



Festival OF ACTIVISM

Against Child Sexual Abuse

19th May 2022, Watershed Bristol



Bluestar
PROJECT



the
Green
House

#BeyondTherapyFest

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WELCOME TO BEYOND Therapy

We would like to extend our thanks to everyone who has come with an open mind to our first Beyond Therapy Festival.

We founded the Beyond Therapy podcast and festival which combines arts, activism, and research so that we can challenge attitudes toward child sexual abuse and re-imagine our society's existing response. We invite survivors, researchers, practitioners, and creatives to join our community of empowered voices - because there's a collective power in coming together to make a change.

About the Bluestar Project

Therapy services form a critical part of the response to childhood sexual abuse, but currently, children and young people in the UK face multiple barriers to accessing the support they need from services.

The Bluestar Project is an exploratory research study designed to improve understanding of how access to therapy services for children and young people who have experienced sexual abuse can be improved. The research is sponsored by the Green House and funded by the Home Office's Childhood Sexual Abuse Support Services Transformation Fund, which is designed to assist the

delivery of the UK government's Tackling Childhood Sexual Abuse Strategy (2020). The research focuses on two main outcomes: improving access to pre-trial therapies and online support for childhood sexual abuse.

The research was conducted in partnership with the University of Bristol, SafeLives, Somerset and Avon Rape and Sexual Abuse Support (SARSAS), Womakind, Kinergy, Southmead Project, Somerset Phoenix Project, The Bridge, Safe Link, Imara and the The Lighthouse.



About the Green House

The Green House is a creative-arts therapy and support service based in St Pauls Bristol and has been operating for over 30 years. The Green House is the only specialist provider of therapeutic support to children, young people and families who have experienced sexual abuse across Bristol, North Somerset and South Gloucestershire. We serve a population of 13,000 children and young people who are estimated to experience sexual abuse before

the age of 16 across our local areas. The Green House uses art, dance, drama, and other creative outlets, as well as talking therapies, to help survivors rebuild their lives after abuse.

This creative arts focus is the foundation of the arts-based activism which is shaping the Beyond Therapy movement.



Beyond Therapy Festival Partner



Viv Gordon Company is the UK's leading child sex abuse survivor-led arts organisation. We make bold,

unapologetic work to creatively campaign for social justice - voice, visibility and community for CSA survivors. We reject outworn stereotypes that keep us small and silent and celebrate the inherent strength, creativity and resourcefulness in our community, without which we would not have survived.

We seek to mobilise the 11 million adult CSA survivors in the UK, to champion and support CSA survivors into cultural leadership and to make systems change. Our current projects include:

Cutting Out - part show, part installation, part collective act of mourning for lost childhood through a co-created national memorial of 11 million paper dolls

ORAL - a co-produced, creative research project with Bristol Dental School to improve access to dentistry for CSA survivors;

An ABC of CSA - Finding the words to talk about child sex abuse - where we will co-create a resource to facilitate conversations about CSA with survivors in partnership with SARSAS, Devon County Council,

Women's Centre Cornwall and the South West Women's Spark Project.

Our cross sector relationships mean the world to us. Organisations like The Green House investing in creativity and walking alongside us is change in action. It's been a privilege to work with young survivors to produce a powerful short film *Mitciv A Mi* which creatively explores fragmentation and connection as we learn to share our stories.

