

THE WESTON arts health FESTIVAL



Weston-super-Mare

WEDNESDAY 5 – SUNDAY 9 OCTOBER 2022

Co-produced by **The Arts & Culture Programme,**
University Hospitals Bristol and Weston NHS
Foundation Trust and Culture Weston

BOOKING CULTUREWESTON.ORG.UK

   ArtsUHBW

   cultureweston



Supported using public funding by
ARTS COUNCIL
ENGLAND



October Wednesday 5

in town

Creative Taster

Yoga for Calm: 1-2-1 and group option.
3pm-5pm
The Other Place Community Hub

In Our Hands



A unique outdoor exhibition that celebrates the stories and passions of Weston General Hospital's staff members.
Open every day until late October
Princess Royal Square

National Poetry Day Thursday 6

The Poetry Machine

Beth Calverley's incredible roving poetry machine.

from 11am
Princess Royal Square

Talks and Panels:

NPAG Hospital Design

Exploring the impact of design on health and wellbeing.

11am-12pm
Check website for venue details

Creative Taster

Introduction to Chapter One creative writing group.

2pm-3.30pm
The Stable

Talks and Panels:

Tales from the Hospital

Artist Sofie Layton and Dr Giovanni Biglino share their collaborations across arts and science.

2pm-3pm
Loves Cafe and online

The Elementists from Chapter One writing group

A vocal performance reflecting on our relationship with the environment, blending spoken word and percussion.

5.30pm-6pm
SEE MONSTER

Speakeasy

An evening of poetry from Beth Calverley and local voices.

7.30pm-9.30pm
Loves Cafe and online

Friday 7

Creative Taster

Introduction to drama for adults of all ages, no experience required.

11am-12.30pm
Ballroom of Grand Atlantic Hotel

Serving Sounds

Have some fun with this multisensory sound installation that creates connections through music.

from 3pm
49 Social Club

Talks and Panels:

Healing seeds - Nature and Health

With Dr Alice Walker, artist Sam Francis and sea swimmer Anna Southwell.

3pm-4pm
Loves Cafe and online

Talks and Panels:

Routes into Arts + Health

Join course leaders and students who have been specialising in arts and health as they undertake placements at UHBW NHS hospitals.

4.30pm-5.30pm
Sanctuary Cafe

Go Global in Grove Park, with RENS and Loves Cafe

Premiere of University Centre Weston's short film *Global Citizen*, alongside free food and story tasters from Caribbean Cuisine, live music & dance from Flamenco Loco and additional refreshments on sale from Sprout Cafe.

6pm-9pm
Grove Park

Saturday 8

Creative Taster

Drop in and create your very own handmade zine, sharing your views on how to care for the environment.

10am-11.30am
Weston Artspace

Bandstand Bonanza and Buffet

A feast of free food and entertainment for all to enjoy. Gather around the bandstand or relax in a deckchair for a special afternoon of song, dance, games and creativity. Middle Eastern Mezze from Sprout Cafe will be served from 1pm (until it's eaten up!). Stretch tent shelter provided for all-weather-entertainment, and don't forget your picnic blanket!

1pm-5pm
Grove Park

Sunday 9

Almost Synchro Meets Bollywood

An irresistible mash-up in the water.

11am-11.30am
Marine Lake

The Poetry Machine

With Beth Calverley

from 11am
Princess Royal Square

Autumnal Gathering with Grow Feral + Osprey

Find out about the town's latest planted artworks and gain some new green fingered skills with artist and horticulturalist Sam Francis.

2pm-4.30pm
Italian Gardens

Bike Ride

Bring your bike and explore the sites of Weston by joining a leisurely ride led by LifeCycle UK.

2pm
Princess Royal Square to Brean and back

The Ground Between Us

Multi-media performance involving community members, creatively exploring the experience of 'falling between the cracks'.

3pm-4.30pm
Grand Atlantic Hotel

Bike Ride

Tour the town on two wheels! Bring your bike and explore the sites of Weston by joining a leisurely ride led by LifeCycle UK.

10am
WGH to Princess Royal Square

at the hospital

Creative Resources

Meet the UHBW Arts & Culture Team and take away Creative Resources for your ward or department.

Afternoon
Rafters Cafe

Crafters in Rafters

Cooking with Paper

Explore food and cultures in a family friendly craft workshop.

Photo Challenge

Bring your smartphone for a short burst of playful photo challenges.

12pm-2pm, drop-in
Rafters Cafe

The Poetry Machine

With Beth Calverley.

from 11am
Main Entrance and Rafters Cafe

Crafters in Rafters

Bitesize creative activities including UHBW Volunteer Knitters' Surgery.

12pm-2pm, drop-in
Rafters Cafe

Visit **Cold Water Swimming** exhibition from Shruti Bhojar in the **Knightstone Corridor** at Weston General Hospital, in the Weston Artspace window and online.

Ballad of Anchor Head Cove See QR code on reverse. **SEE MONSTER** visit the epic installation at Tropicana. **Weston Arts Trail** See QR code on reverse.

beyond the festival

All events are free and are offered subject to current COVID-19 guidelines; reservation is required for all digital events and some workshops. Please see website for full details: www.cultureweston.org.uk



In Our Hands Celebrating Weston General Hospital staff

A unique outdoor exhibition that celebrates the stories and passions of Weston Hospital's staff members, paying tribute to their huge contribution to the health of the town through a series of photographic portraits. Featuring some of the contributors' cherished objects and favourite Weston locations, this exhibition - created by UHBW Arts & Culture with photographer Paul Blakemore and UHBW Medical Illustration - adds an extra dimension to one of the town's favourite public spaces.



