

# Mental Wealth Festival

10-15 October 2021

Hosted by City Lit in partnership with the British Museum, Royal Opera House, Beyond Words, Frazzled Café, Thrive LDN and South London and Maudsley & Bethlem Hospital.

The 2021 Mental Wealth Festival will take place in a free format with online taster sessions and in-person events.

The focus this year is on 'Positive Impact', and ways to adapt to the changes in our relationships with ourselves, other people, work, home, and the communities in which we live.

Please note that the schedule may be subject to change.

Visit the website for the latest updates [citylit.ac.uk/mwf](http://citylit.ac.uk/mwf)

Follow us on social media:

- [@citylit](https://twitter.com/citylit) [@MentalWealthFST](https://twitter.com/MentalWealthFST)  
[#MentalWealth2021](https://twitter.com/MentalWealth2021)
- [instagram.com/mentalwealthfestival](https://www.instagram.com/mentalwealthfestival)
- [facebook.com/citylit](https://www.facebook.com/citylit)

## SUNDAY 10 OCTOBER

### Flower Printing

Renata Minoldo  
10:00-11:30 City Lit Price: £5

Hapazome is a Japanese printing technique that can be used in fabric or paper and it is as well a very easy, fun and economical way to extract pigments, transfer shapes and make patterns and textures from natural dyestuff. It is great for those interested in exploring natural dyeing and printing techniques.

Thrive LDN presents – Never Alone LDN: See It  
15:30-19:00 Price: Free

Rich Mix, 35-47 Bethnal Green Road, London E1 6LA  
Never Alone LDN: See It brings together performances, panels discussions and conversations filmed over the series of Never Alone LDN events into a highlights film, to celebrate World Mental Health Day. The film will also be available to watch online at the same time, via Thrive LDN's website and YouTube. Book your place at [richmix.org.uk/events/never-alone-ldn-see-it](https://www.richmix.org.uk/events/never-alone-ldn-see-it)

## MONDAY 11 OCTOBER

### Drawing and mindfulness: morning meditation

Helen Burgess  
8:00-9:00 Online Price: £5

In this workshop, you will explore the beauty and simplicity of the ancient practice of mindfulness in the context of drawing. Explore how the two disciplines of mindfulness and drawing complement each other, leading to greater clarity of perception, aliveness and appreciation. The session will involve drawing from observation.

### Discover Lipreading

Lorraine Braggins  
11:00-12:00 City Lit Price: £5

Join this fun, interactive session to have a go at some basic lipreading. You'll discover how lipreading works and will realise how much you can already do with some helpful strategies. Experience how developing this skill could benefit your mental wellbeing if you have a hearing loss. This session is aimed at those who use spoken English as their main means of communication (not sign language). Suitable for complete beginners.

### Storytelling

John Eastman  
11:00-12:00 City Lit Price: £5

Gain some skills and confidence in structuring and delivering a story: short, long, traditional, anecdotal, personal, fairytales, fables.

In conversation with Suzanne Alderson & Tanja Sharpe – Parenting and Mental Health: Never Let Go  
13:00-14:00 Online Price: Free

Join us for an in conversation with Suzanne Alderson and Tanja Sharpe as they discuss Suzanne's book Never Let Go. Never Let Go is a supportive and practical guide for parents looking after a child with a mental illness.

Creativity workshop with Tanja Sharpe: Express Yourself – Exploring Parental Burn Out, Anxiety & Compassion Fatigue with Creative Therapeutic Symbols & Metaphor  
14:15-15:00 Online Price: Free

Join us for a creativity workshop with Tanja Sharpe, founder and community leader of the Creative Counsellors. In this workshop we will be exploring the topics of parental burn out, anxiety and compassion fatigue with creative therapeutic symbols and metaphor.

Watercolour painting: markmaking, colour and the imagination  
Hilary Rosen  
14:30-16:30 City Lit Price: £5

Join us to make wonderful watercolour paintings inspired by a range of flowers and plants.

