



#AITMFEST



ALL IN THE MIND FESTIVAL

SATURDAY 12TH
SEPTEMBER 2020

GOES
DIGITAL!



WWW.AITMFESTIVAL.COM

THE PLAYING FIELD

SPILLAGE! BY STEWART TAYLOR

PERFORMANCE TIME: 11:00 RUN TIME: 35 MINS



THEATRE

Have you ever wondered what happens when life pushes someone too far? What is the state we enter when we can no longer hold onto everything that keeps us 'normal'?

SPILLAGE! takes us to that very place. We follow office worker Dan, as he attempts to keep up with the ever-increasing range of deadlines set by his superiors at work. Everything is just about fine until he spills his coffee. All over his clean white shirt. What follows is a roller-coaster journey through his inner world with all its worry, hurt and lost joy.

FIND OUT MORE >

RUM IN THE GRAVY BOAT BY FLUID MOTION THEATRE COMPANY

PERFORMANCE TIME: 12:00 RUN TIME: 55 MINS

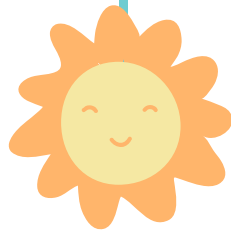


THEATRE

Playful and energetic yet moving and raw, Rum in the Gravy Boat is a story about sexual awakenings, plastic microphones, an alcoholic mother and alopecia. Based on the actor's own life and developed through Fluid Motion's unique autobiographical style, this is a personal account of how theatre can make sense of the past.



FIND OUT MORE >



AMBIVALENCE BY FARRELL COX

PERFORMANCE TIME: 13:30 RUN TIME: 15 MINS



THEATRE

Making decisions can be difficult especially when you feel like you've lost touch with reality.

"Ambivalence" an immersive short film using pedestrian and stylised acrobatic movement, which draws upon personal experiences of living with psychosis.

Farrell Cox, physical performer, aerialist and theatre-maker is a natural storyteller blending both imagery and movement and combining acting and movement skills.

FIND OUT MORE >

WET BY FLUID MOTION THEATRE COMPANY

PERFORMANCE TIME: 15:00 RUN TIME: 45 MINS



THEATRE

The diagnosis was hypoxic brain injury, it meant he'd never fully engage with his family again. But as one door closes another opens and Ali was determined not to live her life drenched in bodily fluids.

This one woman show explores making sense of motherhood when your husband, and kids' father is alive but not present.

'WET' was still in development when the COVID-19 crisis hit and therefore is not a finished production. This is a film of the first work in progress performance.

FIND OUT MORE >

THE PLAYING FIELD

SUE FROM SEXUAL HEALTH BY DIBBY THEATRE

PERFORMANCE TIME: 16:00 RUN TIME: 20 MINS



THEATRE

Join Sue as she waxes lyrical about mental health, stigma and sexually transmitted infections – issues that have been close to her heart since she forward-rolled the M60 ring road in an attempt to raise the profile of Chlamydia (bringing a whole new meaning to the hashtag #ClapForCarers).

What she might say is anybody's guess, so get ready to get lubed-up and loose-lipped with Sue!

Suitable for ages 14+ | Contains frank discussion of sex and sexual health

FIND OUT MORE >

WHO ARE YA? WHO ARE YA? JEKYLL VS HYDE BY JASON ADAMS

PERFORMANCE TIME: 17:00 RUN TIME: 27 MINS



THEATRE



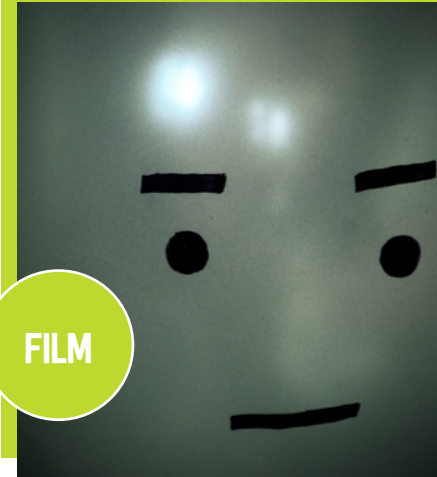
Reflective, charming and poetic yet hard-hitting and raw, Who are ya? is a story about a personal battle with anxiety, relationships, identity, accepting responsibility and how a love of playing Sunday league football restored a sense of an ability to be. Inspired by a moment in the actor's own life, that draws on the fictitious character of Jekyll and Hyde, in an almost 'rap battle' style with himself.