Together, Viv Gordon Company and The Green House have offered the first ever arts micro-commissions in the UK specifically intended to amplify unmitigated CSA survivor voice. It has been a joy to bring together six established survivor artists and activists to present work here today in response to the Bluestar Project research findings, ranging from installation to live art to poetry to photography. The work stands resolute in the face of catastrophically broken systems. It is beautiful and painful, hopeful and unafraid. Go gently through your day friends and please stay in touch x

www.vivgordon.com



Supported using public funding by
ARTS COUNCIL ENGLAND

Credits

Beyond Therapy Team

Thea Woodrow

**Beyond Therapy Festival
Producer & Project Manager,
Bluestar Project**

Gemma Halliwell

**CEO, The Green House &
Research Fellow, University of
Bristol**

Charlie Harding
Marketing and PR

Simon Langley
Production Manager

Aelfwyn Shipton

**Podcast Editor, Podcast Music
Creation & Festival Welcome
violinist**

Helen Lister

Volunteer Coordinator

Jenny Fox

Administration

The Green House Team

Karen Michael-Cox

Chair, Major Projects Board

Ali Avery

Authentic Voice Coordinator

Anna Barnes

Family Support Coordinator

Design Emily Joy Rich

Venue The Watershed

Colouring Sheets Martha Ford

The Bluestar Project Team

Emma Retter

**Research Analyst,
SafeLives**

Lydia Boyson

**Research Analyst,
SafeLives**

Jen Daw

**Senior Research Analyst,
SafeLives**

Susie Hay

**Head of Research,
SafeLives**

Rachel Pender-Cudlip

Comms Manager

This event will address sensitive and difficult subjects and include explicit language.

Please use your discretion if attending with people under the age of 18.

This event will be relaxed with gentler volumes and house lights on.

We invite you to make yourself comfortable and move around if you would like. If you need to leave a room at any point, you will be able to return to the space when you feel ready.

What's on

On the following pages you will find detailed information about today's sessions. Many of these sessions will be exploring difficult subjects so you can leave at any time without apology if you need to.

There will be qualified therapists based in the Wellbeing area for anyone that may need to check in with them.*

We have a code of conduct which you can find on page 31. Please familiarise yourself with it and speak to one of our volunteers if you have any questions.

Some of our sessions have limited spaces. Sign up sheets are outside the door of the advertised workshop space. If you find that a workshop you would like to attend is full, our volunteers can help you to find another session. Our panel discussions don't require sign up and are open to all. The festival will be running to a timetable (see p28) but feel free to drop in to sessions. Please arrive promptly to closed sessions.

We have a restful break planned over lunch. Tea, coffee and snacks are available as part of the day, unfortunately we can't provide lunch for everyone - as much as we would like to. Lunch is available from the Watershed cafe bar or take a stroll around the Bristol Harbour where you will find many shops and cafes.

Please note - all information provided was correct at time of print.

*Therapists will be available in a listening support role, but will be unable to offer anyone a full individual therapy session. The wellbeing space is a group room staffed by therapists who identify as both male and female.

DROP IN ALL DAY, WATERSIDE 1

Wellbeing Space

Open all day for people to relax and try some activities away from the panels



Therapy dogs - drop in and meet the therapy dogs and learn more about the work they do and how to volunteer



Therapists - will be on hand if you would like to talk to someone on the day. Please note, therapists will not be offering individual therapy sessions but can provide emotional support.



Our therapy team can support you with information and signposting to local sexual abuse services across Avon & Somerset. Our wellbeing space is a group space so please be aware of the limits to confidentiality.

DROP IN ALL DAY, WATERSIDE 2

Gallery Space

Displaying bespoke artworks in response to the Bluestar Project research findings commissioned by Viv Gordon Company and the Green House.



Jemima Foxtrot

Title of piece: *Seven Songs for Little Me*

Seven Songs for Little Me is a durational piece exploring my experience of CSA and its reverberations in my life. My first trauma, before my experience of childhood sexual abuse, was a serious bike accident on my dad's bike when I was four. I've always been

terrified of cycling until this last year when I've overcome my fear and begun to cycle everywhere. Cycling makes me feel childlike, but here the bike that is powering the audio with my thoughts also represents the work we have to put in to speak and exist as survivors. The seven pop songs I've chosen are some of those that soundtracked my childhood.



Viv Gordon

Title of piece: *Digital Strip Search*

Digital Strip Search centres the body as the site of trauma and the site of resistance. It's a refusal to fade politely into the background and a fuck you to a impotent justice system which seeks to discredit victims rather than prosecute offenders.



