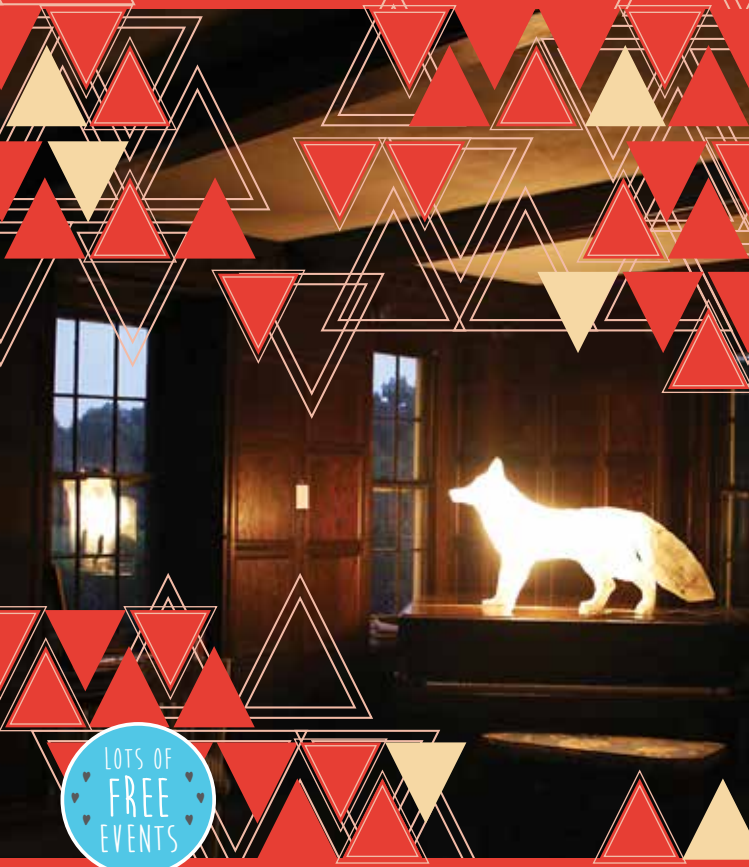
well

Festival of Arts & Wellbeing

Mon 7 – Sat 12 October 2019

Garter Lane Arts Centre
Waterford Healing Arts Trust
Waterford City & County Libraries



www.wellwaterford.com

Well-come!

Welcome to the seventh **Well Festival of Arts and Wellbeing**, celebrating the health benefits of participation in the arts by everyone. With workshops, performances and talks embracing music, art, film, theatre, literature and dance, for all ages, we hope this wonderful cornucopia of creative opportunities will inspire, entertain and uplift. We warmly invite you, the people of Waterford, to join us as we make new, joyous discoveries each day.

Well is presented by Waterford Healing Arts Trust, Garter Lane Arts Centre and Waterford City and County Library Service. Thanks to the tremendous support of our funders and supporters, almost all of our events this year, once again, are free. Some may still need to be booked, so be sure to check each listing.

Join us, be creative, be social and be Well!

*From the **Well Festival team***

Festival Partners

Funding Partners

Major Sponsor

Supporters

Event Key

- W workshop
- W wellbeing
- V visual art
- D dance
- T theatre
- M music
- F film
- L literature

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That's how the light gets in – Various artists

This uplifting exhibition by artists Ann Brennan, Blawnin Clancy, Aidan Dunne, Ciara Gormley and Mary Tritschler considers how light and landscapes can influence our health and wellbeing. *That's how the light gets in* has been curated by staff from various departments at University Hospital Waterford.

University Hospital Waterford, corridor leading to Out Patients Department
Mon 7 Oct – Fri 6 Dec, 8am–6.30pm (excl. Sat, Sun)

That's how the light gets in *will be officially launched at UHW on* ***Thurs 10 Oct****, 6pm.* *See page 17.*

Hush – Sophie Carpentieri

"Hush!" – A little flicker of a shadow runs for cover…
Artist Sophie Carpentieri, with gentle guidance from wildlife specialist Paddy Dwan, has developed a keen awareness of the hidden, unnoticed, unspoken treasures surrounding us in nature. She shares her discoveries in this beautiful collection.

