

THE WESTON arts health WEEKENDER



Weston-super-Mare

FRIDAY 3 – SUNDAY 5 APRIL 2020

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

BOOKING CULTUREWESTON.ORG.UK

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The Weston Arts + Health Weekender!

This inaugural festival celebrates wholeness and togetherness; the anticipated joining of two hospital Trusts to form University Hospitals Bristol and Weston NHS Foundation Trust on 1st April, and the launch of Culture Weston, a new initiative that develops, supports and promotes cultural and heritage-based activity as a vital part of the town's life and growth.

At a time of new beginnings and new partnerships across placemaking, the arts and healthcare, we look back at Weston's truly super history as a health resort, celebrate the many and varied opportunities to get creative that are on offer now, and look forward to establishing Weston as a beacon for Arts and Health in the future.

This is a whole community collaboration. Creative workshops, walks and talks, visual arts, performances, music, medical seminars, hospital based arts activities and much more, magically mingle across the town to create a unique programme with something for everyone.

Image by NotFromUtrecht

The arts are good for you, it's official. So go on, dip your toe in waters new this weekend, and feel wonderfully refreshed!

Fiona Matthews
CULTURE WESTON DIRECTOR

Anna Farthing
ARTS PROGRAMME DIRECTOR
University Hospitals Bristol and
Weston NHS Foundation Trust

Full details and booking at
cultureweston.org.uk



CULTURE WESTON is a pioneering initiative that places outstanding cultural and heritage-based activity at the heart of Weston's daily life and future development. It supports and illuminates all that makes Weston 'Super' through a partnership-led programme that dynamically develops people and places. Ambitious new events such as The Weston Arts + Health Weekender shape a thriving town and destination that reverberates with opportunity, optimism and energy.

Culture Weston is being led by North Somerset arts organisation Theatre Orchard, in collaboration with North Somerset Council, Arts Council England and the local community.

THE HOSPITAL'S ARTS AND CULTURE PROGRAMME operates across all ten hospital sites, working in partnership with civic and cultural organisations to apply research and encourage best practice in arts and health. By improving the aesthetic environment and providing opportunities to engage with creative activity, we support the well-being of staff, students, volunteers, visitors and patients.

UNIVERSITY HOSPITALS BRISTOL AND WESTON NHS FOUNDATION TRUST will come into being on 1st April 2020 (subject to regulatory approvals) when University Hospitals Bristol NHS Foundation Trust and Weston Area Health NHS Trust merge to form a combined organisation of over 13,000 staff. Building on many years of partnership working between the two Trusts, the merger will help bring stability to Weston General Hospital so that it remains at the heart of the community. The new Trust will provide exceptional services that meet the needs of local people as well as delivering specialist services across the South West and beyond.

As well as Weston General Hospital, the Trust comprises Bristol Royal Infirmary, Bristol Heart Institute, Bristol Haematology and Oncology Centre, Bristol Royal Hospital for Children, St Michael's Hospital, Bristol Eye Hospital, Bristol Dental Hospital, South Bristol Community Hospital, and Central Health Clinic.

Luke Jerram

Artist, Luke Jerram, will be creating a bespoke artwork for The Weston Arts + Health Weekender

All weekend | By the Grand Pier

Luke Jerram's multidisciplinary practice involves the creation of sculptures, installations and live arts projects. Living in the UK but working internationally since 1997, Jerram has created a number of extraordinary art projects which have excited and inspired people around the world.

With many of his artworks in permanent collections including the Metropolitan Museum of Art in New York and the Wellcome Collection in London, he also tours his art installations to art festivals and museums. Gaining extensive international media coverage he has exhibited with many of the established cultural organisations around the world. In 2019 alone, he had 117 exhibitions in 22 different countries. In 2019 Luke Jerram was made a Fellow of the Royal Astronomical Society. In 2020 he was given an Honorary Doctorate from the University of Bristol and made an Honorary Academician of the RWA.

His artwork the Museum of the Moon is one of Luke's most successful arts projects that has caught the public's imagination which so far has been presented in different ways, more than 150 times in 30 different countries and experienced by more than 10 million people worldwide. Last year it was presented at Glastonbury Festival and even on BBC's Strictly Come Dancing in Blackpool.

Learning from each artwork and moving on, Jerram is continually re-inventing his arts practice. As his practice is well known yet quite diverse, Luke Jerram was described by Bloomberg Television as "probably the most famous artist you've never heard of."

lukejerram.com

Creative Ageing Convention

Friday 3 April

1-5pm | Weston College Conference Centre, Knightstone Road, BS23 2AL
£10 (tea and coffee included)
Advance booking required.
Age: 16+

For anyone who works with or cares for older people

A lively afternoon of presentations, provocations and discussion about how creativity can transform the ageing process, inspired by The Baring Foundation's research and recent report on the health benefits of arts activities for older people. baringfoundation.org.uk

GEMS of wisdom from acute care

Hear from the artists and medical staff who have been devising interventions for long stay patients at South Bristol Community Hospital; learn more about the Frailty teams working across University Hospitals Bristol and Weston NHS Foundation Trust; and celebrate the best practice of Weston General Hospital's Geriatric Emergency Medicine Service (GEMS), the specialist team who care for older patients living with frailty and their carers. GEMS are the 2019 NHS Parliamentary Awards, South West Regional winners in the category of Excellence in Urgent and Emergency Care.

