

# THE EXCHANGE



## WHAT'S ON APRIL- AUGUST 2024



**75 London Road  
Twickenham  
TW1 1BE  
020 8240 2399**



[exchangetwickenham.co.uk](http://exchangetwickenham.co.uk)



Thank goodness we have air conditioning in our building, because things will be hotting up this summer at The Exchange!

We have a great line-up of new family shows including **The Adventures of The Little Red Hen**, **The Lost Voice**, **The Extraordinary Time Travelling Adventures of Baron Munchausen** and the family magic show, **Enchanted**.

There's plenty for grown-ups too. **Jude Kelly**, founder of WOW Global, will be here to talk about **Shakespeare's Women**. **The Freshwater Five** is a gripping piece of theatre based on a true story about fishermen convicted of drug smuggling, and there will be a night of nostalgia and laughter with the cast from the TV series, **Only Fools and Horses**.

For more laughs, **The Gin Chronicles** return with their new show, **A Scottish Adventure!** Comedienne **Ria Lina** will be touring her new stand-up show, **Riawakening**, and **Anne Gildea** is returning with **How To Get The Menopause & Enjoy It**. We look forward to a hilarious new show, **Freewheeling**, from the **The Noise Next Door** crew. And **Manford's Comedy Club** will be back in July with the best of stand-up comedy.

There's plenty for film buffs with **Richmond Film Society's** World Cinema programme, mainstream movie screenings, plus we are delighted to be showing films made by our academics at St Mary's University as part of the **SCALA Festival of Creativity** - see page 15. We look forward to screening a new documentary about folk rock duo **Indigo Girls**.

For music lovers, we have a varied programme of contemporary and classical events - too many to name here but do have a flick through and see for yourselves! See page 10 for updates from our Artist in Residence, **Janette Mason**, who will be bringing back her fantastic **Wall to Wall Bowie** this June.

New this season are **Curry & Comedy** nights. For just £15 we are serving pre-show meals from acclaimed Indian restaurant, **Spice Up**. See page 4 for further info - there might even be a chance to meet & greet the talent you are about to see on stage!

We hope to see you soon.

**Becky Shaw, Programme & Partnerships Manager**



## DONATE

Did you know that over 125 music venues closed in 2023? Consequently the UK music venue industry is facing disaster, leaving artists with fewer places to perform. Twickenham is lucky to have this amazing 300-seat theatre, with a programme that is going from strength to strength.

You can help keep our wonderful venue alive: buy tickets in advance, volunteer with us or make a donation, just by scanning this QR code (tick The Exchange).

Thank you for your support!





# INFORMATION

## BOX OFFICE

In Person/Phone: **Monday-Thursday 10am - 5pm**  
Call Us: **020 8240 2399**  
Find Us: **75 London Road, Twickenham, TW1 1BE**  
Visit: **[www.exchangetwickenham.co.uk](http://www.exchangetwickenham.co.uk)**

The Venue and Box Office open 1 hour before the scheduled start time for evening events.

Online bookings can be made through our website **24/7**. For online bookings the ticketing company (TicketSource) charge 7% of the ticket price with a 50p minimum charge. There is no booking fee when you contact our Box Office directly.

Questions and enquiries can be directed to our email: **[exchangetwickenham@stmarys.ac.uk](mailto:exchangetwickenham@stmarys.ac.uk)**

## CONCESSIONS

Concessions are indicated where available. We offer concessions to children under the age of 16, adults aged 60 or over, **students in full-time education, St Mary's University Staff**, those on Income Support and registered disabled. Proof of status must be shown when booking or collecting tickets.

## REFUNDS

The Exchange regrets it is unable to refund tickets unless the performance is postponed or cancelled.

## ACCESSIBILITY

The Exchange is committed to making the venue accessible to everyone so they can enjoy the whole programme. For accessible seating advice, please call our Box Office prior to your visit so we can accommodate your needs. Wheelchair users and visually impaired customers are entitled to one complimentary ticket for a companion.

There are limited parking spaces near the venue for Blue Badge holders. We have step free access from the street to the box office/ground floor of the building. The Exchange has lift access to all levels of the building. Accessible toilets are on the ground level, 2nd and 4th floor. In the theatre Row J is step free, the aisle seats are J5, 23, 24.

