

Mental Wealth Festival

5-10 October 2020

Hosted by City Lit in partnership with The National Gallery, the British Museum, Move Beyond Words, Beyond Words, Head Talks, Deafinitely Theatre, Mad World, Thrive London, South London and Maudsley & Bethlem Hospital, Brixton Finishing School and The Royal Association for Deaf People.

The Mental Wealth Festival returns this year in an online format with free interactive workshops and online discussions focusing on the journey of recovery, resilience and healing, sharing tools and strategies to support this.

Please note that the schedule may be subject to change.

Book your free place at citylit.ac.uk/mwf

Follow us online

@citylit @MentalWealthFST
#MentalWealth2020

[instagram.com/mentalwealthfestival](https://www.instagram.com/mentalwealthfestival)

[facebook.com/citylit](https://www.facebook.com/citylit)

MONDAY 5 OCTOBER

Upcycled fabric jewellery making

Tanvi Kant
10:30-12:30 on Zoom Price: Free

Learn how to hand twist your own colourful bracelets from fabric remnants, ribbons, shoelaces, or that old t-shirt! Be inspired by this workshop led by textile artist Tanvi Kant who will show you how to repurpose textiles at home into something special to gift to yourself or a loved one. You will experience how acquiring new skills creatively helps you focus to maintain general wellbeing.

Capturing yourself: mindfulness and photography

Rachel Wegh
14:00-15:30 on Zoom Price: Free

Bringing together the art of photography and mindful approaches to viewing with self-reflection, this workshop with Rachel Wegh will introduce and connect mindfulness to developing your creativity and unique vision through the lens. Using photography as an approach to capture your inner creativity, you will be guided through a series of practical exercises that will open you up to different ways of seeing, finding and thinking. You will need your own camera.

Talk and Draw

16:00-17:00 on Zoom Price: Free

Lose yourself for an hour with an artist and lecturer from The National Gallery to explore one painting in two different ways. First, listen to a brief talk, then respond by making your own work in this short, artist-led drawing session. This will be a fun and experimental session.

Please have to hand a sharp pencil, paper and rubber.

Art and mindfulness: an introduction

Helen Burgess
16:00-17:30 on Zoom Price: Free

This one session workshop with Helen Burgess is an introduction to the practice of mindfulness and how it can support our appreciation of art, the world around us, and empathy for our shared human experience. During the session we will practice mindful looking, and simple drawing and mindfulness exercises as a basis for exploring the theme. The practice of mindfulness and building this into your creativity can not only support your ideas and work, but enhance it. No prior experience necessary.

Compassion Therapy Session

16:00-17:30 on Zoom Price: Free

Compassion Therapy Session with Lisa Williams, Principal Cognitive Behavioural Therapist, Compassion Focussed Therapist and Manager of the Anxiety Disorders Residential Unit (ADRU) at the Bethlem Royal Hospital.

Uma Naidoo Culinary Workshop – The Food Mood Connection

18:00-19:00 on Zoom Price: Free

Join Harvard trained psychiatrist, Professional Chef and Nutrition Specialist, Dr Uma Naidoo, MD for a culinary workshop. Dr Uma has selected a recipe from her book The Food Mood Connection. In her book she shows the cutting-edge science explaining the ways in which food contributes to our mental health and how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues, from ADHD to anxiety, depression, OCD, and others. This workshop will include an introduction, 30-minute cookery session and a 20-minute Q&A. You will be invited to share your final dishes, if you wish to do so, on social media. You will receive the ingredients list ahead of time so you can prepare yourself for the culinary workshop in advance.

TUESDAY 6 OCTOBER

Beyond Words - Zoom Book Club

10:00-11:00 on Zoom Price: Free

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

Philosophy and Mental Wellbeing: Nostalgia and The 'Ache for Home'

Andrew West
10:30-11:30 on Zoom Price: Free

The word nostalgia comes from a compound of two greek words: nóstos, meaning "homecoming", and algos, meaning "ache". To be nostalgic means to be homesick. This lively workshop with Andrew West explores the idea of nostalgia and its effect on mental health.