Presenters confirmed to date include:

John McMahon,
Arts Council England

Matt Lenny,
Director of Public Health,
North Somerset Council

Alex Coulter,
Arts and Health South West

Alison Teader,
Arts in Care Homes

Isobel Jones,
Alive, Lighting up Later Life

Adam Rees,
St Monica Trust

Ruth Charity,
Artlink, Oxford University Hospitals

Laura Waters,
Air Arts, University Hospitals
of Derby and Burton

Amy Creech,
City of Bristol College & Once
Arts and Therapies

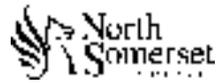
Michael Prior,
The Reader

Stephanie Jalland,
Hoodwink in Hospital Theatre Company

Beth Calverley,
The Poetry Machine

Artists and creative activity co-ordinators working with older people are welcome to bring a small display and leaflets about their work. Further information will be provided on booking.

Living well with Libraries



Join in special 'Feeling Good' storytime or rhymetime sessions in North Somerset's libraries – fun, free sessions all week sharing stories and rhymes for children under 5 and their parents and carers.

Stories in Scrubs

Friday 3 April
9.30-10am | Weston Library, Town Hall
Free and drop-in

Guest NHS staff in uniform will be leading a special session for 0-5s, featuring stories that help to promote health, happiness and hilarity. Join in and exercise your chuckle muscles!

Letters in the Leaves

Friday 3 April
10am-12pm | Weston Library, Town Hall
Free and drop-in

Come for a rest in the library's indoor garden, take a seat, and meet arts and health specialist Elspeth Penny, and medical researcher Alice Malpass.

Create your own very special letter using an otherworldly letter-writing rack, unusual pens, homemade inks, and inspiration. No experience needed. All abilities and ages are welcome! Made possible by the Life of Breath project. lifeofbreath.org

Get Creative at Lego Club!

Saturday 4 April
10.30am-12pm | Weston Library, Worle Library and Weston Children's Centre
Age 4+

Reading Well helps you to understand and manage your health and wellbeing using helpful reading. The books are all chosen and endorsed by health experts, as well as people living with the conditions covered and their relatives and carers. Available in your local library:

- Reading Well for mental health
- Reading Well for dementia
- Reading Well for young people
- Reading Well for long term conditions
- Reading Well for children

Find out more n-somerset.gov.uk/libraries and librarieswest.org.uk



North Somerset Arts

The Empathy Room

Claire Hall

10am-5pm | Sovereign Centre, opposite the Food Court
Saturday 4 and Sunday 5

Award-winning North Somerset artist Claire Hall presents 'The Empathy Room', a series of glass art works about mental illness. These fragile and highly personal artworks are installed in a dark room and accompanied by original music, inviting visitors to contribute their own responses and experiences.

Wider Artworks

opening times as above

Members of North Somerset Arts will also be showing a selection of wall based work on the theme of Health and Wellbeing to complement the Empathy Room installation.

Happy HeArts

2pm-5pm | Food Court, Sovereign Centre
Saturday 4 April

A free drop-in visual arts workshop that takes you on a journey of self-discovery. Be creative and de-stress, relax and unwind. Artist Jo Green will help you to discover the benefits that creative art brings to your emotional and physical well-being.



Ebb & Flow by Gail Mason

North Somerset Arts support and promote art and artists in North Somerset with a biannual open studios plus much more besides northsomersetarts.org

April Weekender Wellness Activities

Arts at Weston General Hospital

Grange Road, BS23 4TQ
From 10am-5pm, all weekend

Creative Writing

Theatre-maker Viv Gordon will run a writing workshop with patients and staff, linked to her latest show exploring the power of breath. See website for details of how to sign up.

Music

A stream of live music will fill the air throughout the weekend, with pop up recitals from staff choir 'The Sliding Scales' and local volunteers, thanks to North Somerset Music Service and The Piano Shop, Bath.



Chat

Weston Hospital Radio will be making special Arts + Health broadcasts throughout the weekend.

Poetry ►

Beth Calverley and The Poetry Machine will be traversing the hospital and creating be-spoke poetry with staff and patients.



◀ Art

Andy Council, whose famous dinosaur murals stomp splendidly through indoor and outdoor sites across the country, has created a special series of illustrations for the hospital. Be drawn in by his exhibition on the ground floor.



Take your teddy to hospital!

10-11am | Weston General Hospital (Saturday only)
Free, but advance booking required

Calling all junior (and infant) doctors! Bring your teddies for a health check with the medical staff in the Seashore Centre for children, learn about the equipment, and find out about the different jobs that people do in a hospital.

The Green Cure

10am-4pm | Weston General Hospital Grounds

Weston General Hospital is set in beautiful grounds and has a number of light-filled courtyards. Many of the gardens are looked after by hospital volunteers, others by school children and local green fingered Brownies. Research shows that engaging with nature can reduce stress, and patients and visitors are always welcome to use these outdoor spaces. Throughout the weekend there will be an accessible trail that will take in some of the most relaxing sensory features.

Weston

I've got too many things to do
so I've run away to Weston
for a dose of freshness. To clear
my head of silly lists and ticks.

Out there, beyond the pier, is only
the truth. A laughing blue. The sky
a vague remembrance of rain.
And all this sand beneath my
feet - so soft. So forgiving.
Nothing to do but breathe.

