



Arts of Wellbeing

A week of live arts, workshops and debate focusing on arts and wellbeing.

19–25 November 2012



Westminster Arts



Music for Life



StageXchange

Arts of Wellbeing is a week of live events, talks and workshops across theatre, writing, dance, singing, spoken word and music.

Devoted to current, local activity and new directions in arts and health, the programme is for everyone wanting to try new activities, showcase existing ones or discuss new ideas and developments in arts practice.

A selection of artwork from the Resonate programme will be on display during the week.

Arts of Wellbeing is produced by Westminster Arts and The Cockpit. The project has been commissioned by Westminster City Council and supported by Westminster Amalgamated Charities.



Hurried Steps



Portugal Prints

Monday 19

11.00am -12.00

Players Theatre Club FREE

The world-famous Players' Theatre Club present an hour of traditional *music hall* for you to join in those famous old choruses such as: 'My old man said: follow the van'. Song-sheets will be provided.

The Players' Theatre Club dates from 1929, and continue to put on great shows.

2.00-3.30pm

Music for Life FREE

A music workshop for people living with dementia, and their carers. Join musicians from Music for Life for a musical workshop followed by an opportunity to chat over tea and cake with the musicians and representatives from Dementia UK.

Music for Life (Wigmore Hall and Dementia UK) is a project pioneering and developing interaction through music. Book in advance on 020 7258 8248.

www.musicforlife.org.uk

5.30-7.30pm

StageXchange

Mousetrap Theatre Projects will run a drama programme with young people aged 13-19 from Westminster. The group will explore wellbeing and how choices can improve health and quality of life. Participants have the opportunity to go to the theatre (trips are on 21 or 22 Nov; there is a £5 contribution towards each theatre ticket). The sessions are for local youth groups and booking is essential.

Contact nancy@mousetrap.org.uk

7.30-8.30pm

South Westminster Community Choir FREE

The choir performs a wide range of familiar songs, a mix of African folk tunes, jazz, pop and classical choral works. Comprising local people with a passion for singing, the choir aims to use music to raise spirits and the sense of community.

Backed by a jazz band, this evening's concert promises to be an uplifting and highly enjoyable community event.

Tuesday 20

11.00am-12.00

Lahing Kayumanggi Dance Company FREE

Ronnie Del Barrio and members of his troupe teach a dance workshop and demonstration for 2-3 year olds and their carers. Learning tribal and folk dances from the Philippines, a rich and vibrant cultural heritage that is at risk of being lost to history, yet provides a wonderful sense of wellbeing.

11.00am-1.00pm

New Shoes Theatre Company FREE

Hurried Steps is a powerful play by Dacia Maraini, the leading Italian writer; shortlisted for the 2012 Nobel Prize for Literature.

New Shoes Theatre Company confronts social and environmental issues. Producing inspirational work written by women, Hurried Steps is a show that stimulates a Q&A between the audience and a panel of local Domestic Violence fieldworkers who understand how domestic abuse impacts on the health of many women in the UK.

www.newshoestheatre.org.uk



Domic Berry



Peta Lily's You're On

2.00-5.00pm

PIP Papermaking and Smoothies making FREE

Make and drink delicious fruit smoothies then pop next door for a paper making master class! The activities are suitable for all ages and abilities.

Pursuing Independent Paths (PIP) is a West London charity supporting adults with learning difficulties. PIP's work focuses on promoting health and wellbeing, developing independence, and fostering creativity.

www.piponline.org.uk

3.00-6.00pm

Portugal Prints Card Making FREE

Portugal Prints is a Westminster Mind Creative Arts Project. Print your own designs and make art cards at a pop-up portable workshop. If you post your cards in the specially made post box, your cards will be displayed in the Portugal Prints gallery in Dean Street Soho in an inclusive exhibition.

5.00-6.00pm

Conception, Perception and Song FREE

Poems, sketches and performances by young people are the result of a current project with Avenues Youth Project and Little Green Shoots.

Around the theme of pregnancy, the beginning and ending of life are interpreted through spoken word, acting and dance, highlighting the good, the bad and the impact on young peoples' lives.

The performances are followed by a Q&A with the performers and the audience.

5.30-7.30pm

StageXchange

See Monday 19th for details.

