



Folkestone
Quarterhouse

Normal?

Festival of the Brain

Thu 10 – Sun 13 May 2018

www.quarterhouse.co.uk



folkestone
fringe



Creative
Foundation



Normal? Festival of the Brain

Thu 10 – Sun 13 May 2018

Normal? Festival of the Brain brings science and art together over four days, to delve into and question the brain. This year, we're looking at rest and sleep, grief and loss, love and perception and exploring ways to pay attention, delight in difference and make ourselves more resilient.



Booking Info

You can enjoy as many Normal? Festival events as you like by purchasing a £40 Normal? Festival pass. Many Normal? events have a limited capacity so please book in advance (even for free events and even if you have a festival pass) by visiting www.quarterhouse.co.uk or by calling the Quarterhouse Box Office on 01303 760750.

@BrainFestUK
#Normal18

Thursday 10 May

FOOD + DRINK Festival Launch

6.45pm (45 mins), The Clearing, FREE
Join co-curators Folkestone Fringe, Living Words and the Creative Foundation to celebrate the launch of Normal? Festival with brain food and cocktails provided by festival pop-up East Cliff Kitchen.

PERFORMANCE Victoria Melody Ugly Chief

A Eulogy for a Living Soul
7.30pm (75 mins), Quarterhouse Auditorium,
£10/£8 concs

A dark comedy performed by Victoria Melody, her dad (celebrity TV antique dealer, Mike Melody) and a New Orleans Jazz band. In 2013, Mike was diagnosed with a terminal illness, so Victoria organised the memorial of his dreams complete with eulogies, a congregation dressed in Blackpool FC tangerine and a live band. She even trained as a funeral director. A year later, doctors realised they had misdiagnosed Mike but Victoria is going ahead with the funeral anyway... and you're invited.



'A ridiculously enjoyable show'
★★★★ The Guardian

Friday 11 May

On Friday only, Normal? Festival of the Brain is hosting the University of Kent's Imagining Autism project. All welcome!

FOOD Participate Pop-Up Café

11am–4.30pm, The Clearing, FREE
Participate community café will be popping up in The Clearing, offering an autism-friendly menu that includes gluten- and dairy-free food and a relaxed space to hang out. This is a great opportunity for young people from The Beacon school and ARRCC to gain experience in running a café.

CONVERSATION Living with Autism: Roundtable

Midday (60 mins), Brewery Tap, £2
This chaired discussion brings together different perspectives on living with autism – from parents, siblings, autistic self-advocates and members of the autistic community. Personal testimonies will be followed by an informal Q&A.

CONVERSATION Living with Autism: Problem Solving

1pm (60 mins), Brewery Tap, £2
A structured session in which the audience presents the panel with a problem behaviour or a tricky situation and asks for new ideas to solve or avoid it. Although there aren't always instant solutions, people generally feel more supported and leave with fresh perspectives and new strategies.

WORKSHOP Perceiving Differently

2.30pm (45 mins), Quarterhouse Auditorium, £2
A workshop that invites participants to see and experience the world around them differently, using some of the training techniques developed for Imagining Autism, as well as insights from the autistic community. Bring an open mind and a willingness to walk in another's shoes.

FILM Playing A/Part: Women & Autism

3.45pm (60 mins), Quarterhouse Auditorium, £2
Research suggests that autistic women and girls are under-diagnosed. Academics and self-identifying autistic female and non-binary students at the University of Kent co-produced a series of workshops exploring their experiences through

drama. This short film documents the process, revealing how performing gender, pretending and 'playing a part' becomes a survival strategy. Followed by a Q&A with participants from the project.

CONVERSATION Dementia Friends

2.45pm (45 mins), Quarterhouse Meeting Room, FREE
A session led by Dementia Friends Champion Jo Evans, for people to learn more about dementia, dementia-friendly communities and how we can all connect to each other.

FOOD + CONVERSATION Bake Tell Tarts



Have your cake and talk about it too! Psychology Research Assistant Emma Harding, from UCL's Dementia Research Centre, explores how the universal language of baking might open up conversations about the 200 different types of dementia.

CONVERSATION Perceptions of Frontotemporal Dementia

5pm (60 mins), Quarterhouse Meeting Room, £3
Behavioural variant frontotemporal dementia is one of the rarer forms of dementia, and people with a new diagnosis can be faced with a frightening picture. Reinhard Guss, Consultant Clinical Psychologist & co-chair of Dementia Action Alliance England, discusses the symptoms and mechanisms for coping, with Chris Norris who is living with FTD.