Jeanie Jones

Title of piece: *DEFEATED*

The sculptures represent The children whose system of self defence shuts down entirely. They are frozen and powerless – forced to abandon themselves in order to survive these ordeals. Their bodies used and no longer claimed as their own. They are being dehumanised, through the experiences of humiliation and helplessness.

These sculptures have moveable armature and can be placed in different positions, to show how others own their bodies and dictate what it does.

The letters represent their words, which like their bodies, are used by The defence's legal team to undermine the child's credibility and ensure a not guilty verdict.



Sue MacLaine

Title of piece: *KEYNOTE*

KEYNOTE is the first note played offering a focus for melody and harmony.

KEYNOTE is the first talk of a conference offering a framework for ideas and themes. Throughout the day artist Sue MacLaine will be offering harmony and discord in the form of poetic, political and personal messages delivered to delegates.



Cheryl Martin

Title of piece: *Escaping the Spiral* (working title)

An autobiographical piece exploring the impacts of trauma from child sex abuse, through the themes of disassociation and fragmented reality.



Clare Shaw

Title of piece: *Telling Truths, Telling Tales*

Clare has written a sequence of visual and spoken poems which examine how current systems respond to the trauma of sexual assault: "After trauma, we are expected to recall the traumatic incident in fixed chronological detail. Traumatic memory does not work like this. Traumatic truths are complex and powerful; they can tell themselves in complex and powerful ways. When we fail to support young people to tell their stories in their own way, we add to their sense of shame, powerlessness and isolation".



The Green House Young People's Voice Group

We are a group of young people aged 16 and over who have accessed therapy with The Green House. We volunteered to join the Voice Group to influence change in The Green House, other services and wider society for the benefit of other children and young people.

The Green House Young People's Voice Group is showcasing Poppy Rochfort's artwork in the Gallery Space, and their film *Mitciv A Mi*. Details on the opposite page.

DROP IN ALL DAY, WATERSIDE 2

Gallery Space

Poppy Rochfort

Title of piece: *Private Sorrow into the Light of Day*

"I wanted to create a space where private sorrow could still see the light of day for anyone carrying heavy burdens to lay them down, a reassuring ritual that lets survivors know that their stories will be held with dignity and respect" *Amanda Phingodhipakkiya*

This quote I feel explains my creative process perfectly and conveys the way I want my work to be represented. This artwork is about highlighting the subject of sexual assault and not only bringing the problem to light but empowering the survivors that have gone through it. I want to speak out for every woman against sexual assault, to turn these difficult stories into something



empowering and transform the negative into a positive. This topic is very personal to me, and I want to tell the story of my own personal experience of sexual assault and how it affected me but also how I overcame it.

The subject of sexual assault is very hard for people to talk about openly and it was very difficult for me when I first came out about it. After I did it felt very empowering, and I feel by me coming out about my story it helped a lot of people come out about theirs. On Instagram I shared parts of my story and invited others to do the same. My work in the exhibition includes words from my story and others, stories which are revealed and also hidden.

@poppyrochfortphotography

FILM 10:15 - 11:00, CINEMA 1

Mitciv A Mi Film

The Green House Young People's Voice Group are proud to share our film *Mitciv A Mi* and our paper chain project.

This film was developed through six creative workshops with CSA Survivor Artist and Activist Viv Gordon where we started putting our thoughts and feelings

about CSA into words and having them heard.

We welcome you to add your words to our paper chain today to make it stronger. Please visit our table in the Waterside Corridor to join in.

Stopping CSA needs all of us.



PANEL 11:15 - 12:15, CINEMA 1

Keeping secrets: Is the criminal justice system perpetuating silence?