Index Gallery, Central Library, Lady Lane, Waterford
Mon 7 – Fri 25 Oct, 10am–5.30pm (Weds open until 8pm)

Exhibition launch ***Sat 12 Oct****, 3pm, with Heritage Officer Bernadette Guest.*

Open all week – Visual Art

back on the beach in the freezing sand – Paul Hallahan & Lee Welch

Featuring abstract landscapes and figurative paintings, this fascinating exhibition considers Utopia and the end of perceived history, and poses questions about how we perceive the world around us.

This is the third such iteration of work by these two artists.

Garter Lane Arts Centre, O'Connell St, Waterford
Sat 24 Aug – Thurs 31 Oct, 11am–5.30pm, Tues–Sat and during evening performances

Night Foxes – Tom Meskell

Festival favourite Tom Meskell returns with a family of brightly-lit foxes, reminding us of the native animals that share our environment. Watch out, too, for these elusive creatures as they pop up unexpectedly inside the hospital throughout the week!

University Hospital Waterford
Mon 7 – Fri 11 Oct, 7pm–9pm

Lighting up celebration ***Mon 7 Oct****, 7pm.*

Lunchtime at the Gallery – Men's Development Network & Healthy Ireland/Healthy Cities

Drop into Garter Lane Gallery for a lunchtime TEDx style talk by experts and practitioners on aspects of wellbeing, mental health and exercise, with a special focus on including arts and creative activities as part of a healthy lifestyle.

Garter Lane Arts Centre (Gallery), O'Connell St, Waterford
Mon 7 – Fri 11 Oct, 1pm–2pm
Adm free, all welcome

SILENT BOOKS – Poetry Ireland/IBBY*

Whimsical, profound and gorgeous: Come and dive into the IBBY Silent Books collection! These beautiful picture books inspire creativity among readers of all ages, backgrounds, languages and cultures. "One world, many stories".

**IBBY is the International Board on Books for Young People. The Irish section of IBBY is managed by Poetry Ireland.*

Garter Lane Arts Centre (Foyer), O'Connell St, Waterford
Mon 7 – Sat 12 Oct, 11am–5.30pm

Playing House – Jennie O'Neill

This intriguing installation of multiple tiny paper houses, made by artist Jennie O'Neill from a lifetime's collection of personal, sentimental and treasured paper materials, explores the idea of home as something we create and carry through life.

University Hospital Waterford foyer
Mon 8 Oct, 11am–4pm

WIT Guitar Ensemble – Dir. Michael O'Toole

Opening our series of lunchtime music sessions at UHW is the WIT Guitar Ensemble. Join us for some soothing classical and popular sounds from these students from the Waterford Institute of Technology BMus degree course, directed by renowned classical guitarist Dr Michael O'Toole.

University Hospital Waterford foyer
Mon 8 Oct, 1pm

F

Classic Movie Time!

Book lovers and movie goers are in for a tremendous treat with this superb adaptation of a fascinating novel, featuring a "*bravura performance*" by its iconic lead actor in her role as the "kingmaker". What could it be…? (Hint: It's in the library's book club collection…)

Carrickphierish Library, Carrickphierish Road, Gracedieu, Waterford
Mon 7 Oct, 11am–1pm
Adm free. Enquiries: wellwaterford@waterfordcouncil.ie / 0761 102974

W

Sound Meditation – John Barron

Relax, restore and revive through the power of sound. John Barron, of Creation Sound Therapy, leads this session featuring the ancient healing art of sound meditation, with Tibetan singing bowls, gongs and more.

Tramore Library, Market St, Tramore, Co Waterford
Tues 8 Oct, 10am–11am
Free but ticketed. To book: wellwaterford@waterfordcouncil.ie / 0761 102594

F

Classic Movie Time!

The Wild West comes to Lismore Library with this screening of a popular classic western movie. Don your Stetsons, polish your spurs and join us for this feast of action!

Lismore Library, West St, Lismore, Co Waterford
Tues 8 Oct, 11am–1pm
Adm free. Enquiries: wellwaterford@waterfordcouncil.ie / 0761 102974

F

Ghost Story

Devised and led entirely by young people, with support from director Liam Meagher and filmed by John Loftus, *Ghost Story* is the third short film produced by Little Red Kettle in collaboration with the Traveller Youth Support Project. Both screenings will be followed by a post-show Q&A, facilitated by Dee Jacques.

