

Normal?

The Festival of the Brain brings science and art together over five days to explore the brain. Now in its second year *Normal?* invites you to participate in debates, daily mindfulness sessions and workshops. Join us and wonder at the brain and its complexity through visual art, music and new theatre! *Normal?* is co-curated by Susanna Howard of Living Words, Folkestone Quarterhouse and Folkestone Fringe.

Enjoy as many events as you like with a £15 day pass or a £40 festival pass. Call box office on 01303 760750 for more info.

Twitter: @BrainFestUK



folkestone
fringe



**THE ROGER
DE HAAN**
CHARITABLE TRUST

Folkestone
Hythe & Romney Marsh
Shepway District Council



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dept. store for
the mind

25 MAY

THEATRE

Edith Tankus: The Archivists

Elderly Josephine's memories are fading. But when she finds a box with a special gift inside, she vividly recalls her childhood with her younger brother during the war. As we journey through her mind, we enter an archive of memory where archivists turn on lights in forgotten corners – vividly playing out her story with humour and warmth.
11am & 1.30pm / £5 / Teachers free / Quarterhouse theatre

26 MAY

Launch Event

Join co-curators from Folkestone Fringe, Living Words and Quarterhouse to celebrate the official opening of the festival including beatbox from Church or Jungle, one-to-one poetry by Sharon McCarron and walkabout songs with Nina Clark.
6.45pm / Free / Quarterhouse café

THEATRE

Peggy Shaw: RUFF

Peggy Shaw had a stroke in January 2011. *RUFF* is a tribute to those who have kept her company these 68 years, a lament for the absence of those who disappeared into the dark holes left behind by the stroke and a celebration that her brain is able to fill the blank green screens with new insights.

Ask Dr. Robert: A free post-show discussion and Q&A with Peggy Shaw and local GP Dr. Robert Stewart chaired by Ruff director Lois Weaver.
7.30pm / £10 / £8 concessions / Ages 14+ / 75 mins with post-show discussion / Quarterhouse theatre

27 MAY

WORKSHOP

Mindfulness

Sally-Ann Cranage and Katherine Burkinshaw lead our Mindfulness sessions throughout the festival – come to one or all sessions.

8am & 5.30pm / Fri – Sun / Free / 60 mins / Quarterhouse meeting room

TALK

Different Types of Dementia

Join neurologist Tim Rittman as he explains different types of dementia and how they can affect an individual. Including Q&A.
12.30pm / £3 / 60 mins / Quarterhouse café

TALK & PERFORMANCE

Creativity & Dementia

Tea and Symphony is a choral piece by local composer Anna Braithwaite in collaboration with the Carers Create choirs for people affected by dementia. The premiere of this beautiful, thoughtful and humorous work is followed by practical presentations about work that is taking place in creativity and dementia – including Bright Shadow, Living Words, Sidney de Haan Research Centre and local support group the Sunshiners.
2pm / £3 / 90 mins / Quarterhouse theatre

WORKSHOP

Become a Dementia Friend

Over 1 million people in the UK have become dementia friends. Learn from Folkestone Alzheimer's Society's Liz Taylor the small ways you can help those living with dementia, and how you can make a huge difference in your community.
3.45pm / Free / Ages 16+ / 60 mins / Quarterhouse café

TALK

What Do You See?

Local artist Shane Record explores what exactly we see when we look at a painting and how we each have a unique perception of what we are looking at. With psychotherapist and author Danuta Lipinska
4pm / Free / 60 min / Shane Record Gallery

TALK

How I Learnt To Walk On Sunshine

Join award-winning writer and journalist Rachel Kelly as she shares the strategies that have helped her stay calm and happy after overcoming two episodes of severe depression, featured in her new book *Walking on Sunshine: 52 Small Steps to Happiness*.
5.30pm / £3 / Ages 16+ / 60 mins / Quarterhouse café

THEATRE

Living Words: Where Now? (work in progress)