## GETTING TO THE VENUE



The Exchange cannot accommodate parking for audience members and there is no public parking on the Brewery Wharf estate at all. There are limited parking spaces near the venue for Blue Badge holders. There are public car parks in Twickenham within walking distance of the venue. We encourage audience members to travel by public transport where possible. We are located directly opposite Twickenham Rail Station and bus routes 267, 281 and H22 pass outside the venue.

## BOOK NOW





## FAMILY COMEDY

### Comedy Club 4 Kids

**Sunday 7th April & 2nd June | 2pm | £12/ £40 Family of 4**

The best stand-ups and sketch acts from the circuit do their thing for an audience of children (aged 6+) and their families...but without the rude bits! Family friendly, without any patronising idiocy. It's like a normal comedy club, but it's in the day, kids are allowed, and thus there is a higher chance of the entire audience claiming to be called Bob.

## FAMILY

### The Adventures of The Little Red Hen

**Fri 12th - Sun 14th April | 11am & 2pm | £14/12**

Embark on a whimsical journey with Stuff and Nonsense! Watch the hilarious escapades unfold as a plucky hen takes charge in an energetic adaptation of a beloved story. Featuring brilliant puppetry, live music, and unforgettable comedy, this family-friendly show promises clever storytelling and laughter for all ages (recommended for 3-10years). Don't miss the enchantment!

## COMEDY

### Bring Your Own Baby Comedy

**Weds 15th May / noon / £13 (£14.50 on the door)**

Indulge in comedy with a twist – babies welcome! Join us for laughter, relaxation, and the best UK comedians without childcare worries. Buggy parking, baby changing, and a stocked bar make it a hassle-free experience. Enjoy two brilliant comedians and a compere in a 75-minute show, but please note our 15-month age limit for our youngest audience members.

## FAMILY

### The Extraordinary Time Travelling Adventures of Baron Munchausen | Tuesday 28th May | 2pm | £12/10

Experience the magic of Jackanory meets Whose Line is it Anyway? in this award-winning family show! Top comedians craft extravagant, improvised tales inspired by the Adventures of Baron Munchausen. Get ready for pirates, princesses, unicorns, dragons, swordfights, and spacemen, with all stories being completely and irrefutably true!



bring your own baby comedy



# CURRY COMEDY



Join us on the 2nd floor in our conservatory where Spice Up Twickenham will serve up a delicious curry dinner at £15, available before the performance from 7PM.

Chow down alongside the comedians with a buffet-style selection including Veggie Samosas (VG), Tadka Daal (GF,VG), Chicken Curry, Peas Rice (GF,VG) and Poppadoms with mango chutney.



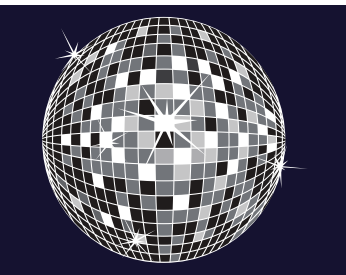
## **Anne Gildea: How To Get The Menopause & Enjoy It** **Fri 17th\* & Sat 18th May | 8pm | £15**

Don't miss Anne Gildea's uproarious show, now returning for two nights of outrageous laughter. Unveil the mysteries of a topic affecting 51% of us, as Anne brings her comedic skills to dissect the inevitable and often misunderstood phase of lady life. Prepare for TMI taken to a whole new level! \*Curry and Comedy Friday night only.



## **The Noise Next Door: Freewheeling** **Fri 28th June | 8pm | £15**

The quickest improvisational wits in comedy are coming to town with a side-splitting evening of hilarious off-the-cuff songs, scenes and characters. They will spin comedy gold out of the things the audience think, and the best and downright weirdest things about their hometown.



## **DISCO**

### **Early Doors Midsummer Disco!**

**Saturday 22nd June | 2-8pm | Pay What You Like (£10+)**

Get ready to groove without the late-night hassle! Join the Early Doors Disco, featuring a fantastic dance floor, great sound, and a massive glitter ball. All ticket proceeds support your beloved local Arts venue. Tailored for the 30+, it's all about having a good time responsibly!



## **THEATRE**

### **The Great Belzoni**

**Sat 29th | 2:30pm & 7pm | Sun 30th June | 2:30 pm | £12/10**

Experience the hilarious return of The Great Belzoni, solving a new crime in 1928 London during 'Egyptian Mummy Fever.' Written by local talent Loz Keal, it's a brilliant spoof whodunit you won't want to miss. Join us for laughs and uncover the mystery at the British Museum!



## FAMILY FILM CLUB

To showcase our large screen and fantastic sound system, The Exchange are introducing two regular and 'cheap as chips' films to keep little ones and their grown-ups entertained. Special requests are welcome – just email us at [exchangetwickenham@stmarys.ac.uk](mailto:exchangetwickenham@stmarys.ac.uk) with your suggestion.

**Family Film Club:** Running once a month screening family classics, old and new, starting at 11am. Popcorn and ice-cream will be served!



**Wonka (2023 | PG)**

**Saturday 27th April | 11am | Runtime 123 mins | £5**

Willy Wonka - chock-full of ideas and determined to change the world one delectable bite at a time - is proof that the best things in life begin with a dream, and if you're lucky enough to meet Willy Wonka, anything is possible.



**The BFG Movie (2016 | PG)**

**Saturday 25th May | 11am | Runtime 117 mins | £5**

The story of a young girl, ten year old Sophie, the Queen of England and a benevolent giant known as the BFG, who set out on an adventure to capture the evil, man-eating giants who have been invading the human world.



**Madagascar (2005 | PG)**

**Thursday 30th May | 11am | Runtime 86 mins | £5**

Half-term fun for all the family! A group of animals find themselves stranded on the island of Madagascar. After spending their whole life in New York's Central Park Zoo, they must adjust to living in the wild. .



## THE EXCHANGE THEATRE BAR

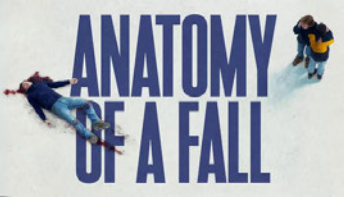
THE BAR IS OPEN FOR  
OUR GIGS, EVENTS,  
AND SHOWS.

NOW AVAILABLE:  
PRE-ORDER DRINKS  
WHEN YOU BOOK  
YOUR TICKETS.



## BABY CINEMA

**Baby Cinema:** Showing films for the grown-ups, our monthly midweek Baby Cinema is an opportunity for new parents and carers to get up and out in relative ease! Plus, babies are free to get in. Exclusively for parents and carer! We will be serving coffee and cake from 9am in our café area, and the film will start at 10am. Please note, the age cap for babes in arms is 15 months. £5 per ticket. For £10 grab a special ticket for film + coffee + cake!



**Baby Cinema: Anatomy of a Fall (2023 | 15)**  
**Thursday 25th April | 10am | Runtime 152 mins | £5**

Award-winning psychological thriller: a woman is suspected of her husband's murder, and their blind son faces a moral dilemma as the sole witness.



**Baby Cinema: Little Miss Sunshine (2006 | 18)**  
**Thursday 23rd May | 10am | Runtime 100 mins | £5**

A family road comedy that shatters the mould. Brazenly satirical and yet deeply human, the film introduces the endearingly fractured families: the Hoovers, whose trip to a pre-pubescent beauty pageant results not only in comic mayhem but death, and a moving look at the surprising rewards of being a loser in a winning crazed culture.



**Baby Cinema: The Holdovers (2023 | 15)**  
**Thursday 27th June | 10am | Runtime 133 mins | £5**

From acclaimed director Alexander Payne, *The Holdovers* follows a curmudgeonly instructor at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually he forms an unlikely bond with one of them - a damaged, brainy troublemaker - and with the school's head cook, who has just lost a son in Vietnam.

## COMMUNITY

**LGBT+ Networking**  
**Friday 19th April | 7pm | Free**

Join us for LGBT+ networking before the Indigo Girls screening (Page 7), our way of celebrating Lesbian Visibility Week—meet and socialize with LGBTQ+ community members. In partnership with Out & Wild. Born during COVID, Out & Wild is now the UK's largest Festival for LGBTQ+ women and non-binary individuals!



# APRIL-MAY



## FILM

### Indigo Girls – It's Only Life After All (2023)

**Friday 19th April | Runtime 123 mins | 8pm | £10/8**

Experience the essence of Indigo Girls in *It's Only Life After All*, a poignant documentary reflecting on 40 years of their iconic folk-rock journey. Uncover the obstacles, activism, and life lessons of this queer duo, known for stirring harmonies and socially conscious lyrics. Premiered at the 2023 Sundance Film Festival & BFI Flare, it's a captivating portrayal of their remarkable career.