7.30-9.00pm

**Panic Attack at the Disco
by Dominic Berry**

If you've got a broken arm, everyone accepts it is real. No one says, 'You're making it up'.

A few years back, he rarely left his flat. Dominic Berry is now an international slam winning spoken word artist (Nuyorican Poetry Cafe, UK Superheroes of Slam).

In this honest, funny, heartfelt show, Dominic speaks openly about his relationship with anxiety - forgetting how to breathe in the biscuit aisle of Tesco, talking with people who think you should 'just cheer up' and ultimately turning painful experiences into positive pieces of art.

"Really very inspiring. I love the seriousness and the humour."

Benjamin Zephaniah

"Dominic is an exceptional force in the poetry and spoken word scene."

John McGrath, Artistic Director, National Theatre Wales

Tickets: £8/£6 (conc)

Buy tickets online www.thecockpit.org.uk
or call 020 7258 2925 (Mon-Sat 12-6pm)

Wednesday 21

10.30-11.30am

Salsa FREE

A fun and highly enjoyable way to meet new people, dance and enjoy the Latin spirit.



Resonate

Please join this session, it's for men and women aged 50+ and usually takes place at the Penfold Community Hub. For further information, please contact the Hub on: 020 8762 3082.

8.00pm

Chastity Belt

Written and performed by Peta Lily, award-winning performer and theatre maker. Directed by Di Sherlock.

Set on the battle-ground between trust and lust, part comic confession, Peta Lily's brand-new show asks the impossible questions... Must 'a certain age' mean chastity for women? Could a sex strike end war? What would the goddess Diana have to say to us today?

Tickets: £12/£10 (conc)

Buy tickets online www.thecockpit.org.uk or call 020 7258 2925 (Mon-Sat 12-6pm)

“For a show about chastity it's very sexy!

Superb writing!”

Audience member

Thursday 22

10.15am-11.15

The Trebus Project FREE

Westminster Arts recently awarded a film bursary to David Clegg, founder of the Trebus Project to make his first short film. An adaptation of 'John', is one of the texts from his book *Tell Mrs Mill her husband is still dead*. David has spent over 9,000 hours interviewing people with dementia over the



Weave

last ten years. Stories have been piloted on Radio 4 Woman's Hour entitled *Ancient Mysteries*. He will give an account of his work and the creation of the film, followed by the first ever screening of John.

11.30-12.30pm

Resonate Talks FREE

Westminster Arts' Resonate Programme Manager Kathryn Gilfoy provides a fascinating insight into our unique arts programme for adults living with mental health issues including dementia. She is joined by artists from the Resonate team who will talk about their recent projects.

1.30-2.30pm

Weave FREE

An entertaining and thought-provoking one-woman show devised from poetry residencies with people living with dementia. Weave, a Resonate Project, was originally shown as training material with health professionals and artists.

Written and performed by Susanna Howard of Living Words, it aims to be bang-on unafraid, challenging and inspiring.

3.00-4.30pm

Artful Ways Forward FREE

A round-table discussion with artists, organisations and health professionals. An exchange of ideas and how developments in the field of arts and health can be taken forward.

The health and wellbeing benefits of participation in the arts are widely acknowledged with recent attention paid to quantifying and extending the therapeutic role of the arts. The discussion is chaired by Dr Mark Salter, consultant in adult general psychiatry.

Booking essential contact beth@westminsterarts.org.uk or call Westminster Arts 020 7321 2702



License

8.00pm

The Gambler by Theatre Re Devised by Guillaume Pige

An enthralling visual tale combining movement, live music and new writing, drawing on the experience of gambling addicts in London. The Gambler is the story of Edgar, an old man trapped in his past. Each spin of the wheel recalls the promise of a life he could have had. He gambles to remember, he gambles to forget.

5* “Spellbinding physical theatre, The Gambler has a gorgeous aesthetic quality that enchants the audience”

A Younger Theatre

Tickets: £10 / £8 conc

Buy tickets on line www.thecockpit.org.uk or call 020 7258 2925 (Mon-Sat 12-6pm)

Friday 23

7.00pm-9.00pm

Peta Lily Company You're ON

You're ON is a three-day theatre-making workshop led by award-winning Peta Lily, praised for her ability to turn the personal into the universal and to make work that is philosophical, moving and fun.

