



# ALL IN THE MIND FESTIVAL 2018

festival programme

Saturday 23rd June 11am to 6pm  
Eastrop Park, Basingstoke

Theatre

live. Music

Spoken Word

hello!

thank!

Dance





# A message from the festival Directors

## Welcome to the 'All in the Mind festival' 2018!

This year we are really excited to be hosting the festival at Eastrop Park which gives us more possibilities to showcase the fantastic work by artists and community groups who are creating performances around mental health themes.

With approximately 1 in 4 people in the UK experiencing a mental health problem each year talking about these issues becomes ever more important. We believe the arts can play a huge role in helping raise the conversation, spark debate and encourage positive health and wellbeing.

We are delighted to present you with a great lineup of acts including breathtaking international dance company 'Motionhouse', innovative audio walking tours from Sebastian H-W | Live Artist, 'BBC Introducing' singer/songwriter Kitty O'Neil and a superb showcase of talent from our community partners.

We hope you enjoy today as an opportunity to reflect, engage and have fun.

Thank you for coming, see you next year!

**Ali Gill**

Executive Director

**Leigh Johnstone**

Artistic Director



# Artists/Acts



## Ali Gill – Speak for Me

'Speak for Me' is a collection of poetry and thoughts by three men all of whom have experienced a stroke. Ali shares with us their darkest feelings, together with moments of enlightenment to help tell a positive story of life after stroke. Ali Gill is an actor and Executive Director of Fluid Motion Theatre Company.

## Ash Ellis – Ash Ellis Music

Ash Ellis is an acoustic-based punk hailing from Southampton. Inspired by similar folk-punk artists such as The Front Bottoms, Frank Turner, and Ducking Punches, Ash's sound heavily features shouted lyrics on topics such as mental health, growing up queer and food.



## Barbara Touati-Evans – Brain Womb

Where do you go when your brain is driving you mad? Artist Barbara Touati-Evans aka Lets Crochet UK will be making a 'Brain Womb' in real time, a wool installation considering the signals travelling within our brain cells, engaging with our mental health at the level of neurons and creating an evolving shelter for the public to explore. Barbara Touati-Evans is a visual artist and community practitioner.

## Basingstoke Gang Show – Basingstoke Gang Show Sings...

February 2018 saw the 26th Basingstoke Gang Show take place at Basingstoke's The Haymarket. Over 11 performances, a cast of 67 Cubs, Scouts, Guides, Explorers and Leaders took their audiences on a journey of imagination, laughter and emotion through a diverse selection of musical items and laugh out loud comedy numbers.



## Britain's Voices – Britain's Voices

Directed by Kathryn Brittain, 'Britain's Voices' are a small choir who sing a range of popular songs throughout the decades. Sung in two and three part harmonies, they enjoy singing their own arrangements of tunes that feel good, soothe the soul and unite us in song!

## Artists/Acts



### Brymore Productions – Mortimer Sparks and The Smashing Stone Tablet

Encounter the world's bravest explorer Mortimer Sparks, and his assistant Jinx Calhoun, as they rove around the festival with their newest artefact, a superb stone tablet! But something has gone horribly wrong and they're going to need your help and imagination to decipher it's mysterious message.

### choreograph.the.reform – 70%

'70%' is a dance theatre piece that highlights the struggles and triumphs of Dissociative Disorders; which are unfortunately very under-discussed in mental health spaces, an issue this piece intends to challenge through a mixture of contemporary dance, spoken word and performance art.



### 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 overtones. They sing songs about food and existential crises, trying to stave off despair with porridge ballads, reduced aisle veg anthems and the redemptive power of cabbage based folk. They'll be kicking off their 'BRASSICA' tour at All in the Mind Festival this year.

### Dance Phaze

Dance Phaze is a performance based dance school in Tadley who are forever creative with choreography, exploring various themes and issues that our young people are faced with on a day to day basis. They are performing four pieces at the festival this year; 'Break The Silence', 'Heartbeat', 'Brother' and 'Who's Thinking About You Now.'



### Dave Hubble Poetry – Voyages to Positivity

Dave Hubble is a regular performer in the south of England, focusing on humour, politics, autobiography and everyday observation – vignettes of life with a satirical edge. He is also open about his mental health issues – depression, anxiety, cPTSD plus head-injury – and covers these in a variety of styles.

# Artists/Acts



## Ellie Johnstone – Mock of Ages

'Mock of Ages' is a dance performance piece exploring the historic mockery that people with mental health problems have had through the ages from the 'village idiot' in medieval times to the burning of hysterical women as witches. 'Mock of Ages' tells personal stories using a historical perspective that will get people talking.

## fluid Motion Theatre Company – Chatty Women

'Chatty Women' is a new group for anyone who identifies as a women in Basingstoke aimed at sparking conversation about things that matter to women. Fluid Motion will be hosting a session in which they invite you to come and say hello, have a cup of tea and be creative.



## Fly Away Peter

Based in Winchester, Fly Away Peter are tellers of stories and collectors of artistic friends. Performing unplugged and acoustic where possible, Flis (vocals, guitar) and Joe (guitar, backing vocals) live somewhere between folk tales and anthems. Through powerful vocals and cleverly worked guitar, Fly Away Peter want to take you on a journey.

## Note Worthy

Note Worthy are a singing group based in Basingstoke. They sing for fun and require no experience at all! Before joining, some of their members had only ever sung in the car or shower! But they all agree that singing together is fun and makes us feel good about ourselves. They enjoy singing a real mix of different styles and genres like pop, musicals and folk.



## Innov8 Dance – Is This Me Talking?

Innov8 are a contemporary dance company based in Winchester. This expressionist dance piece explores the relationship between a person, their inner conversations, and their mental health. 'Is This Me Talking?' uses movement to show this confusing inner conflict when mental health issues arise.

## Artists/Acts



### Itchen Sixth form College A level Drama Students – Alexithymia

The number of children and teenagers who are taking their own life has hit its highest rate in fourteen years, with more than four suicides a week. Exploring the challenges of teenagers in the modern age, the focus is not allowing teens to feel as though their only option is to give up.

### Kitty O'Neal

Kitty O'Neal is a singer-songwriter from the UK. In 2017, Kitty released two EPs, 'A Home' and 'OK', both receiving radio play on BBC Introducing and attracting venues in the South of England. Kitty's poignant songwriting, paired with a distinct emotive performance, alongside her band makes for a captivating and vibrant live experience.



### Laura Greenway – Intrusion

Laura Greenway uses her practice to explore her own experiences of mental illness, severe OCD, anxiety, depression and psychosis. Laura uses her body as her medium, experimenting with live art and performance as a way of communicating her struggles. 'Intrusion' sees the artist continuously writing a stream of her most intrusive thoughts and feelings.

### Leon C

Leon C is a teenage contemporary singer songwriter. With ten years of classical guitar training behind him Leon C brings a depth of musicality to his songs that complement his poetic lyrics. His songs are based upon his own experiences and his view of current news. Leon C displays a maturity that appeals to a wide range of listeners.



### Liam Hayes

Liam Hayes is a writer and poet whose work often features mental health themes. He also writes about less important things such as chips, videogames and the fact that Golden Grahams is such an odd name for a cereal yet nobody talks about it.

# Artists/Acts



## Lillianne Jackson

Lillianne Jackson is a student from Basingstoke and had never sung in front of an audience until performing at the first All in the Mind Festival in 2016. Since then she has performed at several open mic nights and festivals. Lillianne's powerfully rich voice will keep you captivated until the last note.

## Matt L.T. Smith

Matt's commissioned piece 'Sclerosis,' first performed at Southampton's Festival of Words, is a deconstruction of work that explores events in Matt's life, moving from his father's redundancy, to a health scare which left Matt with a 50/50 chance of developing multiple-sclerosis. Matt is a four year veteran of Hampshire's poetry scene.



## Mollie Russell

I am a balloon dressed in black - not in the party mood. Mollie Russell's poetry comes in the form of conversational confessionals, often documenting her own experiences of life with anxiety, depression, and the autistic spectrum. She currently studies Creative Writing and English Literature at the University of Winchester and has passionate fixations on Gothic literature, the movies of Tim Burton, and dogs.

## Motionhouse - Lost

'Lost' explores the limits of what it is to be both physically and emotionally lost. The visceral and thought-provoking choreography of this male & female duet combines Motionhouse's characteristic contact work, complex lifts and athletic precision with emotionally charged fluidity. The instinctive quality of the dance make 'Lost' an intimate, dramatic, passionate work.



