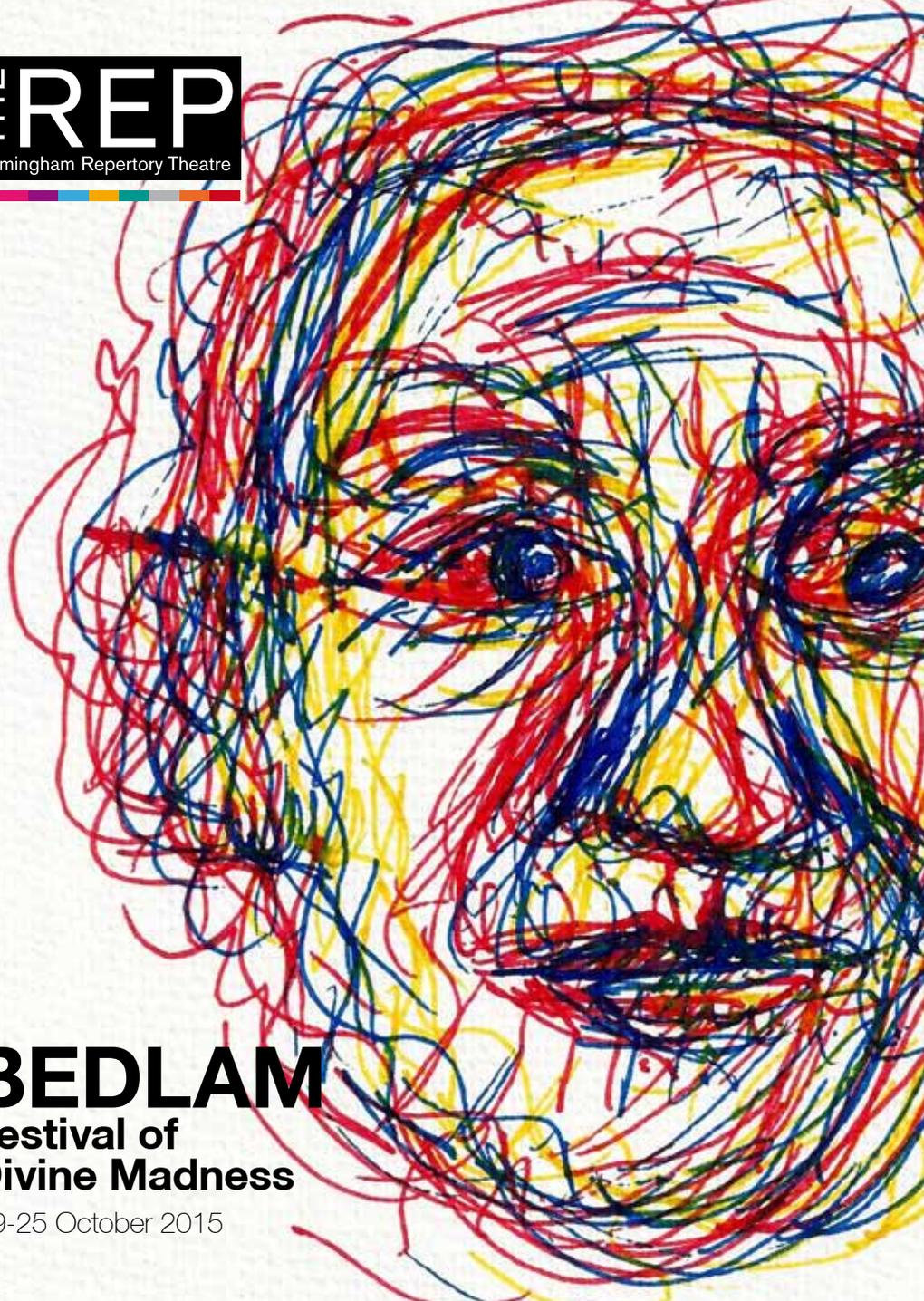


**THE REP**

Birmingham Repertory Theatre



# **BEDLAM**

**Festival of  
Divine Madness**

19-25 October 2015



Birmingham and Solihull **NHS**

Mental Health NHS Foundation Trust



COVER IMAGE BY  
APRIL DUMBLETON

Welcome to the second BEDLAM Festival of Divine Madness; a celebration of the creative arts and mental health. The last Bedlam Festival won the 2014 Positive Mental Health Award and we are confident that this year's exciting programme of drama, theatre, comedy, poetry and participatory activity will continue to demonstrate how the arts can play an important part in reducing stigma and promoting recovery and wellbeing. The festival seeks to make connections between the public, the arts and community organisations and to strengthen the developing partnership between The REP and Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT).