Friday 11 May

TALK

Emma Byrne Swearing is Good for You

6.30pm (60 mins), Quarterhouse Auditorium, £5

**SWEARING
IS GOOD
FOR YOU**

**THE AMAZING
SCIENCE OF
BAD LANGUAGE**

EMMA BYRNE



Swearing, it turns out, is an incredibly useful part of our linguistic repertoire. Not only has some form of swearing existed since the earliest humans began to communicate, but it has been shown to reduce physical pain, help stroke victims recover their language, and encourage people to work together as a team. Emma Byrne, a science communicator who specialises in AI, robotics and neuroscience, presents a spirited defence of our most cherished dirty words, backed by historical case studies and cutting-edge research.

PERFORMANCE

Nwando Ebizie Intimacy / Tingle / Sound

6.30pm (120 mins/drop-in), Brewery Tap, FREE



Autonomous Sensory Meridian Response is a field of experience that is just beginning to be researched by neuroscientists. A relaxing, tingling sensation across the scalp and spine in response to certain triggers, including close attention and special sounds. Not everyone experiences it and for those who do, it is hard to describe. In this durational event, relax and let storytelling, touch and movement provide a journey into the psyche to find out if you experience ASMR, along with our resident neurologist, Tim Rittman.

TALK + DRINK

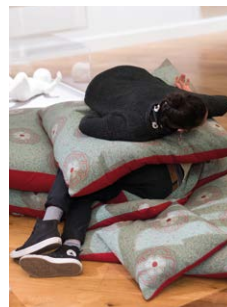
Pint of Science Beautiful Mind

8.30pm (60 mins), The Clearing, FREE



Pint of Science brings scientists and artists together to discuss their latest research, in the setting of a fun night out, with a pint of beer or other beverage! Neurologist Tim Rittman will discuss what

happens in the brain when we think we are doing nothing but resting. He will discuss the latest findings about how our brain is networked, and how this impacts on neuropsychiatric research. Dr Shabhana Khan, post-doctoral research fellow in neuroscience, will explain the role of science in understanding anxiety and how it changes our perception. She'll look at the role of neurotransmitters, like serotonin, and how the arts can help us understand the condition. We will also hear from some of the artists presenting work at the festival connected to scientific research, including Jim Lockey's meditation on loss, Aisté Jančiūtė's Touch Laboratory, "Weight" and the ground-breaking *Brains in a Dish*, from Created Out of Mind.



Saturday 12 May

WORKSHOP

Morning Meditation

10am (60 mins), Quarterhouse Meeting Room, £3

Transcendence goes beyond mindfulness to deep, silent rest so you spontaneously do less to achieve more as you access the 'zone' to heal both body and mind. Dr Gemma Beckley, Clinical Psychologist, teacher of Transcendental Meditation and director of The Meditation Trust, will be joined by Colin Beckley, Trust Founder, and TM teacher of 30 years.

FAMILY PERFORMANCE

James Middleton My Space

10am (60 mins), Quarterhouse Auditorium, age 1–5 years, £3



A theatrical play experience for children and their families.

Devised by local dancer and choreographer James Middleton, this work in progress explores how play and dance can support resilience and mental health.

WORKSHOP

SICK! Fest Zine

10am–midday & 1pm–2pm (drop-in),
Bibliotherapy, FREE



A drop-in zine workshop open to everyone. Create your own DIY publications about your brain with simple printmaking techniques and collage. SICK! are known for their work with people affected by invisible illness.

FAMILY WORKSHOP

Mindful Macrame

11am–3pm (drop-in), Block 67, FREE

Macrame a character wall hanging with designer Heather Orr, using square and spiral knots from recycled materials.

WORKSHOP

Rayya Ghul

The Diamond Inside Us

11.15am (90 mins), Quarterhouse Meeting Room, £3



What if resilience is something you already have but don't recognise? Discover your hidden strengths by using a solution-focused lens on your life. Find out

how to recognise your unique ways to stay safe and bounce back more effectively.

