



ALL IN THE MIND

FESTIVAL 2019

FESTIVAL PROGRAMME



SATURDAY 14TH SEPTEMBER - 11^{AM} TO 6^{PM}
EASTROP PARK, BASINGSTOKE



BRYMORE PRODUCTIONS PERFORMING IN 2018

DANCE

VISUAL ART

THEATRE

MUSIC & SPOKEN WORD



Supported using public funding by
ARTS COUNCIL ENGLAND



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WELCOME TO THE 2019 ALL IN THE MIND FESTIVAL

A really warm welcome to the All in the Mind Festival 2019. We are so excited to be presenting you with our biggest and best programme yet!

We have over 35 different performances this year, packed across one fantastic day, so we are certain that there is something for everyone. Experience an immersive psychological thriller using headphones and binaural sound to portray one family's mental fragility. Join the hapless, but noble knight, Don Quixote on an adventure around the park in an attempt to confront monsters and put right what is wrong. Enjoy original rhymes and lyrical beats from some of the South's leading performance poets and musicians. Be transported into a gardening safe-haven, a sensory experience to refresh, reflect and relax. Plus, lots more...

This year we are delighted to have joined Without Walls, a consortium of festivals and organisations dedicated to raising the profile of the UK outdoor arts sector, promoting artistic excellence and supporting innovative new work for the benefit of artists and audiences. We thank them for all of their support and guidance so far.

The festival was founded on the idea that the arts can open up conversation, celebrate diversity and individuality and encourage positive health and wellbeing. Try something new, and most importantly have fun!

"This festival was the most excellent arts-spree I've attended. I crammed in as much theatre, dance, poetry, stories, and music as I could. I left brimful and wanting more."

DISABILITY ARTS ONLINE

ALI GILL

Executive Director

LEIGH JOHNSTONE

Artistic Director



THANK YOU!

The All in the Mind Festival is organised by Fluid Motion Theatre Company, a charitable organisation based in Basingstoke aimed at raising awareness of mental health and tackling stigma through the arts.

We gratefully receive investment and support from the following organisations and businesses. Without their generosity and support we simply wouldn't be able to run the festival each year.



All in the Mind Festival is a partner of the Without Walls Creative Development Network, a group of festivals that Without Walls is providing mentorship and development support to in the context of helping to develop new outdoor arts programmes.

If your organisation would like to support future All in the Mind festivals please contact us at info@fluidmotiontheatre.com.



HELP US CREATE SOMETHING SPECIAL

We have an ambition to create a festival of national significance, a friendly, inspiring and stimulating arts event that just makes you feel good.

It is our vision that the All in the Mind Festival can become a celebration of the power the arts can have in encouraging positive mental health and wellbeing. We want to create a festival that attracts national and international artists who are creating high quality, thought provoking and innovative work. We want the festival to become a beacon of hope, openness and self-expression. We want everyone to go away feeling happy and empowered.

To achieve this vision, we need the support of audiences like you. The All in the Mind Festival is far from free to produce but we are committed to keeping it free for everyone to attend. As a charitable organisation Fluid Motion Theatre Company receive public investment and sponsorship to meet some of our costs but it is not enough and we need to raise a lot more to make the festival happen.

If you like the festival and what we do, please help by giving what you can.

Volunteers in festival t-shirts will be collecting throughout the day so please give generously!

You can also donate online at www.fluidmotiontheatre.com/donate

DANCE



C5 DANCE

"IT'S NOT YOU, IT'S ME"
DANCE SPACE - 12:30PM

'It's not you, it's me' is a brand-new piece of work by Canterbury Christ Church University undergraduate dance company, C5.

The piece has been created especially for the festival, and explores several stages of an abusive relationship, from both physical and mental health perspectives.



Contains physical representations of abuse



DANCE PHAZE

"RAINBOW"
DANCE SPACE - 11:30AM

"IDONTWANNABEYOUANYMORE"
DANCE SPACE - 1:30PM

"BURY A FRIEND"
DANCE SPACE - 3:30PM

"THURSDAY"
DANCE SPACE - 5:30PM

Dance Phaze are a Tadley based youth dance company passionate about raising awareness around mental health, and regularly create pieces to explore it. This year they have created four performances for the festival that all powerfully deal with topics such as depression, anxiety, identity and social media.



ELLA&CO.

"#NOFILTER"
DANCE SPACE - 12:00PM

#nofilter is an explosive and entertaining dance piece exploring social media and mental health. Comedic, zesty and bold #nofilter unpacks the bizarre ideals and perfectionism that has become norm on social media and in pop culture.

#nofilter explores how these pressures affect our mental health, changing the way we view ourselves and others.



