you will receive a credit if you are then not able to attend. The sooner you let us know the better as we have more chance of re-allocating to another member who 'may' be on the waiting list if we have one. However, the minimum notice requirement with all productions for credit to another show is at least 48 hours. Also, if you need to let anyone know you are unable to attend please contact either Sibylle or Emma on sibylle@leedscombinedarts.org.uk or emma@leedscombinedarts.org.uk or you can contact one of us on the LCA mobile number which is 07518 627109. Thank you.***

Saturday 1 December, 2.45 p.m. 'Not Such Quiet Girls' - Howard Assembly Rooms.

Using three female actors with the women of the Chorus of Opera North, this musical drama tells the stories of three women at the front line of the First World using film projections, music hall songs and live musicians. All tickets **£5.50** (usual price £20) (please note there is a **limited amount of tickets available** so please book early to avoid disappointment.



Wednesday 5th December 7.00 pm. 'Nutcracker, Northern Ballet, Leeds Grand Theatre. Share in Clara's adventures as she is swept away by her Nutcracker Prince into an enchanting winter wonderland. Don't miss dazzling dancing snowflakes, the famous Sugar Plum Fairy and the notorious Mouse King in the ultimate festive entertainment. Performed to Tchaikovsky's enduring score, played live by Northern Ballet Sinfonia, The Nutcracker awakens childlike imagination in us all. With everything you expect from this seasonal favourite, The Nutcracker has Northern Ballet's unique magic scattered throughout. All tickets **£26.50** (reduced from £52.50). These are prime seats in the centre of the front stalls which is the second row from the front. Please book early to avoid disappointment.



Friday 7th December, 7.00 p.m. 'Silent Night' – Leeds Town Hall, Leeds.

Inspired by real events, *Silent Night* tells the story of the 1914 Christmas truce, when peace spontaneously broke out in the trenches during World War I, using the power of 100 male operatic voices and the Orchestra of Opera North, against a projected backdrop of original footage. With cinematic music by Kevin Puts, and words by Mark Campbell, this UK premiere is part of a series of events in the city marking the centenary of the end of World War I. Please e-mail sibylle@leedscombinedarts.org.uk



Saturday 15th December, 6pm 'Christmas at Twilight' – Howard Assembly Room, Leeds G.T.

This performance will deliver a feast of **Russian** and **Ukrainian** festive music, delivered by an ensemble of musicians, and presented by baritone and story-teller, **Matthew Sharp**. Get ready for the perfect festive treat – and watch out for a few surprises! All tickets **£5.50** (Usual price £10). Must be booked in advance through LCA.



Tuesday 18th December 7.00 p.m. 'A Christmas Carol', Leeds Playhouse.

As the cold night draws in, four ghostly spirits take Ebenezer on a magical journey through his past, his present and his future, hoping to show him the error of his ways. With Christmas spirit, fun, music and magic at its heart, this timeless Charles Dickens tale is brought vividly to life. All tickets **£10.50**.



Week commencing 21st January 'The Magic Flute', Opera North, Leeds Grand Theatre.

The Magic Flute is an epic fantasy about growing up, finding your way in the world and learning to love. Join Prince Tamino on his quest to rescue Pamina, daughter of the Queen of the Night held captive by Sarastro, the Priest of the Sun. But his mission soon becomes a journey of discovery, for nothing – not even Day and Night – is quite as it first appears. Ticket prices and further details on the date will be mailed out around the beginning of January. **PLEASE NOTE: We will e-mail out the exact date and further details for this performance around the beginning of January 2019.**



Saturday 16th February 8.45 p.m. 'Random', Leeds Playhouse.

An ordinary day in the ordinary life of an ordinary family. The clock blinks 7.37am, a rushed breakfast, and then off to join the hustle and bustle of the world outside. And then one random act changes everything. A bewildered family find themselves caught up in catastrophe and grief in this vivid, detailed and brilliantly observed play by **Debbie Tucker green**. An award-winning playwright, screenwriter and director, she is one of theatre's most unique and acclaimed voices, and this play for one actor is a remarkable tour de force. All tickets **£10.50**.



Thursday 28th February 7.30 p.m. 'Katya Kabanova', Opera North, Leeds Grand Theatre.

Katya is a gentle, passionate soul drowning in a narrow-minded small-town society. She is married to Tichon, a weak man entirely under the thumb of his overbearing mother. Katya catches the eye of the romantic Boris, and when her husband leaves on business, temptation proves impossible to resist. Katya and Boris embark on a passionate affair but when her husband returns, a storm breaks in Katya's heart and mind. Overwhelmed by guilt, she confesses her sin. *Ticket prices will be e-mailed out in January.*



Poetry, Drama & Literature Events, December 2018 – February 2019

Wednesday 19th December 7.45 p.m. 'Party, Play, Poetry & Prose Evening & Seasonal Buffet & Celebrations', HEART, Bennett Road, Headingley. Join us for a seasonal evening with a short play by Rob Baker and guests in the first half **Leeds Morris Mummers**. A short, rustic, seasonal confection on the topic of Christmas and austerity, borrowing somewhat from Charles Dickens, and featuring: The Lady Britannia, Father Christmas and a couple of festive ghosts. This will be followed by a seasonal buffet and the opportunity to catch up with friends old and new. The evening will end with a few poems and prose pieces on a winter/seasonal theme in the second half. All welcome to read. Buffet included in the entrance price, £4.00/£3.50 (members and concessions). (wine available for a donation).