TALK

Dr. David Whitebread Children's Free Play

11.30am (60 mins), Brewery Tap, £3

This talk will review research evidence into the benefits of children's free play for their development – as learners, with school success and personal resilience, plus the ability to deal with stress and emotional well-being. Developmental cognitive psychologist Dr. Whitebread argues that, whatever the problem, the availability of play opportunities is likely to be the most effective therapeutic approach.

TALK

Wendy Mitchell Somebody I Used to Know

1pm (60 mins), Quarterhouse Auditorium, £5



Best-selling author Wendy Mitchell will talk about living with young onset dementia. Wendy spent twenty years in the NHS before being diagnosed with dementia at the age of fifty-eight. Shocked by the lack of awareness about the disease, she vowed to change this and encourage others to see there is life after a diagnosis. *"A lucid, candid and gallant portrayal of what the early stages of dementia feel like... This memoir, with its humour and its sense of resilience, demonstrates how the diagnosis of dementia is not a clear line that a person crosses; they are no different than they were the day before."* The Observer

Saturday 12 May

WORKSHOP + WALK

Philip Cowell

Street Wisdom

2pm (180 mins), Creative Quarter
(meet in Quarterhouse Foyer), FREE



At the centre of Street Wisdom lies the idea that every moment is extraordinary and every street is full of inspiration. Using the streets around Quarterhouse to help, we will find fresh answers to old problems

in this powerful three hour guided experience led by writer and walker Philip Cowell. Book your free ticket at www.streetwisdom.org/events

EXPERIENCE

Eyegazing with Faith Warn

Midday–1pm, 2pm–3pm, 6pm–7pm, (10 min slots) Quarterhouse Foyer, FREE

We can get caught up in our own busy minds and feel isolated, finding it hard to connect to others. Spend time with experienced 'eye gazer' Faith Warn, to discover how safely gazing into the eyes of another reminds us that we may be separate on the surface, but are wonderfully connected in the deep.

SPOKEN WORD

Bibliotherapy Readings

2.15pm (60 mins), Bibliotherapy, FREE

Join us each day to hear the words of Folkestone locals – from Lubna Gem Arielle sharing lessons learned on her journey through depression; to readings from workshops with neuro-diverse service user led groups; a relationship therapist's memoir; and drama group Thursday Theatre, formed during Normal? 2016. If you would like to take part, contact info@livingwords.org.uk

TALK

Love and Other Devices

2.15pm (60 mins), Brewery Tap, £3

Is your phone or laptop the third wheel in your relationship? Have you – or someone close to you – formed an attachment with it, or do you experience separation anxiety when it's not near? When the addictive feeling of love dies down, are we transplanting those feelings onto our devices? Join relationship expert Joyce Mandel Walter; Philosopher of Ethics and Cognitive Science Brian

D. Earp; and Public Health England's addiction lead, Pete Burkinshaw, to explore the impact technology and addiction can have on our relationships, brains and lives.



FILM

Film shorts double bill

3.30pm (60 mins), Quarterhouse Auditorium, £3

We are delighted to screen previews of two new short films, followed by Q&As hosted by Tracey Shorthouse who is living with PCA, and philosopher Julian Baggiani.

Simon Ball – Untitled

Animator and filmmaker Simon Ball's film has been made in collaboration with people living with Posterior Cortical Atrophy (PCA), a form of dementia that affects visual perception. Developed and made as part of Created Out Of Mind.

Anil Sebastian – Daffodil

Directed by Sadland Studios

Musician Anil Sebastian presents a preview of *Daffodil*, a surreal animated music film exploring artificial intelligence, loss and consciousness. Supported by Momentum Music Fund, Arts Council England, Spotify and PPL.

WORKSHOP

Avni Trivedi

Rest and the Body: Moving Through Loss

3.45pm (60 mins), Brewery Tap, £3



Our bodies hold our histories. Grief and loss can get held and cause blocks, stopping us moving freely in our bodies and our lives. This workshop will explore movement and guided relaxation to allow the parasympathetic nervous system space for grounding and releasing. Wear comfortable clothing and bring layers.

Saturday 12 May

TALK

Hair Show (& Tell)

5pm (45 mins), Quarterhouse Auditorium, FREE

People tell their hairdresser intimate details of their lives, and our onsite hairdresser Lisa Everest of Hello Hair is keen to know why. In this live hairdressing experiment, Lisa chats with relationship expert Joy Walters while she cuts her hair and reveals common issues brought up by people while seated in the chair. Joy will respond with some tips, advice and reflection on who we trust and why.