Poem by Beth Calverley

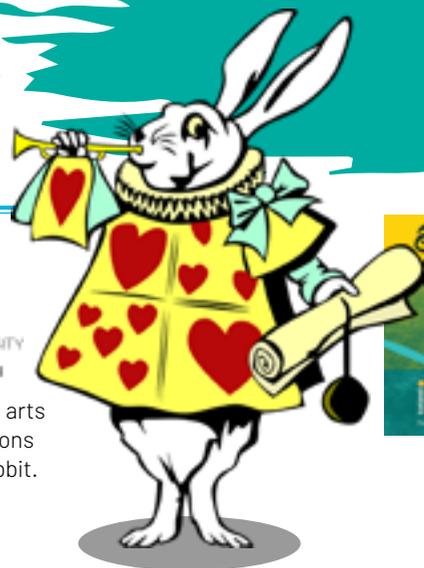
Friday 3 April

Alice in the Underworld

BA Performing Arts students, University Centre Weston
12-12:30pm | Food Court, Sovereign Centre, BS23 1HL
Free, no booking required
All ages

Take a journey down the rabbit hole with these talented performing arts students and discover a land of the subconscious where inner demons rub shoulders with hopes, wondrous desires and a certain white rabbit.

And no adventure with Alice is quite complete without a tea party of cups half-full; come and whet your whistle whilst you watch.



Saturday 4 April

OPEN AIR

Parklife

Get Down and Dig It with Friends of Grove Park

2-4pm | Grove Park, BS23 2QJ
All ages

Roll up your sleeves, embrace the earth and help Grove Park get ready for Summer. Enjoy some jazzy tunes to help you whistle while you work, and sample fun activities for all the family with Play Wild CiC, Warriors of Wellbeing and Weston-super-Rocks. Gardening has never felt so good. Spades provided.

The Steel Squid Collective 3pm-3.30pm | Bandstand, Grove Park

A group of young musicians who have learning disabilities. Filling the park with good gardening vibes.



OPEN AIR

By the sea

Big Clean Spring Clean: Summit to Sea

Presented by Surfers Against
Sewerage and Cleaner Coastlines

10.30am-12pm | Meet on the beach by the Grand Pier
Free, drop-in, all ages

Help to create a cleaner environment and breathe in the ozone, whilst working out those muscles. What's not to love? Bin bags and feel good factor on the house. Beachy dance moves provided by Weston's very own Atomic Rhubarb theatre company.

ENVIRONMENTAL WARRIORS!

Don't forget to check out **The End of the Pier** show at the end of the pier on Sunday morning, and find out about **Lindsey Coles' Mermaid-shaped quest** to raise awareness of plastics on Sunday afternoon.



Venus

Dan Watson
7.30-8.50pm (including interval) | Blakehay
Theatre, Wadham Street, BS23 1JZ
From £10. Limited number of half price tickets online
- go 'Bananaramas' and grab them quick.
Book via cultureweston.org.uk, discount code Bananarama.
All ages

As a child, Dan lost a British holiday-camp dance competition. Largely because he totally misunderstood what competitive dance was, and they didn't play his song of choice, 'Venus' by Bananarama. This performance enacts the version of the event that he would have liked to happen, the dance he would have performed had he known better, been braver, had a 'Little Miss Sunshine' moment.

Image by Holly Revell/Risk Rusk

"'Venus' was a standout show for us... It was a struggle to stay in our seats and not get up and join the 80s Pontins dance competition recreation."

★★★★★

PULSE FESTIVAL 2018

RURAL TOURING DANCE INITIATIVE

Making the best dance happen in small spaces



Saturday 4 April

Outdoor Arts



Witness This

Company Chameleon

12.15pm and 3.15pm (30 minutes) | Italian Gardens, BS23 1AJ

Free, outdoor arts. All ages

'Witness This' turns the spotlight on mental health in a powerful and moving portrayal of how loved ones cope when mental health problems take hold of someone close. Deeply personal, the piece tells the story of choreographer, Kevin Edward Turner, following his journey and struggle with Bipolar. The result is an unforgettable view of mental health through dance and movement.

Manchester-based Company Chameleon create powerful and original productions, which tour the UK and the world.

"Beautifully revealing, unforgettably good."

Judith Macrell

THE GUARDIAN

Witness This has been supported by Without Walls, Ageas Salisbury International Arts Festival and Brighton Festival.

Co-Operation

Mufti Games

11am-4pm | Italian Gardens, BS23 1AJ

Free, outdoor arts

All ages



Mufti Games take on the NHS in a blood and guts version of the childhood favourite board-game, Operation!

Budget cuts are grinding medical departments to the core. One operating theatre has resorted to inviting volunteer surgeons to undertake keyhole surgery, organ transplants and emergency amputations. Big bonuses for those that can operate in the quickest time!

Co-Operation is an interactive comedy game with the highest stakes on the market. Dose up on some really unhealthy competition. This hospital bed-based bedlam will have you in stitches in no time.



Frantic

Acrojou

1.45pm and 4.15pm (30 minutes)

Italian Gardens, BS23 1AJ

Free, outdoor arts

All ages

Love, freedom, blood, sweat and rainstorms: Frantic is an explosive acrobatic exploration of our relentless devotion to busyness, the reality of a running mind and one man's thirst for escape.

Frantic features spectacular acrobatics and dance-theatre, choreographed around a wheel, with a joyous finale danced in pouring rain.

"So moving and beautiful, I was almost in tears... a joy, so gentle, meaningful, speaking of the human condition. Thank you."

Audience member on Frantic

"One of the finest short dance pieces I have seen ...an intensely moving experience."

Richard Ings, Arts Council England on Frantic

Frantic has been supported by Without Walls, and commissioned by Brighton Festival, Winchester Hat Fair, Mintiest and Ageas Salisbury International Arts Festival.