## TUESDAY 12 OCTOBER

### Yoga and Compassionate Mind Workshop

9:30-11:00 Bethlem Hospital Price: Free

This unique workshop, hosted by ADRU residents and staff, combines the opportunity to join in the yoga group DRU residents enjoy twice a week with an introduction to the use of compassion in their therapeutic approach.

Course will take place offsite at Bethlem Royal Hospital, Monks Orchard Road, Beckenham, BR3 3BX

Finding Hope – In conversation with Jonny Benjamin and guests  
10:00-11:00 City Lit Price: Free

The last 18 months have been an incredibly difficult time for so many of us. It has been especially hard to find hope amidst all the constant negative news. In this discussion, Jonny Benjamin MBE, Steve Gilbert OBE FRSA, Louisa Rose and Abbie Mitchell, will talk about how they have found hope whilst living with their various mental health challenges. All the panellists have contributed to The Book of Hope: 101 Voices On Overcoming Adversity which was curated by Jonny Benjamin MBE, who will lead the discussion.

### Beyond Words Book Club

11:00-12:00 Online Price: Free

Experience an online Beyond Words Book Club and explore the power of reading picture stories together.

### Improve your wellbeing through acting

Juliet Prague  
11:00-12:00 City Lit Price: £5

Increase your physical and emotional well-being through playful and fun acting exercises. Connect, take notice, be active, learn new skills, become more present and engaged with others using tools drawn from actor training.

Shinrin Yoku – Nature Bathing Workshop on the Bethlem Nature Walks  
Hilary Lyons

11:30-13:00 Bethlem Hospital Price: Free

The Japanese tradition of shinrin yoku or forest bathing, is a process of relaxation designed to improve your physical and mental health. You will be guided on a slow, mindful walk near trees on the beautiful Nature Walks in the grounds of Bethlem Royal Hospital (Monks Orchard Road, Beckenham, BR3 3BX) to help reduce stress levels and boost your immune system. The workshop will help you to slow down, breathe freely, awaken your senses and connect with woodland in a deeply personal way.

### Dance for Wellbeing

Francis Angol  
14:00-15:00 City Lit Price: £5

Discover the art of wellbeing through therapeutic dance. Engage your mind and body through dance and movement to improve your physical and emotional health and wellbeing.

### The influence of the Greek language on English

Maria Contos  
14:00-15:00 Online Price: £5

Join this lively workshop where you will be introduced to how Ancient Greek influenced the vocabulary of the English language.

### Poetry Circle

Ian Tucknott  
14:00-15:30 Bethlem Hospital Price: Free

Poetry can be a powerful tool for exploring and bringing understanding to our lives and our wellbeing, and sharing our favourite poems or lyrics with a group provides a simple way to connect with others through language. This poetry circle is open to all, and invites you to come along and share your favourite poem or lyrics, listen to others read, and engage in discussion exploring the power of words and creativity. If you write yourself, you are welcome to bring and share your own poetry or writing. To ensure everybody has time to read, your chosen reading should be no more than 40 lines in length. Course takes place offsite at Bethlem Royal Hospital, Monks Orchard Road, Beckenham, BR3 3BX.

Panel Discussion: "Keep Up Art" – creativity and mental health in a pandemic  
16:00-17:00 Online Price: Free

Artist and former resident at Bethlem's Anxiety Disorder Residential Unit, Keith Clapson joins artist Karen McBride and colleagues from the Bethlem Gallery and City Lit to discuss the role art-making can have in maintaining our mental health during challenging times. Keith will also talk about his personal experience of living through these extraordinary times, and the ways in which art has helped him. This is an online event, and will be broadcast via Microsoft Teams webinar – links will be sent a week before the event.