Sewn Antidote: make a circular patch

Lara Hailey
10:30-12:30 on Zoom Price: Free

This two-session workshop with Lara Hailey will begin with a discussion about the inspiration behind the quilt Sewn Antidote (a collaborative quilt that documents peoples responses to being in isolation and the Covid-19 pandemic). You will design your own small circular patch on the theme of recovery, and will be guided through the process of making the piece, using simple stitches and appliqué.

Influence of Greek language on English

Maria Contos
12:00-13:30 on Zoom Price: Free

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

Mental Health Awareness: how far have we come?

Mark Malcomson/Baroness Sheila Hollins/
Paul Farmer
13:00-14:00 on Zoom Price: Free

Join City Lit Principal Mark Malcomson CBE, Professor the Baroness Sheila Hollins and MIND CEO Paul Farmer to discuss how far mental health awareness has come over the past five years, and the challenges now faced in light of Covid-19.

Philosophy and Wellbeing: how should we suffer?

Andrew West
15:00-16:00 on Zoom Price: Free

A look at what different philosophers have said about what attitude we should take towards the inevitability of suffering, from ancient Indian and roman ideas, to modern French and German philosophy.

The Lonely Century – How to Come Together in a World That's Pulling Apart

Noreena Hertz and Mark Malcomson
18:00-19:00 on Zoom Price: Free

From the doctor's surgery to the ballot box, loneliness has become the most important social issue of our time. Economist, activist, broadcaster and scholar Noreena Hertz joins City Lit Principal Mark Malcomson to reveal the extent of the global loneliness crisis.

WEDNESDAY 7 OCTOBER

How has 2020 impacted young people's Mental Health?

19:30-20:30 on Zoom Price: Free

A discussion between students and alumni from Brixton Finishing School focusing on the impact that 2020 has had on the mental health of young people across the UK.

Art and mindfulness: an introduction

Clare Barton-Harvey
10:30-12:00 on Zoom Price: Free

This one session workshop with Clare Barton-Harvey is an introduction to the practice of mindfulness and how it can support our appreciation of art, the world around us, and empathy for our shared human experience. During the session, we will practice mindful looking, and simple drawing and mindfulness exercises as a basis for exploring the theme. The practice of mindfulness and building this into your creativity can not only support your ideas and work, but enhance it.

Sewn Antidote: make a circular patch

Lara Hailey
10:30-12:30 on Zoom Price: Free

This two-session workshop with Lara Hailey will begin with a discussion about the inspiration behind the quilt Sewn Antidote (a collaborative quilt that documents peoples responses to being in isolation and the Covid-19 pandemic). You will design your own small circular patch on the theme of recovery, and will be guided through the process of making the piece, using simple stitches and appliqué.

Made even more possible

Saba Salman and Shaun Webster MBE
13:00-14:00 on Zoom Price: Free

This event discusses the successes of people with learning disabilities and the barriers they still face to full inclusion in all elements of society. Journalist and author Saba Salman's book 'Made Possible' discusses the authentic experiences of people with learning disabilities and what society misses out on by overlooking them, patronising them, and labelling them in terms of their conditions. She is joined by Shaun Webster MBE, one of eight remarkable individuals who contributed to the book.

Television as Therapy

Paul Sutton
15:00-16:00 on Zoom Price: Free

Can watching television be thought of as (self) care? Drawing on personal experience and his research and scholarship in TV & Film studies, Dr Paul Sutton explores how TV might support and promote recovery from mental ill health, and function as a force for positive mental wellbeing.

Deaf Art Therapy

16:30-18:00 on Zoom Price: Free

Experimental Art Therapy taster in a small, closed group session. This session will be led by Deaf Art Psychotherapist Rubena Aurangzeb-Tariq in British Sign Language and will not be interpreted into English. As spaces are limited, please only book this session if you are a Deaf BSL user. You will need to provide your own art supplies or recycled materials to make your art remotely.

Yoga workshop in French

Bruno Males
17:00-18:30 on Zoom Price: Free

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

Frazzled Cafe Meetings

with City Lit Fellow Ruby Wax OBE
17:30-18:30 on Zoom Price: Free

Unboxed: Creativity beyond Dyslexia

18:00-19:00 on Zoom Price: Free

Charlotte Edmonds and Elizabeth Arifien, Founders of Move Beyond Words are joined by Steve Chapman, Artist and Writer, Pennie Aston, Director, GroOops and Kirubel Belay, Dancer and Fashion Stylist discuss challenging perception of Dyslexia through creativity and education.