The festival hub is the Birmingham Repertory Theatre but there will also be events around the city, and in order to reach out to people that cannot access the festival programme, we will be taking performances into mental health settings.

*Jump!* a play by award winning playwright Charlene James, was developed in the last BEDLAM and will be a highlight of this year's festival.

We do hope that you will join us for this exciting, entertaining and enlightening festival.

**Steve Ball**, Associate Director, The REP

**Lakhvir Rellon**, Head of Community Engagement, Birmingham and Solihull Mental Health NHS Foundation Trust

**Sabra Khan**, BEDLAM Producer

PRESENTED BY  
[BIRMINGHAM REPERTORY THEATRE](#)  
IN ASSOCIATION WITH  
[BIRMINGHAM AND SOLIHULL MENTAL HEALTH  
NHS FOUNDATION TRUST](#)



CALL THE BOX ON 0121 236 4455

Venue to be confirmed  
FREE – Please book in advance

Tickets: £5

## REWRITING STIGMA PROFESSIONAL DEVELOPMENT DAY

## BEDLAM: AN EVENING OF MAD IDEAS



A Continuing Professional Development Day, open to all NHS and BSMHFT staff, regardless of role, looking at creative ways to explore identifying and reflecting on the stigma around mental health. The day will involve working collaboratively to develop scenarios and write scenes that will be performed by professional actors at the end of the day. REPwrite, an interactive playwriting tool, will be used to connect and generate creative discussion.

SUPPORTED BY



Be the first to see work in progress extracts of three new pieces of theatre each that take an imaginative, original and honest approach to issues of mental health.

*Life is No Laughing Matter* is Demi Nandhra's 'funny' show about depression. Delving into her past, present and not so much her future (she doesn't like the future, it scares her) Demi will talk of feelings, causes and her cure (yes, she has a cure). There will be a canoe, two yellow PVC raincoats (for the storm), a onesie for comfort and Yoko – the puppy that Demi may or may not have bought to make her feel better. In *Dark Room* Surya Aisha examines the relationship between culture, gender and mental health. Told through real-life sound bites, spoken word and music, this piece attempts to begin a wider conversation about how we can inclusively support those faced with mental illness. *Perfect* is a frank and open discussion of postnatal depression and its wider impact on children and families. Developed from jottings in therapy notes, Heidi Murphy seeks to explore why have we become so isolated about the issues that affect us all.

These performances will be followed by a Q&A with the artists and mental health professionals.

SUPPORTED BY [THE FOUNDRY](#), [THE REP'S ARTIST DEVELOPMENT PROGRAMME](#)



4 20 OCTOBER, 12noon

Brainbox, Level 1, Library of Birmingham  
FREE – Please book in advance

LouDeemY Productions

ALL SYSTEMS GO



*All Systems Go* explores the events of one day in the lives of Carlton, a young African Caribbean man with mental health issues, Raswan, a police officer, and Alex, a mental health nurse, and how those events affect each of their lives.

20 OCTOBER, 3pm

Brainbox, Level 1, Library of Birmingham  
FREE – Please book in advance

LouDeemY Productions

CAN WE TALK?



*Can we Talk?* is about a footballer's experiences of mental health issues. Adam Spence, a former premier league footballer who suffered a breakdown at the peak of his career, is now trying to put his life back together.

SUPPORTED BY

BIRMINGHAM AND SOLIHULL MENTAL

HEALTH NHS FOUNDATION TRUST

MIND

TIME TO CHANGE

RETHINK MENTAL ILLNESS

NEW STYLE RADIO



CALL THE BOX ON 0121 236 4455

Tickets: £13 / £10

Santé Theatre presents

## CRACKED

by Mike Kenny and Julie Boden



Set in a space between wellness and illness, between the world of objective reality and a world of hallucinations and delusions, *Cracked* is a new play about a first episode of psychosis and cultural difference.