FIND OUT MORE >

THE COPSE

MY MENTAL ILLNESS AND ME BY PAUL WHITTAKER

PERFORMANCE TIME: ALL DAY



FILM

Living with an episodic chronic mental illness means building a life that can accommodate the highs and the lows, because even when the condition is quiet it is always there waiting to resurface.

'my mental illness and me' explores how Paul is controlled by his Bipolar Disorder and how it affects the way he engages with the world around him.



FIND OUT MORE >

ONLINE ART EXHIBITION BY AUTISM HAMPSHIRE

PERFORMANCE TIME: ALL DAY



VISUAL ART

Southampton based artist Deborah Goatley-Birch, who is autistic, has curated The Autism Hampshire Online Art Exhibition, a virtual art gallery to display artists new work in response to the COVID 19 pandemic. In place of the planned live exhibition, the artwork will be presented through a series of images.



FIND OUT MORE >

THE COPSE

UNDER OBSERVATION BY FOUR IN FOUR

PERFORMANCE TIME: ALL DAY



VISUAL
ART

Made as part of Four in Four's 'Is it Science or Art?' exhibition, 'Under Observation' tells the story of a young woman as she struggles with her mental health within the hospital fishbowl she needs in order to survive. Where can she go to escape the hospital environment? How can she nurture her mental needs and escape to a space of unobserved freedom?

FIND OUT MORE >

TATTOO BY BEAF THE OUTSIDERS PROJECT

PERFORMANCE TIME: ALL DAY



VISUAL
ART

The Outsiders Project present films telling the inspiring stories of tattoos, powering voices of the unheard and marginalised.

"I had my first tattoo at the age of 11. My friend's brother arrived with his home made kit, a bottle of black Indian ink, a pack of needles and a reel of cotton."

Working with members of the community of Boscombe their vision is to show that people sidelined from society can write, perform and create work at the highest level.

Contains strong language, Suitable for ages 16+

FIND OUT MORE >

THE COPSE

TO BE HUMAN BY MARIA TILT

PERFORMANCE TIME: ALL DAY



DIGITAL
ART

'To Be Human' explores the nature of what it is to be alive. This collection of digital paintings seek to open communication surrounding mental health. Art has an uncanny ability to guide and comfort those who are most in need; it provides an alternative means of self-expression, and through it, accommodates reflection and encourages a greater understanding of the world around us.

FIND OUT MORE >



EAT YOUR FEELINGS BY LAURA GREENWAY

PERFORMANCE TIME: ALL DAY



VISUAL
ART

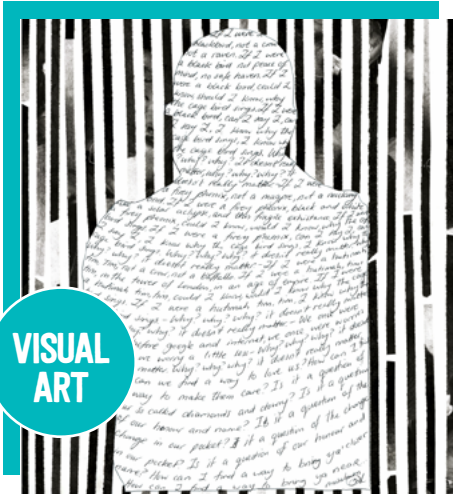
In this truly moving unique piece, themes of intimacy and vulnerability are explored in connection to the binge eating that the artist experiences as part of her depression. As the audience, you are invited to witness her eating her feelings by uncomfortably stuffing her mouth with pages torn from a diary full of intrusive thoughts as she opens up to the camera.