DANCE



INNOV8 DANCE

"AN ARTISTIC TEMPERAMENT"
DANCE SPACE - 2:00PM

Exploring and unpacking the links between creativity and mental illness.

Whilst an artist's mind is believed to be more susceptible and vulnerable to mental illness, it is her art and work that builds her resilience and it is her mind (vulnerabilities included) that build her art and work.



Contains swearing

NEOTERIC DANCE

"DAY TO DAY I AM FIGHTING
TO STAY ALIVE"
DANCE SPACE - 3:00PM

'Day to Day I...' shares one veteran's tale of living with Combat PTSD.

Through movement and spoken word, this performance shines a light on the struggles many of our armed forces men and women face when they return from conflict, whilst acknowledging the embodied responses held by the artists involved.



Contains PTSD themes

DON'T FORGET TO
SHARE AND JOIN
IN THE FUN!



#AITM
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MUSIC & SPOKEN WORD



FRED IRWIN

ACOUSTIC STAGE - 11:00AM

Fred Irwin is a multi-talented, solo singer/songwriter and acoustic guitarist, based in the South East.

To him, music is the outlet to communicate with his audience; the medium to share his emotions and life experiences with raw passion in what he describes as his 'go-to therapy'.

  **12+**
Contains swearing and addiction, depression/anxiety themes



BSL INTERPRETED



JW EDWARDS

ACOUSTIC STAGE - 2:00PM

JW Edwards is a circus composer who focuses predominantly on the harmonic language of his songs, and how the message in his music is conveyed.

He aims to wow his audience with high level guitar playing and intricate vocal melodies.



LEON C

ACOUSTIC STAGE - 4:00PM

Leon C is a contemporary folk singer/songwriter from Southampton, Hampshire. Having played classical guitar for 9 years, Leon moved to songwriting to create poetically-inflected contemporary folk music.

Now approaching 3 years of playing, and having cleared the 100 gig mark, his young age has proven no boundary on his ability as a songwriter. Leon C brings stories and journeys that make you think, question and reminisce.



Contains references in some songs to death, suicide, mental health and domestic violence

MUSIC & SPOKEN WORD



LEWIS MCKALE

ACOUSTIC STAGE - 5:30PM

Originally from Brighton, now based in London, Folk punk singer/songwriter Lewis has been writing and recording music and gigging for the past 8 years across the UK, Europe and did a recent mini tour of the USA.

Lewis has shared the stage with artists such as John Power (The La's/Cast), Dave McPherson (InMe), Chris TT, Nell Bryden, Lotte Mullen, Robb Johnson, Attila The Stockbroker, Kelly Kemp plus more.



NOTES FROM UNDERGROUND



"THE PLAGUE"
ACOUSTIC STAGE - 12:30PM

A musical exploration of the effects of depression, integrated with elements of movement and interweaved with storytelling.

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BSL INTERPRETED

MUSIC & SPOKEN WORD



BERYL THE FERAL

"MY OTHER POEMS ARE FUNNIER"
ACOUSTIC STAGE - 1:30PM

A lively and animated set from her recent book. Poet and social-prescribing facilitator Beryl, observes her own shame, insecurity and self-sabotage and embraces the remarkable oddness of being alive. Expect theatrical delivery, endearing humility, and wincingly accurate cheeky rhymes.



Contains mild swearing



CHOREOGRAPH.THE .REFORM

"THE COLLECTIVE"
ACOUSTIC STAGE - 12:00PM

'The Collective' is a selection of poetry written by various alters in our system. It aims to shed an understanding light on Dissociative Identity Disorder, to show people that each identity has their own unique voice, and to give creative insight into the life of living with multiple personalities.

12+



CRYSTAL TURNER-BRIGHTMAN

"LET'S TALK ABOUT IT"
ACOUSTIC STAGE - 5:00PM

Let's Talk About It, a spoken word performance exploring mental health and society.



Contains swearing and themes around body image, PTSD and burn injuries



BSL INTERPRETED



MUSIC & SPOKEN WORD



KOMOREBI

"ALL OR NOTHING"
ACOUSTIC STAGE - 3:30PM

You're only as sick as your secrets. In a step towards healing from emotional abuse, one performer reveals a never been shared before piece of her mind. She speaks openly through monologue and reads aloud authentic poetry from a time when she chose self-harm and disordered eating, over using her voice.

⚡🔪👁️!! ⚠️ 15+

Contains swearing and themes around self-harm, low mood and eating disorders



RICHARD HEAVEN

"DOCS, EGGS AND EVERYTHING ELSE"
ACOUSTIC STAGE - 3:00PM

The world is large, and we are small, but the road-worn-Island-born Richard Heaven is attempting to make sense of it via eggs, Doc Martens and everything in-between.