WORKSHOP

The Beat of Our Drums

5pm (60 mins), Payers Park, £3



Kevin Richards has been delivering djembe drumming workshops in Kent for 20 years. Join him for a rhythmic drum circle to restore a sense of embodiment and a primal sense of movement and life!

TALK

Helen Thomson

Unthinkable

6pm (60 mins), Quarterhouse Meeting Room, £3

Our brains are stranger than we think! We take it for granted that we can remember, feel emotion, navigate, empathise and understand the world around us, but how would our lives change if these abilities were dramatically enhanced – or disappeared overnight? Award-winning science writer Helen Thomson has spent years travelling the world tracking down incredibly rare brain

Unthinkable

An Extraordinary Journey
Through The World's
Strangest Brains



disorders. In *Unthinkable*, she tells the stories of nine extraordinary people, from the man who thinks he's a tiger, to the doctor who feels the pain of others just by looking at them, their experiences illustrate how the brain can shape our lives in unexpected, brilliant and alarming ways.

COMEDY

Francesca Martinez

What the **** is Normal?

7.30pm (60 mins), Quarterhouse Auditorium, £10/£8 concs

What happens when you're branded "abnormal" in a world obsessed with normality? This show is Francesca's defiant, insightful and fascinating answer. Intrigued by the power that a six-letter word has over so many people, Francesca shares her own life-changing journey of growing up as "abnormal", being rescued from High-School-Hell by Grange Hill, letting Ricky Gervais take the piss out of her walk in Extras, supporting Frankie Boyle on tour, and working out what to say to the BBC after being offered the role of a, ahem, vegetable. After all, what the **** is normal, anyway?! *"Hilarious and profound" Metro ******

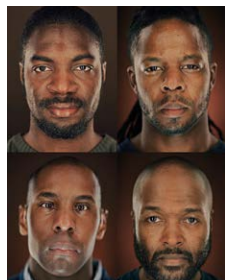


Saturday 12 May

MUSIC

The Fish Police + support

9pm (90 mins), Brewery Tap, £8/£6 concs



Heavily informed by their frontman (Dean Rodney) and guitarist (Matt Howe)'s autism, The Fish police create some of the catchiest and most uplifting electronic pop music you will hear. Their album, *Marzipan Transformations*, is a journey through their own

unique world, with nods to MF Doom, Kraftwerk, De La Soul, the Ramones and Grace Jones. New songs deal with cactus plants and why you shouldn't climb them; cars that just keep coming and coming; and why a helicopter isn't wearing any shoes. Dance, have a good time and bathe in the Fish water!

SPOKEN WORD

Bedtime Stories

10.30pm (30 mins), The Clearing, FREE

Grab a cup of cocoa or hot toddy and join Zena Cooper of Reading for Well-being in the fairytale atmosphere of The Clearing. Zena will warm us all down for a good night's sleep by reading poems and stories aloud.

INSTALLATION

Sleep Over

11pm–10am, Quarterhouse Auditorium, £12/£10 concs, including bedtime cocoa and breakfast. Limited capacity (not included in festival pass).



Help us explore the act of sleep, in a tranquil sleepover designed by acclaimed installation artist Geraldine Pilgrim. Look up at the stars during an overnight stay in the theatre, in your own comfy bed, with white cotton sheets, duvet and two pillows. Close your eyes and nod off to the gentle sound of the Shipping Forecast. There will be a chill-out room for insomniacs, plus a private video diary room to record thoughts and feelings that come in the hours between night and dawn. Breakfast will be served in The Clearing at 9am for a conversation about the night's sleep. Bring pyjamas and a toothbrush.

Sunday 13 May

WORKSHOP

Morning Meditation

(see Saturday at 10am for details)

10am (60 mins), Quarterhouse Meeting Room, £3

WORKSHOP

Sun Salutations with Sally Ann Cranage

10am (60 mins), Quarterhouse Auditorium, FREE

Join local yoga teacher Sally Ann Cranage in the Sleep Over installation for an hour of gentle sun salutations to greet the day. Open to all.