FIND OUT MORE >

THE COPSE



THE MOSAIC CLUBHOUSE BY SAM IVIN PERFORMANCE TIME: ALL DAY



VISUAL
ART

The Mosaic Clubhouse in Brixton aims to bring people with mental health issues out of isolation. Artist Sam Ivin has created a series of collaborative collage portraits of the Mosaic Clubhouse members. Each person decorated their own portrait using images they felt best represented themselves and their identities, giving us an insight into their lives and time at Mosaic.

FIND OUT MORE >

THE ENCHANTED FOREST

THE POLLINATOR PARADE WORKSHOPS PERFORMANCE TIME: 11:00 (POM POM BEE MAKING) & 14:00 (INSECT HOTEL)



CHILDREN'S
CRAFT
WORKSHOP

Families! Join in at home in these fun creative craft workshops using materials found in your garden, outdoors and even your recycling. 'The Pollinator Parade' is presented by artist Izzy and she offers an exciting guide for children to create their very own pom-pom bees and insect hotel, with an educational message throughout- about the importance of pollinators on our planet.

FIND OUT MORE >

GARDEN BOOGIE BY COMMOTION DANCE PERFORMANCE TIME: 11:00 PRE SCHOOL 14:00 PRIMARY TIME: 30 MINS



DANCE

Commotion Dance creates moving stories, plays with innovative ideas and encourages young audiences to learn through imagination. Led by dance artist Alana Jones, this fun and imaginative workshop is based on the show Will and When: Our Garden, so why not grab your picnic blanket and watering can and come and join us in the garden for a boogie!

FIND OUT MORE >



THE MOVEMENT MEADOW

GARDEN BOOGIE BY COMMOTION DANCE
PERFORMANCE TIME: 11:00 (PRE SCHOOL) RUN TIME: 30 MINS

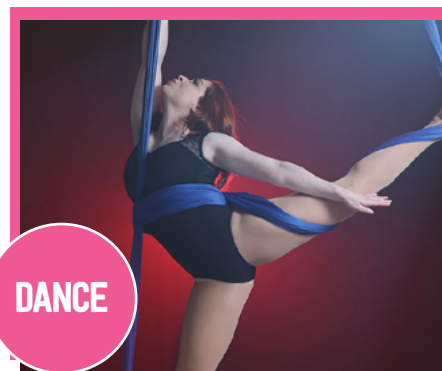


DANCE

Commotion Dance creates moving stories, plays with innovative ideas and encourages young audiences to learn through imagination. Led by dance artist Alana Jones, this fun and imaginative workshop for pre-school children is based on the show *Will and When: Our Garden*, so why not grab your picnic blanket and watering can and come and join us in the garden for a boogie!!

FIND OUT MORE >

AERIAL PERFORMANCE BY HELEN RAYNHAM
PERFORMANCE TIME: 12:00 RUN TIME: 5 MINS



DANCE

We all look for a bit of escapism in our lives and what better way than to take to the skies! Helen in her breath-taking aerial performance explores loneliness, boredom and an ability to literally get caught up in our own thoughts. Tune in to watch her magical performance and see how she uses circus as a way of dealing with her anxiety.

FIND OUT MORE >



THE MOVEMENT MEADOW

ANGS BY LIEZL DE WOUTERS D'OPLINTER

PERFORMANCE TIME: 13:00 RUN TIME: 3 MINS



DANCE

FIND OUT MORE >

Angs, the Afrikaans translation of anxiety, is one of three choreographic pieces that take a look at how anxiety affects individuals, the trials they face and how anxiety is experienced by the body and spirit. The dancers in this piece explore being out of control, worlds turned upside down, anxiety coming in waves, drowning in stress and anxiety being perceived as an invisible illness.

DISCONNECT BY ME DANCE COMPANY

PERFORMANCE TIME: 14:00 RUN TIME: 15 MINS



DANCE

FIND OUT MORE >

Misplaced, dazed, and confused. 'Disconnect' tells the story of an escaped patient from a 1950's asylum. Through hope, faith and determination she recalls the darkest moments of her past but wonders if they are her memories or those of the other characters she possesses. Her thoughts become tangled as she searches for a path in her mind that will lead her to safety.