## Outcasts - Man Up

Suicide is the biggest killer of men between 20 and 49, eclipsing road accidents, cancer and coronary heart disease. Three quarters of all suicides in the UK are men, yet this horrific problem is not getting the attention it deserves. Outcasts is a graduate company from Itchen Sixth Form College and 'Man Up' is their response to encourage more men to talk.

# Artists/Acts



## Pathways Theatre – With Your feet on the Edge

A reflection and exploration of how we keep ourselves positive in challenging times. Co-created by all the members of Pathways theatre in their playful yet poignant style, 'With Your Feet on the Edge' comes from the genuine voice of those who are affected by the challenges of mental health and disability.

## Resonance Youth Dance Company – Mixed State

Resonance Youth Dance Company was established in 2010 to provide training and performance opportunities for young dancers. The youth company formerly based in Manchester is now housed at Queen Mary's College Basingstoke.



## Sebastian H-W | Live Artist – Behind Closed Doors

'Behind Closed Doors' is a site-responsive, participatory, walking audio tour for small audiences, exploring auditory hallucinations and mental well-being, from the perspective of an urban park landscape. These tours are inspired by Sebastian growing up in cities undergoing constant regeneration, making audio recordings and having auditory hallucinations.

## UoW BA Drama Students – Welcome to the Exhibition

'Welcome to the Exhibition' is a performance piece based on the historical work of Jean-Martin Charcot, a French neurologist and professor of anatomical pathology best known today for his work on hypnosis and hysteria. This performance is an immersive spectacle of hysteria based on the lives of three female hysterics from the 19th Century.



## Zany Word & The Starry Prophecy

In January 2018, music goddess Fragile Lucy and poetic prophet Duncan Green came together to create the ukulele rap duo the world never knew it wanted but was always waiting for. Now the stars are aligned, the zany words and starry prophecies can begin.

# festival Timetable

## Bandstand

<b>11:15</b>	Brittain's Voices	<b>16:00</b>	Motionhouse - Lost
<b>11:45</b>	Dance Phaze - Break the Silence	<b>16:15</b>	Dance Phaze - Brother
<b>12:00</b>	Motionhouse - Lost	<b>16:30</b>	Itchen College - Alexithymia
<b>12:20</b>	Basingstoke Gangshow	<b>17:15</b>	Dance Phaze - Who's Thinking About You Now
<b>12:45</b>	Resonance Youth Dance Company - Mixed State	<b>17:30</b>	choreograph.the.reform (AmberandCo.) - 70%
<b>13:00</b>	Dance Phaze - Heartbeat		
<b>13:30</b>	Pathways Theatre - With Your Feet on the Edge		
<b>14:00</b>	Motionhouse - Lost		
<b>14:15</b>	Note Worthy		
<b>14:50</b>	Ellie Johnstone Dance - Mock of Ages		
<b>15:00</b>	Outcasts - Man Up		
<b>15:50</b>	Innov8 Dance - Is This Me Talking?		

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## Speakers Corner

**12:00**

Dave Hubble - Voyages to Positivity

**13:00**

Matt L.T. Smith

**14:00**

Liam Hayes

**15:00**

Mollie Russell

**16:00**

Ali Gill - Speak for Me

# festival Timetable

## Walkabout

11:00, 13:00, 15:00, 17:00

Brymore Productions - Mortimer Sparks And The Smashing Stone Table

12:00, 13:00, 14:00, 15:00, 16:00, 17:00

Sebastian H-W | Live Artist - Behind Closed Doors

## Tipi

12:00	Lillianne Jackson	15:30	Dave Hubble - Voyages to Positivity
12:20	Liam Hayes	16:10	Kitty O'Neal
13:00	Ash Ellis Music	16:50	Zany Word & The Starry Prophecy
13:40	UofW Students - Welcome to the Exhibition	17:30	Fly Away Peter
14:00	Mollie Russell		
14:15	Leon C		
14:40	Matt L.T. Smith		
15:05	Chris Sav - Chris and the Celeriac		
15:30	Dave Hubble - Voyages to Positivity		