Written by award-winning playwright Mike Kenny in a new collaboration with the poet Julie Boden, this promises to be a remarkable piece of new work juxtaposing verbatim text with stunning verse.

The poetry is performed by young people who will create an ensemble, alongside the actors. It follows three narratives as they weave through social defeat, bullying and drug abuse with dark humour and percussive sound.

There will be a post show discussion. Suitable for 14+. The play contains content which some people may find disturbing.

SUPPORTED BY

THE UNIVERSITY OF  
**WARWICK**



BIRMINGHAM-REP.CO.UK

Heritage Learning Space, Library of Birmingham  
FREE – Please book in advance

Birmingham Healthy Minds presents

## BREATH AND BODY WORKSHOP



Mindfulness practice helps us to move away from worries about the future or regrets about the past to focus more on the present moment. We can learn to be less judgemental and more compassionate towards ourselves and others and to lead our lives in a calmer and more focussed way. Each session will be two hours long.

*Breath and the Body* gives guidance on how to breathe fully and deeply, to bring down stress levels, calm anxiety and help with our general wellbeing. We will also incorporate exercises demonstrating how to identify tension in the body and to bring it into a state of relaxation.

FREE – Please book in advance

# BEDLAM VOICES – A Double Bill of Drama and Poetry

DON'T FORGET THE LIGHTS  
by Caroline Jester

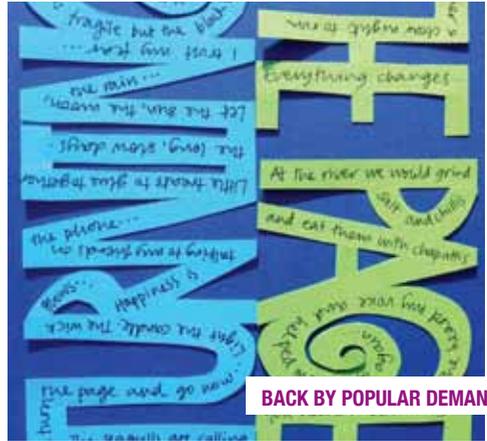
HEARTH presents  
POEM IN YOUR POCKET 3:  
TURNING THE PAGE



*Don't forget the lights* is a new play in development by Caroline Jester following research and interviews in a hospital.

*"We can't leave mental health at the door in a nice little place while we treat your physical body."*

Caroline is a writer, dramaturg and educator and uses playwriting in diverse settings connecting languages, countries, local communities in museums and organisations with this craft.



BACK BY POPULAR DEMAND!

Do you have a favourite poem which you turn to in good times and bad? Come to an evening of popular, stress-busting poems, read by our team from the Hearth Centre's resoundingly successful Reading for Well-Being project.

We will be celebrating the launch of our poetry anthology, *Turning the Page*, published by Nine Arches Press. We'll be reading some of its published poems by well-known writers, and showcasing fresh writing they have inspired. Open mic: Bring your own Poem in Your Pocket, or track one down on the night using our resources.

A member of Hearth's team will share your poem with the audience in the second half of the evening.

[WWW.THEHEARTHCENTRE.ORG.UK](http://WWW.THEHEARTHCENTRE.ORG.UK)



CALL THE BOX ON 0121 236 4455

**Brainbox, Level 1, Library of Birmingham**  
**Tickets: £5**

## USING THEATRE AND DRAMA IN SECURE HOSPITAL SETTINGS by Geese Theatre and Dr Dawn Fisher



This workshop will provide an overview of some of the partnership working between the award-winning Geese Theatre Company and two medium secure hospital settings.

Andy Watson, Artistic Director of Geese Theatre, will provide participants with an insight into the Geese's unique approach to working with secure hospital patients, including opportunities to participate in the typical exercises and theatre structures the company uses. There will also be an opportunity to experience Geese's use of masks and to explore how masks can be effectively used within forensic mental health settings.

Psychologists from both St Andrews and Cheswold Park will provide some context and background to the work

that has taken place in their respective establishments, including overviews of the patients being worked with, the regimes and treatment approaches within the hospitals, and the impact and benefits they perceive of an arts-based approach.