THURSDAY 8 OCTOBER

Beyond Words – Zoom Book Club

10:00-11:00 on Zoom Price: Free

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

Haiku writing for Health and Wellbeing

Pearl May
10:30-12:00 on Zoom Price: Free

Writing Haiku poems can provide a peaceful distraction from illness by focusing on creative writing. Haiku can help to get in touch with the natural world and show man's place in it.

Writing Your Mental Health Story

Lorna V
10:30-12:30 on Zoom Price: Free

From blogging to journalism, how do you go about writing about your mental health? This interactive workshop with Lorna V on writing your mental health story for publication takes you through the steps, provides a structure for a first person account written by you (for a blog, newspaper, magazine article, etc.), advises on the pitfalls and how to avoid these, and gives you the opportunity to share a sample of your writing within a safe, supportive group.

Spanish for the Soul

Virtu Tomás Rodriguez
14:00-15:30 on Zoom Price: Free

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 with Virtu Tomás Rodriguez.

Collective Memory and Covid19

Anita Kasabov
15:00-16:00 on Zoom Price: Free

What is collective memory and how is it transmitted? This workshop by Anita Kasabov explores how collective memory impacts our personal experience and can potentially aid wellbeing.

Navigating change and uncertainty

16:30-17:15 on Zoom Price: Free

Join City Lit Principal Mark Malcomson CBE and former rugby union player Will Carling OBE to discuss the psychology and mindset of sports champions. Will Carling will reveal valuable insights into how he learnt to deal with pressure and setbacks - including recovering from the lowest lows. He will also talk about why caring about mental health and wellbeing is an essential element of good leadership, motivation and a winning team. Transferable tips for employers and individuals navigating their way through uncertainty and change.

Frazzled Cafe Meetings

with City Lit Fellow Ruby Wax OBE
17:30-18:30 on Zoom Price: Free

The Creative Arts, Wellbeing and Mental Health

18:00-19:00 on Zoom Price: Free

Join award winning author Rowan Hisayo Buchanan, internationally renowned artists Mark Titchner and Simon English, and Trustee of Friends of the Anxiety Disorders Residential Unit at Bethlem Hospital, Keith Clapson for a panel discussion on the relationship between the arts, lock-down, mental health, wellbeing and 'creative recovery'. The panel will be hosted by Ian Tucknott, Head of School for the Humanities & Sciences, City Lit.

Listening to Paintings: Empathy & Looking

Sarah Jaffray
18:30-19:30 on Zoom Price: Free

How do we engage with painting empathetically? Join an artist and art historian Sarah Jaffray as they reflect on their personal connections to four paintings in the collection. Participants will be invited to look at the paintings from an empathetic perspective as an alternative to traditional art historical approaches. Through conversation and observation this event looks at how we can foster our emotional connections to art, and explore how it can impact us in the present.

4.48 Psychosis

18:30-20:00 on Zoom Price: Free

Award-winning Deafinitely Theatre brings its celebrated bilingual approach to Sarah Kane's lyrical and haunting final play about mental health. Directed by Paula Garfield, 4.48 Psychosis is performed in British Sign Language and spoken English.

Managing Anxiety in Today's World: Perspectives from Brain Science

20:00-21:00 on Zoom Price: Free

Harvard trained psychiatrist Dr. Srini Pillay with City Lit Principal Mark Malcomson CBE.

FRIDAY 9 OCTOBER

Wellbeing and the Politics of Belonging

Benjamin Chwistek
10:30-11:30 on Zoom Price: Free

This workshop from political theorist Dr Ben Chwistek explores identity and wellbeing. Beginning with an exploration of how our sense of identity relates to feelings of security and reassurance in our lives, the workshop will explore and discuss how this can be disrupted through traumatic events such as Brexit, wars, pandemics, etc.

