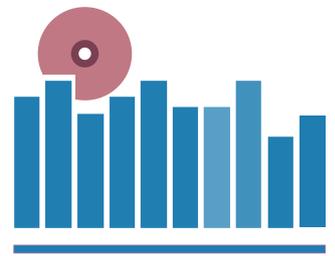


# What's On

## in the Library October 2019



### EXHIBITIONS (admission free)

**Barbican Library Foyer exhibition: 2 – 28 October 2019**

#### **Tamara Tolley: at home in the Barbican**

Tamara Tolley is a resident artist working from the balcony of her flat on the corner of Frobisher Crescent above the Barbican Centre. Employing a range of mixed media, Tamara's vibrant, fresh and intuitive landscapes of the Barbican reflect her deep love for the Estate, as well as her intimate knowledge of its majesty and an appreciation of its small, intricate details. Tamara's work has sold at the Royal Academy Summer Exhibition and she has been included in exhibitions in galleries in London and Birmingham. In May 2019, she won the Cass Art Solo Show Award at the Royal Watercolour Society Contemporary Art show at Bankside Gallery. Tamara's website [tamaratolleyart.com](http://tamaratolleyart.com) and successful Instagram page @tamaratolleyartist has introduced people across the world to the Barbican Estate.



**Barbican Music Library exhibition: 12 October 2019 – 4 January 2020**

#### **Ronnie Scott's 1959-69: Photography by Freddy Warren**

A warm and intimate series of portraits marking the 60th anniversary of London's legendary jazz club and the publication of a new book. To celebrate the work of Freddy Warren, a selection of photographs is showcased in this exhibition that captures the atmosphere and movement of jazz. His photographs include performance shots and off-stage pictures of Miles Davis, Art Blakey, Stan Getz, Zoot Sims, Duke Ellington, Nina Simone and more. A previously unseen archive of his work also features behind the scene images of Ronnie Scott, personally overseeing the construction of the club's iconic Soho venue. Free.



### EVENTS

**Wednesday 9 October, 6.30 – 9pm**

#### **Kadija Sesay and Friends: a post National Poetry Day celebration with award-winning poets!**

Kadija Sesay and Friends at Barbican Library, now in its seventh year, launches Seni Seneviratne's third poetry collection, *Unknown Soldier*. This is a collection of huge depth and resonance. Its stimulus is a collection of photographs of the poet's late father, then a young man, originally from colonial Sri Lanka, who was serving as a radio operator in an otherwise



all white platoon in the 1939-45 desert war in North Africa. It is a Poetry Book Society Recommendation and is on the National Poetry Day list of recommended reads for 2019. Seni will be joined by acclaimed poets Mimi Khalvati, Kendel Hippolyte and Hannah Lowe, who will be MCing the evening. You are invited to relax and share an evening of poetry, snacks and drinks with others who live and love poetry.

Books will be on sale. Free entry, but booking advisable:

<https://kadija-sesay-and-friends-2019-seni.eventbrite.com>, or at the library on 0207 638 0569, [barbicanlib@cityoflondon.gov.uk](mailto:barbicanlib@cityoflondon.gov.uk)

**Thursday 10 October 12.30-1.30pm**

## **How to overcome insomnia and improve your mental health - simple and effective ways**

Join Beatrix Schmidt to explore how sleep works, how it impacts your mental health especially in today's fast-moving world.

- We will discuss the impacts of insomnia and sleep deprivation on the seven areas of our life
- The three ways lack of sleep affects our mental health during our lifetime

Find out some simple and effective ways to overcome insomnia and maintain your mental health for years to come. Beatrix will help you to see the bigger picture when it comes to sleep issues and ways you can improve your mental agility. This will be an informative and interactive talk addressing some of the most common misconceptions about sleep, mental health and provide you with practical ways you can improve both. Beatrix is a speaker, sleep coach and author of *The Sleep Deep Method*®. Free just turn up.

**Wednesday 23 October, 7–8pm, Doors open for refreshments from 6.30pm**

## **The Artist of Our Freedom**

Join Ben Okri who will be reading from his work and discussing madness and reason, freedom and living, with Lamis Bayar Chair of Mental Fight Club, and founder of Dragon Café in The City. Ben will also be signing copies of his work which will be available for sale. FREE – just turn up!