Image by Rebecca Elliott

Saturday 4 April

Town Centre

Music is life, that's why our hearts have beats!

A range of musical recitals presented by North Somerset Music Service

Food Hall, Sovereign Centre, BS23 1HL

10.30am-11.15am
North Somerset Concert Band

11.45am-12.15pm
North Somerset Swing Band

12.45am-1.30pm
North Somerset Concert Band

Have a honk!

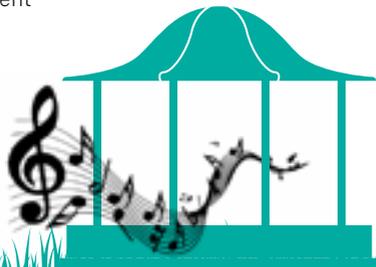
Friends of North Somerset Music Service help you try out an instrument between the bands. Pluck, toot, bang – find out what instrument makes you smile.



Stayin' Alive Dance Flashmob!

2pm and 2.30pm | Food Court, Sovereign Centre, BS23 1HL

Groove on down to the Sovereign Centre and join young and old alike in a spot of Saturday Afternoon Fever that'll raise temperatures in the right way. Carry on the beat of Stayin' Alive by learning how to do CPR. Medical experts will be on hand to show you how.



Holistic Space

2pm-5pm | Food Court, Sovereign Centre, BS23 1HL
Hatha Yoga session for all abilities at 4pm
Free, but book in advance

Immerse yourself in a host of free holistic experiences including massage from Armonia Olistica, healing arts, meditation by Equilibrium and Back in Balance Collective. To end the afternoon with a happy stretch, be sure to book onto Do Yoga's session at 4pm. An altogether different kind of shopping experience.

And don't miss Do Yoga's Friday and Saturday classes elsewhere in Weston, absolutely free of charge during The Weekender if pre-booked in advance. More information on cultureweston.org.uk



Weston Wishes

Sovereign Centre, BS23 1HL

Hunt out the zingy green Weston Wishes postcards around the Sovereign Centre. Completed by residents young and old, through words, drawing and poems, these state what the people of Weston want for Weston.

Samaritans

2pm-5pm | Food Court, Sovereign Centre, BS23 1HL

Samaritans work to make sure there's always somebody there for anyone who needs someone. Find out how they can support you and how you can become involved as a volunteer.



Weston Artspace

Saturday and Sunday, 11am-4pm | 73 High Street, BS23 1HE
Open Studios

Weston Artspace is a place for Weston-super-Mare's creative community to meet, work, develop skills and share ideas. Anyone is welcome to become a member and it's free for Weston-based artists. Artspace will be throwing open its doors throughout the weekend, with exhibitions and workshops for all to enjoy. For the full programme please check terrestrial.org.uk/weston-artspace



Seek out the miniature sand sculpture that has been specially created for The Weston Arts + Health Weekender by Weston Sand Sculpture Festival

That Creative Thingy Wotsit are setting up camp in the Italian Gardens all weekend to promote their North Somerset Dementia Friends 3000 Challenge.

Saturday 4 April

Spa Spangled Weston

Song at Sunset

Sing with Soul
7.30-8pm | Car Park Roof, Sovereign Centre, BS23 1HL
Free, but advance booking required

Take a moment. Pause awhile. See the bigger picture from one of the highest viewpoints in town. Gaze out across the sea as the glowing sun goes down over panoramic Weston-super-Mare, soothingly washed by the acapella sound waves of Sing with Soul. If this moves you to Oooh and Aaaaah, there will be opportunities to join the choir in a sing-a-long.



Bubble Schmeisis

Nick Cassenbaum
8.30-10.30pm | The Stable,
Wadham Street, BS23 1JY
£10, book at cultureweston.org.uk

Welcome to the steam baths. In fact to a schvitz – a Jewish steam bath where old men go to wash, relax, complain and rejuvenate, to exchange jokes and gossip and to swap Bubble Schmeisis.

Writer and street performer Nick Cassenbaum invites you into the warmth of the Canning Town Schvitz, East London's last authentic bath house. Amongst the steam and ritual Nick will take you on a journey to find the place he belongs. Schleppling through summer camps, barber shops and Spurs games. Will he find what he was looking for?

Bubble Schmeisis is full of intimate and personal true stories about identity, home and getting schmeised (washed) by old men.

"This is a warm, informative, lovely show, and you would do well to spend an hour at the baths"

★★★★

BRITISH THEATRE GUIDE

Includes klezmer gig and dancing after the show!



BUBBLE-TASTIC OFFER!
FREE access to the swimming pool and health suite at Weston's Hutton Moor Leisure Centre throughout April for all Bubble Schmeisis ticket holders - show your ticket at the leisure centre reception.
Register in advance at leisurecentre.com/register (Health Suite, which includes sauna, steam and spa for 18 years+).

Heritage

Air Like Wine!

A glug of Weston-super-Mare's vintage health history

"Two decades before the arrival of Brunel's railway, doctors were encouraging fashionable (and wealthy) Bath visitors to escape 'the stewpot' of that licentious and polluted city for the invigorating freshness of Weston's unpolluted air.

Once in Weston, amidst the welcoming charm of 'rusticated inhabitants', Mr Griffith's 'Essence of Sea-Weed' would be sure to cure numerous ailments including 'general rigidity'.