Capacity 200

In 2021, rape prosecutions and convictions in England and Wales hit a record-breaking low. Every day survivors who report to the police are being told they can't have therapy while the criminal case is ongoing - this simply is not true. As it currently stands survivors cannot get justice or access mental health support. Why? We guide the audience through the criminal justice journey, from report to court and how to find pre-trial therapy services along the way.

Dr Gemma Halliwell presents the findings of the Bluestar research project. Panellists discuss the ways the system is letting us down, what needs to change to make the system work and how to improve access to care.

The panel includes **Nick Marston**, *Family Law Judge (Chair)*, **Sarah O'Leary**, *CEO Safelink*; **Nicky Shannon**, *The Bridge Sexual Assault Referral Centre*; **Raquel Correia**, *Clinical Psychologist (The Havens)*, **Dr Grace Carter**, *Coventry University*; **Edward Yaxley**, *Avon and Somerset Police (SRO Bluestone Project)*

WORKSHOP 11:15 - 12:15, WATERSIDE 3

How to help survivors of CSA creatively

30 places, sign up required

Opal Training and Consultancy would like to give a creative and thought provoking workshop aimed at a range of professionals working with CSA, from a lived experience point of view. We will cover creative activities you can do with children, from script writing and play to arts and crafts, to help with emotions and disclosure. Our workshop will cover our own lived experience stories from disclosure

through to surviving now as adults. We also cover some of the myths and stigmas we have experienced, with the aim to raise awareness of these and help professionals learn that there is more than meets the eye with CSA.



WORKSHOP 11:15 - 12:15, STUDIO 5

Inner Superheroes

10 places, sign up required

Sometimes expressing ourselves is difficult. *Creative Minds* creates a safe space to be curious about the different ways we can express ourselves, using different playful mediums such as: creative writing, art, animation and timelapse film. *Creative Minds* aims to deliver workshops run by survivors for survivors. Our aim is to offer a safe space in which people can discover/nurture new ways of expressing themselves. Our workshop aims to help people feel connected, accepted, seen, and heard.

At all times group members can choose their level of participation. All activities are fully guided, and no previous experience or materials provided by yourself are required. For this specific workshop, we will deliver our 'Inner Superheroes' session. The aim is to playfully explore the creation of an imaginary superhero. The session uses games, shadow play, the creation of a Lego superhero and writing about the attributes of their imaginary hero.



PANEL 12:30 - 13:30, CINEMA 1

Survivor Activism - Who we are, what we do and is there ever a right time to start?

Capacity 200

So, you've survived CSA and you're now surviving the consequences of trauma in a society that has little understanding of how to accommodate your needs, or listen to your story.

You might be striving for justice or the system might have failed you entirely. Perhaps your trauma responses have been misunderstood by mental health services. You might have waited for months to access therapy or have finished your counselling and be wondering, what now? All of our panellists have been in your position. What inspired them to become survivor activists? Do we have to be fully recovered to do this work? How do we begin?

Our panel will take the audience on a journey - one of seeing the need for change and determination for social justice, whilst living alongside the consequences of trauma. This panel encourages others to know there's no right time to start - that we do this work alongside 'recovery', supported by one another.

Panel includes **Sophie Olson** and **Anna**, *The Flying Child*; **Jane Chevous**, *Survivors Voices*; **Viv Gordon**, *Viv Gordon Company* and **John Slater**, *MoMENTum Devon*.

Image: Girl in a Gilded Cage by Elise Macdonald





WORKSHOP 12:30 - 13:30 , WATERSIDE 3

Trauma-informed Yoga: Connect, Move, Breathe and Rest

16 places, sign up required

Come and take some space to nourish your body and mind with a 45-minute trauma-informed yoga practice led by Bristol Yoga Roots Project. The class will begin with a brief meditation to help us arrive together, followed by a breath-connection practice and a guided sequence of movements. We will finish the session with some gentle relaxation and an opportunity to offer any feedback or reflections. The session will take place on a chair, with options to

take some parts standing if you prefer. Everyone is welcome and no change of clothes is necessary! There will then be an option to stay for a question and answer session about what trauma-informed yoga is, how this can be supportive in reclaiming our lives and bodies after abuse, and what the Bristol Yoga Roots Project is all about.