### In Conversation with Sir Kenneth Olisa OBE

18:30-19:30 City Lit Price: Free

City Lit are delighted to welcome Sir Kenneth Olisa OBE to discuss his life and career with City Lit Principal Mark Malcomson CBE as part of this year's Mental Wealth Festival. In 2015, Her Majesty the Queen appointed Sir Ken as Her Majesty's Lord-Lieutenant for Greater London and he was knighted in the 2018 New Year's Honours List for services to business and philanthropy. The discussion will conclude with a presentation of Sir Kenneth's Fellowship Award to celebrate his newest achievement of becoming a City Lit Lifetime Fellow.

## WEDNESDAY 13 OCTOBER

### Drawing and mindfulness: morning meditation taster session

Helen Burgess  
8:00-9:00 Online Price: £5

In this workshop, you will explore the beauty and simplicity of the ancient practice of mindfulness in the context of drawing. Explore how the two disciplines of mindfulness and drawing complement each other, leading to greater clarity of perception, aliveness and appreciation. The session will involve drawing from observation.

### Film, Television and Transformation

Dr Paul Sutton  
10:30-12:30 Online Price: £5

Can watching film and television change us? Drawing on both personal experience and a range of theoretical ideas, Paul Sutton will explore the potentially transformative effects of our everyday viewing habits both at home and in the cinema.

### Hooray Percussion!

Sarha Moore  
11:00-12:00 City Lit Price: £5

Come along to bang a drum, shake a rattle, stamp and clap. Playing percussion together with other people is life-affirming, friendly, invigorating and huge fun.

### Contemporary Dance

Orley Quick  
14:00-15:00 City Lit Price: £5

An introduction to the basics of Contemporary dance through Release-based technique, to help you understand the principles of the body in movement and explore your own movement range.

### Unlocking Lockdown with the Feldenkrais Method

Charlotte Seirberg  
14:00-15:15 Online Price: £5

Improve your emotional, physical and mental wellbeing with the Feldenkrais method in this interactive workshop. Learn more about how to cultivate authenticity, self-compassion, and awareness through movement.

### Spanish for the Soul

Virtu Tomás Rodríguez  
14:00-15:30 Online Price: £5

Get a flavour of a new language and its basic sentence structure. Learn some useful phrases and some pronunciation guidelines. A fascinating introduction for complete beginners.

### Voice and Pilates

Kate Montague  
14:30-15:30 City Lit Price: £5

Discover how you can learn to find a link between body and voice through the core muscles of support through modified Pilates movements with voice training as a holistic approach to voice.

### Discover Lipreading

Nicola Hicks  
14:30-15:30 Online Price: £5

Join this fun, interactive online session to have a go at some basic lipreading. You'll discover how lipreading works and will realise how much you can already do with some helpful strategies. Experience how developing this skill could benefit your mental wellbeing if you have a hearing loss. This online session is aimed at those who use spoken English as their main means of communication (not sign language). Suitable for complete beginners.

### Nature, mindfulness and photography

Rachel Wegh  
14:30-16:30 Lincoln Inn Fields Price: £5

In this taster workshop you will explore approaches to Mindful Photography and how this unique approach takes two disciplines and combines them helping to promote wellbeing, alongside developing ways of seeing. This workshop will take place off-site and you will be required to meet at Lincoln Inn Fields by the café.

### Yoga workshop in German

Francine van den Berg  
16:00-17:00 Online Price: £5

Enjoy your love of Yoga with the German language. Combine the two skills in an invigorating session. No knowledge of German required as the tutor will demonstrate all the exercises.

### Yoga workshop in French

Bruno Males  
17:00-18:30 Online Price: £5

Enjoy your love of Yoga with the French language. Combine the two skills in an invigorating session. Very basic French knowledge required as the tutor will demonstrate all the exercises.

## THURSDAY 14 OCTOBER

### Bundle dyeing

Renata Minoldo  
14:00-15:30 Online Price: £5

Bundle dyeing is a fun, simple and very economical way to create patterns on fabrics with natural pigments from food and garden waste. This workshop is ideal for those who are interested in natural dyeing but do not know where to start.