## LIVE MUSIC

### Ariana Kim and Michael Poll

**Friday 10th May | 7pm | £15/10**

Embark on a captivating musical journey with Ariana Kim, GRAMMY nominee and Gold Medalist (Osaka Int. 2017). Teaming up with Michael Poll, they present a musical journey spanning Bach's Partita No. 3, Paganini's Sonata Concertata, and Piazzolla's Histoire du Tango.

*"an invaluable central thread of integrity and stylishness... played with soulful flair"* – New York Times

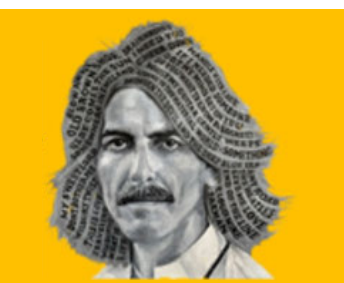


## THEATRE

### The Freshwater Five

**Saturday 11th May | 7:30pm | £14/12**

Delve into a theatrical investigation inspired by the *Today in Focus* podcast by *the Guardian*. Uncover the story of five Isle of Wight fishermen, sentenced to 104 years for conspiracy to import £53m of cocaine. They have always maintained their innocence. Blending storytelling, verbatim accounts and islanders' humour, the play explores classical and contemporary smuggling, deteriorating coastal communities, immigration, and folklore surrounding this ancient profession.



## LIVE MUSIC

### The George Harrison Project

**Thursday 16th May | 7:30pm | £22**

Not to be missed - here comes the perfect tribute to a Beatles legend! Enjoy the UK's leading live music tribute to George Harrison, performing his best-loved hits from The Beatles, his solo career and The Traveling Wilburys.



LITTLE WANDER PRESENTS

# RIA LINA

## RIAWAKENING

TOUR 2024

### TWICKENHAM

*THE EXCHANGE*

25 APRIL 2024

*as seen on*  
MOCK THE WEEK  
POINTLESS  
HIGNFY  
LIVE AT THE  
APOLLO

*all tickets*  
**RIALINA.COM**





## LIVE MUSIC

**Silent Scores: Celebrating Female Composers**  
**Friday 24th May | 7pm | £15/10**

Delight in the Bosmans Ensemble's musical feast, exploring forgotten 19th and 20th-century string quartets by female composers, brought to life by London's leading musicians. Immerse yourself in the extraordinary lives and music of Ethel Smyth, Fanny Mendelssohn, Henriette Bosmans, Rebecca Clarke, Emily Mayer and Germaine Tailleferre.



## LIVE MUSIC

**Antonio Forcione & Giorgio Serci: Guitar Duo**  
**Saturday 25th May | 7.30pm | £22.50/20**

Experience the vibrant fusion of Latin, African jazz, and flamenco with Antonio Forcione and the evocative Giorgio Serci whose natural charisma equals his originality. Both virtuosos bring a unique flavour to the musical world. Be prepared to be moved as they celebrate the unexpected elements in life with delicacy, humour and passion.



## TALK

**Jude Kelly: Shakespeare's Women**  
**Sat 1st June | 7.30pm | £15/13**

Following her sold-out premiere of *Shakespeare's Women* at The Globe, Jude Kelly explores the great women in The Bard's works, their real-life inspirations, what they teach us about 16th-century gender politics and how contemporary the challenges are that these women faced. From Juliet to Desdemona, Portia to Ophelia, Jude will demonstrate the emotional power and complexity of these characters. This fascinating evening is more than just a presentation, it's a conversation – indeed a provocation - by the founder of WOW Global on how we can shape the future of gender equality by learning from the past.



## LIVE MUSIC

**Hejira – A Tribute to Joni Mitchell**  
**Friday 13th June | 7.30pm | £25/22.50**

Experience the magic of Hejira, a 7-piece band celebrating Joni Mitchell's masterpiece works, primarily from the late 70's. Led by the talented Hattie Whitehead, this ensemble of seasoned jazz musicians captures Joni's vocal poise and guitar style, delivering an authentic tribute to the iconic artist.

# WORDS FROM OUR ARTIST IN RESIDENCE

Celebrating my second year as Artist In Residence at The Exchange, our shows have been a hit with fantastic turnouts and feedback. Due to popular demand, we're bringing back favourites, starting with **Wall To Wall Bowie** on June 7 and 8, featuring David McAlmont's mesmerizing vocals.

Mark your diary for **Wall To Wall Prince**, September 20 and 21, and **Wall To Wall George Michael** November 22 and 23.