bristolyogarootsproject.co.uk



WORKSHOP 12:30 - 13:30, STUDIO 5

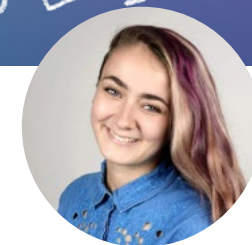
Creative Writing for Survivors of CSA

15 places, sign up required

Kindreds Creatives is an organisation that runs creative writing workshops for adult survivors of CSA, led by adult survivors of CSA. This workshop will combine gentle discussion of experience which we have found to reduce feelings of survivors' isolation, as well as writing exercises so that participants can feel the healing nature of expressing themselves with words. Exercises can include free-writing,

writing metaphors, and translating memories or feelings into images. We will have a therapist present in case anyone is triggered and needs to take a moment outside the space to ground themselves. There will be an opportunity (but no pressure) for participants to share some part of what they've written over the course of the workshop.

kindredscreatives.org



FILM LUNCH 13:30 - 14:15, CINEMA 3

Beethoven and Me

Capacity 100

A Sky Arts film by Sky Arts Ambassador for Music, Charles Hazlewood. Marking the 250th anniversary of the birth of Beethoven, *Beethoven and Me* is a deeply personal exploration of

Beethoven's struggle in art and life (as Charles believes, largely the result of childhood abuse inflicted on the great composer), in the context of Charles' own personal childhood trauma.



FILM LUNCH 13:45 - 14:00, CINEMA 1

Madre

Capacity 200

Simón Mesa Soto examines what consequences the demand for child sexual abuse material might have on economically disadvantaged people in Colombia. Sixteen-year-old Andrea lives together with her mother and sister in a socially and economically deprived area in the mountainous region of Medellín in Colombia. She is catching the bus into town to participate in an adult film casting.

Break the Silence is a unique project bringing four Cannes-awarded film directors together with the purpose of using film as a tool to break the culture of silence around abuse and sexual exploitation of children. Film has the ability to engage our senses and emotions, creating opportunities for reflections and discussions. The project consists of four individual short films by Cannes nominated directors: Frida Kempff, Simón Mesa Soto, Anahita

Ghazvinizadeh and Sonejuni Sinha. Each film illustrates different aspects of abuse and are set in different parts of the world: India, Colombia, Sweden and the United States. *Break the Silence* was initiated by Change Attitude in collaboration with Momento film and was made possible by the generous support of The Swedish Postal Code Foundation. *Break the Silence* is now used by i.e. Save the Children, The European Women's network against Sexual Violence and promoted by the Swedish Institute to all Swedish Embassies and consulates worldwide as a valuable tool to push the sustainable goals – Agenda 2030, target 16.2, "End abuse, exploitation, trafficking and all forms of violence against and torture of children". Please see the website of the Swedish Institute www.sharingsweden.se/toolkits/never-violence

PANEL 14:15 - 15:15, CINEMA 1

Whole family support for the impact of sexual abuse

Capacity 200

A parent's response to their child post-disclosure of sexual abuse is one of the most significant factors influencing the impact of abuse on the child. Our experiences at *The Lighthouse* of working with families in a multi-agency project for children, young people and families have taught us that parents are traumatised by what has happened and that they can have feelings of shame, guilt, and stigma in the knowledge that they were not able to protect their children. This panel will discuss and debate the issues relating to working with parents in groups and as individuals. We will draw on our experiences of delivering courses, running workshops, and meeting

families individually - reflecting on the impact of trauma on the whole family while navigating the criminal justice process. We will also discuss the importance of holding boundaries in the face of trauma, having the confidence to set safe behavioural limits, dealing with the outside world, moving on to a future of hope and recovery, the impact of trauma and the importance of self-compassion, as well as parent evaluation.