Garter Lane Arts Centre, O'Connell St, Waterford
Tues 8 Oct, 11am and 12.30pm *(film duration 8 mins)*
Free but ticketed. To book: www.garterlane.ie / 051 855038

M

Hot Club de WIT

Led by Dylan Bible, this up tempo, dynamic ensemble combines acoustic guitars, concertina, violin and bass to create an infectious classic Hot Club vibe. Expect gypsy sound, inspired by Django Reinhardt's Jazz Manouche style, with a modern twist, and a sprinkling of the classics, for good measure!

University Hospital Waterford foyer
Tues 8 Oct, 1pm

Tuesday 8 October

W

Learn to Crochet – with Jacqui Kelleher

Busy hands and a focused mind… Crochet has been proven to be a successful support for people struggling with anxiety, as it can bring the mind to a calmer space and boost self-esteem. Why not see for yourself with this lovely free event.

Garter Lane Studios, 5 O'Connell Street (beside Delaney's Florist)
Venue is not wheelchair accessible.
Tues 8 Oct, 2pm and 4pm
Free but ticketed. To book: www.garterlane.ie / 051 855038

F

In Safe Hands (Pupille) – GLC Cinema

When baby Theo's birth mother gives him up for adoption, she has two months to change her mind. In the meantime, Theo is entrusted to foster parent Jean while his case worker and her team monitor his wellbeing and search for potential parents for the little boy.

Curated by WFFA (Waterford Film For All) as part of Garter Lane's season of Tuesday night movies.

Garter Lane Arts Centre, O'Connell St, Waterford
Tues 8 Oct, 8pm
Adm: €9.00/€7.50 (concession). To book: www.garterlane.ie / 051 855038

W

Tea with Clay – Adele Stanley

Join ceramic artist Adele Stanley for a clay workshop celebrating the positive mental health messages a cup of tea with friends can bring. Participants will have a chance to play with clay, explore their creativity in a relaxed environment and make a decorative teapot or cup. Ah go on…

Cappoquin Library, Main St, Cappoquin, Co Waterford
Wed 9 Oct, 10.30am–12 noon

Brown's Road Library, Paddy Brown's Road, Lisduggan, Waterford
Fri 11 Oct, 10.30am–12 noon

Both sessions free but ticketed.
To book: wellwaterford@waterfordcouncil.ie / 0761 102974

V

Gallery Talk – Sandra Kelly

Join Sandra Kelly, Garter Lane Arts Centre's Visual Arts and Education Manager, for an insight into the current exhibitions *back on the beach in the freezing sand* by Paul Hallahan and Lee Welch (*see page 5*) and *Shape of Lies* by Stephen Galloway. *See also page 23 for a Wellies Gallery Talk for younger art fans.*

Garter Lane Arts Centre, O'Connell St, Waterford
Wed 9 Oct, 2pm
Free but ticketed. To book: www.garterlane.ie / 051 855038

Wednesday 9 October

W

Stories from the Well–field

A CPD session for artists in care settings for older people

Artist Tess Leak, puppeteer Eoin Lynch, activities co-ordinator Sarah Cairns and composer Justin Grounds will draw on their experience of developing an interactive performance with residents at Bantry General Hospital in this inspiring session.

Waterford Healing Arts Trust Centre for Arts & Health, University Hospital Waterford, Dunmore Road, Waterford
Wed 9 Oct, 10.30am–12.30pm
Workshop fee €10.00. Places limited – advance booking essential.
To book: www.waterfordhealingarts.com / 051 842664

T

Stories from the Well–field

Performance

Set in a 'Well–field' during a raucous village fair, this heart–warming interactive performance brings to life poems about childhood friends, kindness and dancing foxes, created by residents of Bantry General Hospital, in collaboration with Tess Leak, Eoin Lynch, Justin Grounds and Sarah Cairns. Interaction strongly encouraged!

Waterford Healing Arts Trust Centre for Arts & Health, University Hospital Waterford, Dunmore Road, Waterford
Wed 9 Oct, 2pm–3pm
Adm free but places limited – advance booking essential.
To book: www.waterfordhealingarts.com / 051 842664

M

Achara

Our lunchtime music sessions in the hospital foyer continue with the wonderful Achara: Aine McCarthy Kent (harp, flute), Michelle Haberlin (violin) and Sylvia Dowdall (piano, voice). Join us for an uplifting set of Irish, pop, classical and dance, played in the unique Achara style. A rare treat!