I hear you asking what's **Wall To Wall**? The idea originated at **Pizza Express Jazz Club** (London), one of Europe's best jazz clubs, a few years back when I was Musical Director for Lea DeLaria, *Orange Is the New Black* actress and jazz singer. Our remit was to come up with a new show every month, featuring a particular artist or composer, hence *Wall To Wall*.

It's always been my perspective that **music shouldn't be frozen in time**, so we've taken some classic songs, some less well-known ones and run them through the blender, to give them a new spin!

Join us in supporting live music at this amazing venue. And if you've seen our shows, spread the word about their brilliance to your friends! 😊

*Janette Mason*



**Wall To Wall Bowie Featuring David McAlmont**  
**Friday 7th & Saturday 8th June | 7.30pm | £25/22.50**

Don't miss our Artist in Residence: pianist, composer and arranger, Janette Mason and captivating vocalist David McAlmont as they reinvent Bowie's classics with a jazz twist. Backed by world-class musicians, this unique show, performing to sold-out audiences for a decade - including at Ronnie Scott's - promises a fresh and theatrical take on Bowie's iconic material.

*"This is Bowie, but not as you've heard it before."*

## YOGA

**Mid-Summer Yoga Workshop**  
**Friday 21st June | 10am | £12/10**

To celebrate International Day of Yoga, we are hosting a yoga workshop in our sunny Conservatory, led by local yoga teacher Nina McKellar. This is an inclusive workshop so come along and join in the fun! Tea and cake will be served afterwards!







## COMEDY

### An Evening With Only Fools & Horses

Fri 14th June | 7pm £25 | VIP Meet & Greet 6pm £35

Get ready for a night of laughter, behind-the-scenes stories, competitions, and re-enactments with four original cast members from TV's *Only Fools and Horses*. Join them on a journey through their careers, anecdotes from working with Sir David Jason and live Q&A. Competitions, show re-enactments and a live performance by Tony Angelino singing his hit song *CWYING!* Don't miss out on memorabilia, raffles, auctions and VIP tickets for an early meet & greet with the stars!



## FILM

### Born on the Fourth of July (2023 | 15)

Saturday 4th July | 10am | Runtime 133 mins | £5

A gripping and emotional journey based on the true story of Ron Kovic, a Viet-Vet turned anti-war activist, exploring Kovic's transformation from a patriotic Marine to a paralysed, disillusioned advocate for peace. Delving into the physical and emotional toll of war, offering a powerful reflection on sacrifice, resilience and the search for identity.

## COMEDY

### Manford's Comedy Club

Saturday 6th July | 8.00pm | £12.50

Our resident comedy night returns! We welcome an exciting line-up of stand-ups. Join us for some much-needed laughs on what promises to be a hilarious evening of comedy.

## FAMILY

### Enchanted - Unveiling The Magic

Friday 12th July | 7pm | £12/10

A magic show for all the family! Experience the mesmerising fusion of magic, showmanship and mind-reading with Amethyst Magic's extraordinary production, showcasing the wonders of magic from a bygone era. Prepare to have your senses stirred as these forgotten classics of magic are presented in a truly enchanting way.



# JULY-AUGUST



## COMEDY

### **The Gin Chronicles - A Scottish Adventure!**

**Saturday 13th July | 7.30pm | £18/15**

Don't miss this vintage radio-style comedy filled with mischief, mayhem, live sound effects and 1940s derring-do. A huge hit at Edinburgh Fringe, this show is a delightful and uplifting experience leaving you with a big smile!



## LIVE MUSIC

### **Carnaby Army – 60's British Invasion!**

**Friday 19th July | 8pm | £15**

Bringing you the kind of 60's music that is best experienced live! Their stunning show brings the excitement of this amazing period back to audiences, young and old. An authentic tribute to the greatest bands from the greatest era in modern music history. Featuring top flight musicians for an electrifying performance.



## FAMILY THEATRE

### **The Lost Voice**

**Sunday 21st – Saturday 27th July | 11am & 2pm**

**£12/10 (£40 family of 4) Relaxed performance available**

Telling the story of a girl called Whisper who goes on a journey to find her voice. Performed in the round, featuring beatboxing, songs, puppets and a little audience interaction! *The Lost Voice* is an expression of everyone's desire to make themselves heard. Suitable for ages 3+. Join our beatboxing workshop at 12.45 pm each day for just £5 (between shows).



