



All in the Mind  
Festival

Festival Programme

2017

# Welcome!

It is my pleasure to present you with the All in the Mind Festival Programme 2017.

This programme is the culmination of the passion, creativity and hard work of many different people. I am very proud to see how fast this festival has grown, from a handful of artists taking part in 2016, to over seventy who applied to take part this year.

We are proud to offer a platform for artists to express themselves and to boast a talented line up of performers of theatre, dance, music, spoken word and visual arts.

All in the Mind exists to challenge preconceived ideas about mental health; the ethos of our festival is to provide a platform for people to share their experiences, to bust stigma and to give an opportunity for people to listen. Sadly, we still live in a society where people feel they can't talk about their mental health. I hope in some small way this festival challenges that.

I would like to thank you for your support, whether you are an audience member, artist, supporter or volunteer. I couldn't have done it without you. I hope you enjoy the festival and see you in 2018.



*Leigh Johnstone*  
*Festival Director*

## Festival Social Media

Twitter: @aitmfest Hashtag: #aitmfest  
*Please use this hashtag on the day!*

Facebook: [facebook.com/allinthemindfest](https://facebook.com/allinthemindfest)

Instagram: [fluidmotiontheatre](https://fluidmotiontheatre)

# About Fluid Motion Theatre Company

Fluid Motion is a mental health theatre company based in Basingstoke. We create professional touring work on a range of mental health themes as well as delivering education and community projects that engage with more than 10,000 people a year.

We believe theatre and the arts can bring positive change to people's lives. One in four people each year will experience a mental health problem and of these nine out of ten experience stigma and discrimination.

Fluid Motion endeavours to develop and deliver theatre of the highest quality to people from all demographics as mental illness does not discriminate.

We exist to:

- Help raise awareness of mental health through the creation of theatre.
- Use theatre as a way of facilitating social interaction to challenge stigma surrounding mental health problems.
- Use theatre to advance the education of the public through workshops, events and performances that empower people to make informed choices about their lives.

To find out more about what we do please visit [www.fluidmotiontheatre.com](http://www.fluidmotiontheatre.com)

## 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 several ways:

Use the donation boxes

Donate 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](mailto:info@fluidmotiontheatre.co.uk)

## Jeu Jeu la Foille's Frontal Lobotomy | Vicky Hancock

Bold, witty, and surreal, burlesque maverick Jeu Jeu la Foille fuses original beat poetry with the tormented lullabies of Tom Waits; punctuated with scientific accounts of perhaps the biggest error of judgment in medical history - the transorbital lobotomy. Dreamlike, passionate, and sometimes ridiculous; a dance through the woozy mythology, skewed narrative and embellished truths in the melancholic, irreverent world of Waits. Raising questions on differing attitudes towards mental illness, the various coping mechanisms, and with a unique blend of form and style - expect gruff puppetry, beatnik burlesque, spoken word, and a toyshop orchestra of musical reprobates.



Theatre Tent 14:30

Contains mild horror (experimental brain surgery) and partial nudity. 14+

## The Worry of Words | Maggie Sawkins

Maggie discusses how writing about her daughter's dual diagnosis enabled her to reach a place of compassion and acceptance. Her live literature production, *Zones of Avoidance*, which won The Ted Hughes Award for New Work in Poetry, is described as 'beautifully written and uncompromising'. Through poetry, letters and monologues, Maggie manages to juggle the imperative of honesty - how to tell an important story truthfully - and 'avoidance' - how bitter truths may be made bearable. The talk will be illustrated by short poem films from the production and will be followed by a Q&A.



Cafe 13:20

[www.zonesofavoidance.wordpress.com](http://www.zonesofavoidance.wordpress.com)

## Kristianne Drake Spoken Word | Kristianne Drake

Kristianne will be reading four pieces, each of which addresses an area in her life that has been affected by, or had an effect on, her mental health. From relationships to abuse (by herself and others) and manipulation, to breaking down and falling apart, and to picking up all the pieces and starting again, again. Everyone needs a second chance, right? Or third, or fourth...