University Hospital Waterford foyer
Wed 9 Oct, 1pm

W

Movement makes the world go 'round!

Join the Exwell team for an inspiring and creative lunchtime session. This engaging but gentle movement workshop is tailor-made for the Well Festival, and all are welcome, especially those with busy lives and limited time!

Exwell is: The WIT Department of Sport & Exercise Science, the WIT Department of Nursing & Healthcare and the WIT Arena.

Garter Lane Studios, 5 O'Connell Street (beside Delaney's Florist)
Venue is not wheelchair accessible.
Wed 9 Oct, 1pm–2pm
Free but ticketed. To book: www.garterlane.ie / 051 855038

W

Singing for Wellbeing

Join the Bealtaine Choir for some uplifting music and song in the foyer of Ardkeen Stores, hosted by the staff of Ardkeen Library. Take a break from your reading or shopping and join in! Conducted by Anne Woodworth, the Bealtaine Choir emphasises the value of music in the health of retired people. *Refreshments will be served afterwards in Ardkeen Library.*

Ardkeen Stores, hosted by Ardkeen Library, Dunmore Road, Waterford
Thurs 10 Oct, 11am–11.30am

Adm free. Enquiries: wellwaterford@waterfordcouncil.ie / 0761 102755

W

Men's Development Network – Workshop

"Maybe, I will definitely start tomorrow…" Sound familiar? Join us for this motivational workshop on overcoming procrastination and adopting a healthier lifestyle, including engaging in arts activities and other ways to be creative, all leading to a greater sense of overall wellbeing.

Garter Lane Arts Centre, O'Connell St, Waterford
Thurs 10 Oct, 11am–12 noon
Free but ticketed. To book: www.garterlane.ie / 051 855038

M

Sax n Trax – Damien McDonnell

Waterford Healing Arts Trust's Music Co-ordinator Damien McDonnell is a mighty fine saxophone player, in high demand as a performing and recording musician. Join Damien for a selection of mellow, laid back jazz standards. Just the tonic to smooth out your day.

University Hospital Waterford foyer
Thurs 10 Oct, 1pm

D

Move Your Mind

Join Waterford Dance Artist in Residence Dee Grant for an inspiring afternoon exploring the body-mind connection in our everyday lives through creative movement and dance. Joining in will be the Best Foot Forward dance club and guests from the music and dance groups at Wexford Mental Health Association. Suitable for all levels, all welcome.

Garter Lane Studios, 5 O'Connell Street (beside Delaney's Florist)
Venue is not wheelchair accessible.
Thurs 10 Oct, 2pm–4pm
Free but ticketed. Places limited. To book: www.garterlane.ie / 051 855038

Thursday 10 October

V

Open Gallery

An art viewing project for people living with dementia, and their family members/carers, Open Gallery invites participants to look at, chat about and enjoy paintings from the University Hospital Waterford art collection in a safe and welcoming space, supported by artists Caroline Schofield and Jill Bouchier. All welcome, no experience required.

Waterford Healing Arts Trust Centre for Arts & Health, University Hospital Waterford, Dunmore Road, Waterford
Thurs 10 Oct, 3pm–4pm
Adm free, but places limited. Please book in advance: 051 842664 / what@hse.ie

V

That's how the light gets in – Launch

Join us for the official launch of this uplifting exhibition by artists Ann Brennan, Blawnin Clancy, Aidan Dunne, Ciara Gormley and Mary Tritschler which considers how light and landscapes can influence our health and wellbeing. *That's how the light gets in* has been curated by staff from University Hospital Waterford. *(See also page 4)*

University Hospital Waterford, corridor leading to Out Patients Department
Thurs 10 Oct, 6pm

F

Who Cares?

A powerful film exploring the impact of caring in a family situation, *Who Cares?* features local professional and amateur actors, and was directed for Waterford Youth Arts (WYA) by Liam Meagher and filmed by John Loftus. Join us for this exclusive preview and stay for the post-screening discussion, facilitated by the Waterford Family Carers Association.

