

fluid
motion
-THEATRE COMPANY-

#AITMFEST



ARTS FESTIVAL AIMED AT CHALLENGING PRECONCEIVED IDEAS ABOUT MENTAL HEALTH

WWW.FLUIDMOTIONTHEATRE.CO.UK

BVA Basingstoke
Voluntary Action

ANVIL
ARTS

Basingstoke
Festival
2016

WELCOME to 'All in the Mind', the first in what is hoped to be an annual arts festival in Basingstoke aimed at challenging preconceived ideas about mental health.

This festival brings together professional artists, young people and the wider community as we aim to celebrate the artistic achievements of people with experience of mental health issues.

Fluid Motion Theatre Company was founded on the belief that drama and the arts more widely can make a positive change in peoples lives. We have witnessed the devastating effect of poor mental health on individuals, their families and friends. Sadly there still remains some stigma and humiliation around this topic. This festival plays a very small part in changing that.

Today you will see a whole range of performances from dance, music, poetry and theatre as well as exhibitions by several artists. Each individual has their own stories and experiences and the aim of this festival is to bring them all together to promote positive mental health and wellbeing.

We thank you for your support and hope you enjoy our festival.

Leigh Johnstone
Artistic Director

Ali Gill
Executive Director

ABOUT FLUID MOTION THEATRE COMPANY

Fluid Motion Theatre Company aims to give opportunities to a wide range of people, by using drama to advance education, create opportunities for community cohesion and provide support and opportunity for those wishing to pursue a career in the arts.

Since formation in 2010 Fluid Motion has increasingly developed its reputation for working with vulnerable groups and engages with around 1000 adults and young people a year through various different projects and performances.

Our annual 'Streetspeare Schools Project' works with primary and secondary schools across the South East and allows children, particularly those from disadvantaged backgrounds, the opportunity to engage with Shakespeare as actors through a six-month arts experience.

The 'Theatricals Performance Company', a partnership between Basingstoke Mencap and Fluid Motion gives young people and adults with disabilities the chance to use the increased confidence through performing on stage to raise the ceiling of expectation. This gives participants the chance to achieve their social, personal and theatrical potential by performing to their peers and the general public.

In 2014 funding from the European Union allowed us to develop a 'Confidence and Employability Programme' that uses drama to build confidence, self-esteem and enable unemployed adults to think positively about themselves. 47.8% of participants found work as a result of taking part, 21.7% enrolled onto further training courses or further or higher education. The success of this programme has allowed us to develop partnerships with Hampshire County Council, the NHS, the University of Southampton and Hampshire Cultural Trust.

This is only a snapshot of the work we do, to find out more please visit

www.fluidmotiontheatre.co.uk

LIST OF ACTS

Ali Gill

Ali is one of the founders of Fluid Motion Theatre Company and is the company's Executive Director. Ali has a wide range of experience in acting ranging from musical performance to devised and autobiographical theatre. In addition she has a wealth of experience of working with young people and drama. Currently, Ali is on sabbatical from the company working on her PhD on representations of women with a mental illness in contemporary performance.



LETTER TO MYSELF

If you could write a letter to your younger self what would you say? What happens when younger self sends a message to future self? Would you warn yourself to avoid certain pitfalls or would you embrace the events that have shaped your life? Who is making the decisions here? 'Letter to Myself' is an autobiographical work in progress that navigates its way through death, madness and celebrations!

Abigail Weston

Abigail is a local artist currently studying BTEC Art and Design at Queen Mary's College. She is passionate about art and lives to draw and create. She enjoys working with several different mediums, including both traditional and digital.

THOUGHTLESS

For the festival Abigail has created three pieces of digital art, based on commonly used, flippant phrases that people of her age hear. The pieces are entitled "Snap out of it", "It's all in your head" and "Pull yourself together".

Beth Davis-Hofbauer

Beth Davis-Hofbauer is an artist from the south coast of England. Her current practice explores anxiety in its various forms and how it can be reproduced, induced and reduced through art. As a disabled woman with an autistic child and a severe anxiety disorder she is interested in how society views anxiety and the difference between visible and invisible disease. Noting the interplays and the subtle prejudices that exist.