WORKSHOP

Holding On Letting Go

10am–midday & 1pm–2pm (drop-in),

Bibliotherapy, FREE



Holding On Letting Go is a Kent-based charity that helps children cope with the death of someone close to them. They will share two activities used in their work. Memory Salt Jars are an effective way to capture memories of the person who has died. Body Mapping helps to understand how, why and where thoughts, feelings and emotions are affected when we are sad, under pressure or stressed. The workshop is open to everyone, so come along and join in!

INSTALLATION

What Goes on in Your Head?

11am–3pm (drop-in), talk at 3pm (60 mins), Block 67, FREE

An interactive exhibition by local teenagers, facilitated by Jim Lockey and the Mobile Comics Factory, offering an insight into teenage perceptions of their own experience, accompanied by a talk and Q&A with Tracy Mapp from Precision Teaching Kent at 3pm.

TALK

My Head Hurts

11.15am (45 mins), Quarterhouse Meeting Room, FREE

Grief doesn't have to be connected to losing a person. In these challenging times we can feel loss and grief over many things, like having to move home, or political values not representing your beliefs. Chat in a supportive group and share your story with Tassos Stevens from interactive theatre makers, Coney, and clinical psychologist Reinhard Guss.

TALK

Sleep Disorder

11.15am (60 mins), Brewery Tap, £3

Consultant Neurologist, Sofia Eriksson, specialises in epilepsy and sleep disorders at the National Hospital for Neurology and Neurosurgery in London. Her talk focuses on sleep issues and what they can teach us about normal and abnormal brain functions. Chaired by Araxi Djian who has APSD (Advanced Phase Sleep Disorder) and mild Narcolepsy.

SPOKEN WORD

Bibliotherapy Readings

(see Saturday at 2.15pm for details)

Midday (60 mins), Bibliotherapy, FREE

TALK

Patterns of Trauma

12.30pm (60 mins), Brewery Tap, £3

What are the patterns of trauma at play in our lives? How do we deal with inherited trauma that wasn't even ours to begin with? What is trauma anyway? Three artists – Nwando Ebizie, Byron Vincent and Arike – who have made work about trauma, will talk with Clinical Psychiatrist and meditation teacher Gemma Beckley.

WORKSHOP

Write Your Own Obituary

12.30pm (60 mins), Quarterhouse Meeting Room, £3

Explore your potential future by reflecting on the now! This workshop, run by co-curator of the festival, Susanna Howard, aims to challenge the way we perceive ourselves and our expectations by writing three very different types of obituary. Bring your wild imaginations and a pen!

TALK

Can the Arts Save Us?

1.45pm (90 mins), Brewery Tap, £3

More and more councils are promoting social prescribing, or what is commonly called 'arts on prescription', but surely the arts can't replace medicine?! Isn't this just a way to save money? What can the arts and community activity do for us anyway? Take part in a ground-breaking live experiment made especially for the festival by Coney, and hear from advocates of social prescribing across Kent, including: Professor Paul Camic, Research Director, Salmons Centre;

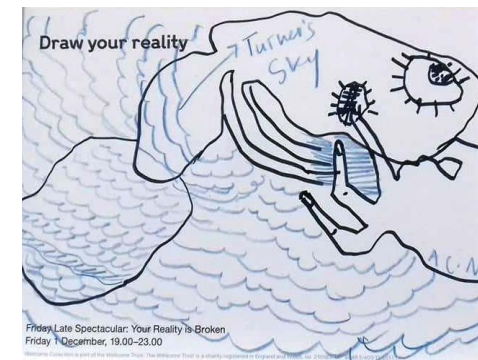
Susan Potter, co-author of Non-Clinical Community Interventions; Nick Ewbank, Research Evaluator for arts on prescription; Madlin Bee, Take Off; Dr Robert Stewart; and Emma Hanson, commissioner of Live Well Kent.

WORKSHOP

Lucy Thane

Draw Your Own Reality

2pm–5pm (Drop In), The Clearing, FREE



Lucy will host a relaxed drawing session in which everybody will draw the same thing in their own unique way. Lucy Thane is a performing filmmaker who created and co-hosts the Drawing and Dancing Society. She last presented this work as part of *Your Reality is Broken* at the Wellcome Collection. Materials provided.

EXPERIENCE

Eyegazing with Faith Warn

(see Saturday at 12pm)

1pm–2pm, 3pm–4pm, 5pm–6pm (10 mins slots) Quarterhouse Foyer, FREE

TALK

What Goes On In Your Head?