Wednesday 16th January, 7.30 p.m. 'Open Mic Evening' HEART, Bennett Road, Headingley.

Join us for a complete 'open mic' evening at HEART on the theme of New Year/ New beginnings. All welcome to read throughout the evening. Entrance is £3.50/£3.00 members and concessions.

Poetry & Prose Evening, Wednesday 20 February 7.30 p.m., HEART, Bennett Road, Headingley.

This evening will be an opportunity for all members and guests to read poetry or prose on the theme of **'Situations'**. Entrance £3.50/£3.00 members & concessions including refreshments.



'LCA Book Group'



LCA Book Reading Group

Commencing on Monday 11 March 3.00 p.m. Meanwood Institute, Green Road, Meanwood LS6 3HN. 'The Best of Sisters, by Dilly Court'

Twelve-year-old Eliza Bragg has known little in life but the cold, comfortless banks of the Thames. Living above her uncle's chandlery she has grown accustomed to a life of penury and servitude, her only comfort the love and protection of her older brother, Bart. But one day Bart accidentally kills a man and is forced to flee to New Zealand. Alone, barefoot, beaten down and at the mercy of her cruel uncle, Eliza realises that her very survival is at stake. Entrance is £3.00 including refreshments.

NEW YEARS EVE PARTY

Thursday 31st January from 7.45 p.m.

New Headingley Club.

For those of you who are unable to attend the Leeds YHA New Year Weekend in York there will be a New Year's Eve Party, Disco and Buffet with some great raffle prizes at New Headingley Club, St. Michael's Road, Headingley. The event is **free**, but you are also Welcome to bring a small contribution of food if you wish.



Commencing Wednesday 29th January 7.30 p.m. – 9.00 p.m. Salsa Dance Classes at HEART, Bennett Road, Headingley. (Joint project with Headingley Music Festival).

Join Emma for a 6 week programme of Salsa dancing classes at HEART, Headingley. Dance solo to all of the Latin rhythms. (Partner optional).

Salsa is a popular fusion style of dance originating from South America, characterised by hip- swaying rhythms and fancy footwork. In these workshops we will start with the basics and work our way up, adding extra moves each week. We will look at technique, timing and style and learn some fun choreography to fantastic music along the way. Please wear comfortable shoes. The classes will culminate in a final dance session on **Saturday 2nd March at 7.00 p.m.** with a performance as part of the Headingley Music Festival where you can dance along with the band. Further information on this event will be published in the 'LCA Spring Newsletter'. The weekly classes will be £5.00/£4.00 members & concessions and there will also be an extra class on the evening of the 2nd March in the main Shire Oak Hall at HEART before the band commences at 8.15 p.m. Entrance £8/£6 concessions and members which includes the class and band. For any further information please contact Emma at emma@leedscombinedarts.org.uk

Friday 25 January 'Roots Music Gigs', 8.00 p.m. New Headingley Club. Crash Blossoms/Skinny Living. Independent Acoustic band based in East Yorkshire, UK. Currently playing all over the place with some amazing acts and writing songs with support band Skinny Living. <https://www.skinnylivinguk.com/> Entrance £10.00 on the door.

Friday 22 February 'Roots Music Gigs', 8.00 p.m. New Headingley Club. Greg Russell & Ciaran Algar. Greg Russell and Ciaran Algar joined forces in 2011. Combining Russell's powerful vocals and driving guitar style with Algar's All-Ireland winning fiddle playing, the duo have become one of the most sought after acts on the British folk scene. In 2013 the pair won the BBC Radio 2 Young Folk Award before going on to win the Horizon Award for best breakthrough act from the same source in 2014. In 2015, they were nominated in the BBC Radio 2 Folk Award Best Duo category. £10.00 on the door.

Mind Body Spirit Workshops March – May 2018

(All take place at The HEART Centre, Bennett Road, Headingley LS6 3HN)

Wednesday 23 January 7.30 p.m. – The Mind-Body Connection. Abi Bryant-Smith.