National Poetry Day - 6 October

On National Poetry Day, why not try your hand at a Global Citizen themed poetry workshop, led by Bob Walton and Sue Hill who run the regular, free-to-access Chapter One writing group. Then hear Chapter One in action as they share their new vocal chorus 'The Elementals', inspired by the weather in a nod to the epic SEE MONSTER installation. Finally sit back in Loves Cafe (or online) for an evening of poetry that will transport you to different worlds, featuring acclaimed poet Beth Calverley alongside open mic opportunities.



Go Global in Grove Park with Race Equality North Somerset and Loves Cafe

Premiere showing of University Centre Weston's short film *Global Citizen*, that explores young, intercultural perspectives on the future of our planet and its people. Join us under the stretch tent in Grove Park for delicious food and story tasters from Caribbean Cuisine, and music and dance from Flamenco Loco. SPROUT cafe open for tapas and drinks. Part of Weston's series of events for Black History Month.



Bandstand Bonanza and Buffet

A feast of free food and entertainment for all to enjoy. Gather around the bandstand or relax in a deckchair for a special afternoon of song, dance, games and creativity in Weston's glorious Grove Park. Including local choirs, singers from UHBW NHS Foundation Trust, St George's Bristol, the middle eastern Hazir Ensemble, Turkish and Chinese dancing, Carboot Disco Bingo, hula-hooping and more, there are sounds and experiences from near and far for everyone to enjoy. Lose yourself in audio installations, paint our Global Mural, or create a poem with the amazing Poetry Machine.

Middle Eastern Mezze from Sprout Cafe will be served from 1pm (until it's eaten up!). Stretch tent shelter provided for all-weather entertainment, and don't forget your picnic blanket!



The Ground Between Us

The Ground Between Us is a story about the importance of community and connection. Based on personal, lived experiences, this multi-media theatre piece, performed by Theatre Orchard's Open Door adult drama group and co-created with young refugees, elders, youth groups and local writers, shines a light on those who 'fall down the cracks'. Followed by a post-show discussion. *Kindly funded by People's Health Trust using money raised by Health Lottery South West.*



Almost Synchro Bollywood Mash Up!

Almost Synchro - the West of England's outdoor swimming synchro group (and Speedo pin-ups!) - join forces with Shruti Bhojar and a blast of Bollywood to present a very special routine for Marine Lake. And if you are feeling brave, you can come along swim-ready and join in at the end!

While in Weston...

Be amazed by the epic SEE MONSTER installation at Tropicana brought to you by NEWSUBSTANCE as part of Unboxed, a unique celebration of creativity taking place across the UK. Or take in numerous artworks around the town, visual and audio, that have been created by artists and local communities. See the Weston Presents Arts Trail brochure here:



Exercise your mind! Talks and panel discussions

Feel inspired with talks and panel discussions that offer fascinating insights and fresh approaches in arts and health. Discover what's happening right here on the doorstep in Weston and beyond, from innovative arts and science collaborations to green social prescribing.

Grow Feral + Osprey

Grow Feral is a horticultural artwork and community micro garden, open to all, with a changing array of plants throughout the different seasons. Come along to this Autumnal gathering, and find out how to get involved in taking care of this space and benefit from engaging in activities in nature. Share harvested apple treats and press your own apple juice with apples harvested from Osprey's orchard + beyond. Look around the new structure that incorporates an innovative self-watering system designed by artist Jo Lathwood.



Listen to *A Ballad of Anchor Head Cove* here:



The Poetry Machine with Beth Calverley

Throughout the Festival, Beth Calverley and her fantastic Poetry Machine will be roving around town creating pocket sized portions of poetry magic with and for local people.



Scan here for full programme:



WELCOME TO

The third Weston Arts Health Festival

Building on the success of the 2021 festival, University Hospitals Bristol and Weston NHS Foundation Trust (UHBW) and Culture Weston are collaborating again to produce Weston Arts + Health Festival 2022. This year the festival focuses on 'Global Weston', celebrating the power of creativity and culture for connection and showcasing Weston as a vibrant and diverse place to live and work.

Central to the festival is a photography project celebrating the unique stories of Weston General Hospital's many and valued staff. The exhibition will be installed at Princess Royal Square for the festival and throughout October. Come and share in the stories of some of the fantastic people who care for the community of Weston.

Get together in Weston's parks, cafes, allotments, and the seafront to enjoy bandstand performances, pop-up poetry, community feasts, synchronised swimming, outdoor craft as well as a special programme of events at Weston

General Hospital. With something for everyone, Weston Arts + Health Festival 2022 explores and showcases the impact of creativity on health and wellbeing.

In the Arts Council England's Creative Health & Wellbeing plan, published this year, Chair Sir Nicholas Serota shares that "by ensuring everyone in the country has access to high quality creative and cultural activities, they will, in turn, lead happier and healthier lives."

**Dive in and explore your
Global Weston!**

SKY SURROUNDS US

Full details and booking at
cultureweston.org.uk