### Culture, narrative and creative storytelling

Yasmin Hales  
10:30-12:30 City Lit Price: £5

In this taster workshop, you will be introduced to the dynamic world of Warli tribal art paintings and engage in a collection of markmaking and drawing exercises that will explore the relationship between art, nature and wellbeing.

A change of perspective: Aristotle on negative and positive aspects of shame  
Anita Kasabova  
10:30-12:30 Online Price: £5

Shame usually gets bad press. In this workshop students will become familiar with Aristotle's theory of shame and explore how it changes the negativity bias towards shame. We will show how Aristotle's theory can be applied to analysing shame in social media culture and how it allows for a change in perspective towards social media shame.

### Beyond Words Book Club

11:00-12:00 Online and at City Lit Price: Free

Experience a Beyond Words Book Club and explore the power of reading picture stories together.

### Chinese characters the balance of life

Xiaolan Bi  
11:00-12:00 Online Price: £5

In this interactive workshop you will learn the basics of Chinese characters focusing on words/images that are connected to nature. You will have plenty of opportunities to practise yourself – this workshop is suitable for complete beginners.

### The SING4SANE Big Sing

11:00-12:45 City Lit, Café Price: Free

Singer-songwriter Melissa invites singers – first-timers, nervous singers, pros and anyone else – to join her in singing Live Again with a group of others for the first time this year. There is no need to read music as the song will be taught by ear. Everyone is welcome regardless of singing ability. The final part of the session will see the group performing Live Again in City Lit's Café.

### Sing for happiness in Welsh

Clare Whitehead  
13:00-14:00 Online Price: £5

Let's sing in Welsh! Love of singing with the Welsh language in this fun workshop based on simple songs that Welsh speakers learn as children.

Self-Care And Wellbeing For Ethnically Diverse Women – A discussion for employees and managers who want to support them  
14:00-16:00 City Lit Price: Free

Join us for a panel discussion on Self-Care and Wellbeing for Ethnically Diverse Women with Sandra Kerr and Carly Binger from Business in The Community (BITC). Our Counselling and Psychology department are excited to amplify the very pertinent issues affecting Ethnically Diverse Women as it relates to herstory. Specifically her experience, her mental health and her wellbeing in the workplace. The panel discussion will follow with networking from 16:00 – 17:00.

### Writing Your Mental Health Story

Lorna V  
14:30-16:30 Online Price: £5

From journaling to blogging, personal essays to memoir books, writing your mental story can be a powerful tool for personal and public change. This interactive workshop takes you through the steps and provides a structure for a first-person account written by you. This can be for your own personal healing journey or form the basis for publication when you feel ready. Please note this workshop is not suitable for those currently experiencing severe mental health difficulties.

### The Acting Room

Dan Skill  
15:30-16:30 City Lit Price: £5

A session for anyone who has suffered from anxiety or depression, requires contact adjustments or simply wants to work on texts and exercises in a relaxed atmosphere, or if you have been a little nervous about joining an acting class.

Late Lines: an evening of spoken word with City Lit writers  
18:30-20:00 Online Price: Free

Join us for a special online edition of City Lit's Late Lines – an evening of spoken word in celebration of the Mental Wealth Festival. The evening will feature poetry and prose readings from our talented City Lit writers on the theme of mental health, wellbeing as well as a Q&A and reading from our exciting headline speaker – writer and editor Elena Lappin.

## FRIDAY 15 OCTOBER

### Embroidery as meditation

Renata Minoldo  
10:00-11:30 City Lit Price: £5

In this workshop, we will freehand embroidery together and use this practice as a way of grounding, connecting with each other and slowing down while learning some basic embroidery stitches and gathering in conversation.