What does it feel like to be alive towards the end of your life, living with a dementia that affects your senses? Created by Living Words artists Shazea Quraishi, Pippa Wildwood, Astrid Goldsmith and Susanna Howard. The performance will include the words of people with dementia, illustration and some tomfoolery.
7pm / £6 / £5 concessions / 40 mins / Quarterhouse theatre

THEATRE

Byron Vincent: Live Before You Die

I'm Byron. I have a diagnosis of bipolar disorder, which means sometimes I get so sad I might die. It's this grim truth that has spurred me on to undertake an epic journey to face my fears and overcome my cynicism. I've spoken to world leading neuroscientists and psychologists. I've meditated, jumped off a 300ft crane and tried everything from yoga to cage fighting. This show will be funny, honest, profound, desperate, childish and messy.
8.15pm / £10 / £8 concessions / 60 mins / Quarterhouse theatre

28 MAY

WORKSHOP

Mindfulness

See page 11 for details.
9am & 5pm / Free / 60 mins / Quarterhouse meeting room

DROP-IN WORKSHOP

Playroom

Play is not only fun, it's essential to brain development. So dare we ask? When was the last time YOU played? Taking time out to harness our innate creativity can benefit us all on many levels. Join Melissa Jacob in the play for all room to experience the power of free play.

10am / Free / Ages 3 to 103 (release your inner child) / 180 mins / The Block

DROP-IN

Emergency Poet

The Emergency Poet offers consultations inside her ambulance and prescribes poems as cures.
12pm – 5pm / Free / Quarterhouse Car Park

TALK

The Baby Brain

Cooling newborn babies suffering from a shortage of oxygen around the time of birth can protect them from long term brain damage. Dr. Topun Austin describes the long history of cooling treatment. Alongside a screening of the film 'The Golden Window'.

10.30am / £3 / 60 mins / Quarterhouse meeting room

THEATRE

The Girl and the Giraffe

One day whilst playing in her garden, Girl spots something peculiar on the other side of the fence. Climbing up to get a better view, she is surprised when she comes face to face with... Giraffe! Charming puppetry, an enchanting soundscape and beautiful storytelling combine in this sensitive show about wellbeing and friendship, told from a child's perspective.

11am / £6 / £5 concessions / Family £20 / Ages 3-6 / 45 mins / Quarterhouse theatre

TALK

Blame My Brain & the Teenage Guide to Stress

In this fascinating and warm-hearted event for adults and teenagers, international expert Nicola Morgan will inform, enlighten, reassure and inspire you about the adolescent brain and teenage stress.

12pm / £3 / 60 mins / Quarterhouse café

WORKSHOP

Music & Emotion

Experienced counsellor and artist Arike leads this session to explore our emotional connection and response to music. Participants will be encouraged to listen to pieces of music and 'write' their immediate responses. You don't need to be a great writer – it's the emotions that count in this workshop!
12pm / £3 / 60 mins / Quarterhouse meeting room

TALK

Food & Mood

Dr Legumes joins Wellcome Trust 'Food Champion Helen Sharp for a discussion on the sensory system and food, as well as their health conscious nutritious approach to eating.
1.15pm / £5 incl. tasters / 60 mins / Quarterhouse café

WORKSHOP

Haiku Workshop

Discover the many pleasures and benefits of writing haiku while we take a walk in the fresh seaside air for inspiration. Led by Chris Poundwhite (veteran haiku writer).
1.30pm / £3 / Meet at Quarterhouse foyer

WORKSHOP

Artificial Intelligence

We hear so much negative press about how 'bad' advances in Artificial intelligence are for the human race – but what if it can improve our wellbeing? Meet Dr Jim Ang from University of Kent to hear about his work in virtual reality; brainstorm some new ideas and get to try a VR kit for yourself!