GHOSTS

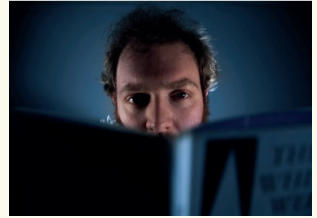
Ghosts is a multimedia installation using video projection, sound and infrasound to explore our relationship with death, disability and the afterlife, their relationship to each other and the anxieties they induce.

Chris Roche

Chris has performed with her local musical theatre group and various gospel choirs over the past 10 years. She returned to education as a mature student and studied Drama and Voice at the University of Winchester. She took part in an Erasmus program in Turkey on the history of music in Europe and helped devise and perform a comic musical about the history of Winchester's Theatre Royal. She is currently assisting with Fluid Motion's Theatricals project; providing Drama classes for adults with learning disabilities. Chris also leads singing at social clubs for older people. Chris will be performing a selection of her favourite songs at the festival.

Craig Chalmers

Craig graduated from the University of Winchester in 2012 with a 1st Class Honours Degree in Drama Studies. Since then he has worked with numerous companies, professional and amateur but none more so than Platform 4. He was a key player in the New Tempest Club collaboration and enjoyed a major role in all five iterations of Memory Points. Since then he has found work as an actor, writer and singer and has expanded his creative network in Winchester and the community as widely as possible. He is fascinated by the notion of the performance of the self in theatre; exploring that which is given out by the performer and how this is read by an audience.



SOMETIMES HOW TO GET BY - COMPANION PIECES

These piece(s) are a collection of poems and a talk related to Craig's upcoming one-man show 'The Craig Chalmers Experience'. They will include old and new writings and further explore the themes of his performance.

Chris Sav

Chris is an artist, writer and performer. He is a compulsive cookery programme watcher and an occasional jam maker. His work involves doing drawings of disappointing superheroes for the charity CALM, singing about vegetables and making films about talking fish. He is currently doing a Masters in Critical Boy Band Theory and Agricultural Practices.



DISSAPOINTMAN

Disappointman is a hero with the power to be endlessly disappointing. He likes wearing odd socks and drinking nettle tea. He and his pals are attempting to make sense of the world through seemingly inconsequential moments in everyday life. You can find them on the CALM website, attempting to battle feelings of despair and anxiety with strange chat-up lines, awkward musicals and talking cupcakes.

Dave Jurgens

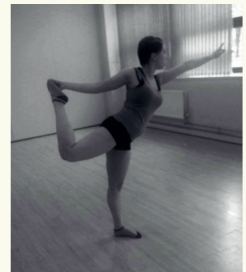
Dave Jurgens is a professional guitarist and guitar tutor. He has played in numerous bands and Musical Theatre productions around the South and is now currently working on an acoustic solo set. Dave will be performing a blues folk acoustic set, featuring Led Zeppelin covers and an original composition.

Ellie Johnstone

Ellie is a performing arts student on a scholarship at Mid Kent College in Kent. Whilst in sixth form she choreographed a piece based on schizophrenia where she was graded with an A; work that she has been keen to develop. She is looking to pursue a career in dance and choreography.

IN YOUR MIND/A DAY IN THE LIFE

Ellie is performing two pieces at the festival. The first 'In your Mind' is based around schizophrenia and how it affects the way you think. The second piece 'A Day in the Life' promotes positive mental health and how we might be feeling both inside and out.



Heart and Soul Community Choir

The Heart and Soul Community Choir is a newly formed group based in South Ham. This fifteen strong (and growing) choir perform mix genre songs with harmonies, which leave you feeling good. They will be performing a mixture of Motown, pop and musical covers.