Kristianne's writing sat in books, unread for years. She mostly wrote when she was unwell because it was one of the ways she could unload. One day, delivering a workshop alongside a poet, she realised that her writing could have potential of its own. Being a photographer, this was a revelation. Kristianne has now been performing for almost two years and has had work published in Zines as well as more recently in the book *On the Water*.



Cafe 12:40, 15:00

## Little Meerkat's Big Panic | Collar & Cuffs Co

It's a big day in the Kalahari desert: Little Meerkat is ready for her first lookout duty. When she falls asleep and wakes to find her family missing, she is overwhelmed by a great big panic!

Can a wise monkey and a kind elephant help her keep calm and find those missing meerkats? Award-winning, multi-sensory relaxed musical performance with stay-and-play workshop. Based on the storybook by Jane Evans, the production explores the neuroscience of anxiety and calm, supporting children and adults alike in getting to know their own inner meerkats. Part-signed in Makaton.



Outside 12:30 | 14:30

## Welcome to My World | Jo-anne Cox

*Welcome to My World* is an interactive electric cello performance, designed to shed light upon the positive side of emotional vulnerability.

Live looping is intertwined with luscious melody and flowing movement of delicate dance scarves - in which the audience are invited to participate. An exquisitely sensuous experience for all.



Cafe 13:00, 15:20

## Amanda Watkinson - Innov8 Dance | Angst

Amanda has been working as a dance artist for 2 years and created this piece in response to some of her own mental health struggles, and it has helped her in understanding and dealing with her anxiety.

This piece explores some of the physical and psychological symptoms experienced, and the struggles a person dealing with anxiety faces due to these symptoms. The dance combines pedestrian and abstract movement to represent this experience that many people may face. It follows the journey of a person battling their anxiety, and delving into a variety of emotions experienced.



Foyer 11:30, 14:00

## Sophie Fenella and Post Everything | Everything Is Going To Be Fine

Mixing poetry with clowning, movement and office banter, accompanied by a soundscape by Post Everything, *Everything is Going to Be Fine* is a show about finding hope in dark times.

Questioning the relationship between mental health and capitalism, and sharing methods of coping with an existential crisis when lost in the depths of Microsoft Outlook, this autobiographical performance shares a story of overcoming trauma in a world where spreadsheets are the number one priority.

Poet and part time clown, Sophie Fenella invites you to join her in a group initiative to spread the message that everything is going to be fine.



Theatre Tent 11:40

## Deborah Alma | The Emergency Poet

A mix of the serious, the therapeutic and the theatrical, *The Emergency Poet* offers consultations inside her ambulance and prescribes poems as cures. In the waiting room under an attached awning Nurse Verse dispenses Poemcetamols and other poetic pills and treatments from the Cold Comfort Pharmacy. All welcome from age 4 to 100.



Car Park | All day

## Ellie Johnstone | Looking at You Through the Glass

A young girl has trouble getting over her college crush and when she realises his feelings are not reciprocated her mind goes into overdrive.

This solo dance piece highlights delusional disorder in which a person cannot tell what is real from what is imagined.



Foyer 11:50, 14:20

## Lilianne Jackson

Lilianne Jackson is in her second year at Basingstoke College of Technology (BCOT) and is studying Hair and Media Make-up. She has always loved singing but had never sung in front of an audience until last year's first All in the Mind festival. Having started singing lessons with local vocal coach, Nicole Gill, in October 2015, Lilianne has now performed at several open mic nights at Queen Mary's College and we are delighted to welcome her back this year.



Cafe 12:20, 14:20

## Dave Jurgens | Solo Acoustic Guitar Performance

Dave Jurgens is a freelance musician and guitar teacher. He has played many shows and gigs across the country with various bands and orchestras. This year for *All in the Mind Festival*, Dave shall be playing solo fingerstyle guitar. A range of traditional, folk and blues shall be performed including *Amazing Grace*, *Down in the Valley* and *Scarborough Fair*.



Cafe 11:40, 14:00

## SECTIONED | Rose And Thorn Theatre Company

Tehzeen Khan is having trouble at work. His mother, Hakim, is not pleased that he is living with a white man. His partner James tries to help.

