ARTS AND MENTAL HEALTH FESTIVAL
17–28 OCTOBER 2017
IN VENUES ACROSS BIRMINGHAM
Welcome to the BEDLAM Arts and Mental Health Festival

We know that taking part in the arts as participants and audiences can contribute to wellbeing and make a real contribution to promoting positive mental health. That’s why we have continued to work together to bring you the third BEDLAM festival, a celebration of the arts, mental health and wellbeing.

This year’s festival is bigger than ever! As well as Birmingham and Solihull Mental Health NHS Foundation Trust and Birmingham Repertory Theatre it involves new partners including Midlands Arts Centre and Sampad South Asian Arts who have worked with artists to create and present new diverse theatre, dance and visual art. In order to reach people that cannot access the festival programme we will also be taking performances and workshops into mental health settings across the city.

Whatever your age or background there’s something for everyone at this year’s BEDLAM festival. We hope that you will join us.

Steve Ball
Associate Director, Birmingham Repertory Theatre

Debbie Kermode
Chief Executive & Artistic Director, Midlands Arts Centre

Sabra Khan
BEDLAM Producer

Piali Ray OBE
Director Sampad

Lakhvir Rellon Head of Community Engagement, Birmingham and Solihull Mental Health NHS Foundation Trust

Broadcast

By Sarah Taylor Silverwood

MAC presents:

Broadcast relates to the wider themes around advertising, public service announcements, language and signs. These themes are the backdrop to the new work which are explored using language and imagery to convey hidden or lost messages in a public facing way.

The project will develop through a residency, workshops and interventions, culminating in the new work in October 2017.

MAC has commissioned artist Sarah Taylor Silverwood to create new work in partnership with mental health staff and service users.

A Positive Life

Autin Dance Theatre presents:

A Positive Life is an immersive theatre experience inspired by the individual journeys of five characters around sex, love and relationships. Featuring dance, physical theatre and spoken word, the original scenography of the piece and the elements of audience interactions will move you and transport you to the heart of the story. Originally aimed at teenagers and young adults, the work delivers an uplifting and engaging message on self-love, sexual health and sex ed’ stories that can be enjoyed by all!

“Explosive and memorable piece of dance.” Audience member

“Engaging, intriguing and eye-opening.” Teen Wirral review

Autin Dance Theatre

is a project-based professional company established in Birmingham since 2013. Directed by Johnny Autin and Producer Kirsten Jeavons.
Inside every HEAD lies a secret, a story waiting to unravel…

20 Stories High Young Actors Company offers insight into the lives of Liverpool’s young people with **HEADZ**; a series of gritty, challenging and humorous contemporary urban monologues that don’t pull any punches.

“…an almost perfect balance of intense, heart rending moments and well timed wit… **HEADZ** is a thought-provoking night with a difference and one that stays with you.” Leanne Tole, What’s On Stage

Noya suffers with depression and has been battling with feelings of hatred towards her younger foster sister for a very long time. She also blames herself for the untimely death of their parents. As Noya finds herself on the verge of ending it all, her life is put into perspective on the night of her sister’s engagement dinner. She realises that she can no longer run from the fact that she needs help.

From Noya is an award winning film by Rites of Passage – a chilling and powerful tale about a troubled soul whose fight to overcome her mental health issues becomes a matter of life or death.

The screening will be followed by a Q&A, hosted by Professor Robert Beckford, with the director, lead actress and a panel of leading specialists within the mental health field. The event will include performances by local artists.

****

“…the Mighty Boosh crossed with the best episode of Girls. Prepare to cry and laugh… You’ll leave a better person.” Elle Magazine

★★★★ “…a raw show in more ways than one, but the warmth and good feeling that it generates is kind of glorious.” The Stage
As well as a tool for social and political comment, art frequently reflects the mental wellbeing of the artist, either consciously or unconsciously. Join us for this fascinating walk and tour through the galleries and through the ages, as we discuss the impact of mental health on art and the way it is received, from the Renaissance through to Victorian artists, and the way in which art has reflected a response to war in the twentieth century.

Birmingham Museum and Art Gallery, meet in Round Room. £3

Advance booking available by calling 0121 348 8263 or online at www.birminghammuseums.org.uk

Hearing Things explores the dilemmas of psychiatry from the points of view of patients, relatives and staff. Based on experiences of psychiatrists and patients, the ‘healthy’ and the ‘ill’, looks at how and if people heal and recover inside institutions.

Created using a unique collaborative process between patients, psychiatrists and mental health staff, Playing ON have drawn together the stories of those receiving and providing mental healthcare. Hearing Things is the result of that work – a process which has instigated real change in the lives of patients.

Sat 21 Oct, 3pm
Cube in the Square, Central Square/ Precinct, off High Street Erdington
Pay as you think presented in association with Café Arts.

Sat 21 Oct, 8pm
The DOOR, The REP £10
Join us at the Wellbeing Discovery Day for a range of performances, including scratch and rehearsed readings, family friendly activities and a marketplace where you can meet and talk to organisations working in the mental health field. Tutors from MAC will be offering free participatory workshops including yoga, mindfulness and photo-montage for wellbeing.