Panel includes **Victoria Mattison, Candice Harris, Jonathon Guy, Monique Joseph and Ajua Mensah.**



WORKSHOP 14:15 - 15:15 , STUDIO 5

Creating Cultures of consent in Schools

30 places, sign up required

Learn how we deliver workshops that create cultures of consent in the classroom. We want to arm young people with the knowledge and skills to not only keep themselves safe but call out behaviour and protect others. Join us to discover how we support them to develop the skills to talk openly and honestly about topics such as healthy relationships, gender stereotypes, rape myths and consent. Through activities and discussions, we empower young people to challenge the attitudes and beliefs that enable sexual violence to continue unchecked. Through preventative education, we teach how to recognise abuse and articulate their understanding of complex problems - skills that are necessary to develop a culture of consent and protection from

sexual violence. We will spend an hour with you, to give you a taste of how we deliver preventative work with young people promoting consent and healthy relationships, and demonstrate some of our theatre games and discussion generating exercises that create cultures of consent and safe spaces for all. This workshop may involve some walking/moving in the room, and will use anatomical words and discusses topics that could be triggering.

www.sarsas.org.uk



WORKSHOP 14:15 - 15:15, CINEMA 3

Improving the professional response to child sexual abuse: new resources

Capacity 100

The current response by multi-agency services to child sexual abuse in England and Wales is often ineffective. Abuse is frequently not recognised; reported cases may not receive an appropriate and consistent response, and the focus is often on the criminal justice process. Building upon existing guidance and research, and based on the child's fundamental needs, the *Centre of Expertise on Child Sexual Abuse* has developed a Child Sexual Abuse Response Pathway. The pathway in its totality and the accompanying

resources have been shaped by experts by experience (both young people and adults), multi-agency professionals and researchers. A pilot implementation of the pathway is underway in three sites in England, including Bristol. Using engaging materials, we will outline the origins of the pathway, the pathway itself, the accompanying resources and what we have learned so far from this consultation and implementation process.

www.csacentre.org.uk



PANEL 15:30 - 16:30, CINEMA 1

Shaping the system

Capacity 200

This panel will consider how partnership working can improve the experience and outcomes for children and families after sexual abuse, while reflecting on the barriers and difficulties in achieving true partnership working and a single pathway. We will explore:

- What are the benefits for children and young people?
- What do young people and adult survivors say they want to experience?
- How can partnership working help survivors come forward?
- What are the barriers and opportunities to creating whole system change?

- What are some of the difficulties of making a partnership work in reality?
- What is the vision for partnership working in Avon and Somerset?

Panel includes **Emma Harewood**, *Harewood Consultancy*; **Marian Moore**, *NSPCC Service Manager*; **Eimear Timmons**, *The Lighthouse*; **Clare Bethel**, *Red Quadrant*; **Becks Marsh**, *NHSE Commissioner* and **Michelle Cutland**, *The Bridge*

PANEL 15:30 - 16:30, CINEMA 3

Getting it right: Responding to sibling sexual abuse

Capacity 100

Sibling sexual abuse is considered to be the most common form of child sexual abuse within the family setting in the UK. Children are more likely to be sexually abused by their siblings – brothers and sisters and stepbrothers and step-sisters – than by their parents.

Yet, society's awareness of sibling sexual abuse has trailed behind other child abuse issues and concerns. Today, it remains a hidden, chronically underestimated and untreated form of child sexual abuse. It continues to be ignored, played down, or denied by parents, professionals, and authorities as harmless or non-threatening childhood sexual experimentation that does not

require attention. This is despite the known life-time effects of sexual violence and abuse on the health and happiness of survivors. This panel discussion will shed light on this much neglected area.