Coping with illness, death and dying during the pandemic

Baroness Sheila Hollins, Dr Kathryn Mannix and Professor Irene Tuffrey-Wijne
11:30-12:30 on Zoom Price: Free

Professor the Baroness Sheila Hollins will be joined in conversation by Dr Kathryn Mannix and Professor Irene Tuffrey-Wijne to discuss the difficult topic of coping with illness, death and dying. The global pandemic has brought the issue into sharp focus for many of us during 2020. The panel will discuss the fear of death and dying and the wealth of emotions it elicits. They will also discuss explaining death and dying to adults with intellectual disabilities and how to support them through the grieving process.

Sing for happiness in French

Trista Selous
12:00-13:30 on Zoom Price: Free

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

Talking to Paintings

12:30-13:30 on Zoom Price: Free

Should art serve our mental health?
The arts are increasingly recognised as both beneficial and valuable in improving our physical and mental health, but should art serve our mental health? Join philosopher Andy West and art educator Carlo Corsato to investigate this question and explore the philosophical approaches that might shape your responses.

Mental Health in the Deaf Black Community

13:00-14:00 on Zoom Price: Free

A discussion including personal reflections of access to Mental Health services for the Deaf Black community. Topics include progress which has been made in this area and the barriers which still remain.
This discussion will be in British Sign Language only and will not be interpreted into English.

Upcycled fabric jewellery making

Tanvi Kant
14:00-16:00 on Zoom Price: Free

Learn how to hand twist your own colourful bracelets from fabric remnants, ribbons, shoelaces, or that old tee-shirt! Be inspired by this workshop led by textile artist Tanvi Kant who will show you how to repurpose textiles at home into something special to gift to yourself or a loved one. You will experience how acquiring new skills creatively helps you focus to maintain general well-being.

Drawing and the art of mindfulness: calm, clarity and resilience

Clare Barton-Harvey
14:30-16:00 on Zoom Price: Free

This workshop with Clare Barton-Harvey will introduce you to the practice of mindfulness with a focus on how it can support calm, clarity and resilience. During the session you will explore the relationship of mindfulness and drawing and how these two disciplines can enhance and resource our lives.

'Please come flying': How poetry can help us during Covid-19

Laurie Smith
15:00-16:30 on Zoom Price: Free

Many of us have experienced isolation and increased stress during lockdown. We will look at how poetry can help us in this situation by seeing how some fine poets have responded to isolation by writing some great poems. We will look at how poetry can help us in a situation of shielding, complete or partial lockdown, or increased isolation which may continue in one form or another. We will read and discuss some short poems in which poets deal with their isolation by responding to nature. You will receive the poems by email a few days before the workshop and I will ask beforehand for volunteers to read a poem so we can all take part if we wish.

A mindful look:

Gallen Kallela's Lake Keitele
16:00-17:15 on Zoom Price: Free

Be captivated by the beauty of Gallen Kallela's view of Lake Keitele in Finland. Let go of thoughts of the past and worries for the future and immerse yourself in this serene view of a lake in Finland.

Join Dr. Christina Bradstreet, from The National Gallery's learning department, to be guided towards a deeper connection with one painting. Learn how to use basic mindfulness techniques and slow looking at paintings to find a place of inner calm.

SATURDAY 10 OCTOBER

Mindful Pilates Workshop

Charlotte Seirberg
10:00-11:15 on Zoom Price: Free

Unwind and cultivate a sense of ease and wellbeing with Mindful Pilates. This slower-paced class weaves together elements from both Pilates and the Feldenkrais methods. At the end of the class, there will be time for a short rest for you to relax, restore and rejuvenate.

Mindfulness, creativity and resilience

Clare Barton-Harvey
10:00-12:30 on Zoom Price: Free

This one session workshop with Clare Barton-Harvey will focus on the practice of mindfulness and how it can support resilience giving you more choice and creativity in your life. The session we will involve the practice of simple drawing and mindfulness exercises.

Chinese Characters, the balance of life

Xiaolan Bi
11:00-12:30 on Zoom Price: Free

In this interactive workshop with Xiaolan Bi 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.

Performances & Podcasts

Bringing you a selection of Performances and Podcasts with thanks to our brilliant partners; Deafinitely Theatre, Head Talks and Move Beyond Words. Check out our website: www.citylit.ac.uk/performances-podcasts-talks

In partnership with:

