

Ground Floor

Main Foyer

All Day

Mindful Mural with
Scotty Gillespie

& a community resource noticeboard
and information stands for local
creative, community, and mental
wellness groups.

2pm - 3.30pm

Sound Walk with
Emma Welton

Café Bar

All Day

Gentle music, space to relax,
Talking Deck Conversation
Cards and Compassionate
Café space, courtesy of
Colab.

Auditorium

11am - 12pm

Laughter Yoga with
Devon Recovery Learning
Community (DRLC)

12pm - 1pm

Recovery Journaling with
DRLC

1pm - 2pm

Djembe Drumming with
DRLC

2.30pm - 3.30pm

Djembe Drumming with
DRLC

Workshop

10am - 12pm

Felting Workshop with
Magic Carpet

1.30pm - 2.30pm

Pelican Project
Sensory Workshop

2.30pm - 3.30pm

Pelican Project
Sensory Workshop

3.30pm - 4.30pm

Pelican Project
Sensory Workshop

5.30pm - 6.30pm

Q&A with Pelican Project

Digital Workshop

10am - 12pm

Well Image Photography
Workshop with
Vanessa Miles

Studio 74

12pm - 1pm

Panel Discussion: Creative
Practice in Mental Health
Support

1.30pm - 3.30pm

Film Screening:
Poly Styrene: I Am a Cliché

4.30pm - 5pm

Sound Gallery Film
Screening:
1000 Birds Symphony

Basement

1pm - 4pm

Screen Printing Workshops
with Double Elephant

First Floor

The Iron Mill Studio

10.30am - 12.30pm

Chhaya Collective:
Wild Workshop

2.30pm - 3pm

Rapid Transformational
Hypnotherapy with
Juanita Dellaway

4pm - 5pm

Zebra Collective:
Power Threat Meaning
Framework Workshop

5.30pm - 6.30pm

Panel Discussion:
The Power of Connection -
Community & Collaboration
in Mental Wellness

Studio 2

10am - 11am

Singalong Performance for
Families with Laura Loft

12pm - 1pm

TALKWORKS Q&A

2.30pm - 4.30pm

An Afternoon with
MoMENTum

NEED SOME TIME OUT?
A QUIETER SPACE TO RELAX, ALONGSIDE
FREE FOOD AND DRINK, IS AVAILABLE
IN THE SECRET GARDEN.

Meeting Room

10am - 3pm

Alright Mate? Wet Plate
Collodian Portrait Workshop
with Stephen Raf

4pm - 6pm

Recovery Devon Phoenix
Wings Workshop

Online

8th May - 12pm

PhonicFM Roundtable

6th May, 12pm

TALKWORKS

Mindfulness Workshop

Join Us for
Bloom Open Mic
with Spork!

7pm - 9pm in the Auditorium



Sunday 8th May

A free festival for mental health week