## LIVE MUSIC

### **A Vision of Elvis**

**Thursday 15th August | 7.30pm | £27.50**

Put on your blue suede shoes and come and celebrate the music of the King of Rock 'n' Roll with the UK's supreme Elvis, Rob Kingsley and his talented cast. This breath-taking recreation of a live Elvis Presley concert takes you on an epic audio-visual journey through time like you've never seen before!



## Richmond Film Society

Richmond Film Society was formed in 1963 and has since screened nearly 860 films. This year they celebrate their 60th anniversary. Their objective is to bring our community the very best in World Cinema.

For more information on RFS and their membership visit: [www.richmondfilmsoc.org.uk](http://www.richmondfilmsoc.org.uk)

Films are shown at 8pm sharp on alternate Tuesdays, with no trailers and no ads. The bar opens 1 hour before screenings. 60 non-member tickets are allocated for each screening, they are £5 and available to purchase in advance from The Exchange Box Office.



### CHINA

#### **Return to Dust (2022 | Unrated)**

**Tuesday 9th April | 8pm | Runtime: 134 mins**

Banned in China shortly after its release, *Return to Dust* is a profound and tender love story between two outcasts. A middle-aged rural couple, cast off by their families, are forced into an arranged marriage and proceed to nurture their farm and livestock amidst backbreaking work and financial hardship.



### MOROCCO

#### **The Blue Caftan (2022 | Rated 15)**

**Tuesday 23rd April | 8pm | Runtime: 122 mins**

This is not a film about being gay in Morocco, although that is illegal and punishable with 3 years' imprisonment; it is a film about love and understanding. All of the main protagonists are deeply sympathetic characters and although the husband and wife are sexually incompatible, there is an extremely powerful bond between them.



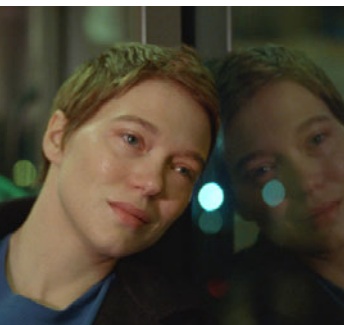
### IRAQ

#### **Our River...Our Sky (2021 | Rated 15)**

**Tuesday 7th May | 8 pm | Runtime: 117 mins |**

Set in 2006 against the backdrop of intense sectarian war, *Our River...Our Sky* follows the stories of a small Baghdad community trying to find some semblance of normality and hope despite unpredictable violence, turmoil and loss.





## FRANCE

**One Fine Morning (2022 | Rated 15)**

**Tuesday 21st May | 8pm | Runtime: 112 mins**

A young single mother raising an 8-year-old daughter struggles to take care of her father, who's been diagnosed with a neurodegenerative disease. While trying to secure a decent nursing home, she runs into a married friend and they begin an affair.



## ROMANIA

**The Whistlers (2024 | Rated: 15)**

**Tuesday 4th June | 8pm | Runtime: 93 mins**

Not everything is as it seems for Cristi, a policeman who plays both sides of the law. Embarking with the beautiful Gilda on a high-stakes heist, both will have to navigate the twists and turns of corruption, treachery and deception.



## UK

**Kind Hearts & Coronets (1949 | Rated: PG)**

**Tuesday 11th June | 8pm | Runtime: 106 mins**

A distant poor relative of the Duke D'Ascoyne plots to inherit the title by murdering the eight other heirs who stand ahead of him in the line of succession.



## USA

**Are You There God? It's Me, Margaret (2023 | Rated: PG-13)**

**Tuesday 25th June | 8pm | Runtime: 106 mins**

When her family moves from the city to the suburbs, 11-year-old Margaret navigates new friends, feelings and the beginning of adolescence.

# RICHMOND MUSIC TRUST

# COMMUNITY

RICHMOND



**RMT Easter Bandlt**  
Friday 5th April

**RMT Live @The Exchange**  
Friday 5th July

**Joint Ensemble Concert**  
Tuesday 9th July

Music Outreach Charity delivering a range of high quality musical experiences for children and young people.

**RMT Schools Instrumental Day**  
Wednesday 26th June

**RMT Summer Bandlt**  
Friday 23rd August



## COMMUNITY MUSIC

**Six of The Best - Singer Songwriters**  
Saturday 15th June | 7.30pm | £15

*Six of The Best* singer songwriters – currently recording and performing around London – coming together for this special night to support **CANCERactive**. A splendid time is guaranteed for all!