Weather was idyllic since sunshine was 'abundant' and rain only fell 'in the daytime', taking 'the form of easily avoided passing showers'. What's more, in the Winter, many people did 'as well at Weston as on the Riviera... where wind is often troublesome'.

Come the 20th century's jazzy 20s and 30s, the health resort stakes went up a notch with the creation of a new Marine Lake and Open Air Pool pandering to the body beautiful craze. That's when we coined the 'Air Like Wine' poster blurb..."

Weston's History of Health

A talk from historian, John Crockford-Hawley
Saturday 5 April
4pm-5pm | Weston Museum,
Burlington Street, BS21 1PR
Free but online pre-booking required
12 years +

Air Like Wine: Weston-super-Mare. An intoxicating insight into Weston's esteemed history as a health resort. A light-hearted and fact-filled hour in the fine company of Councillor John Crockford-Hawley.



From Village to Town: Weston-super-Mare's Built Heritage

Weston Museum, Burlington
Street, BS21 1PR
Open all weekend from
10am-5pm (and until 9 May)

This exhibition, created by the South West Heritage Trust in partnership with North Somerset Council and Historic England, celebrates a complex and remarkable heritage which reflects Weston's transformation from a small village to a busy seaside resort.

Creating a seaside resort: in the footsteps of Hans Price

A guided walk through Weston
Sunday 5 April, 10.30am
Meet at Weston Railway Station
Walk ends with shared lunch in
Sovereign Centre at 12 noon
Free, but advanced booking required

Hans Price was the architect responsible for much of the development of Weston-super-Mare during its Victorian heyday. Join expert Johanna Roethe from Historic England on what promises to be a fascinating Sunday stroll. Hear how the town embraced new-fangled ideas about leisure and recreation, and see how his buildings were designed to create health and harmony.

Sunday 5 April

Hungry for Poetry

with Bob Walton

11am-12pm | Food Court,
Sovereign Centre, BS23 1HL
Free, drop in

Join Bob Walton – published poet ('Sax Burglar Blues') and founder of Weston's Chapter One writing group – in a fun, drop-in writing session where tasty titbits of gentle advice will get your creative juices flowing. Write, eat and be merry!

"I'd heartily recommend it as a medicine for anyone feeling vaguely low: dip into Walton's jazzed-up version of the world and you will inevitably surface from the pages in a brighter hue."
WALES ARTS REVIEW on Bob Walton's *Sax Burglar Blues*

Chapter One, Poetry Pharmacy and We Are The Hands – Mash Up!

12pm-1.30pm | Waterstones,
Sovereign Centre, BS23 1HL
Free, drop in

Chapter One is a fortnightly, open access creative writing group at Big Worle Hub that is run by Theatre Orchard and led by Bob Walton and Sue Hill of the Write Box.

'The Poetry Pharmacy: Tried and True Prescriptions for the Heart, Mind and Soul' is a collection of verse edited by William Seighart.

'These Are The Hands' is a poetry anthology that gives voice to the experiences of NHS staff and celebrates their creativity and talent. Meet local contributors Beth Calverley, Katrina Curtis and Rachel McCoubrie and hear them read their entries

Members of Chapter One and Weston's poetry collective Word Mustard, along with poets featured in 'These Are The Hands', will gather together in a relaxed environment to share their own poems and those of others.

Food Cycle Feast!

12pm-1.30pm | Food Court,
Sovereign Centre, BS23 1HL

Food Cycle support people who are hungry and lonely by serving tasty, free healthy meals every single day in towns and cities across the country. Using surplus food cooked in spare kitchen space, hundreds of volunteers give up their time to make life taste better.

Come along in a shared community feast at the Food Court, generously served up by the newly established Food Cycle Weston.

At the beach...

'Beach Memories' installation project

Create Together
10am-12pm | sandcastle building
12pm-5pm | come and have a peek on the sand by the Grand Pier!
All ages

Helen Wheelock of 'Create Together' is engaging with a range of community groups and residential homes in the lead up to the Weekender, to gather visual memories of being beside the seaside in Weston. These will be made into sandcastle flags that will bedeck a beach installation created across the course of Sunday morning. Come and make your own flag or join Weston Youth Forum and the Mini Police who will be at the forefront of the sandcastle production line!

Following The Weston Arts + Health Weekender, the flags will inform a permanent art installation created by Helen Wheelock of 'Create Together' for the foyer of the For All Healthy Living Centre on Weston's South Ward.

"I like to think I was conceived in Weston-super-Mare, in the Four Winds bed and breakfast. We spent family summer holidays in Weston, having lunch on the train from Bristol. I remember sand in the gutters of the streets way back from the front, and the beautiful smell of the ozone."

RICHARD LONG, TURNER PRIZE WINNING
ARTIST BASED IN NORTH SOMERSET

Beach Volleyball

10am-12pm | On the sand by the Grand Pier
Age 14 years+
Free, drop-in

Weston Volleyball Club offer year-round coaching for all standards from national league to a bop on the beach. Whether you are looking for fitness, fun or competition, there's a place at the net for you. Olympic gold may be a long shot but a pitch of golden sand is calling your name!



The End of the Pier Show

Johnny Fluffypunk, supported by Strike A Light
10.30-11.15am | Regency Suite,
The Grand Pier
Age 7+
£6 (no additional pier entry charges).
Book in advance online.

At the end of a pier in a seaside town, Pierre the pier handyman catches fish for his old bedridden mother and makes strange and wonderful things from the rubbish he finds on the beach.