3pm (60 mins), Block 67, FREE

A talk and Q&A with Tracy Mapp from Precision Teaching Kent, about teenage perceptions of themselves and the world around them. Tracy will delve into the mechanics of brain development and offer practical advice for better connection and interaction between generations.

WORKSHOP

The Beat of our Drums

(see Saturday at 5pm)

3pm (60 mins), Payers Park, £3

Sunday 13 May

TALK

Who's Challenging Who?

3.15pm (60 mins), Quarterhouse Meeting Room, FREE, Jackie Fairlie Memorial talk

Why is the term "challenging behaviour" acceptable inside mental health institutions and care homes? The dividing line between "carer" and "cared for" is often one of inequality, promoting fear and even violence towards people at their most vulnerable. Featuring people with first-hand experience, a psycho-analyst who has experience of both sides of the coin, and a KCC health lead, this intimate conversation will enlighten and connect us.

WORKSHOP

Stacy Makishi Killing Time

3.30pm (120 mins), Brewery Tap, £3

Do you kill your creative ideas before they're born? Do you notice that the more time you have, the less you get done? Are you constantly getting in your own way? This workshop will galvanise participants to move faster than think, create faster than critique, resist resistance and pulverise procrastination. Bring a willingness to try out new ideas and an adventurous spirit to walk out into the unknown. Hawaii born Stacy Makishi frolics with many forms including live art, film and physical theatre. She has over 20 years' experience as a facilitator and has been carefully cultivating crafty ways to catch people off-guard.

PERFORMANCE

Caroline Horton & Co.

All of Me (work in progress)

6pm (75 mins), Quarterhouse Auditorium, £8/£6 concs



Living is at best a mixed bag and of course we're all going to die – so what is the point? This showgirl needs reminding – a lot. *All of Me* is a show in development, two years on from its first showing at Normal? in 2016. A darkly funny and intimate look at the struggle to keep on keeping on, there will be comedy, live music, dancing and desperation.

MUSIC

Anil Sebastian Mesonoxian

7.15pm (30 mins), The Clearing, FREE



Anil Sebastian performs an intimate set of songs from his debut album, *Mesonoxian*, with harpist Glenda Allaway.

"This beguiling release is bursting with ruminations on life and death and mental states – it's a gorgeous listen from start to end, but scratch under the surface and it can be harrowing. Sebastian pulls no punches, peeling back his skin to show what's underneath. It's brave at every turn." Line of Best Fit

SPOKEN WORD

LOVE BOX

8pm (60 mins), The Clearing, FREE



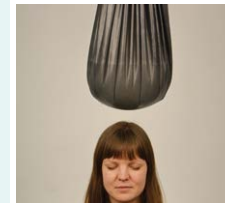
In the spring of 1993 a young German philosopher named Haddaway asked the world a question: "what is love?" This year, we'll finally be giving you an answer – of sorts. Two crack teams of word warriors will pit their similes against each other to find out whether love is a beautiful bond that gloriously unites our disparate souls, or just a biological imperative conning us into spewing rug-rats and buying overpriced greetings cards. Join us for our festival finale, hosted by by splenetic, sparrow legged word monkey Byron Vincent.

Installations

Aistė Jančiūtė

Touch Laboratory "Weight"

Friday 11 – Sunday 13 May, 11am, 2pm, 4pm (60mins), Quarterhouse Floor 3, FREE



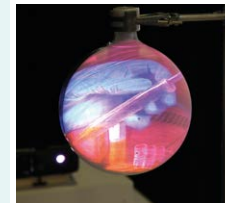
An experiment-installation-performance dedicated to the sense of touch. The laboratory invites you to experience the concept of weight from physical, artistic, psychological and

philosophical perspectives. Part of Magic Carpets co-funded by Creative Europe.

Charlie Murphy

From Skin to Mind, parts 1-2 (work in progress)

Friday 11 – Sunday 13 May, 11am–6pm, (20 min loop), Quarterhouse Floor 3, FREE



A digital video installation investigating groundbreaking cell technologies involved in dementia research at UCL's Department of Molecular Neuroscience. Working in collaboration with

Dr Selina Wray and Phd Researcher, Christopher Lovejoy, Charlie witnesses and reflects on the molecular technologies and processes that transform a tiny sample of her skin into neurons. This installation forms part of Created Out Of Mind's interdisciplinary research project, *Brains in a Dish*.