Full programme details available on the day, and in advance at: www.birmingham-rep.co.uk.

**EXHIBITION OF BSMHFT WORLD MENTAL HEALTH DAY PHOTOGRAPHY COMPETITION**

The theme for this year’s World Mental Health Day is Mental Health in the Workplace.

To celebrate this the ten winning photographs selected from the Birmingham and Solihull Mental Health NHS Foundation Trust photography competition will be exhibited at the BEDLAM Discovery Day and then become a ‘roaming gallery’ visiting Trust locations. This is your chance to see them at The REP.

**The REP presents:**

**BEDLAM SHOWCASE...**

The DOOR, The REP £5 (all day DOOR ticket)

Drop in and out of any of the following performances in the BEDLAM showcase of scratch performances, works in progress, rehearsed readings and developed pieces.

**PIERCE presents:**

**TO CARE**
Louisa Robbins

How do you distract yourself from negative thoughts? Herbal tea, meditation, booze, bubble baths? Louisa shares her musings away from the therapist’s chair. Watch as she tries to cope, to care and not to disappear.

Louisa Robbins is a live artist and writer. A sad girl who projects her feelings on to glitter and gold and a queer black British (African) woman who is forever ticking boxes. Passionate about the alternative, the untraditional and the awkward; Louisa is intent on making art that explores the beauty in ritual, intimacy and the self (self-care, self-harm, self-esteem).

**Outspoken presents:**

**HYPED**
1pm

An interactive, digital, grime performance about issues of mental health for young people aged 13-18 years.

Outspoken are the resident company of emerging artists based at Artrix arts centre, making new work for and with young people around issues of health and wellbeing.

Directed by Hannah Phillips.

This project is in partnership with Birmingham City University, The Strong Young Minds Project and Open Door Youth Counselling Services.

**Women & Theatre presents:**

**STUFF**
2pm

Developed from research and written and performed by Janice Connolly, this scratch performance of STUFF promises to be an interactive and uplifting show that accurately reflects the experiences of people who identify as hoarders.

The final title will be revealed at www.birmingham-rep.co.uk.
What if the depression we endure is not just about biochemical dysfunction, but the result of political failure? Ann Cvetkovich suggests we have incomplete projects of liberation and Demi tends to agree; decolonisation, feminism, civil rights. We have the wounds of incomplete projects but what if the wounds need cleaning? Maybe the wound needs to see the light?

I'm Sick and Tired of Being Sick and Tired examines historical traumas in the everyday felt sensations of our lives, the energy it has taken to survive, endure, resist and have hope against it all.

One day, while Girl is playing in her garden, she spots something peculiar on the other side of the fence. Climbing up as high as she can to get a better view, she is surprised when she comes face to face with... Giraffe!

As their friendship grows, Girl discovers that Giraffe isn’t very well. She tries everything she can to make him feel a bit better; putting on bandages, making a cup of tea, and even baking a truly magnificent cake, but she doesn’t get it quite right. Girl soon realises that Giraffe doesn’t need a plaster for a graze on his arm or a scratch on his knee. Giraffe is sad. Sometimes we need a different kind of plaster for the things you can’t always see.

Charming puppetry, an enchanting soundscape and beautiful storytelling combine in this sensitive show about wellbeing and friendship, told from a child’s perspective.

“Charming and humorous, the Girl and the Giraffe proves that what we need when helping one another is exactly what our long-necked friend already has: a big heart.” Exeunt Magazine
LEMN SISSAY – SOMETHING DARK

A rare chance to see a dramatic reading of the acclaimed one-man play by celebrated performance poet, Lemn Sissay.

Something Dark tells the story of Lemn Sissay’s upbringing in children’s homes and foster care, and the search for his family and true identity. Originally directed by John McGrath (National Theatre of Wales), Something Dark has been performed throughout the world to great critical acclaim. It was adapted for BBC Radio 3 in 2005, and the following Q&A sessions have become legendary.

To celebrate the publication of Something Dark by Oberon Books and its inclusion on ‘Contemporary Black British Literature: A Reading Guide’, produced to accompany Edexcel’s A level English Literature and English Language and Literature, we are delighted to share this with you. It’s an extraordinary true story, told by a masterful performer.

“The sheer intimacy of poet Lemn Sissay’s performance underpins the power of this monologue” The Stage

Thu 24 Oct, 8pm

Birmingham Repertory Theatre presents:

DELIGHTFUL

By Olivia Winteringham

The DOOR, The REP From £10

Jay is dead. His partner Lenni is desperately trying to remember what caused the accident. Her memory hasn’t been so reliable lately but with the help of the little girl next door, she’s certain she will be able to figure it out.

As Lenni delves deeper into her memories though, her certainty is shaken. Soon she begins to question what is real and who she can trust.