Garter Lane Arts Centre, O'Connell Street, Waterford
Fri 11 Oct, 11am
Free but ticketed. To book: www.garterlane.ie / 051 855038

W

Writing yourself out of your head

Join the ever energetic #Modwords (Waterford's lit hub) exponent Anna Jordan as she provides insights into her motivations and inspirations around the #Modwords events, why she brings writing into her everyday life and how participants can, too. An inspiring workshop for any budding (or slightly intrigued) writers.

Garter Lane Arts Centre, O'Connell Street, Waterford
Fri 11 Oct, 1pm
Free but ticketed. To book: www.garterlane.ie / 051 855038

M

Killian Browne & Darren Dreelan

A wonderful treat is in store, with two well-known Waterford musicians, Killian Browne (piano) and Darren Dreelan (clarinet), teaming up to provide a lunchtime of jazz at the hospital. Both graduates of the WIT music course, they'll perform a selection of mellow favourites to ease listeners in to the weekend.

University Hospital Waterford foyer
Fri 11 Oct, 1pm

W

A Taste of Music (1) – Catherine Fitzgerald Phillips

"If you play an instrument you will never be lonely".
Music can spark your brain, keep your memory sharp, improve your mood and boost self-confidence. This practical workshop will provide an opportunity for people of all ages to learn pieces of music and discover the joy of playing.

Tallow Library, Convent St, Tallow, Co Waterford
Fri 11 Oct, 2.30pm–3.30pm
Free but ticketed. To book: wellwaterford@waterfordcouncil.ie / 0761 102974

L

We haven't had an earthquake lately...*

What's your favourite, feel good, inspirational piece of writing? Come along to the Well Festival's annual, hugely popular Earthquake event and be uplifted, surprised and inspired by the selection from literature lovers, prose fans and poetry devotees. With guest MC Catherine Drea, artist, contemplative photographer and writer.
Kindly sponsored by The Book Centre, Waterford.
**Inspired by AA Milne's* Winnie the Pooh

The Book Centre, Waterford
Fri 11 Oct, 6pm
Free but ticketed. To book: www.waterfordhealingarts.com / 051 842664

M

Harmania Indie Choir

Feel like a night of soul pleasing songs and an uplifting atmosphere? This is the night for you. Harmania Indie Choir is open to all, regardless of ability (and most people are better singers than they realise!), so come and immerse yourself in their infectious good vibes.

Garter Lane Arts Centre, O'Connell Street, Waterford
Fri 11 Oct, 8pm
Adm €10.00. To book: www.garterlane.ie / 051 855038

W

A Taste of Music (2) – Catherine Fitzgerald Phillips

"If you play an instrument you will never be lonely".
Music can spark your brain, keep your memory sharp, improve your mood and boost self-confidence. This practical workshop will provide an opportunity for people of all ages to learn pieces of music and discover the joy of playing.

Dungarvan Library, Davitt's Quay, Dungarvan, Co Waterford
Sat 12 Oct, 11am–12 noon
Free but ticketed. To book: wellwaterford@waterfordcouncil.ie / 0761 102974

T

My Real Life by Eoin Colfer

Noel has apologies to make and messages to send. He has love in his heart and he wants to declare it, even if it's too late. He spends possibly the last hour of his life re-living his highs and lows. With Don Wycherley as Noel.
"…overflows with heart and soul… a mesmerising performance" (The Arts Review)

Garter Lane Arts Centre, O'Connell Street, Waterford
Sat 12 Oct, 8pm
Adm €20.00/€18.00. To book: www.garterlane.ie / 051 855038

M

HEALING SOUNDS IN THE PAEDIATRIC WARD

Waterford Healing Arts Trust musicians will bring this special music session to the Paediatric Ward to brighten everyone's day. With Liam Merriman, Michelle Haberlin and Liam Kavanagh.

University Hospital Waterford Paediatric Ward
Mon 7 Oct, 3pm–3.45pm
For patients and their families

W

PINOCCHIO COMES TO LIFE!

Workshop with Music Generation Waterford

Explore storytelling through music with *The Adventures of Pinocchio*! This enchanting tale, with characters Gepetto, Jiminy Cricket and Pinocchio himself, will be brought to life by the young participants, supported by musicians Jennifer Hartery and Karen McMahon. For 5–9 years.