The workshop will be interactive and experiential and there will be plenty of opportunities for questions and answers built into the afternoon. The session is suitable for anyone with an interest in the application of theatre to forensic mental health, including theatre practitioners, mental health professionals and students. It is not suitable for anyone under the age of 16.



Brainbox, Level 1, Library of Birmingham  
FREE - Please book in advance

Tickets: £13/£10

## UP MY STREET DRAMA WORKSHOP

Helen Duff presents  
VANITY BITES BACK



The REP has recently launched the Up My Street Drama project that aims to build mental health resilience of Young African-Caribbean men in Birmingham.

This practical drama workshop led by Philip Morris (Birmingham Repertory Theatre) and members of the Up My Street company is open to all young men aged 15-28 with an interest in drama and performance. It will use a number of drama strategies to examine the important issues affecting the lives and wellbeing of young men. Limited spaces.

SUPPORTED BY



A “bold, subversive and very funny” clown cookery show about searching for self worth in a cheesecake.

Join aspiring TV cookery host Jill – “a cross between Alan Partridge and Margaret Thatcher” – for her most exposing episode to date – “a formidable comic creation...fresh, quick witted and supremely empowered” (★★★★ The Scotsman – Fringe First Nominated).

Delving into the complexities of mental illness and biting back at the silence and stigma surrounding anorexia, *Vanity Bites Back* is the solo debut from Helen Duff – “a very talented story teller; a clown, comedian and actress rolled into one, wide eyed bundle of talent” (Edinburgh Fringe Review, Highly Recommended Show).

“A bold way of tackling a taboo subject... which could spoil in so many ways. With Duff’s skill in the kitchen, it never does.” (★★★★ Broadway Baby).



CALL THE BOX ON 0121 236 4455

Heritage Learning Space, Library of Birmingham  
FREE – Please book in advance

Tickets: £5

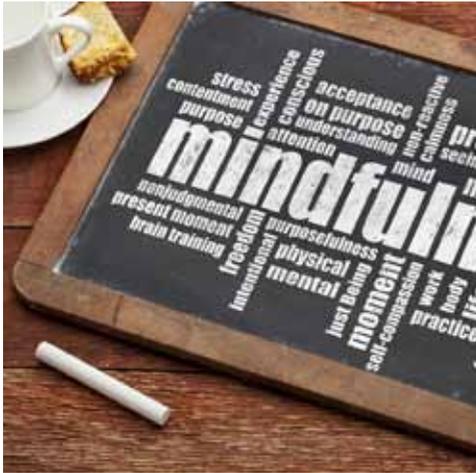
Birmingham Healthy Minds presents

## BEING PRESENT - STEPPING OUT OF AUTOMATIC PILOT WORKSHOP

## JUMP! WE'LL CATCH YOU

by Charlene James

Directed by Daniel Bailey



Mindfulness practice helps us to move away from worries about the future or regrets about the past to focus more on the present moment. We can learn to be less judgmental and more compassionate towards ourselves and others, and to lead our lives in a calmer and more focused way. Each session will be two hours long.

### Being present – stepping out of automatic pilot.

The session focuses on becoming more aware of how much our lives are lived automatically, without really noticing and paying attention to what we are thinking, doing and how we are feeling in that particular moment. By using experiential exercises we will encourage staying in the present moment, rather than worrying about the future or being stuck thinking about the past.

When Rachel, an out of work actor, embarks on a series of drama workshops in a mental health residential home in Birmingham, she experiences extraordinary changes both in the participants and in herself. This witty, insightful and moving play explores the role of theatre in the mental health system, examines what it means to recover and asks what it really means to be normal.

*Jump! We'll Catch You* is a response to playwright Charlene James's series of residencies, interviews and workshops undertaken in mental health settings and was specifically commissioned for BEDLAM 2013. Charlene James won the Alfred Fagon Award for Best New Play of the Year in 2014 and the George Divine Award 2015 for her play 'Cuttin' It'.



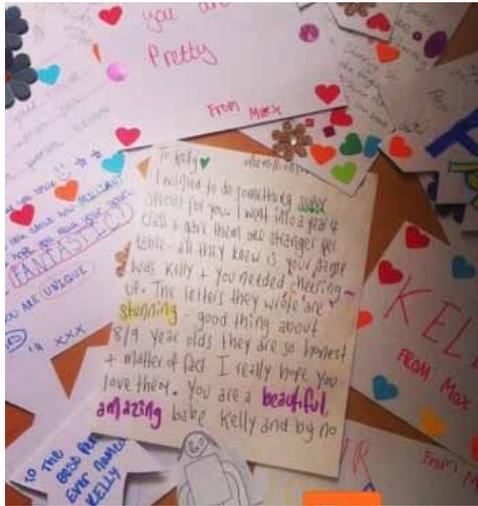
10 24 OCTOBER, 2pm

The REP

Tickets: £5 - limited spaces, please book early.

### 'ONE MILLION LETTERS' WORKSHOP

by Jodi Ann Bickley



A lovely letter writing workshop where participants will write their own letters and create lovely letter packages in response to people who have written into One Million Lovely Letters from around the world, needing some sunshine. This hour long workshop is suitable for all ages.

24 OCTOBER, 2pm

St Barnabas Church, High St, Erdington, Birmingham, B23 6SY | Tickets: £7.50 includes a loaf of bread

### COMEDY, BREAD AND A CUPPA by Albert Smith



Master Baker Albert Smith presents stand up comedy stories, tea and bread. Each audience member will get an artisan loaf to take home!

24 OCTOBER, 8pm

### JUMP! WE'LL CATCH YOU

by Charlene James

THE DOOR

Tickets: £5



See 23 October for details.

DIRECTED BY DANIEL BAILEY



CALL THE BOX ON 0121 236 4455

Tickets: £16-£20

Lakin McCarthy presents

RUBY WAX: SANE NEW WORLD



This show is your passport to saner living. Ruby Wax might not be sane herself but she does a pretty good imitation.

Much-loved US-born comedian, Ruby Wax delivers an hilarious and insightful look at how we can rewire our thinking. How we can find calm in a frenetic world and how to become the master, not the slave, of our own minds.

Ruby became a household name through her hugely successful television comedy shows. More recently she has also become a mental health campaigner and gained a Masters degree in Mindfulness-based Cognitive Therapy from Oxford University. Sane New World is based on her critically acclaimed book of the same name and discusses how we sabotage our sanity with our own thinking.

## BEDLAM calendar

### Monday, 19 October

- 10-5pm | Rewriting Stigma – Professional Development Day
- 8pm | BEDLAM: An Evening of Mad Ideas

### Tuesday, 20 October

- 12noon | All Systems Go
- 3pm | Can We Talk?
- 8pm | Cracked  
by Mike Kenny and Julie Boden

### Wednesday, 21 October

- 11.15am | Breath and Body Workshop
- 7pm | BEDLAM Voices – A Double Bill of Drama and Poetry

### Thursday, 22 October

- 2-5pm | Using Theatre and Drama in Secure Hospital Settings
- 6-7.30pm | Up My Street Drama Workshop
- 8pm | Vanity Bites Back

### Friday, 23 October

- 11.15am | Being Present – Stepping Out of Automatic Pilot Workshop
- 8pm | Jump! We'll Catch You  
by Charlene James

### Saturday, 24 October

- 2pm | Comedy, Bread and a Cuppa\*
- 8pm | Jump! We'll Catch You  
by Charlene James

### Sunday, 25 October

- 7.30pm | Ruby Wax: Sane New World

\*This event takes place at St Barnabas Church, Erdington.





BOOK ONLINE  
**birmingham-rep.co.uk**

BOX OFFICE  
**0121 236 4455**

**THE DOOR** and **THE HOUSE** are at The REP. Other venues are as specified.

\*Although some events in BEDLAM are free please ensure you book tickets via the Box Office as availability may be limited.

The advertised programme is subject to change without notice where unavoidable.

#### FEES AND CHARGES

When purchasing tickets for delivery, a £1 postage charge will be added to your order. Online bookings are exempt from our transaction fees (3% credit cards, 50p debit cards).

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**ARTS COUNCIL  
ENGLAND**



**Birmingham City Council**



**Birmingham and Solihull NHS**  
Mental Health NHS Foundation Trust

## BEDLAM Festival Ticket Offer

See all Bedlam Festival 2015 events in **THE DOOR** for just £30 (concessions £25).  
Call our box office, The BOX, on 0121 236 4455 to book.