Then who should wash into his life but a homeless mermaid with a spiky attitude and a story to tell! Can kindness lead to great things? Can a bit less litter make a difference? Can the world's first human/mermaid rock 'n' roll band make big waves?

Renowned stand-up poet and lo-fi theatre maker Jonny Fluffypunk presents a brand spanking new little show for families, with poetry, puppetry, story, song and a healthy dose of anarchy.



Sunday 5 April

Medicine: The Wider Horizon

2pm-5pm | Regency Suite, Grand Pier
£20 all-in-one price, book online
Age 12+, pay-bar available

2pm-2.15pm
Introduction

9 Million Nobodies

A co-devised production
with Theatre Lounge and Made in Bristol
2.15pm-2.45pm

9 Million Nobodies is a collaborative partnership project between Theatre Orchard's accessible Adult Drama session, Theatre Lounge and Bristol Old Vic's graduate training programme, Made in Bristol. The idea for the piece sprung from a term of research and development undertaken by Theatre Lounge participants.

Developed and devised by the groups over a course of 8 weekly sessions, 9 Million Nobodies uses participant lived experience to explore the themes of loneliness, social isolation and what it means to be human in a world of decreasing community and social connection. The title of the piece refers to the number of people recorded currently in the UK as having described themselves to an agency as 'lonely' or 'socially isolated'

"Great collaborative performance, powerful personal testimony, do it again and again."
Audience feedback
DECEMBER 2019

Letting Stories Breathe: how arts + health approaches may support GP-patient communication

12pm-1pm | North Tower, The Grand Pier
Free to bookers of Medicine: The Wider Horizon, but advance online booking required as capacity limited

Join Elspeth Penny, Dr Alice Malpass and Professor Gene Feder to explore how arts and health approaches using letters as stories may support patients to communicate to doctors. This workshop was initially developed as part of the Life of Breath projects (lifeofbreath.org). Never feel tongue-tied at the doctor's again!



Magic and Medicine

Peter Clifford
3pm-3.45pm
Age 12+

A show which explores and illuminates the links between magic and medicine... each with their own spells and potions, used for the benefit of humankind. Both are distant descendants of Alchemy and pagan ritual with roots traced back to ancient Egypt and beyond.

Play with the puzzles of how the world is perceived and how even our bodies don't always tell us the truth... Experience the fun, feel-good factor of wonders shared... how you shouldn't always trust your eyes and can't even believe your mind!

Peter Clifford is a consultant magician. He works as an advisor to Derren Brown and David Blaine, and supports doctors in training through role-play.

Image by Marie Dominique Demiers-King



Good Grief: How to feel better with words and music

Kate Dimpleby and Cathy Rentzenbrink
4pm-4.45pm

Kate is a singer and Cathy is a writer. Kate's grandfather was Richard Dimpleby who was known as 'the Voice of the Nation' for his broadcasting work during the war. Cathy comes from a long line of nobodies. Since they met, they have been exploring what it means to find and own your voice, for themselves and everyone else. Join them for uplifting songs and stories with lots of laughter and possibly a few tears.

"Rentzenbrink offers a huge message of hope for anyone who is going through grief, loss or trauma"
THE SUNDAY TIMES

"Stunning vocal virtuosity ...an artist absolutely at the top of her game"
BBC RADIO 6 MUSIC ON KATE DIMBLEBY

4.45pm-5pm
Discussion

This programme includes an introduction to medical humanities at 2pm and opportunities for audience discussion at 4.45pm chaired by Dr Anna Farthing, Arts Programme Director, University Hospitals Bristol and Weston NHS Foundation Trust.

Swimming for wellbeing

A talk from adventurer Lindsey Cole

lindseycole.co.uk

3pm-4pm, incl. Q&A | Loves Cafe, West Street, BS23 1JR
Free but advance online booking required

Lindsey is an adventurer. She has swum the length of the River Thames dressed as a mermaid to highlight the current plastic pandemic. In 2019 she swam all over Britain with more than 1000 people in over 100 beautiful coastline spots, lochs, rivers and tarns.

And whilst you are at Loves, dive into artist **Nancy Farmer's** stunning exhibition that is inspired by her love of swimming outside in all weather and temperatures. Studies of the human figure gliding through the inky depths or tumbling through gold leaf bubbles waterdrawn.com. Until 5 April 2020.

Soup Kitchen, Swim & Sea Art

Starting at Loves Cafe at 4pm

Sea Swim at 5pm

Sea Art at Artspace from 5.45pm

Please note that due to health and safety requirements, numbers for this event are strictly limited. Places must be booked online in advance and disclaimers completed.

Kick off your Sunday Swim extravaganza by making soups and hot drinks at Loves Cafe, perfect fodder to take to the beach for après-swim. Head off together for an outdoor sea swim beside the Pier (preceded by a safety briefing), followed by soup and hot drinks on the beach. Finally head to Weston Artspace for sea themed arts workshops relating to your experience in the water. Making Sundays special.

Image by Nancy Farmer

THEATRE
&
ORCHARD

theatreorchard.org.uk

Get Creative with Theatre Orchard!

Theatre Lounge

Theatre Orchard's open access adult drama group. A warm welcome for all and no experience required.

Every Thursday afternoon at Loxton Hub, BS23 4QU. 12.15pm-2.15pm

See them in action on Sunday with 9 Million Nobodies.