Central Library, Lady Lane, Waterford
Mon 7 Oct, 3.30pm–4.30pm
Free but ticketed. To book: wellwaterford@waterfordcouncil.ie / 0761 102975

wellies
Well Festival events for younger audiences

F

FEEL GOOD FAMILY MOVIE TIME

"*Everything is possible, even the impossible.*" Who is this magical lady who flies back into the lives of a struggling family and teaches them joy and wonder, and of course some impeccable manners? Join us for this family-friendly, sing-along, feel good treat!

Carrickphierish Library – **Tues 8 Oct**, 3pm–5pm
Dunmore East Library – **Tues 8 Oct**, 3pm–5pm
Portlaw Library – **Fri 11 Oct**, 3.30pm–5.30pm
Adm free. Enquiries: wellwaterford@waterfordcouncil.ie / 0761 102974

V

GALLERY TALK FOR YOUNGER AUDIENCES

Join Sandra Kelly, Garter Lane's Visual Arts and Education Manager, to learn about the current exhibitions *back on the beach in the freezing sand* by Paul Hallahan and Lee Welch (*see page 5*) and *Shape of Lies* by Stephen Galloway. Suitable for school groups and younger art fans.

Garter Lane Arts Centre, O'Connell St, Waterford
Wed 9 Oct, 11am
Free but ticketed. To book: www.garterlane.ie / 051 855038

W

MUSIC TASTER WORKSHOP

Catherine Fitzgerald Phillips

"If you play an instrument you will never be lonely". Music can spark the brain, improve mood and boost self-confidence. In this gentle introduction, participants will have the opportunity to discover all of this and the joy of playing music. For children aged 3+ years.

Kilmacthomas Library, Main St, Kilmacthomas, Co Waterford
Wed 9 Oct, 6.30pm–7.30pm

Tallow Library, Convent St, Tallow, Co Waterford
Fri 11 Oct, 3.30pm–4.30pm

Dungarvan Library, Davitt's Quay, Dungarvan, Co Waterford
Sat 12 Oct, 12 noon–1pm

Free but ticketed. To book: wellwaterford@waterfordcouncil.ie / 0761 102974

L

Don't forget! *The beautiful* ***IBBY Silent Books*** *collection for younger readers is available all week at Garter Lane.* *See page 6 for details.*

wellies
Well Festival events for younger audiences

L

WELLY TALES

The pirates from Ardkeen Library are joining up with Waterford Healing Arts Trust again to bring a special Well Festival storytelling session to the Paediatric Ward of UHW. Arr, me hearties!

University Hospital Waterford Paediatric Ward
Thurs 10 Oct, 2pm–3pm

V

PAINT A EUROPEAN MASTERPIECE

Well-known Waterford artist Ben Hennessy leads this fantastic opportunity for younger artists to learn to paint in the style of some of the world's greatest modern painters, including Van Gogh, Monet and Picasso. For 8–14 years.
Kindly hosted by the Waterford Europe Direct Information Centre.

Central Library, Lady Lane, Waterford
Sat 12 Oct, 2pm–4pm
Free but ticketed. To book: wellwaterford@waterfordcouncil.ie / 0761 102975

MONDAY 7 OCTOBER

8am–6.30pm	That's how the light gets in – *visual art* » p4
10am–5.30pm	Hush – *visual art* » p4
11am–5.30pm	back on the beach in the freezing sand » p5
11am–5.30pm	SILENT BOOKS – *literature* » p6
11am–4pm	Playing House – *visual art* » p7
11am–1pm	Classic Movie Time (1) – *film* » p8
1pm–2pm	WIT Guitar Ensemble – *music* » p7
1pm–2pm	Lunchtime at the Gallery – *wellbeing* » p6
3pm–3.45pm	HEALING SOUNDS IN THE PAEDIATRIC WARD – *music* » p22
3.30pm–4.30pm	PINOCCHIO COMES TO LIFE! – *workshop* » p22
7pm	Night Foxes – *launch* » p5
7pm–9pm	Night Foxes – *visual art* » p5