He'll probably fail but still, if he raises a smile with his punk-rock-hip-hop inspired spoken word, then it'll all be worth it.

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THEATRE



BREAK THE WALL

"A BITESIZED CONVERSATION"
THEATRE TENT - 5:00PM

Something is wrong with Florrie. She's disappeared to a new planet, with a new leader and a whole new set of rules. It's always snack time, she can't stop running and Pink Lady won't stop screaming.

Welcome to planet Eating Disorder. Expect pink. Expect laughter. Expect mess!

 14+

Contains swearing and themes around eating disorders



COLLAR & CUFFS CO

"BE NOT AFEARD: A SENSORY TELLING OF SHAKESPEARE'S THE TEMPEST"
SEE FESTIVAL MAP - 12:00PM & 2:00PM

The isle is full of twangling sounds, paint and play; it feels scary at first, but you can learn to be confidently curious.

Join a musical sensory telling of 'The Tempest' suitable for 0-7s, and fully inclusive for those with special needs, with multi award-winning Collar & Cuffs Co.



FLUID MOTION THEATRE COMPANY

"RUM IN THE GRAVY BOAT"
THEATRE TENT - 3:30PM

"You're ten years old, dad's left and mum's an alcoholic. You find salvation in performing. You can do a wicked Greased Lightening."

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.

 14+

Contains swearing

 BSL INTERPRETED

THEATRE



HIPANA THEATRE

"SHINE"

THEATRE TENT - 2:00PM

Your daughter is missing. You are the only one who has not given up the search. You hear voices. They guide you. They also haunt you. Will you surrender to them? Or will you shine?

'Shine' is an immersive psychological thriller using headphones and binaural sound to portray one family's mental fragility.

⚠️💣💀!! ⚠️ 14+

Contains distressing themes, adult imagery, flashing lights and bad language



PLANT CLUB

"HORTI(CULTURE)"

SEE FESTIVAL MAP - 12:30PM & 3:30PM

Plant Club transport their audience into their gardening safe-haven; a place where friendship, growth, suffering and loss become pertinent to the discussion.

But most importantly, it is a place to refresh, reflect and relax. Horti(Culture)'s sensory experience evokes a positive reminder about how important self-care is within today's society.



THE FABULARIUM

"THERE BE MONSTERS!"

SEE FESTIVAL MAP - 11:00AM & 4:00PM

Join the hapless, but noble, knight Don Quixote and his long-suffering, fortune-seeking, side-kick Sancha Panza on their epic quest to revive chivalry, confront monsters and seek to right what is wrong, or accidentally wrong what is right!



THEATRE



THE WHEELBARROW THEATRE COMPANY

"IT IS DIFFICULT TO LOVE"
THEATRE TENT - 11:30AM

A teenage boy wrestles with an unknown mental illness, whilst his little sister struggles with the puzzle of loving someone who is unwell.

Acknowledging both the joys and pains of caring for those that are unwell, watch Wheelbarrow's endearing story come to life through music, dance and poetry. Everyone welcome.



Contains themes of anxiety and depression



THEATRE FOR LIFE CIC

"SILENT MIND"
THEATRE TENT - 12:45PM

Silent Mind is an interactive piece of theatre which aims to promote awareness on Mental Health, whilst looking at how to support those who may be affected by the issues explored in the play.

An immersive and empowering piece of theatre, devised and performed by the Theatre for Life Youth Theatre.



Contains themes of suicide, self harming, anxiety and eating disorders

DON'T FORGET TO
SHARE AND JOIN
IN THE FUN!



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VISUAL ART



KASS BOUCHER

"THE TALK TO ME TREE"
SEE FESTIVAL MAP - VARIOUS TIMES

Many believe trees possess wisdom and non-judgemental, life-sustaining vibrations that human beings can draw upon.

Inspired by this principle, the Talk to Me Tree is a space to express thoughts, feelings, anxieties, affirmations, hopes and dreams, in your own words, in the presence of nature's greatest listener.



LAURA GREENWAY

"WEIGHT"
THEATRE TENT - 12:00PM

An interactive performance piece; 'Weight' explores the physical and emotional effects of depression and how the illness can make you feel like you are literally being weighed down.

In this performance the audience takes up the role of the illness, constantly fuelling those afflicted with negative thoughts and intrusions.