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## Chillout Zone

12:00

Laura Greenway - Intrusion

14:00

Fluid Motion - Chatty Women

# Festival Map

Speakers  
Corner

Tipi

Chillout Zone

food

Paddling  
Pool

Boating  
Lake

Bandstand

Trade

food

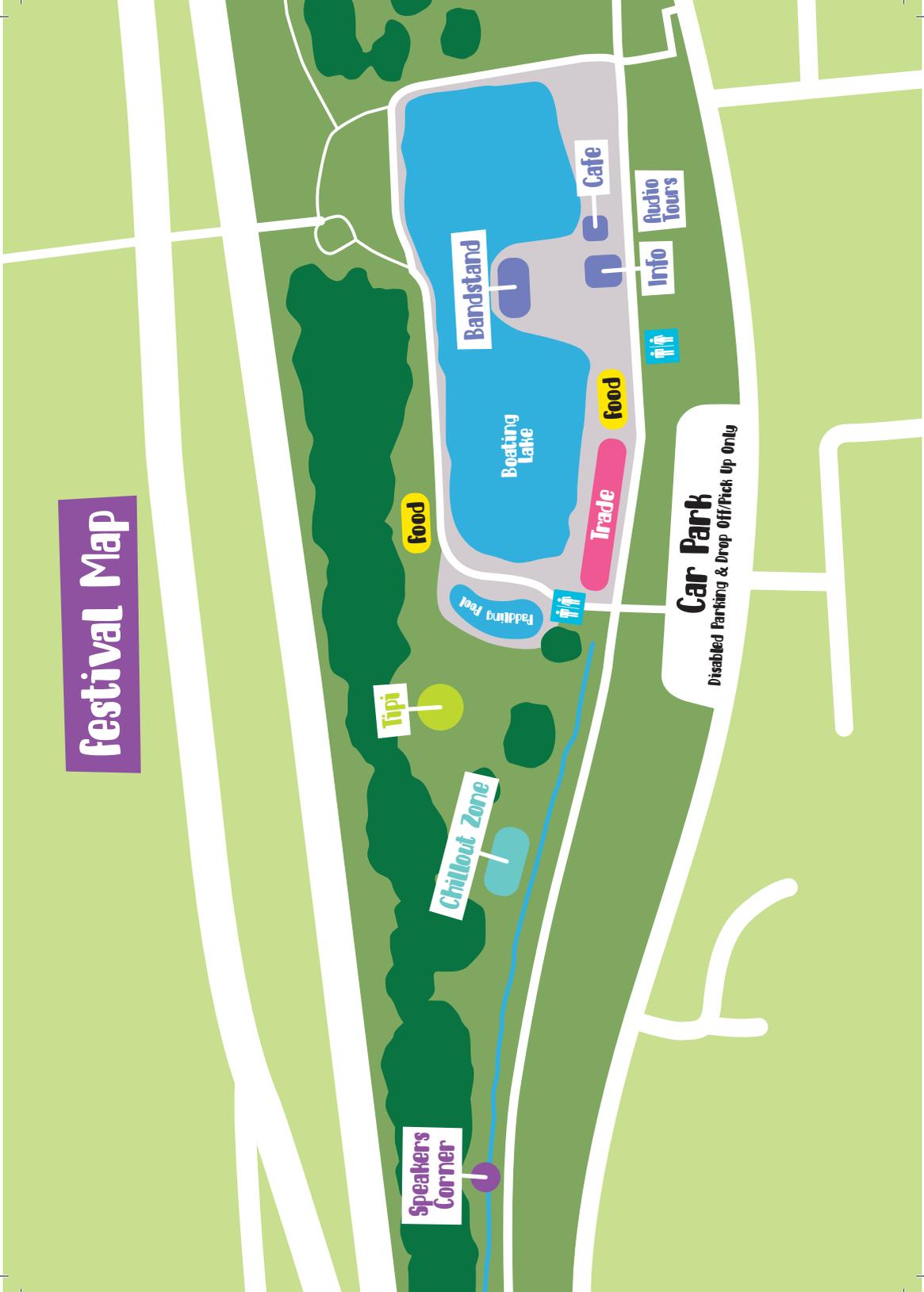
Cafe

Audio  
Tours

Info

Car Park

Disabled Parking & Drop Off/Pick Up Only





## 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 22,000 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 and places 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 Board 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 by contacting [info@fluidmotiontheatre.com](mailto:info@fluidmotiontheatre.com)



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