THROUGH HER EYES BY NEOTERIC DANCE COMPANY

PERFORMANCE TIME: 15:00 RUN TIME: 13 MINS



DANCE

FIND OUT MORE >

Your loved one returns home and you are relieved that they are out of harm's way until you realise the battle isn't over, it has only just begun.

Through dance, poetry and music, this film brings to light the impact Combat PTSD has on family members who support loved ones with this diagnosis, giving these families a voice when they feel unheard and forgotten.

GARDEN BOOGIE BY COMMOTION DANCE

PERFORMANCE TIME: 16:00 (PRIMARY) RUN TIME: 30 MINS



DANCE

FIND OUT MORE >

Commotion Dance creates moving stories, plays with innovative ideas and encourages young audiences to learn through imagination. Led by dance artist Alana Jones, this fun and imaginative workshop for pre-school children is based on the show Will and When: Our Garden, so why not grab your picnic blanket and watering can and come and join us in the garden for a boogie!!

THE HIDEOUT

ICE PROJECT BY HAMPSHIRE CULTURAL TRUST/HAMPSHIRE CAMHS

PERFORMANCE TIME: ALL DAY



VISUAL ART

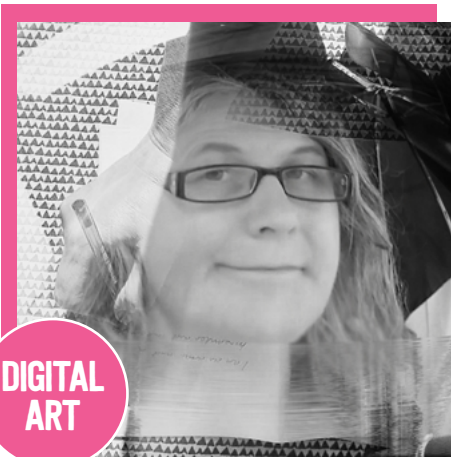
FIND OUT MORE >

We're proud to present a collection of inspiring projects that have taken place during this year's 'ICE Project' as part of the Hampshire Cultural Trust Social Impact programme.

The ICE Project is a partnership between Hampshire CAMHS and Hampshire Cultural Trust. The wider programme promotes the use of arts and culture for positive mental health and wellbeing. It is made possible through support and investment from Artsworld the South East Bridge, Sussex Partnership NHS Foundation Trust and charitable donations.

TIMETABLE BY JENNY MEEHAN

PERFORMANCE TIME: ALL DAY



DIGITAL ART

FIND OUT MORE >

Jenny Meehan is a Fine and Applied Artist working with a variety of media including digital imagery, painting, sculpture and words. Interested in the relationships between creativity, spirituality and health and well being, she creates emotionally expressive work, much of it autobiographically rooted. Finding her own story, and a sense of significance within it is the touchstone of this work. 'Time Table' is a short film that explores themes of invisible work; both domestic and artistic, time perception, identity and value.

RELAXATION STATION

PONDER BOX BY HIPPANNA THEATRE

PERFORMANCE TIME: ALL DAY



SOUND INSTALLATION

FIND OUT MORE >

'Ponder Box' is a brand new mini-series of mindfulness videos with ambisonic sound for mental and physical wellbeing. 'Ponder Box' is a sensory exploration of nature's daily spectacle. Wear your headphones, lay back and dive in!



CLOUDSCAPES BY GOBBLEDEGOOK THEATRE

PERFORMANCE TIME: ALL DAY



SOUND INSTALLATION

FIND OUT MORE >

CLOUDSCAPES is a duologue for performer and clouds in an outdoor cloud-gazing area. Download the Podcast and listen to a performer telling stories of their relationship with the sky. An introductory video will guide you through how to cloud gaze and you will be encouraged to go outside, look up and contemplate the changing nature of clouds, as well as that of humanity.

TENT OF IDEAS

FROM STUGGLING TO THRIVING: HOW SONGWRITING AND LIVE PERFORMANCE CAN HELP STRENGTHEN THE MIND WITH LEON C & LEIGH JOHNSTONE PERFORMANCE TIME: 11:00 RUN TIME: 30 MINS



TALK

Leon C is a singer, songwriter and regular performer at the All in the Mind Festival. In this discussion, Leon and our Artistic Director Leigh Johnstone talk about the power of music and how songwriting can help make sense of the world.