Tehzeen ends up in Parklands Hospital. How did that happen?

*Sectioned* is a short play that with comic irony exams what drives people mad, how psychiatry reacts to this, what happens when people are assessed under section 136 of the mental health act and how things could be improved.



Theatre Tent 11:00

## Steve Lawes & Andrew Gordon | Get it Out the Mind

Collaborative multimedia art by Steve Lawes, visual artist, and Andrew Gordon, politician and diagnosed psychotic. In the form of a ten-minute spoken word piece, Andrew will share his experience of a psychotic episode and explore ways in which he manages his mental health.

In the process of Andrew sharing a spoken work piece, live on stage, Steve will speed-paint a visual depiction of Andrew's story on a large canvas.

*Contains in depth discussion of psychotic episode.*



Cafe 14:20

## Jill Vigus Lost History | Forgotten Lives

Jill's work is about mental illness and psychological distress from a historical perspective. Starting with newspaper cuttings from the 1820s, she develops imagery and text to tell the story of forgotten people, ensuring these stories, while rooted to the past, have resonance for audiences today.

Jill makes prints and books, responding with the medium best suited to tell each particular story. Her aim is to draw attention to the feelings and emotions experienced by people who often end up as a footnote on the page of history. In 2016 Jill completed an MA in Sequential Design/Illustration at Brighton University.



Cedar Room

## Chris Sav | Chris and the Celeriac

*Chris and the Celeriac* is an attempted boy band with only two members, one of which is a root vegetable with nutty undertones. They sing pop songs about food and existential crises, trying to stave off despair with porridge ballads, plum jam anthems, and the redemptive power of cabbage based folk.

They will be ending their 'ORGANIC' tour at *All in the Mind Festival* this year; find out if they've learnt anything from all the potato metaphors, and whether Chris, in this 30th year, has finally become the vegetable aisle Viking he was destined to be.



Theatre Tent 14:00

## Sachin Kumarendran | The Dream is Slipping Away

Sachin has worked as a display artist for the coffee chain, The Urban Coffee Company, writes for the art blog ARTtouchesART and has had his work exhibited online as part of the Ashurst Emerging Artist 2017 award.

Sachin works in a variety of media, often blending several within a given piece.



Cedar Room

## Maggie Sawkins | Speak Out

Hampshire Cultural Trust presents Portsmouth based poet Maggie Sawkins who will read from a collection of new poems written with over 50 people experiencing memory loss and their carers within three day care centres run by Age Concern Hampshire during 2016. The poems were created during group poetry making workshops, and capture the conversations the poet had with people around their experience of local health care services, both good and bad.

The project was funded by Healthwatch Hampshire.

Cafe 11:00

## Mahlia Amatina | On a Spectrum - an exploration of Asperger's syndrome

Diagnosed with Asperger's syndrome (AS) in late 2015, Mahlia's perspective on life shifted. As she read more about the condition, Mahlia was keen to hear from others and how they experience Asperger's, so she devised a questionnaire for adults with AS to complete; she wanted to be able to tell their story.

The aim of the survey was to get those with AS to use markmaking as a way to illustrate their key Asperger traits. The narrative came to life as completed surveys found their way back.

For the full story and to find out more, see 'Asperger's Art' at [www.mahliaamatina.com](http://www.mahliaamatina.com)



Cedar Room



## Hippana Theatre | Shining Voices

Sit down, put on your headphones and relax...

You are about to experience what it feels like to be inside the head of a man who is about to lose his mind. Using binaural sound, Hippana Theatre recounts the story of Jack Torrance as he dives deeper into madness. Isolated in a hotel with his family, he struggles with his inner voices and hallucinations. *The Shining* is retold by a psychiatrist who entertains new discoveries about the mysterious mental illness we call schizophrenia.

"The voices are real. Not the sound of an actual person. But I know they exist."

*Strong sounds / Spectators wear headphones / Strong imagery*



## Ambitus Theatre | Stuck/Unstuck

A dancer struggles to dance again after a spinal injury while, elsewhere, a woman struggles to conquer her intrusive thoughts. For her the mind is a battlefield and a bully. For him it holds the key to regaining movement.