1.30pm / Free / 45 mins / The Block

TALK**Logically Illogical –
Insight into Autism**

Ros Blackburn is an adult with autism. In this talk Ros will draw on her own inspiring experience of living with severe autism and her considerable experience both as a recipient of services and as an observer of education and care approaches.
2pm / £3 / 60 mins + Q&A /
Quarterhouse meeting room

READING**Bibliotherapy Readings**

Our bibliotherapy area is curated by visiting artists, scientists, service providers, wellbeing brands and pioneers! Join us for local poets reading work that reflect themes from across the festival.
2.30pm & 4pm / Free / 30-60 mins /
Bibliotherapy Corner

READING**Reading For Wellbeing**

Explore the positive effects of reading aloud with Zena Cooper. Helping you feel more relaxed, comforted and able to express yourself through discussion.
3pm / Free / 60 mins /
Bibliotherapy Corner (bar)

FILM**Film as Therapy**

Curated by Dominic Pillai. Join us for a series of short films that combine the themes of the festival to look at the therapeutic nature of filmmaking and how the moving image affect the brain.
3pm / Free drop-in / 180 mins /
Quarterhouse kiosk

WORKSHOP**Singing for Wellbeing**

With a growing number of singing for health and wellbeing groups it is clear that singing can have a positive effect on our health, both mental and physical. Come along and join in this fun and friendly singing session with Sadie Hurley.
3.45pm / £3 / 60 mins /
Quarterhouse meeting room

FILM**Imagining Autism**

Join theatre Professor Nicola Shaughnessy and autism expert Julie Beadle Brown for a screening of their film made in collaboration with a group of young people with autism, followed by a discussion and Q&A.
4.30pm / Free / 60 mins / The Block

TALK**The Tingle Factor**

Take part in a fun, interactive talk led by Trish Vella-Burrows to demonstrate theories on the role of music in the survival of the human species and in our ongoing health.
5pm / £3 / 60 mins /
Quarterhouse café

THEATRE**Brainsong**

Music theatre using interviews with people with conditions as diverse as Tourette's, OCD, personality disorder, dementia, neuroticism, egotism and genius for inspiration. Working with director Emma Bernard and an ensemble of five talented musicians, Anna draws on their collective backgrounds in classical music, folk, punk, jazz, theatre and cabaret to create a mind-bending performance that explores some of the highs and lows of being 'different'.
6.30pm / £6 / £5 concessions /
45 mins / Quarterhouse theatre

THEATRE**Karla Shacklock:
The Happiness**

Fast, fun, thoughtful and physical *The Happiness* is provocative and entertaining theatre, designed to make you laugh, weep and squirm with recognition. Combining first person stories, case studies from across the globe and referencing a whole host of philosophers and self-proclaimed happiness gurus, it is a life-affirming show that throws happiness up for all to question.
8pm / £10 / £8 concessions /
Ages 14+ / 60 mins

MUSIC**The Rattlaz**

Join Jack Pound, Kevin Richards and Chris Tophill from The Rattlaz in the Quarterhouse café for a Saturday night of dancing to a fiery mix of folk, country, roots rock, rhythm & blues.
9pm / Free / 60 mins /
Quarterhouse café

29 MAY**WORKSHOP****Mindfulness**

See page 11 for details.
9am & 5pm / Free / 60 mins /
Quarterhouse meeting room

DROP-IN WORKSHOP**Playroom**

See page 12 for details.
10am / Free / Ages 3 to 103
(release your inner child) /
180 mins / Quarterhouse office 9

DROP-IN WORKSHOP**Emergency Poet**

See page 12 for details.
12pm – 5pm / Free /
Quarterhouse Car Park

WORKSHOP**Who Am I?
Dramathery Workshop**

Come and experience a Dramathery session in this introductory workshop that uses objects and images to explore sense of self and rediscover what play is. Led by Roanna Bond.
10am / £3 / 60 mins /
Quarterhouse theatre

TALK**Friendly Folkestone**

An informal discussion about what it feels like to live in Folkestone, asking if it is a friendly and kind place to live and if there are ways to make it a more compassionate community to live in.
10.30am / Free / 60 mins /
Quarterhouse café

TALK

Is there a place for spirituality in mental health?

Come along to hear and discuss this issue – participants include psychologist Reinhard Guss, priest and psychotherapist Lou Seear a local spiritualist leader, and representatives from local 12 step programmes.