In conversation with Dr Kathryn Mannix – How to find the words for tender conversations  
11:00-12:00 City Lit Price: Free

Dr Kathryn Mannix will be joined by Paul Farmer, CEO of MIND, to discuss her new book 'Listen – How to Find the Words for Tender Conversations'. Why do we so often come away from a difficult conversation thinking we could have done more, or should have been braver? A child coming out to their parent. A family losing a loved one to terminal illness. A friend noticing the first signs of someone's dementia. In Listen, Kathryn Mannix offers a guiding hand to help navigate those conversations of significance with family, friends, and colleagues.

Drawing, mindfulness and creative practice: a conversation  
Clare Barton-Harvey & Helen Burgess  
11:00-12:30 Online Price: £5

City Lit tutors Clare Barton-Harvey and Helen Burgess in conversation with one another about their own experiences in mindfulness, education and creative practice. Both tutors and educators within the arts and wellbeing sector, they will discuss the impact it has on their own lives and present ideas and thoughts around how it can benefit others.

### Live at Lunch at the Royal Opera House

13:00-13:45 Royal Opera House Price: Free

This Live at Lunch at the Royal Opera House is part of City Lit's Mental Wealth Festival. An opportunity to watch a Royal Ballet dancer coached by Laura Morera learn an excerpt from Giselle and hear a panel of Royal Ballet dancers, past and present, discuss issues of women's mental health in ballet. This event is free and unticketed – first come first served basis.

Mental Fitness: Using Fiction writing to exercise the mind  
Christopher York  
14:00-16:00 City Lit Price: £5

'Mental Fitness' will provide attendees with fiction writing exercises to help deal with the all too present mental health issues of daily life. The session will be led by playwright and Actor Christopher York. Inspired by Pixar's model of using story-telling to answer bigger questions, the session will be relaxed and an escape from the monotony and claustrophobia of the last 18 months.

### Stress & Emotional Resilience

Ameena Rahman  
14:30-16:30 Online Price: £5

Stress-related conditions are some of the most prevalent in modern day societies. Understanding how stress manifests in our bodies can help us to listen to our bodies natural communication and respond accordingly. Learn the steps you can take to become more emotionally resilient so you can better manage stress and handle life's challenges. If signing up for this workshop, we recommend watching the following video as preparation: <https://www.youtube.com/watch?v=RCGyVTaoXEU>

Drawing and mindfulness workshop: experimentation through play  
Clare Barton-Harvey  
15:00-16:30 Online Price: £5

In this taster workshop, you will explore the practice of mindful drawing and how the two disciplines can stimulate creativity, through experimentation and play.

### Sing for happiness in French

Trista Selous  
18:00-19:30 Online Price: £5

Let's sing in French with a smile! Combine your love of singing with the French language in this fun workshop based on simple songs that French speakers learn as children. You do not need to speak French.

### In conversation with Sir Antony Gormley

18:30-19:30 British Museum Price: Full fee £12

### British Museum members and concessions £8

As part of this year's Mental Wealth Festival, City Lit are delighted to welcome City Lit Fellow Antony Gormley to the British Museum to discuss his life and career with City Lit Principal Mark Malcomson CBE. The discussion will focus on his commitment to sculpture as a focus for social and individual change, the connection between art, creativity and mental health and the benefits of art education and lifelong learning. As a renowned artist and sculptor Antony Gormley has made a huge contribution to the arts in the UK and beyond and is one of the UK's most celebrated sculptors with solo shows worldwide. The discussion will be followed by a Q&A.

## Frazzled Café meetings

Join us for an online version of Frazzled Cafe facilitated peer support meetings. Frazzled Cafe meetings are designed to provide confidential and non-judgmental peer support, where people who are feeling overwhelmed by the stresses of life can talk openly, connect and feel heard. If this is your first time attending one we encourage you to have a look at our website which will tell you a bit more about what to expect: <https://www.frazzledcafe.org/about>

Book here: <https://bookwhen.com/frazzledcafeonline#focus=ev-s6lr-20210923183000>

In partnership with:

The British Museum

ROYAL OPERA HOUSE

Beyond Words  
empowering people through pictures

FRAZZLED CAFFÉ

Thrive LDN

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