Theatre Orchard Youth Theatre

Discover live arts, discover yourself! Lively and light-hearted sessions for 7-11s. Every Thursday afternoon at For All Healthy Living Centre, BS23 3SJ, 4.15pm-5.15pm

Both Theatre Lounge and Youth Theatre are led by Theatre Orchard's engagement manager Angela Athay-Hunt (Bristol Old Vic, Travelling Light), plus visiting professional artists and film-makers throughout the year.

Dance from your Heart!

A lively, toe-tapping dance group aimed at the over 50s; explore a variety of dance styles from swing to disco. Led by Theatre Orchard's Dance Producer Vic Hole (BA Hons Contemporary Dance). Every Monday from April at the For All Healthy Living Centre, BS23 3SJ, 10.30am-12pm

See them in action as part of Saturday's Dance Flashmob!

Chapter One

Fortnightly creative writing sessions with Bob Walton (Creative Writing Tutor Cardiff University, and published poet) and Sue Hill from The Write Box every other Tuesday at the Big Worle Hub, BS22 6LN, 2pm-4pm.

See Chapter One in action at Waterstones on Sunday as part of Poetry Mash Up.

Sing with Soul

Loud and clear, everyone's voice deserves to be heard. Coming soon, a new singing group for women with Dionne Draper's acclaimed soul choir.

See them in action, Song at Sunset on Saturday evening.

All of Theatre Orchard's engagement sessions are delivered by experienced, inspirational practitioners absolutely **free of charge** because we believe everyone deserves to have their inner artist unleashed!

To find out more and register interest please contact engage@theatreorchard.org.uk

Theatre Orchard's Engage programme would not be possible without generous support from BBC Children in Need, Quartet Community Foundation, Nisbett Trust, Didymus Trust and Big Worle.

...and for more uplifting outdoor arts, don't miss

Whirligig!

11 July 2020 in Weston's Italian Gardens

NOEA

Winner of Best UK Small Event,
NOEA Awards 2019



Directory of Community Contributors



Armonia Olistica

Revive your spirit with a range of Holistic treatments armoniaolistica.co.uk/treatments

Artspace

A hub for Weston's creative community. Free to join. Find out more terrestrial.org.uk/weston-artspace or email hello@westonartspace.com

Create Together

Community based arts and health practice led by professional artist Helen Wheelock. Using crafts activities to collaborate with people who may not otherwise engage in the arts hwheelock@hotmail.com

Community Connections

Creative connecting project of Social Prescribers working alongside local healthcare professionals in South Ward, Weston Super Mare. The aim of the service is to help people to access holistic, non-medical support for the social, financial and emotional challenges that are impacting on their health. Supported by Arts + Health South West, Theatre Orchard and the For All HLC. laila.barker@forallhlc.org

Equilibrium Meditation

Still your mind and embrace calm. rachel@equilibriummeditation.co.uk

Food Cycle Weston

Tasty meals for those who need sustenance and friendship. Operating from the kitchen at the For All Healthy Living Centre. Find out more foodcycle.org.uk/location/weston

Friends of Grove Park

Dude and dog group, learning how to look after the environment, creating bug homes.... there is so much you can do in a park, and these guys rock it all. Find out more facebook.com/groveparkwsm

Play Wild!

Outdoor play and forest school for Weston. Breathe it in at playwild.co.uk

Samaritans

Ensuring that nobody ever needs to feel alone. Always in need of willing volunteers. Contact the Weston branch at freephone 116 123

Sing with Soul

"I believe our voice is our super power!" Dionne Draper, Founder of Singing with Soul, dedicated to empowering female voices singwithsoul.com

Sunshine Hospital Radio

If you have a musical request or would like to know more, contact info@sunshinehospitalradio.co.uk or telephone 01934 619252

Supermares!

Supermares, Sea Swimmers and Dippers! meet regularly in Weston. Check them out on facebook.

That Creative Thingy Wotsit

An organisation that takes the arts to residential care homes, and that trains artists and care staff in people-centred creative care. Contact thatcreativethingywotsit@outlook.com

Volunteer at Weston General Hospital

It helps your health service, and it can be good for you too! Typical tasks include:

- **Front Desk:** greeting visitors and patients to the hospital.
- **Hospital Wards:** helping ward clerks, nursing staff and befriending and assisting at mealtimes
- **Print Room:** photo-copying, binding etc.
- **Clerical:** supporting the clerical staff around the Trust, in the hospital and at our Children's Services offices
- **Fundraising:** helping to raise money to make a difference to the patients stay in hospital.
- **Green Teams:** helping to maintain the many courtyards within the hospital grounds
- **Book Service:** visiting patients with the book trolley

waht.nhs.uk/en-GB/Working-With-Us/Volunteers/Volunteering

The Write Box

Creative writing excellence with Bob Walton and Sue Hill, helping everyone to pick up a pen and discover a whole new world. Contact via engage@theatreorchard.org.uk

Warriors of Wellbeing

Group of organisations and individuals that aims to challenge how people think and act about mental health facebook.com/warriorsofwellbeing

Weston Sand Sculpture Festival

Since 2006 the Festival has grown from a single sculpture to a hugely anticipated event that has welcomed over a million visitors, earning Weston the title of 'Sand Sculpting Capital of the UK'. westonsandsculpture.co.uk

Weston-super-Rocks

Creativity and nature play in Weston. Search for painted rocks in your local park, or paint & hide for others to find facebook.com/WestonSuperRocks

Weston Volleyball

Year round indoor and outdoor volleyball for all. wsmvolleyball.co.uk

Thank you

University Hospitals Bristol & Weston NHS Foundation Trust and Culture Weston would like to thank University Centre Weston and Sovereign Centre for provision of space.