Jim Read

Jim Read is a writer based in Salisbury and a former psychiatric patient. He has edited and contributed to two anthologies of writing by people with personal experience of mental health services. His most recent book is a biography of gay footballer, Justin Fashanu. Jim has performed *Want to Dance*, a comic monologue about Parkinson's disease, moonwalking and welfare benefits, at Salisbury Arts Centre and Pavilion Dance, Bournemouth.

FEAR OF MARMITE

In this dramatic monologue Jim Read takes us back to 1972 when he was a patient in Park Prewett, Basingstoke's psychiatric hospital.

'I was scared of many things when I went in and a few more when I left. But it worked out OK in the end.'



Keely May

Keely is eleven years old and loves to sing. She is a student of local vocal coach Nicole Gill and is really excited about performing at the festival. Keely will be singing two acoustic covers.

Laura Greenway

Laura is a recent graduate from UCA Farnham, she is a visual artist that specialises in contemporary abstract painting. Her work explores the expression of life with mental illness through the use of colour and form, and all work is explorative of her own experiences of mental illness. From a young age she suffered from severe OCD, depression and psychosis but uses her illnesses to inform her work and as a way of coping with them. Her aim is to start a conversation about mental health through her artwork, informing the public and helping to challenge stigma.

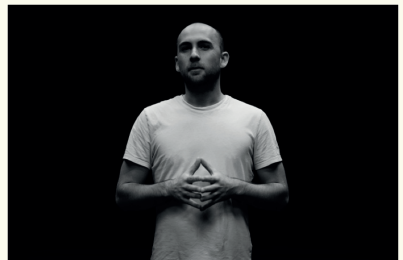


Leigh Johnstone

Leigh is a writer, actor and Artistic Director of Fluid Motion Theatre Company. He has over ten years experience of working within the arts sector including Youth Director for Outside Edge Theatre Company in London and Arts Development Officer for Hampshire County Council. Leigh is currently an associate artist at the Nuffield Theatre and has worked with a wide range of organisations including the National Youth Theatre, The Royal Shakespeare Company, Frantic Assembly, Blue Apple Theatre Company and others.

RUM IN THE GRAVY BOAT

Home is considered one of the safest places to be, especially when you're growing up. Right? But what happens when only a few square feet of space is considered safe and you become a prisoner in your own home, trapped physically and metaphorically? 'Rum in the Gravy Boat' is an autobiographical work in progress about growing up with a parent addicted to alcohol.



Lilianne Jackson 🎵

Lilianne is 16 years old and in her first year at BCOT studying Hair and Media Make-up. She has always loved singing but has only recently decided to take it further. She started singing lessons with local vocal coach Nicole Gill last year and had never sung in front of an audience before. In January she did her first ever open mic event at Queen Mary's College. Lilianne will be singing a selection of pop songs for the festival.

Paul Rouse 🎨

Paul is based in Basingstoke and is a keen amateur artist. He has attended a local art group for two hours a week, which was part of his recovery for a spinal injury. He used this class as a way of getting back into society, making new friends and having fun. His exhibition of pencil sketches features a mixture of still life that forms part of his portfolio of coursework.

Rachel Goodall/Red Sauce Theatre

Red Sauce Theatre are a unique performing arts service. We deliver fun and innovative workshops to care homes and in our community. Taking their words and stories we then interpret them into scripts, poems and illustrated personal books. We also make short films using a cast of people within the care homes to produce a professional story for everyone to enjoy and a memory to keep forever.

FINDING PEACE 🎭

The story of Eliza and her daughter, their journey, from when Eliza is diagnosed with dementia through to the final stages and how life is perceived by both women. Told by a cast of seven female actors, we deliver this personal journey in a contemporary piece of drama, written by Rachel Goodall and a group of individuals living with dementia.



Tim Stringer 🎨

Tim is 28 and lives in North London. He graduated in Illustration and now works on a range of projects. He is also a guitarist and songwriter and plays in a band. He was diagnosed with Asperger's in his early 20's. He is displaying a selection of his artwork entitled 'Failure to Connect, an Asperger Experience'.

SUPPORTING OUR WORK

We are a not for profit organisation and therefore receive no regular Government funding for our work. Our work is constantly under threat and we rely on the generosity of the communities and individuals that we visit and work with to support us in what we do.