[FIND OUT MORE >](#)

WHY ARE THE ARTS GOOD FOR YOUR MENTAL HEALTH? WITH DR TIM COOPER & LEIGH JOHNSTONE PERFORMANCE TIME: 13:00 RUN TIME: 30 MINS



TALK

Dr Tim Cooper is a GP and clinical lead for mental health at the North Hampshire Clinical Commissioning Group. In this discussion, Tim talks with our Artistic Director Leigh Johnstone about how arts and health can work together to bring about a person-centred approach to mental health treatment.

[FIND OUT MORE >](#)

MAKING ART WITH A MENTAL ILLNESS WITH DEWI EVANS & LEIGH JOHNSTONE PERFORMANCE TIME: 15:00 RUN TIME: 30 MINS



TALK

Dewi Evans is a writer and performer with an interest in autobiographical performances of mental health. In this discussion, Dewi and our Artistic Director Leigh Johnstone talk about how we can articulate our mental health through performance making.

[FIND OUT MORE >](#)

WHEN MENTAL HEALTH ISN'T WHITE, STRAIGHT AND ABLE BODIED WITH FARRELL COX & DEWI EVANS PERFORMANCE TIME: 17:00 RUN TIME: 30 MINS



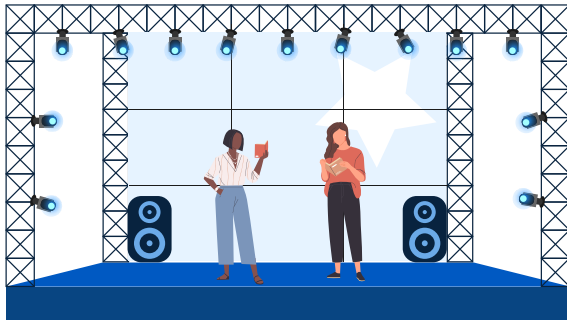
TALK

Farrell Cox is a physical performer, aerialist and theatre-maker. In this discussion, Farrell and theatre-maker Dewi Evans talk about identity and the underrepresentation of non-white, able-bodied or straight performers.

[FIND OUT MORE >](#)

NHS STAGE

INTRODUCTION BY DR KATIE AMIEL PERFORMANCE TIME: 12:00 RUN TIME: 3 MINS



THESE ARE HANDS BY STEVE HALLIWELL & CLARE FELLOWS



MUSIC

Steve Halliwell is a composer and producer working in South London and works extensively with poets to create complementary music for their words. Local writer Wendy French recently gave him a copy of the anthology 'These are the Hands' and he was moved to create a song based on Michael Rosen's poem which is the title of the anthology.

FIND OUT MORE >

YOUNG LOVE BY BETH CALVERLEY PERFORMANCE TIME: 13:00 RUN TIME: 3 MINS



SPOKEN
WORD

Written during Beth's time as Poet in Residence at South Bristol Community Hospital and published in 'These Are The Hands', 'Young Love' is a fictionalised story inspired by the patient's Beth has worked with who have experienced a stroke and their loved ones. Emotionally moving, the poem is a Golden Shovel, meaning that each line of the poem ends with a word of a line by another writer.

FIND OUT MORE >

STAYING ON TOP BY WENDY FRENCH PERFORMANCE TIME: 14:00 RUN TIME: 3 MINS



SPOKEN
WORD

Wendy French ran a small school in a psychiatric hospital for over fifteen years where she believed in an arts-based curriculum to help young people with their problems and illnesses. 'Staying On Top' is a beautiful tale of a young man who she worked with who could never finish anything he was doing as he thought to finish something would bring bad luck.

FIND OUT MORE >

NHS STAGE

CARE AND CONTACT II BY KHADIJA ROUF

PERFORMANCE TIME: 15:00 RUN TIME: 3 MINS



SPOKEN WORD

Dr Khadija Rouf is a Clinical Psychologist working for the NHS. Her poems Care and Contact II both appear in the anthology 'These are the Hands', which are poems from the heart of the NHS. The anthology is edited by Deborah Alma and Dr Katie Amiel, featuring wonderful poets, including Michael Rosen, and many people who work in many areas of the Health Service. All proceeds go to NHS Charities Together.