Hello Hair

Friday 11 – Sunday 13 May, 11am–4pm, Quarterhouse Foyer, FREE



Back with a bang (or is that bangs?!) after last year's booked out sessions! Have your hair cut by hairdresser and inspirational 'listening lady' Lisa Everest: *"I am so interested in the relationship that develops between*

me and my clients. I feel these conversations are as important as the haircut!" Bookings made at the start of each day.

WordPlay

The Emoji-Con

Thursday 10 – Sunday 13 May, Quarterhouse Foyer, FREE

An interactive triptych inviting participants to experiment with and challenge the concept of the Emoji in the world of modern communication. Enter the Emoji-Con audio booth and use this space to vent; design your own Emoji and contribute it to the Normal? Emoji translation system; tune into the live Emoji feed, taking the audio signal from the booth and translating it into an ever-evolving language.

Talking Life On Tour

Thursday 10 – Sunday 13 May, Quarterhouse Foyer, FREE



Photo: Ben Gilbert/Welcome

Amidst the bustle of the festival is a telephone, waiting for someone to pick up the receiver. Stop and take a moment to listen to the personal stories and life observations of people living with dementia, and their loved ones. Excerpts are taken from Created Out of Mind's vibrant *Talking Life* podcast series led by Susanna Howard.

Rest Booth

Thursday 10 – Sunday 13 May, Quarterhouse Foyer, FREE

We can lose touch with ourselves in our busy, overscheduled lives, so, take a little 'me' time. Neuroscientific research exploring brain networks and what happens when we rest, shows that by doing less, we achieve more. Take a moment to relax in our booth, close your eyes and focus on your breath.

A Walk Through Dementia

Friday 11 – Sunday 13 May, Quarterhouse Foyer, FREE

Presented in **virtual reality**, look at everyday life through a new lens. You may be familiar with some of the symptoms you'll experience, others may surprise you. Developed and presented by Alzheimer's Research UK, the VR experience puts you in the shoes of someone living with a dementia.

Exhibitions

Jim Lockey BOAT

Friday 11 – Sunday 13 May, 11am–6pm
(20 mins film loop), **The Clearing, FREE**

A cardboard boat slips quietly into the water. In that moment, its function as a vessel is realised, but at the same time water begins to seep into the material. Through a simple and absurd performative act, Jim Lockey explores loss, grief and the drive to keep going in the face of the inevitable. Where does this drive come from and how do we understand and deal with the loss of those things?

Good Grief

Whelkboy Gallery, 11 – 28 May, 10am–5pm
(Closed Mondays)

Based on experiences of their own or someone else's brain, Folkestone artists have made new work on the themes of grief, loss, letting go and getting over it. Artists include: Constance MacQueen, Susan Allen, Matthew James Healy, Maxwell MacQueen, Joachim Sefzick, Peter Thomson and Malcolm Allen.

Profiles in Paint & Handling by Charles Harrison

11 – 13 May, 10am–4pm, Brewery Tap, FREE



Created Out of Mind resident artist Charles Harrison and a team of researchers at the UCL Dementia Research Centre worked with people living with dementia and a group of 'healthy' participants to produce a series of still-life paintings that unveiled novel perceptions about the experience of different forms of dementia. Also a film exploring the hand gestures of people administering and being administered neuropsychological testing material based on the archival videos of brain researcher Prof Elizabeth Kerr Warrington FRS.

Take Off Photo Project

11 – 13 May, Quarterhouse Foyer, FREE

Take Off is a local peer support network for people with mental health issues. There will be a photographic exhibition of their work exploring the theme of perception.

Write

The Sick of the Fringe Diagnoses

We're delighted to be continuing our partnership with The Sick of the Fringe writers' programme. TSOTF supports, promotes and protects art work looking at health, medicine, illness, disability and the body. A group of Folkestone writers will diagnose events at the Normal? Festival of the Brain to be published online throughout the festival.

Normal? Festival Venues

Quarterhouse

Mill Bay, Folkestone CT20 1BN

Brewery Tap

53 Tontine Street, Folkestone CT20 1JR

Whelkboy Gallery

44 The Old High Street, Folkestone CT20 1RJ

Normal? Festival of the Brain is supported by