**Wednesday 30 October 12.30-1.30pm**

## **Coming Out of the Black Country**

Author Stanley Underhill, a resident of the Charterhouse, gives an illustrated talk about his recent autobiography *Coming Out of the Black Country*. This is a true and inspiring story of about a man born in the 1920s into poverty and who, later, discovered himself to be a homosexual. Stanley describes his struggle to educate himself, and to come to terms with his unwanted sexual orientation. All against a background of ignorance, homophobia and condemnation by the State



and Church, while he also battled with depression. Come and listen to Stanley's story of how, ultimately, he finds his true self. Free, just turn up.



## REGULAR ADULT EVENTS

Thursday 10 October, 10am – 12 noon

### Read and Relax

*This event is held at the Ralph Perring Community Room, above Golden Lane Leisure Centre, Fann Street EC1Y 0SH*

This friendly informal group meets once a month over tea or coffee to share a short story and a poem. Nothing to prepare, just come along!

If you would like more information email:

[geraldine.pote@cityoflondon.gov.uk](mailto:geraldine.pote@cityoflondon.gov.uk)

Every Tuesday, 10.30am – 12.30pm

### Let's Talk! Conversation Group

Are you learning English? Come along and practise speaking with other Londoners in a relaxed and friendly environment. No need to book and free of charge.

Every Thursday, 3 to 5pm

### Games Club

Meet new friends, learn new strategies and have fun in our new weekly games club. Bring your own game or choose from Scrabble, Chess, Rummikub, and Cribbage. Free - No need to book!



Saturday 26 October, 1.30 – 3.30pm

### Barbican Writing Group

This FREE friendly writing group meets on the last Saturday of every month at Barbican Library 1.30-3.30pm. This is a self-led group suitable for all levels where you can read out work for group feedback (no pressure to do so if you don't want to) and share creative tips and exercises. Whatever the words, writing is good for your mental health. Come and discover the novel within. Free – just turn up!



## ALL AGES WELCOME!

Thursday 17 October, 5.30 - 7pm

### Barbican Comic Forum

A discussion group devoted to comic books and graphic novels. Get recommendations, make friends and choose from a wide selection of books. From novices to fanatics: open to all! Admission Free. For more information email [joel.janiurek@cityoflondon.gov.uk](mailto:joel.janiurek@cityoflondon.gov.uk)



# IN THE CHILDREN'S LIBRARY (ALL EVENTS ARE FREE)

Thursday, 3 October, 5.30 - 6.30pm

## Philosophy Club

For children of all ages who have a curious mind.

Thursday, 10 October, 5.15 - 7pm

## (Secret) Film Club

Children aged 5 and over can come watch a film projected on a big screen in the comfort of the Barbican Children's Library.

Tuesday, 22 October, 11am - 1.30pm

## Witch Crafts

Half-term Halloween crafts for children of all ages - Halloween costumes welcome.

Wednesday 23 October, 11 - 11.45am

## Storytime with Anna-Christina

Children aged 2 - 7 can listen to (and take part in) a Halloween story.

## REGULAR CHILDREN'S EVENTS (ALL FREE)

Every Monday and Friday and Saturday, 10.45 - 11.15am

## Bookstart Rhymetime

Get your child's literacy off to a flying start by coming to one of our popular rhymetime sessions. They can sing songs and nursery rhymes, listen to stories, then stay and play with our toys, spaces limited to 30 buggies.

Every Monday, 4 - 4.30pm

## Bookstart Storytime

Children aged three years and over are invited to come and listen to an assorted hand-picked collection of wonderful stories.

Every Friday, 4 - 5pm

## Friday Clubs

A difference club every Friday!

- First Friday each month: The Arts Club
- Second Friday each month: The Games Club
- Third Friday each month: The Puzzle Club
- Fourth Friday each month: The Monster Club

For children of all ages and all materials will be provided.

Every Saturday, 2 - 3.30pm

## Saturday Art Club

Children of all ages can unleash their creativity and join us for an outstanding afternoon of artistic and colouring excitement!

NB On Saturday 26 October there will be a special Witch Craft club—Halloween costumes welcome.

## Please note:

When attending our events, if you have a disability you wish us to consider, please inform the staff in advance.

[www.cityoflondon.gov.uk/barbicanlib](http://www.cityoflondon.gov.uk/barbicanlib)