FIND OUT MORE >

WHERE IS THE MEDICAL STUDENT BY SARAH JUNAC

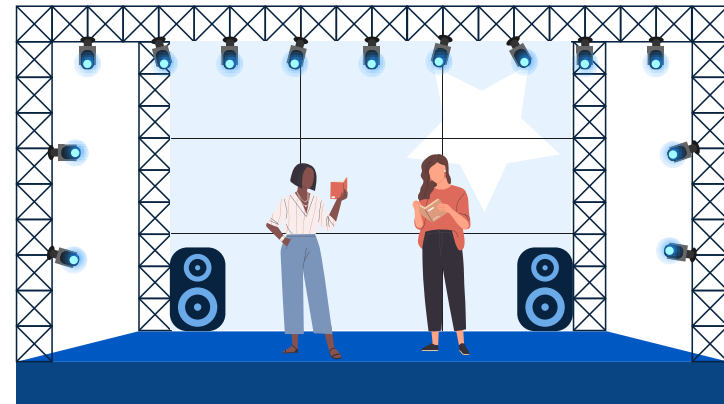
PERFORMANCE TIME: 16:00 RUN TIME: 3 MINS



SPOKEN WORD

The NHS anthology of poems 'These are the Hands' shows that no matter what role you have in healthcare, many moments deserve a poem. As a medical student, Sarah shares the feeling of being lost in everyday hospital life because in order to cover all the necessary material, you must rotate around each department so quickly there is little time for adjustment, familiarity or continuity. Her poetry expresses these feelings.

FIND OUT MORE >



SOUND STAGE



STEPHEN MIZEN - BE. SPOKEN ARTS PERFORMANCE TIME: THROUGHOUT THE DAY



SM Ripper is a massive fan of a rumpus and brings his unique flair for mischief to any platform he can. His mission is to make poetry that speaks to people and aims to keep that conversation going through laughter and thought.

Vibrant, chaotic and kind, Ripper and his crew at Be.Spoken Arts love putting on a show, so sit back, open your ears and enjoy!

[FIND OUT MORE >](#)

POET-TEA @ HOME BY DEWI EVANS PERFORMANCE TIME: 11:30 13:30 15:30 17:30 RUN TIME: 15 MINS



Dewi is a performance maker with an interest in mental health, invisible disability, and identity. Poet-Tea @Home is an intimate experience involving spoken word, poetry and offers a limited glimpse into the home, and life, of Dewi and a chance to discuss his work in a highly personalised setting. At the end of the 10-minute encounter, Dewi will read the piece that the visitor had selected in a private and totally unique spoken word performance.

[FIND OUT MORE >](#)

JAMIE LARBALESTIER PERFORMANCE TIME: 12:00 RUN TIME: 30 MINS



Jamie Larbalestier is a Reading-based folk artist that boasts intricate melodies and complex chord structures that lift a standard folk style into an individual aesthetic for songwriting. Jamie prides himself on the process that he has developed for songwriting, focusing heavily on improvisation. Join him for a 30 minute acoustic set and enjoy!

[FIND OUT MORE >](#)

RESILIENCE ONLY GOES SO FAR BY PIP FLINT PERFORMANCE TIME: 12:30 RUN TIME: 20 MINS



Pip faces what life brings her with bright clothes and a wicked sense of humour. Balancing a chaotic life as a Mum of two boys and a stepdaughter with two cats, a dog and a world that's falling apart, which she is putting back together, one poem at a time.

In the words of her favourite comedy; Tits up!

Because resilience only goes so far.

[FIND OUT MORE >](#)

SOUND STAGE

THE POETRY MACHINE BY BETH CALVERLEY

PERFORMANCE TIME: 13:00 15:00 RUN TIME: 1 HOUR



SPOKEN
WORD

FIND OUT MORE >

What brings you moments of calm? Perhaps you enjoy spending time in nature, reaching out to friends, or being creative?

In this calming poetry session, poet Beth Calverley will ask you what you do to bring balance into your life. Interweaving your words, Beth will speed-craft a group poem, live in the moment, on her beautiful typewriter.

