



## EVESHAM FESTIVAL OF WORDS: FOCUS ON WELLBEING

### Half Day Zoom Event

**Date: Saturday 12<sup>th</sup> June 2021, 9.30 am – 2.00 pm**

Life can sometimes be hard and life in lockdown has been particularly hard, and still we aren't back to normal. Whether or not you have struggled with mental health or general wellbeing over the past year, or if you just want a really uplifting event, then this is for you.

We have a line up of three fabulous contributors each bringing their own personal experience and style, as well as content. An event not to be missed!

**The fee is £10 which covers all three events.** The first two talks will include time for questions. We've scheduled in breaks so that you can grab a cuppa or a bite to eat. Payment can be made via Paypal on our website ([www.eveshamfestivalofwords.org/Programme](http://www.eveshamfestivalofwords.org/Programme)) or by cheque payable to Evesham Festival of Words and sent to: Sue Ablett, 28 Anthony Drive, Thurnby, Leicester. LE7 9RA.

Time	Event	About the Speaker
9.30 - 10.45 am	<p><b>'Chasing Rainbows: The Power of Creativity to Heal' with Alice May</b></p> <p>The world is an increasingly stressful place and it's important that we find ways to deal with the pressures of everyday life. Creative activities are hugely beneficial as stress-busters. In this presentation Alice tells the story of her grandmother, Naomi, who through trauma stopped speaking. She was among the first cohort of patients in the UK to be treated using art as a therapy in the 1940s, and it brought her back into the world. Using original artwork as illustration, Alice discusses some of the original art therapy theories and why creative activities are so beneficial for boosting resilience and building positive mental health.</p>	<p><b>Alice May</b> is an artist, author, and speaker. She is passionate about promoting self-care and resilience through creativity. She recently gave a talk to the Festival on her experience of 'Surviving the House that Sat Down'. Her talks are interesting, engaging and inspirational, and delivered in a very personal and warm style. As someone who was never trained as an artist, she has remarkable talent. She was recently interviewed on BBC Radio Solent, discussing tips for surviving life in lockdown.</p> 



Time	Event	About the Speaker
<p><b>11.00 am – 12.30 pm</b></p>	<p><b>‘How to Sing in the Rain – Building a Toolbox of wellbeing strategies in the time of Covid 19’ with Rachel Kelly</b></p> <p>Rachel explores the physical and psychological strategies which can help us cope with the challenges to our daily lives since the coronavirus pandemic. Rachel recounts her own experience of depression, recovery and what she has learnt about thriving through challenging times. She encourages the audience to build up their own toolbox of wellbeing strategies, and to sing in the rain: to find the positives, however negative life may seem at times.</p> 	<p><b>Rachel Kelly</b> is a former Times Journalist who is now a mental health campaigner, public speaker and writer. In her early 30s, Rachel was diagnosed with serious depression and subsequently suffered two major depressive episodes. These two episodes have become the defining events of her life. Since then she has written about the condition and how she has recovered. She now speaks publicly about her experience of depression and recovery in an effort to reduce stigma and educate people about the reality of mental illness. She is the author of four books including <i>Black Rainbow: How Words Healed Me</i>, and <i>Walking on Sunshine: 52 Small Steps to Happiness</i>.</p>
<p><b>1.00 – 2.00 pm</b></p>	<p><b>‘Pilates for the Pen: Guided Creative Writing Workshop’ with Cat Weatherill</b></p> <p>Would you love an immersive hour of writing in the company of others? No anxiety, no interruptions, just a calm, focused space in which your imagination can stretch and strengthen.</p> <p>Led by best-selling author and storyteller Cat Weatherill, you will follow a series of exercises designed to release your creativity and sharpen your concentration. It is a self-reflective writing journey, exploring images and the mysterious power of symbols. The workshop is easy to follow and suitable for every level of writing. Afterwards you will feel calm, energized and ready to face the world! Previous participants have been surprised at how free their mind felt afterwards.</p>	<p><b>Cat Weatherill</b> is a performance storyteller, performing for adults and children, at literature and storytelling festivals all around the world. She is described as a magical best-selling children’s author and her books have been translated into eleven languages. She is also a trainer delivering inspirational workshops. Cat studied drama at the University of Hull, and was a professional actor and singer before discovering storytelling in 1997.</p> 