TUESDAY 8 OCTOBER

8am–6.30pm	That's how the light gets in – *visual art* » p4
10am–5.30pm	Hush – *visual art* » p4
10am–11am	Sound Meditation – *workshop* » p9
11am–5.30pm	back on the beach in the freezing sand » p5
11am–5.30pm	SILENT BOOKS – *literature* » p6
11am–1pm	Classic Movie Time (2) – *film* » p9
11am; 12.30pm	Ghost Story – *film* » p10
1pm–2pm	Hot Club de WIT– *music* » p10
1pm–2pm	Lunchtime at the Gallery – *wellbeing* » p6
2pm; 4pm	Learn to Crochet – *workshop* » p11
3pm–5pm	FEEL GOOD FAMILY MOVIE TIME » p23
7pm–9pm	Night Foxes – *visual art* » p5
8pm	In Safe Hands (Pupille) – *film* » p11

WEDNESDAY 9 OCTOBER

8am–6.30pm	That's how the light gets in – *visual art* » p4
10am–5.30pm	Hush – *visual art* » p4
11am–5.30pm	back on the beach in the freezing sand » p5
11am–5.30pm	SILENT BOOKS – *literature* » p6
10.30am–12.30pm	Stories from the Well-field – *workshop* » p13
10.30am–12 noon	Tea with Clay – *workshop* » p12
11am	GALLERY TALK FOR YOUNGER AUDIENCES – *visual art* » p23
1pm–2pm	Achara – *music* » p14
1pm–2pm	Lunchtime at the Gallery – *wellbeing* » p6
1pm–2pm	Movement makes the world go 'round » p14
2pm–3pm	Stories from the Well-field – *theatre* » p13
2pm–3pm	Gallery Talk – *visual art* » p12
6.30pm–7.30pm	MUSIC TASTER – *workshop* » p24
7pm–9pm	Night Foxes – *visual art* » p5

Well Festival Calendar

THURSDAY 10 OCTOBER

8am–6.30pm	That's how the light gets in – *visual art* » p4
10am–5.30pm	Hush – *visual art* » p4
11am–5.30pm	back on the beach in the freezing sand » p5
11am–5.30pm	SILENT BOOKS – *literature* » p6
11am–11.30am	Singing for Wellbeing – *wellbeing* » p15
11am–12 noon	Men's Development Network – *workshop* » p15
1pm–2pm	Sax n Trax – *music* » p16
1pm–2pm	Lunchtime at the Gallery – *wellbeing* » p6
2pm–3pm	WELLY TALES – *storytelling* » p25
2pm–4pm	Move Your Mind – *dance* » p16
3pm–4pm	Open Gallery – *visual art* » p17
6pm	That's how the light gets in – *launch* » p17
7pm–9pm	Night Foxes – *visual art* » p5

FRIDAY 11 OCTOBER

8am–6.30pm	That's how the light gets in – *visual art* » p4
10am–5.30pm	Hush – *visual art* » p4
11am–5.30pm	back on the beach in the freezing sand » p5
11am–5.30pm	SILENT BOOKS – *literature* » p6
10.30am–12 noon	Tea with Clay – *workshop* » p12
11am	Who Cares? – *film* » p18
1pm–2pm	Killian Browne & Darren Dreelan – *music* » p19
1pm–2pm	Lunchtime at the Gallery – *wellbeing* » p6
1pm–2.30pm	Writing yourself out of your head » p18
2.30pm–3.30pm	A Taste of Music (1) – *workshop* » p19
3.30pm–4.30pm	MUSIC TASTER – *workshop* » p24
3.30pm–5.30pm	FEEL GOOD FAMILY MOVIE TIME – *film* » p23
6pm	We haven't had an earthquake lately… » p20
7pm–9pm	Night Foxes – *visual art* » p5
8pm	Harmania Indie Choir – *music* » p20

SATURDAY 12 OCTOBER

10am–5.30pm	Hush – *visual art* » p4
11am–5.30pm	back on the beach in the freezing sand » p5
11am–5.30pm	SILENT BOOKS – *literature* » p6
11am–12 noon	A Taste of Music (2) – *workshop* » p21
12 noon–1pm	MUSIC TASTER – *workshop* » p24
2pm–4pm	PAINT A EUROPEAN MASTERPIECE – *workshop* » p25
8pm	My Real Life – *theatre* » p21

Please follow page references for event details and venues.

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Playing House, by Jennie O'Neill (pg 7)