With a sound design that places the audience at the centre of Lenni’s experience, Delightful is a frank exploration of love, grief and how the state of our minds can affect how we remember our past.
ARTS & WELLBEING
A HALF DAY SYMPOSIUM EXAMINING THE USE OF ARTS IN WELLBEING AND MENTAL HEALTH

This half day, chaired by Kate Grant, Director of Creative Health (Arts and Health) C.I.C., will include a contextual introduction, two workshop sessions and networking over lunch.

Artist Wellbeing supports the emotional and psychological needs of artists. To offer you insight into this innovative and developing service the pioneer of Artist Wellbeing, Lou Platt, invites you to an audience with Rachel Bagshaw, an artist she has supported therapeutically throughout her artistic process. A practical workshop of Artist Wellbeing techniques will follow.

Women & Theatre, the award-winning Birmingham theatre company, has been producing and presenting arts and wellbeing work for over 25 years. Through participatory activities and discussion, Artistic Director Janice Connolly will share their approaches for delivering impactful workshops and performances about mental health and for mental health settings.

Mental Health First Aid Lite

The aim of MHFA Lite is to enable participants to:

• Gain a wider understanding, for themselves and others, of some issues surrounding mental health
• Work more effectively with people living with mental health problems
• Understand and experience a taste of the aims and content of the full MHFA course.

At the end of the course participants should be able to:

• Identify the discrimination surrounding mental health problems
• Define mental health and some mental health problems
• Relate to people’s experiences
• Help support people with mental health problems
• Look after their own mental health.

Friday 27th October 2023

Uffculme Centre, Birmingham

MHFA Lite

Fri 27 Oct, 9am - 2pm
Fri 27 Oct, 2pm - 5pm

Uffculme Centre, Birmingham

Fri 27 Oct, 2pm - 5pm

£40/£20 (including lunch)  Book tickets via The REP
(www.birmingham-rep.co.uk). Limited capacity - please book early

Uffculme Centre, Birmingham

Fri 27 Oct, 2pm - 5pm

£10/£5   Book tickets via The REP
(www.birmingham-rep.co.uk). Limited capacity - please book early. Suitable for 16+

The REP

www.birmingham-rep.co.uk

ARTS & WELLBEING
Mental Health First Aid Lite
Kahaani touches on human emotions, responses and reactions in their diverse states, from childhood through to adult life – bringing to life personal stories and anecdotes from mental health service users. The performance’s non-linear structure weaves through traditional imagery and language, evoking familiar stories, recipes and cultural celebrations. Popular melodies and verse, from Lori South Asian lullabies to wedding songs from old Hindi films, capture the essence of life as we all experience it at some time.

Referencing Navarasa, the nine states of emotional empowerment from Indian aesthetics, Kahaani will entertain and engage through music, dance and spoken word whilst supporting audience members to take part and experience a sense of confidence and wellbeing.

Musicians: Mohinder Singh (Mendi), Daz Dolczech.

Dancers: Jaya Khazaei, Manuela Benini, Prem Rai.

There will be other performances of Kahaani in community and health settings in Birmingham and Solihull, see www.sampad.org.uk for details.
VENUE AND BOOKING INFORMATION

Please book tickets via the venue at which the performance will be taking place, unless stated.
NB: The advertised programme is subject to change without notice where unavoidable.

The REP
Birmingham Repertory Theatre
Centenary Square, Broad Street
Birmingham B1 2EP
Tel: 0121 236 4455
(Mon-Sat, 11am-6.30pm)
Online: www.birmingham-rep.co.uk
In person: Open from 12noon until 15 minutes into the last performance.
(Open 2 hours before Sunday performances.)

Booking fees and concessions
If you pay by credit or debit card, cheque, gift voucher or Theatre Token we add a £2.50 charge per transaction. This covers administration costs and postage and enables us to provide a dedicated booking service. This charge does not apply to payment by cash, for transactions under £10, group bookings over 50 and school group bookings.

Accessibility
The REP is committed to making theatre as accessible as possible. Full details of our accessible facilities and services are here: www.birmingham-rep.co.uk/about-us/access

MAC Birmingham
Cannon Hill Park,
Birmingham, B12 9QH
Tel: 0121 446 3232
(9am-9pm, 7 days a week)
Online: www.macbirmingham.co.uk
In person: 9am – 9pm

Accessibility
MAC welcomes all visitors and strives to be fully accessible for visitors with additional needs. Full details about our accessible facilities and services can be read or listened to online at www.macbirmingham.co.uk/access or you can pick up a large-print Accessible Facilities and Services booklet or CD from our Sales and Information desk.

Eastside Jazz Club
Birmingham Conservatoire,
200 Jennens Road
Birmingham B4 7XR.
www.bcu.ac.uk/conservatoire

The Uffculme Centre
Queensbridge Road, Moseley
Birmingham B13 8QY.

The Cube in the Square
Unit 10, Central Square, High Street,
Erdington, Birmingham B23 6RY.

Please note that some shows may contain adult themes. If you require more information, please ask at the appropriate box office.
Full BEDLAM listings and information available on:

www.birmingham-rep.co.uk

www.macbirmingham.co.uk

www.sampad.org.uk