When something awful happens, remember... 'you can make a show about this!'



Open Age Dynamites

You'll experience exercises and processes to turn problems into poetry and 'shit happens' into a show, or at least a short poem! No drama in your life? No problem, you can tap into dreams as well as your own life experience.

On Sunday evening there will be a relaxed sharing of the work created before a live audience

Course Costs: £189

(Early Bird Offer!: Book before 30th Oct for £149)

Booking: Call 020 7258 2925 (12-6, Mon-Sat) to book your place.

3.00-6.00pm

Portugal Prints card making studio FREE

See Tues 20th for details.

5.00-7.00pm

StageXchange

See Monday 19th for details.

7.30pm

Licence

One man's odyssey, to save his son and his own sanity. Funny, full of laughter, moving, disturbing and poignant.

Bernie wants his pub to be "child friendly", a party atmosphere, a sort of.. Santa's Grotto, with himself as Father Christmas. Blind to his son's need for love, his wife's need for moderation and his best friend's need for honesty, Bernie sails his prized ship, The Toby, directly and decisively, onto the rocks.

Written and performed by Jonathan Brown, Winner of Best New Play Award, Brighton Fringe 2012 (for The Last Lunch). Directed by Denise Evans

Contains strong language. Suitable for 12+ yr.

Tickets: £10/£8 (conc)

Buy tickets online www.thecockpit.org.uk or call 020 7258 2925 (Mon-Sat 12-6pm)

"A spellbinding event"

Maurice Hindle, Writer, Educator and Editor



Wizard

Saturday 24

10.00am-5.00pm

Peta Lily Company You're ON

See Fri 23rd for details.

2.30pm-3.15pm

Open Age Dynamites! FREE

Older dancers from Open Age and young dancers from Unique Dynamites Cheerleading Academy have worked together to create an intergenerational performance. Watch the dancers perform a sizzling mix of waltz, cheerleading and salsa, and if you wish, jump onstage and join in yourself with a fun zumba-salsa workshop.

7.30-9.00pm

Wizard

by Dominic Berry

When an agoraphobic wizard shares his world of tea loving carpet goblins and a zombie slaying dish rack with a neighbour from the flat above, three days of magic change both their lives forever.

Poetry meets surreal humour in this exciting new theatre show exploring how one person handles the modern mental health system.

Inspired by writer and performer Dominic Berry's own experiences of anxiety attacks and institutional therapies, Wizard combines comedy, fantasy and imaginative theatre in a quest to find magic in even the darkest of places.



DreamArts

Sunday 25

10.00am-5.00pm

Peta Lily Company You're ON

See Fri 23rd for details.

1.00-3.00pm

DreamArts singing and dance workshop

Children and young people from the acclaimed DreamArts Weekend Company host workshops and performances for people of all ages and abilities.

Supported by leading professionals, this workshop will open your mind and creativity. Singing and dancing will make you the star of any party!

7.30pm

Peta Lily You're ON: Rich & Raw

A relaxed sharing of the work created during the "You're ON" workshop. The culmination of the three-day You're ON workshop.

Tickets: £4

Buy tickets online www.thecockpit.org.uk or call 020 7258 2925 (Mon-Sat 12-6pm)

How to Book

Many events are FREE, however capacity is limited. To be sure of a place, reserve your free tickets by contacting The Cockpit. Where admission is charged, tickets can be purchased online at or call the box office.

The Cockpit Box Office & Reception

020 7258 2925 (Mon-Sat 12-6pm)
reception@thecockpit.org.uk
www.thecockpit.org.uk
www.thecockpit.org.uk/wellbeing

For more information contact

Westminster Arts

020 7321 2702
info@westminsterarts.org.uk
www.westminsterarts.org.uk

Getting Here

The Cockpit is on Gateforth Street, at the north end of Church Street between Edgware Road and Lisson Grove. Edgware Road (Hammersmith & City, District, Circle, Bakerloo) Marylebone (Bakerloo and main line). Both are about a 7 minute walk away. Buses stopping nearby are 6, 16, 18, 98, 139, 189, 332, 414.

**To request this
brochure in another
format please call
020 7321 2702**

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