## SCALA - ST MARY'S FESTIVAL OF CREATIVITY

With 50+ events over 20 days, showcasing the creativity of our local community. Offering film screenings, live performances, music, debates, exhibitions, local heritage, or a chance to see St Mary's with fresh eyes!



**Perspective Photography Exhibition | Exchange Bar**  
Monday 22nd April- Sunday 5th May | Free

Celebrating the talent that St Mary's have to offer. Immerse yourself in the artistry within the photography.

**The Space – Theatre of Survival (2018)**  
Sunday 28th April | 5pm | Runtime 88mins | £5

The true story of how one small South African theatre company defied 1970s apartheid, and whose world renown brought widespread condemnation of a violent, unjust regime.

**Behave (2023)**  
Thursday 2nd May | 9:30pm | Runtime 90mins | £5

After the death of their friend, a group of eccentric young adults are whisked away to a villa on the outskirts of London, but a mysterious entity seems to have followed them to their luxurious getaway - featuring alumni.

# CLASSES & ACTIVITIES

## Community Groups & Activities

There is something for everyone at The Exchange with community groups running a range of activities. Join a class today and make the most of our community venue. Please check class times and availability by contacting the activity leaders directly.

### Art & Soul

Providing a range of therapeutic arts workshops, to help improve mental health.  
Thursdays 11am-1pm  
[artandsoul.org.uk](http://artandsoul.org.uk)

### Bump & Baby Club

The leading independent antenatal classes in the UK. Class dates vary.  
[bumpandbabyclub.com](http://bumpandbabyclub.com)  
[hello@bumpandbabyclub.com](mailto:hello@bumpandbabyclub.com)

### CDARS ART Group

Thursdays 1:45pm- 3pm  
[cdars.org.uk](http://cdars.org.uk)

### Core MAMA Fitness

Pregnancy Pilates and Postnatal Pilates  
Monday evenings, Tuesday mornings & Thursday morning  
[coremamafitness@gmail.com](mailto:coremamafitness@gmail.com)

### Dynamic Vinyasa Yoga

Kate Mundie  
Tuesdays 7pm-8pm

### Headway Tutors

Maths Wednesdays 4:30pm - 5:30pm  
English Wednesdays 5:30pm - 6:30pm  
[headwaytutors.co.uk](http://headwaytutors.co.uk)  
[info@headwaytutors.co.uk](mailto:info@headwaytutors.co.uk)

### Longevity Yoga with Dillaro

Wednesdays & Thursdays 7pm - 8pm  
[longevityyoga.co.uk](http://longevityyoga.co.uk)

### Westway School of Performing Arts

Thursday evenings 4:30pm - 8:45pm  
Saturday mornings 9am - 1pm  
[enquiries@westwayperformingarts.co.uk](mailto:enquiries@westwayperformingarts.co.uk)

### Hummingbird School of Dance

Pre-School, RAD Ballet and ISTD Modern, providing classes for all ages from 2 ½ years on Monday mornings. Class times:  
9:30am - 10:15am Pre-School Ballet  
10:15am - 10:45am Hummingbird Chicks  
[principal@hummingbirddance.co.uk](mailto:principal@hummingbirddance.co.uk)

### NCT Antenatal Courses

Class dates at The Exchange vary please contact NCT directly.  
[nct.org.uk](http://nct.org.uk) [capacity4d@nct.org.uk](mailto:capacity4d@nct.org.uk)  
Support line: 0300 330 0700

### Sophie Long Embroidery

Thursdays 10am-1pm  
Discover hand-embroidery with Sophie, RSN grad, in a 5-week course. Personalised teaching, no experience needed!  
[sophielongembroidery.wordpress.com](http://sophielongembroidery.wordpress.com)  
Instagram: @sophie\_long\_embroidery

### Twickenham Youth Theatre

Theatre for young people, by young people. Weekly sessions for ages 10 - 16 years in a professional theatre setting.  
Mondays & Tuesdays 5:15pm - 6:45pm  
[twickenhamyt@gmail.com](mailto:twickenhamyt@gmail.com)

### White Rabbit Drama Club

A drama club encouraging children to trust in their instincts with acting, storytelling, devising & improv from 4 - 16 years.  
Mondays & Wednesdays 4pm - 5pm  
[whiterabbitdramaclub@gmail.com](mailto:whiterabbitdramaclub@gmail.com)