What to bring: Pen/notebook (or whatever you prefer to write with) and a piece of A4 paper. If you have any specific access needs or questions, just pop Beth an email: beth@thepoetrymachine.live

GRAE J. WALL

PERFORMANCE TIME: 16:00 RUN TIME: 20 MINS



SPOKEN
WORD

FIND OUT MORE >

Grae is a poet, songwriter and front-man of Los Chicos Muertos. He has performed at festivals big and small all over the UK and on countless tours of the back-room bars of Europe. During lock-down Grae retreated to the bottom of the garden to record a lo-fi album of poems and songs entitled *Mouseclubvirusblues*. Tune in, sit back and enjoy!

LEON C AND BAND

PERFORMANCE TIME: 17:00 RUN TIME: 30 MINS



MUSIC

FIND OUT MORE >

Leon C is a young contemporary folk singer-songwriter born in Southampton Hampshire. Inspired by the music of the 60s and 70s Leon writes poetically inflected contemporary folk music. Playing both solo and in a band, Leon has taken his songs and 9 years of classical guitar training straight to audiences around the UK. Join Leon and his band and escape for 30 minutes.



BRAIN FOOD

AVOCADO KIDS

COOKING IS MY SUPERPOWER, MY APRON IS MY CAPE.



FIND OUT MORE >

Join Ibiza based Gabby and Emma this September and create your own super chef. They are both hugely passionate about homemade, delicious food and drink and their dream is to spread edible education to the new generation. Their ethos in which Avocado Kids was born.

VEGAN ROOTS



FIND OUT MORE >

Offering 100% plant-based gourmet street food and encouraging compassion towards all animals at their very ethos! Join Vegan Roots and enjoy their fun cook along session to create your very own delicious Vegan Mac 'n' Cheese. You'll usually catch them travelling across South England spreading the vegan message of peace and love,

GRANNYANNE IN THE KITCHEN



FIND OUT MORE >

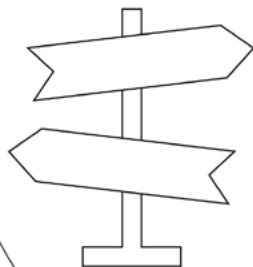
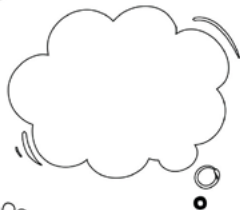
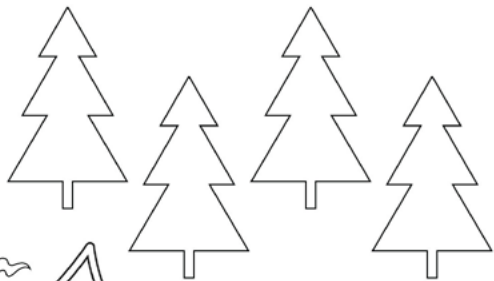
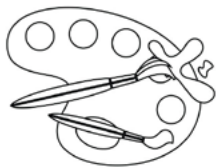
GrannyAnne's happy place is cooking in her kitchen. Anne Potten is a member of Kempshott WI; no WI is not all Jam & Jerusalem they also promote health and wellbeing. A couple of years ago the Kempshott WI decided a nice way to welcome back their members in January was with a bowl of soup, bread and cheese lunch before the meeting. In this video, Anne shows us how you can knock up this great and tasty soup at home.

ALL IN THE MIND FESTIVAL IS PROUDLY SPONSORED BY

**Connect to
Support
Hampshire**

Connect to Support Hampshire is a website with information for those who want to look after their wellbeing, connect to the community and maintain their independence for longer. It is also an online 'one stop shop' to signpost Hampshire residents to the right source of help or support. The website offers information and advice from health and wellbeing and mobility equipment to specialist holidays, carers support and paying for care. A 'Community directory' signposts residents to hundreds of local groups, activities and services in your community while the 'Care options' sections covers different personal care and support options as well as a directory of care homes and home care agencies in Hampshire.

FIND OUT MORE >



ALL IN THE MIND

FESTIVAL

