



Agenda and Additional Information: East Midlands CHWA Spring Gathering

Monday 27 March 2023, 9.30 am - 12.30pm

The Zoom is available in your Eventbrite account on the online event and will also be shared with you prior to the event.

Time	Item
09:30 – 09:40	Housekeeping from Hayley Youell (CHWA) Welcome and Introductions with CHWA Regional Champions Helena Reynolds and Laura Phillips
09:40- 09:45	CHWA National Update with Hayley Youell
09:45 -11:00	<i>What We Feel - exploring the concept</i> (including viewing two episodes) - Ben Spiller and Oliver Alvin-Wilson (1623 Theatre Company)
11.00 -11.15	Comfort Break
11.15 – 11.50	<i>What We Feel - the process, successes, challenges</i> , plus a chance for open discussion and questions from the floor: Ben Spiller and Oliver Alvin-Wilson
11.50 – 12:00	<i>De-role: a lived example of how to transition out of a mentally challenging (work)space</i> : Ben Spiller and Oliver Alvin-Wilson
12:00 -12:30	Regional networking and updates - Helena/Laura
12.30	Close

More about What We Feel

What We Feel is an online drama based on real-life experiences of trauma and recovery. In four short episodes, this thoughtful and moving miniseries explores how collective creativity supports the wellbeing of individuals who face prejudice in their everyday lives. A group of five people, all marginalised by society, meet online for a creative gathering designed to support their mental health. A sixth person joins them as sign-language interpreter. One of the group has set up a task – choose and read a bit of a play by Shakespeare. What does it mean to your life right now? How does it make you feel? Does it unlock anything? Some throw themselves in, but not everyone is convinced. As creativity flows and tensions rise, will the whole group have chance to express what they feel in a space that feels safe for everyone?

Conceived and directed by Oliver Alvin-Wilson, *What We Feel* was devised in lockdown by the cast in workshops, and co-created with people living with mental health issues alongside mental health professionals. A co-production of 1623 theatre company and D&O Productions.

Supported by Arts Council England's Covid-19 Emergency Fund.

Cast: Niall Costigan (Vince), Edalia Day (Laura), Kellan Frankland (Rachel), Caroline Parker (Beryl), Bea Webster (Dax), Oliver Alvin-Wilson (Melvin).

Dramaturg: Ben Spiller.

Dramatherapy practitioner: Nikki Disney.

Mental health consultant: Richard Marshall-Lanes.

Workshop and rehearsal BSL-English interpreters: Clare Edwards, Alison Green, Alim Jayda, Elvire Roberts, Catrin Thomas.

Producer: Christopher Lydon.

Director and editor: Oliver Alvin-Wilson.

Discussion and Padlet

Through this ground-breaking and challenging work we will be delving deeper into inclusion, diversity, co-creation, and good practice in care for all in the creative process. We will hear Ben and Oliver talking about their creative process, as well as having opportunity for discussion and questions from the floor.

Questions, thoughts and ideas can be posted anonymously on the group padlet. Access the padlet, [here](#).

Previewing the films prior to the session

If you would like to preview the series you can do so [here](#).

Please take note of content warnings attached to each episode, which appear underneath each video, before viewing. A breakdown of links to all episodes, as well as content warnings, is below for ease of reference.

We will be viewing two episodes during the meeting to fuel discussion, so no need to view in advance if you don't have time.

Links to all episodes (with content warnings):

Part 1 www.bit.ly/WhatWeFeelPart1

References to PTSD and insomnia, and warzone footage including gunfire and explosions.

Part 2 www.bit.ly/WhatWeFeelPart2

References to suicide, anxiety, homophobia and transphobia.

Part 3 www.bit.ly/WhatWeFeelPart3

References to ableism and bereavement.

Part 4 www.bit.ly/WhatWeFeelPart4

Reference to bereavement.

Support and Helplines

Derbyshire

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

Leicestershire and Rutland

<https://www.leicspart.nhs.uk/contact/urgent-help/>

Lincolnshire

<https://lincolnshire.connecttosupport.org/mental-health/>

Nottinghamshire

<https://www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis>

Northamptonshire

<https://www.nhft.nhs.uk/mentalhealth-number/>

General mental health support

<https://www.mind.org.uk/>

Samaritans

Call 116 123

<https://www.samaritans.org/>

Bereavement support

<https://www.cruse.org.uk/get-support/>