Using dance, poetry and original music this piece explores what it's like to get stuck and come unstuck, to have a visible impairment and an invisible one, and the power of the mind to hurt and to heal.

Dancer and choreographer: Shyne Phiri  
Writer and voiceover: Antonia Windsor  
Content consultant: Nicola Moss



## Katie Hitchcock | I'm ugly

Itchen Sixth Form College Alumni; Katie Hitchcock returns from Drama School Academy of Live and Recorded Arts to perform a selection of monologues.

This piece humorously explores bullying, eating disorders and boys, all through the eyes of a teenager. The character also called Katie is fourteen and like many girls of her age worries about being popular, wearing the right clothes and getting a boyfriend, she is also the victim of bullying at school.

*Contains mention of mental illness and bullying*



## Charlotte Maxwell | My Name is Chantelle and I Have an Anxiety Disorder

"Welcome to AA. Anxiety Anonymous".

Take a seat in a rundown community centre in North Manchester. There are plenty of seasoned attendees here. And then, there's Chantelle. She's new and isn't 100% sure why she's here - in her words, she's 'not anxious... just worried'.

Inspired by true events, *My Name is Chantelle and I Have an Anxiety Disorder* is one woman's exploration of living with high functioning anxiety and coming to terms with it. Join Chantelle just before her first group meeting and listen to her tales of student life, unfortunate minimum wage jobs, far away dreams and unluckiness in love.

*Contains some strong language and sexual references.*



Theatre Tent 13:20

## Laura Greenway | The Fight

Based around her experiences of severe mental illness, artist and MA Fine Art student Laura Greenway explores the everyday struggles of those afflicted with mental health problems through the mediums of painting and performance. Utilising her body as a tool for expression, the pieces on display communicate her unique experiences of life with an altered sense of reality, examining themes including vulnerability, visibility and repetition.

Laura will also be performing a live painting performance entitled *The Fight*, a piece that touches on the subject of recovery and the fight of battling against mental illness in order to gain back control of your life.



Cedar Room

## Viable | Bloodsworth

A rehearsed reading from a play in development about identity and psychiatry, set in the 1990s.

Name? Ethnicity? Reason for travel? Mood? Seeta doesn't do well with questionnaires. People want simple answers and she can't provide them; which makes it difficult getting in and out of places; including the place where she hopes to find the answers.

Maxine's a people person; wants to help. But on her first placement to a psychiatric unit she's spending most of her time making notes about people she doesn't have time to talk to. And when she does talk to them it's not really talking, more like extracting information.

Can they get past the policies and procedures to a place of real communication?



Theatre Tent 15:30

## Hampshire Child and Adolescent Mental Health

Service/ Sussex Partnership Foundation Trust | The Starfish Installation

Come and sign your pledge to raise awareness of youth suicide by making a pottery/ceramic starfish. CAMHS are working alongside schools, youth organisations, the general public and professional potters/ceramists to produce 145 clay starfish to represent the statistic that on average 145 young people every year commit suicide. These starfish will form installations which will be displayed in public areas in September 2017 and remain in place for 1-2 weeks around World Suicide Prevention Day. The purpose is to raise awareness that episodes of crisis can affect anyone at any time but everyone can do their bit in raising awareness. Collectively we can make a difference.



Car Park | All day

## Itchen Sixth Form College Actors | Man Up

1 in 4 men in the UK have contemplated or attempted suicide. Suicide rates for women are much lower. An unobtainable standard of masculinity, forced upon boys from an early age, prevents them from seeking help. Distress left untreated due to fear of stigmatisation for admitting to being mentally ill, in men especially, can prevent them from seeking help. Overcoming stigma of mental illness and challenging damaging concepts of masculinity, were central to this piece of performance art. The aim is to encourage men to talk about mental illness and halt the silence around male suicide.