There are many ways in which you can help, whether that's through a donation using the details below, volunteering or joining our management committee to help shape the work we do. We value your support and thank you in advance.

You can make a donation in several ways:

Use the donation boxes

Pay by BACS
Sort Code: 30-90-53
Account No: 35736860

Donate by cheque, made payable to
'Fluid Motion Theatre Company'

For further information about how you can help support Fluid Motion Theatre Company please get in touch on 01256 423836 or info@fluidmotiontheatre.co.uk

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www.facebook.com/FluidMotionTC

TIMETABLE

Running Order	Event	Time	Location
Introduction and Welcome		11:00am	Main Foyer
Heart & Soul Community Choir	Choir	11:05am	Main Foyer
Leigh Johnstone	Rum in the Gravy Boat	11:20am	Cedar Room
Dave Jurgens	Acoustic Session	11:45am	Café
Ali Gill	A Letter to Myself	12:10am	Cedar Room
Ellie Johnstone	In your Mind/A Day in the Life	12:35am	Cedar Room
Break			
Jim Read	Resisting Silence	12:55pm	Cedar Room
Heart & Soul Community Choir	Choir	13:10pm	Main Foyer
Lilianne Jackson	Singing	13:25pm	Café
Break			
Chris Sav	Disappointman	14:00pm	Cedar Room
Chris Roche	Singing	14:15pm	Café
Ali Gill	A Letter to Myself	14:30pm	Main Foyer
Break			
Keely May	Singing	14:40pm	Café
Craig Chalmers	Sometimes How To Get By - Companion Pieces	14:55pm	Cedar Room
Leigh Johnstone	Poetry Reading	15:20pm	Café
Ellie Johnstone	In your Mind/A Day in the Life	15:35pm	Cedar Room

Break
Music
Theatre



Poetry/Spoken word
Exhibition
Dance





**Basingstoke
NeighbourCare**
Charity No 1154382

We are a charity which provides accompanied transport for people in the Basingstoke area who cannot get out on their own.

Can you spare some time during the week?

We need volunteer drivers to take our clients to their important appointments. Just a few hours makes a huge difference to someone's life. You choose when. Please call 01256 423855 and speak to one of our friendly coordinators or email info@neighbourcare.com.



**BASINGSTOKE RAPE AND SEXUAL ABUSE
CRISIS CENTRE**

Basingstoke Rape and Sexual Abuse Crisis Centre (BRASACC) is here to provide Crisis Line support to anyone over the age of 16 years who has been raped, sexually abused or sexually assaulted at any time in their lives.

We also provide Crisis Line support to parents, partners, families, friends, and workers from other agencies, who are supporting survivors of rape and sexual abuse and sexual assault.

CRISIS/SUPPORT LINE: 01256 423890
Monday-Thursday 7pm-9pm.
Mobile: 07985 145267
Office: 01256 423810
Email: admin@brasacc.com
Website: www.brasacc.com



Basingstoke and District Disability Forum is a local charity which promotes inclusion and opportunities for people with disabilities. Joining us is easy and free!

To find out more, phone us on 01256 423869 or email us at info@bddf.org.uk

You can also visit our website at www.bddf.org.uk or find us on Facebook and Twitter at [bddforum](#)

Fluid motion THEATRE COMPANY

local mencap Basingstoke

Festival 2016

The Wyne School, Wyne Rd, Basingstoke RG21 5PB
IT'S SHOWTIME!
Tuesday 21st June, 7:00pm

Fluid Motion Theatre Company and Basingstoke Mencap present It's Showtime, an evening of variety entertainment brought to you by their Theatricals performance company. So join us for some great fun, plenty of laughs and lots of talent including dance, comedy, theatre, music and more.

Tickets cost £4 for adults, children FREE. To book please visit www.ticketsource.co.uk/fluidmotion
info@fluidmotiontheatre.co.uk | www.fluidmotiontheatre.co.uk