10.30am / £3 / 60 mins / Quarterhouse meeting room

WORKSHOP

Mindful Writing

A writing workshop for beginners and more experienced writers, bringing writing practice together with mindfulness. Join Folkestone native, Philip Cowell, author of *Keeping a Journal*, to explore the present moment, without judgement, through gentle jottings and scribbles alongside mindful awareness techniques.

11.45am / £3 / 90 mins / Quarterhouse meeting room

TALK

Addiction – Why? What? And Ways Out

Using local artist Malcolm Allen's specially commissioned works about his own recovery as starting point, this discussion brings together speakers from Public Health England, Turning Point, Meditation Trust, Angelus Foundation and the Maudsley.

1.30pm / £3 / 60 mins / Quarterhouse café

WORKSHOP

Relaxation For Creativity

Come and experience guided imagery techniques in this intimate relaxation and writing workshop to unblock creativity. Led by Sharon McCarron and Jan Holben.

1.30pm / £3 / 90 mins / Quarterhouse meeting room

READING

Bibliotherapy Readings

See page 13 for details.

2.30pm & 4pm / £3 / 30-60 mins / Bibliotherapy Corner

WORKSHOP

Reading For Wellbeing

Lie back and explore the positive effects of someone reading aloud.

3pm / Free / 60 mins / Bibliotherapy Corner

TALK

Creativity & Mental Health

Do you need a little bit of insanity to be creative? Join a panel of experts to discuss this age old provocative question using as a starting point images from Bethlem, Museum of the Mind's recent Richard Dadd exhibition. Chaired by Nick Ewbank.

3.30pm / £2 / 60 mins / Quarterhouse meeting room

FILM

Film as Therapy

See page 13 for details.

3pm / Free drop-in / 180 mins / Quarterhouse kiosk

THEATRE

People's Stories

Join local people as they tell their inspirational stories of addiction, trauma, anxiety, bi-polar and recovery – led by local actor/ storyteller Araxi Utidjian. There will be a facilitated discussion in the café after the sharing.

4pm / £3 / 60 mins / Quarterhouse theatre

THEATRE

Caroline Horton: All of Me

A hilarious, intimate solo show about our darkness and our light; about forever starting over instead of living. A trashy, funny, poignant cabaret from a woman who thinks about dying but is determined to pull herself together.

7pm / £6 / £5 concessions / Ages 14+ / 20 mins / Quarterhouse theatre

THEATRE

Demi Nandhra: Life is No Laughing Matter

Life is No Laughing Matter is about a woman, a dog, a boyfriend and their journey into mental illness. Expect a storm, excessive banana consumption, a unicorn hunt and lots of love.

8pm / £10 / £8 concessions / 90 mins / Quarterhouse theatre

Closing thanks

We close *Normal?* Festival of the Brain 2016 with a celebratory gathering and raise a glass to Jackie Fairlie, a local mental health activist and devoted supporter of *Normal?*, Jackie dedicated her life to supporting other people experiencing mental health issues. Join us in honouring her memory.

9.30pm / Free / Quarterhouse café

OTHER EVENTS

INSTALLATIONS

Whelk Boy

Specially commissioned works from Folkestone based artist Malcolm Allen, on the subject of addiction and recovery. 26 – 29 May / 10am – 5pm / Quarterhouse café

Speak My Mind

Sound and visual installation by Helen Sharp and Folkestone Academy students on perspective, exploring how the brain perceives images, and how this tells us how our brains work. 27 – 29 May / 10am – 5pm / Quarterhouse foyer

Ship Of Fools

An installation and video diary by acclaimed activist and artist The Vacuum Cleaner about turning his council flat into a 'hospital'. 25 – 29 May / 10am – 5pm / Quarterhouse foyer

EXHIBITION

Images of the Mind

An exhibition of photographs taken by Folkestone Camera Club and curated by Peter Carroll. 17 – 29 May / Lime Bar

FILM

Beach Brain

Join us on Sunny Sands beach to watch James Murray-White make a short film about the brain, to be shown during the festival. Neurologist Tim Rittman and a team of volunteers will create a brain on the beach, and wait for the turning tide to wash it away. Find out what the brain looks like and what each part does.

7 May / 7am / Sunny Sands beach