*Contains mention of suicide*



Maple Room 11:00, 13:00, 15:00

## Food and Drink

Refreshments this year are provided by 'The Café Project' Basingstoke. The Café Project is a local charity set up to help and support young adults with learning disabilities. The group run out of a community cafe in Brighton Hill which is where it delivers training courses to help their students gain relevant experience in hospitality and catering.

# Timetable of events

START	FINISH	RUN TIME	ACT	ARTIST
<b>THEATRE TENT</b>				
11:00	11:30	30mins	Sectioned	John Hoggett
11:40	12:10	30mins	Everything is Going to be Fine	Sophie Fenella
12:20	12:50	30mins	Shining Voices	Hippana Theatre
13:20	13:45	25mins	Hello My Name is Chantelle and I Have an Anxiety Disorder	Charlotte
14:00	14:15	15mins	Chris and the Celeriac	Chris Sav
14:30	15:00	30mins	Jeu Jeu la Foille's Frontal Lobotomy	Vicky Hancock
15:10	15:20	10mins	About All in the Mind	Leigh Johnstone
15:30	16:00	30mins	Bloodsworth	Veronica Dewan
<b>FOYER</b>				
11:30	11:40	10mins	Angst	Innov8 Dance (Amanda Watkinson)
11:50	12:00	10mins	Looking at you Through the Glass	Ellie Johnstone
12:10	12:20	10mins	Stuck/Unstuck	Ambitus Theatre
14:00	14:10	10mins	Angst	Innov8 Dance (Amanda Watkinson)
14:20	14:30	10mins	Looking at you Through the Glass	Ellie Johnstone
14:40	14:50	10mins	Stuck/Unstuck	Ambitus Theatre
<b>CAFE</b>				
11:00	11:30	30mins	Anthology of Poems - (Dementia Project)	Maggie Sawkins and Chris Bennett
11:40	11:50	10mins	Dave Jurgens	Dave Jurgens
12:00	12:10	10mins	Get it Out of the Mind	Steve Lawes and Andrew Gordon
12:20	12:30	10mins	Lilianne Jackson	Lilianne Jackson
12:40	12:50	10mins	Kristianne Drake	Kristianne Drake
13:00	13:10	10mins	Welcome to My World	Joanne Cox
13:20	13:50	30mins	The Worry of Words	Maggie Sawkins
14:00	14:10	10mins	Dave Jurgens	Dave Jurgens
14:20	14:30	10mins	Get it Out of the Mind	Steve Lawes and Andrew Gordon
14:40	14:50	10mins	Lilianne Jackson	Lilianne Jackson
15:00	15:10	10mins	Kristianne Drake	Kristianne Drake
15:20	15:30	10mins	Welcome to My World	Joanne Cox

12:30			Little Meerkat's Big Panic	Collar & Cuffs
14:30			Little Meerkat's Big Panic	Collar & Cuffs

OUTSIDE

11:00			Man Up	Itchen Sixth Form College Actors
13:00			Man Up	Itchen Sixth Form College Actors
15:00			Man Up	Itchen Sixth Form College Actors
12:00			I'm Ugly	Katie Hitchcock
14:00			I'm Ugly	Katie Hitchcock
15:30			I'm Ugly	Katie Hitchcock

MAPLE ROOM

## All day events

Emergency Poet				Deborah Alma
Shed of Stories				Scratchbuilt Productions
The Starfish Installation				CAMHS

CAR PARK

Visual Art								
								Laura Greenway
								Jill Vigus
								Sachin Kumarendran
				Mahlia Amatina				

CEDAR ROOM



Leigh Johnstone - Festival Director  
Flis Pitman - Festival Coordinator  
Sarah Brown - Technical Supervisor  
Leo Alenfel- Exhibition Curator  
Lynn Weston - Volunteer Coordinator

We would like say a huge thank you to all our volunteers who have given up their time to support our festival this year.

## Festival Social Media

Twitter: @aitmfest Hashtag: #aitmfest  
*Please use this hashtag on the day!*

Facebook: [facebook.com/allinthemindfest](https://facebook.com/allinthemindfest)

Instagram: [fluidmotiontheatre](https://fluidmotiontheatre)

## Festival supporters