Leeds homeopath and mind-body therapist Abi Briant-Smith will be talking about the powerful connection between our minds and bodies and will explore how certain emotional patterns might affect our physical health such as back or joint pain, hormonal imbalances, digestive and bladder issues, migraines and much more. She will share some valuable self-help techniques and practices to help enable physical and emotional release and will discuss how homeopathy and mind-body therapy can help to support mental and physical wellbeing. Abi is a Leeds based homeopath and mind-body therapist who is passionate about supporting and improving mental, emotional and physical health through Classical Homeopathy, Mind-Body Therapy and Bach Flower Remedies. She is registered with the Society of Homeopaths and has been in practice since 2013. She supports clients with a wide range of issues including anxiety, depression grief and low self-esteem and physical complaints such as menstrual issues, candida, cystitis, breast problems, IBS, migraines/headaches, sinusitis, skin conditions, back/joint/muscle pain. Through gentle and supportive questioning, her aim is to get to know what makes each individual client tick and understand if/how emotions may be shaping or affecting their physical health. Entrance £4.00/£3.50 including refreshments.

Mind, Body Spirit Evening 7.30 p.m. Talk on ‘The Touch of Healing’ with Ann Gore. Wednesday 27 February, HEART, Headingley LS6 3HN

The Touch of Healing, written by Alice Burmeister with Tom Monte. Ann invites you into the world of this book, which is full of self-help guidance on how to use your hands to energize, body, mind, and spirit with the Art of Jin Shin Jyutsu®. Jin Shin Jyutsu was brought to the West, by Mary Burmeister, more than 50 years ago. Mary studied with Jiro Murai for 12 years, (5 of them while she was in Japan.). Jiro Murai saw himself as rediscovering instinctive knowledge of how we can reharmonise ourselves. Ann Gore is a student practitioner of JSJ. Entrance £4.00/£3.50 including refreshments.



'Walks', December 2018 – February 2019

Sunday 9th December 12.30 p.m. Walk from Bramhope & Lunch at the Cheerful Chilli, Otley.

Join Carol for a 5 mile circular walk including part of the Otley Chevin with panoramic views. The walk will commence from The Fox & Hounds at Bramhope with lunch at the Cheerful Chilli (Must be pre-booked). The lunch will be a buffet Vegetarian/Vegan buffet including, **Mezze sharing platter, Masala onions, red lentil lasagne, Broccoli Quiche, Kerela Curry, Rice, Salad, Potato Braves, Pizza, and garlic bread. Also trio of desserts and the price includes tea & coffee.** The food will be served at approximately 1.30 p.m. The price is **£15.00** And must be paid in advance by **30th November** by sending a cheque (made payable to Leeds Combined Arts Theatre Group' or cash to us at Leeds Combined Arts, HEART Centre, Headingley, Leeds LS6 3HN. For further details and to book contact Carol on 07708 230 333.

Sunday 20th January 11.30 a.m. Horsforth & Rawdon Circular.

Join Rob for a circular walk of 5.5 miles. We will start and end at the bottom Horsforth Town Street - bus stop, car park and pubs and the walk will include part of Cragg Wood.

Further details on this walk will be given nearer the time.

Sunday 17 February 11.30 a.m. Harewood Walk. Meet at the Junction of Wike Lane.

Join Carol for this 5 mile walk around Harewood and Harewood Estate, we will also be calling in the Muddy Boots tea room towards the end of the walk with the option of finishing at the Harewood Arms to catch the bus back to Wike Lane or walk through the path to the finish. Meet at 11.30 a.m. at the junction of Wike Lane. The 36 bus stops just opposite. Contact Carol for more details on 07708 230 333.



We are very pleased to announce a new programme of workshops commencing shortly

Commencing Weds 28th November 1.30 – 3.00 p.m. ‘Active, Creative Workshops’, All Hallows Church, 24 Regent Terrace, Leeds LS6 1NP.

Join us for a 6-week programme of therapeutic creative workshops with gentle energy exercises and voice work & creativity. These workshops are designed to be fun, energising and relaxing with gentle movement to create flow. We will also be using our voice to do some toning, chanting and singing. All exercises can be done seated. The workshops will run on Wednesdays November 28th, December 5th and December 12th, then continue in January on Weds 9th, 16th, and 23rd. Free. This project has been made possible by a grant from Postcode Community Trust, a grant-giving charity funded entirely by players of People’s Postcode Lottery.

Storytelling, Poetry & Voice Workshops commencing on Thursday 24 January at 2.00 p.m. at Meanwood Institute, Green Road, Meanwood, LS6 4LD.

The workshops will take place once a week for two hours, with a short break in between. The first half will be discussion based with some introductions and warm-up sessions where people get to know each other and share their stories and express themselves. There will be opportunities for anyone to read out any poems or short stories they have written or are able to tell. Following a short break the second half there will be gentle winding down session.

Overall the workshops will be a celebration of people’s lives with songs and stories from the past, and an opportunity for them to share their stories and memories and songs. The event will be held in a safe, friendly accessible and comfortable environment with refreshments provided for the break. The project aims to help those attending to focus on an enjoyable art activity while encouraging them to relax at the same time and appreciate the company of others focusing on the same activity. Supported by Metcalf Smith Trust. The workshops are provided free of charge, but donations are always welcome for refreshments.