LAURA WYATT O'KEEFFE

"PILLOWTALK"
SEE FESTIVAL MAP - VARIOUS TIMES

There is a room.
There is a bed.
What you do surprises you.
You lay on that bed.
You place your head on that stranger's pillow, a place bare to thoughts, dreams and secrets.
Yours to keep.
Pillowtalk, the sound of forgetting intimacy. A sound installation for one person at a time.

⚡💣👁️ 14+
Contains swearing



VISUAL ART



SOL CINEMA

SEE FESTIVAL MAP – VARIOUS TIMES

The Sol Cinema is a mobile outdoor cinema in a vintage caravan, powered entirely by Solar energy. We accommodate 8-12 people comfortably for 5 minute films, for a unique cinematic experience. Audiences are treated to red carpet, usherette service and popcorn.



TIGZ THEATRE

"SHEDDING MY MENTAL ILLNESS"
SEE FESTIVAL MAP – VARIOUS TIMES

Shedding My Mental Illness explores creativity, bipolarity, psychosis and life through Dewi Evans' writing shed.

Watch Dewi work during 'Watching'; join him for a drink, a biscuit and a chat in 'Meeting', and explore the shed and its contents, including manic and depressed writings, on your own during 'Remembering'.

⚡💣💀!! ⚠️ 12+

Contains swearing and themes of depression, suicide, self harm and sex

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#AITM
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FESTIVAL MAP

NCT TENT



THERE BE MONSTERS!
START POINT



ENTRANCE, INFO
& FIRST AID



ACOUSTIC
STAGE

FOOD STALLS



SOL CINEMA



THEATRE
TENT

THE
DANCE
SPACE



MAIN ENTRANCE
INFO & FIRST AID



PILLOWTALK
INSTALLATION

SHEDDING MY
MENTAL ILLNESS
INSTALLATION

TALK TO
ME TREE
INSTALLATION

PADDLING
POOL





FESTIVAL INFORMATION

INFORMATION POINTS

There are two information points manned by festival volunteers who can give you all the information you need on venues and acts. The information points are marked on the festival map on page 16.

FIRST AID

First Aid is located by the main festival information point at the entrance to the site. First Aiders will also be patrolling the site throughout the festival. If you feel unwell and require medical assistance, please ask someone in a festival t-shirt or security to contact our medics for you.

PHOTOGRAPHS

We will be taking photographs and/or filming performances and other events throughout the festival to be used for promotional purposes. If you do not wish to be included please let the festival photographers know or contact us.

AUDIENCE GUIDES

Due to the theme of the festival there may be some shows that are not suitable for children and/or have trigger warnings. Please see the full programme on pages 5 - 15 for detailed information.

INTERPRETED PERFORMANCES

There are several BSL interpreted performance at this years festival. Please see the full programme on pages 5 - 15 for further information.



THE 1 IN 10 PROJECT

fluid motion
-THEATRE COMPANY-

In 2018 Fluid Motion worked with just over 700 children and young people. We use theatre as a means of helping to build confidence and self-esteem, develop resilience and increase understanding around mental health. One of our flagship educational programmes is the 1 in 10 Project.

WHAT IS THE 1 IN 10 PROJECT?

The 1 in 10 Project is a week long theatrical residency for secondary schools. It aims to provide high quality, focused, drama-based intervention for young people aged 11 - 16, to explore mental health topics, increase understanding and encourage positive mental wellbeing. Each year group creates a theatrical response to their chosen mental health topic under the guidance of a professional theatre director. This gives them the opportunity to express themselves, learn the facts and understand where to go for help.

AS A RESULT OF OUR PROJECT

- Students' knowledge of mental health issues rose by an average of 24%
- Students' understanding of where to go for support or advice increased by 13%
- Students' ability to talk about mental health rose by an average of 25%

WHAT PEOPLE HAVE SAID

"This project reinforced the importance of the Performing Arts in explaining issues around mental health. Specifically the use of drama to engage students, enabling them to express their thoughts and feelings openly around mental health without feeling vulnerable. This was a stellar project one of the best that I have had the privilege to be involved with." - Graham Wilson, Headteacher, Bitterne Park School

To find out more, or to book a 1 in 10 Project for your school please visit www.fluidmotiontheatre.com or email Leigh at leigh@fluidmotiontheatre.com

Connect to Support Hampshire

Connect to Support Hampshire is a website with information for those who want to look after their wellbeing, community connection and maintain their independence.

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, 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.



If you or your business would like to sponsor the All in the Mind Festival 2020 then please contact info@fluidmotiontheatre.com



 **ALL IN THE MIND**
FESTIVAL 2020

SATURDAY 12TH SEPTEMBER 2020

See you next year!

SHARE YOUR EXPERIENCE

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Details are correct at time of printing. All in the Mind Festival reserves the right to alter information provided at any time.