Thanks also to wider venues The Grand Pier, Blakehay Theatre and The Stables; and to the For All Healthy Living Centre, Heritage Action Zone, North Somerset Council, North Somerset

Music Service, North Somerset Libraries, Life of Breath, NHS@70: The Story of Our Lives, The Piano Shop Bath, Weston Museum and Weston Town Council for supporting events.

A grateful shout-out to those writers who are sharing their works through The Weston Arts + Health Weekender:

The Poetry Machine, Beth Calverley at Weston General Hospital

The Last Act of Love: The Story of My Brother and his Sister, by Cathy Rentzenbrink (Picador)

Sax Burglar Blues, by Robert Walton (Seren Books)

These Are the Hands: An NHS Poetry Anthology with Michael Rosen (Fair Acre Press)

Older and wiser? Creative ageing in the UK 2010-19, by Dr Rebecca Gordon-Nesbitt, King's College London (Baring Foundation) Read at baringfoundation.org.uk

If you'd like to get involved with Culture Weston, please contact hello@cultureweston.org.uk

Art Trail South Ward

Open access throughout the year
South Ward is sandwiched between the sea and the Somerset levels. A huge network of drainage channels called Rhynes connect the levels to the sea, cutting through South Ward and bringing unique visual character to this landscape. The Rhynes Art trail starts and ends at the For All Healthy Living Centre, BS23 3SJ. Pick up a map at the For All Healthy Living Centre (closed Sundays) or download at cultureweston.org.uk

Some local people still remember the donkey field on Selworthy Road. Artist Sally Matthews was commissioned to create three life sized donkeys on the site where the donkeys crossed the road on their way back from working on the beach.



Shifting Horizons: A photographic exhibition

Paul Blakemore (paulblakemore.co.uk) & Theatre Orchard
Dolphin Square, BS21 1FF

Weston-super-Mare is a place of big skies and dramatic landscapes. Its heyday history of fun and frolics identified it as a place where imaginations ran free and people felt good. Weston's seafront is still a unique place for residents and visitors to play and to discover new versions of themselves. Endless possibilities roll in with the tide.

This exhibition is a collaboration between Weston-super-Mare based photographer Paul Blakemore, Theatre Orchard and a range of artists who have been drawn to the town to live or work.



Venue map

1. Grove Park
2. Blakehay Theatre
3. The Stable
4. Loves Cafe
5. For All Healthy Living Centre
6. Winter Gardens
7. Italian Gardens
8. Grand Pier
9. Beach
10. Sovereign Centre
11. High Street
12. Library
13. Weston General Hospital



Friday 3

Stories in Scrubs p.6
9.30am | Weston Library (Town Hall)

Letters in the Leaves p.6
10am | Weston Library (Town Hall)

Alice in the Underworld p.10
12pm | Food Court

Creative Ageing Convention p.5
1pm | Weston College
Conference Centre

Venus p.10
7.30pm | Blakehay Theatre

All weekend

**North Somerset Arts: Empathy
Room and General Exhibition** p.7
From 10am | Sovereign Centre

From Village to Town p.17
From 10am | Weston Museum

**Open Doors – exhibitions
and workshops** p.15
From 11am | Weston Artspace

Luke Jerram art installation p.4
All weekend | The beach,
by the Grand Pier

Arts at the Hospital p.8
All day | Weston General Hospital

Saturday 4

Take Your Teddy to Hospital p.9
10am | Weston General Hospital

Get Creative at Lego Club p.6
10:30am | Weston Library (Town Hall)
10:30am | Worle Library
& Children's Centre

Big Clean Spring Clean p.11
10:30am | Beach

**North Somerset Concert
Band and Swing Band** p.10
From 10:30am | Food Court

Have a Honk! p.14
From 11:15am | Food Court

Co-Operation p.12
From 11am | Italian Gardens

Witness This p.12
12.15pm and 3.15pm | Italian Gardens

Stayin' Alive p.14
2pm and 2.30pm | Food Court

Frantic p.13
1.45pm and 4.15 | Italian Gardens

Holistic Space p.14
From 2pm | Food Court

Get Down and Dig It p.11
2pm | Grove Park

Steel Squid Collective p.11
3pm | Grove Park

DO yoga p.14
4pm | Food Court

Weston's History of Health p.17
4pm | Museum

Song at Sunset p.16
7:30pm | Sovereign Centre roof

Bubble Schmeisis p.16
8:30pm | The Stable

Sunday 5

Beach Memories p.19
From 10am | Beach

Volleyball p.19
10am | Beach

The End of the Pier Show p.19
10:30am | Grand Pier

**Creating a Seaside Resort: In
the footsteps of Hans Price** p.17
10:30am | Meet at train station

Hungry for Poetry p.18
11am | Food Court

Food Cycle Feast! p.18
12pm | Food Court

Poetry Mash Up p.18
12pm | Waterstones

Letting Stories Breathe p.20
12pm | Grand Pier

**Medicine: The
Wider Horizon** p.20-21
Grand Pier

Introduction
2pm

9 Million Nobodies
2:15pm

Magic & Medicine
3pm

Good Grief
4pm

**Swimming for
Well-being** p.22

Lindsey Cole Talk
3pm | Loves Cafe

Soup Kitchen
4pm | Loves Cafe

Wild Swim & Art
5pm | Beside Grand Pier & Artspace

For access information to venues, please see website or contact
hello@cultureweston.org.uk. Programme may be subject to slight change



at a glance