### Yoga with Anney

Tuesdays 7:15pm - 8:15pm  
[yogawithanney.co.uk](http://yogawithanney.co.uk)  
Instagram: @Annemarie\_hamilton



# VENUE HIRE

Alongside our main theatre space, we have 6 community spaces which can be hired either on an ad-hoc basis for meetings and events or more of a regular weekly hire for classes and workshops. Each of these spaces are bright and welcoming with views across Twickenham. To enquire please write to us:

[EXCHANGETWICKENHAM@STMARYS.AC.UK](mailto:EXCHANGETWICKENHAM@STMARYS.AC.UK)

## THE CRANETAP BAR & KITCHEN

THE CRANE TAP IS DELIGHTED TO OFFER  
ALL GUESTS VISITING THE EXCHANGE AN  
EXCLUSIVE 20% OFF OUR À LA CARTE MENU.

To redeem this offer, simply present your show ticket at point of booking.

020 3327 7778  
@THECRANETAP  
[THECRANETAP.COM](http://THECRANETAP.COM)



SCAN QR  
CODE TO  
BOOK!

Ts&Cs: This offering cannot be used in conjunction with any other discount or offer.  
Available on our a la carte food menu only. Is not available on drinks. Subject to availability.

# THEATRE SEATING PLAN

	P	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	P					
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STAGE

VOLUNTEER WITH US

## USHERS NEEDED

\*\*\* THE EXCHANGE \*\*\*



GAIN EXPERIENCE + GET FREE TICKETS

We are looking for a friendly team of volunteers who can assist with the smooth running of our events. We house an eclectic mix of shows so it is always exciting at our venue. If this is something you'd like to be a part of please email us at:

EXCHANGETWICKENHAM@STMARYS.AC.UK



THE EXCHANGE  
WHAT'S ON

## Join our MAILING LIST

Sign up to our email newsletter using the QR code to receive regular updates from us about what is coming up at The Exchange.







### APRIL

7th	Comedy Club 4 Kids	FAMILY COMEDY
12th, 13th & 15th	The Adventures of the Little Red Hen	FAMILY
19th	Indigo Girls – It's Only Life After All	FILM
22nd-5th	SCALA Photography Exhibition	EXHIBITION
25th	Baby Cinema: Anatomy of a Fall	FILM
25th	Ria Lina - Riawakening	COMEDY
27th	Family Film Club: Wonka	FILM
28th	SCALA The Space: Theatre of Survival	FILM

### MAY

2nd	SCALA Behave	FILM
10th	Ariana Kim & Michael Poll: In Concert	MUSIC
11th	The Freshwater Five	THEATRE
15th	Bring Your Own Baby Comedy	COMEDY
16th	The George Harrison Project	MUSIC
17th & 18th	Anne Gildea: How To Get The Menopause & Enjoy It	COMEDY
23rd	Baby Cinema: Little Miss Sunshine	FILM
24th	Silent Scores: Celebrating Female Composers	MUSIC
25th	Family Film Club: The BFG	FILM
25th	Antonio Foricone & Giorgio Serici - Guitar Duo	MUSIC
28th	The Extraordinary Time Travelling Adventures of Baron Munchausen	FAMILY
30th	Family Film Club: Madagascar	FILM

### JUNE

1st	Jude Kelly: Shakespeare's Women	TALK
2nd	Comedy Club 4 Kids	COMEDY
7th & 8th	Wall To Wall Bowie	MUSIC
13th	Hejira - Celebrating Joni Mitchell	MUSIC
14th	An Evening with Only Fools & Horses	COMEDY
15th	Six of The Best - Singer Songwriters	MUSIC
21st	Mid-Summer Yoga Workshop	YOGA
22nd	Early Doors Disco	DISCO
27th	Baby Cinema: The Holdovers	FILM
28th	The Noise Next Door: Freewheeling	COMEDY
29th & 30th	The Great Belzoni	THEATRE

### JULY

4th	Born On The 4th Of July	FILM
6th	Manford's Comedy Club	COMEDY
12th	Enchanted: Unveiling The Magic	FAMILY
13th	The Gin Chronicle- A Scottish Adventure	COMEDY
19th	Carnaby Army - 60's British Invasion!	MUSIC
21st-27th	The Lost Voice - Beatboxing Show & Workshop	FAMILY

### AUGUST

15th	A Vision Of Elvis	MUSIC
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