Panel includes CEO of SRSAS **Claire Bloor**; **Stephen Barry**, *Clinical Team Manager and Lead Clinician for the Avon and Wiltshire Mental Health Partnership NHS Trust*; UWE Professor **Kieran McCartan** and **Dr. Sophie King Hill**, *Senior Fellow in the Health Services Management Centre at the University of Birmingham*.



WORKSHOP 15:30 - 16:30, STUDIO 5

Creative Collage

12 places, sign up required

Pippa Grace will lead a trauma informed Creative Collage workshop designed to support participants to access their innate creative process. Fun, accessible, reflective and expressive - the workshop is suitable for all abilities, with no previous creative experience necessary. Each participant will get to consider the role creativity plays within their own lives, and to make a collage

from images, words and mixed materials, to express their unique relationship to creativity. Collages are made on A3 or A2 mount board and can be taken home as a visual inspiration, and a reminder of the participant's creativity and resilience.

www.one-story.co.uk



MUSIC 17:00 - 18:00, WATERSIDE 3

Trauma and the healing power of the Drone

Standing capacity 160

Grab a drink from the bar and join us for this exciting gig style concert. Some seating available, please speak to a volunteer

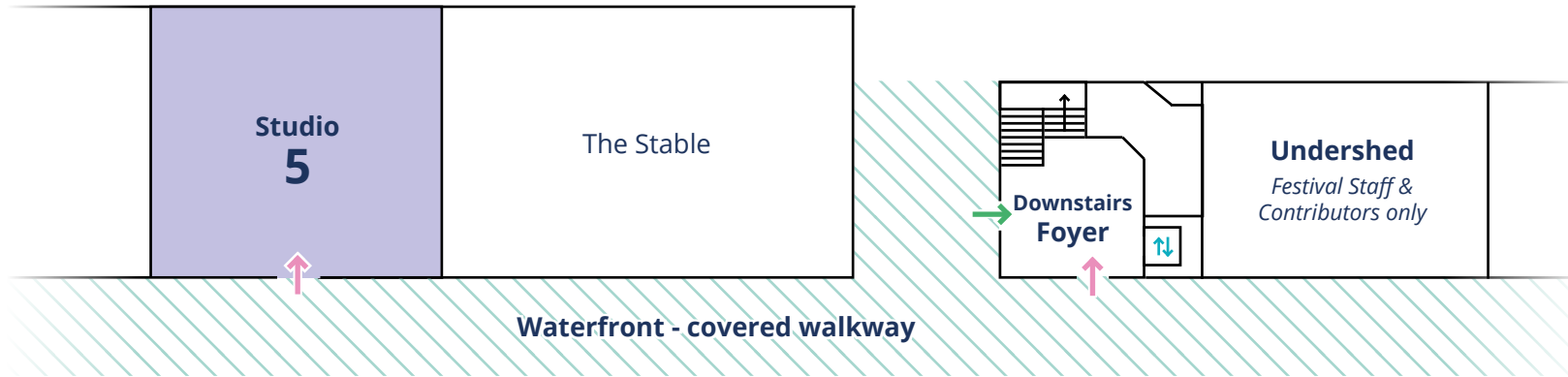
Charles Hazlewood will lead a drone-jam featuring Portishead's Adrian Utley, ondes Martinot virtuoso Josh Semans, and Jason Yarde, who plays saxes and electronics better than anyone on the planet, based around the ecstatic music of the mediaeval mystic Hildegard von Bingen. 'Drone music was one of my greatest comfort blankets from earliest childhood, especially when alone and traumatised at boarding school. The notion of a fixed pedal point - a fixed pitch - which will not yield.

The melody and harmony try to pull away from it, there is friction, tension-release, tension-release etc yet they can never entirely break free. The drone is solid, rooted. This breeds an intense sense of comfort, of groundedness, of security. For the damaged child me, there was an endless feeling of not being safe, of not being grounded; anything and everything in life felt precarious, unstable. Drones were (and still are) my balm.'



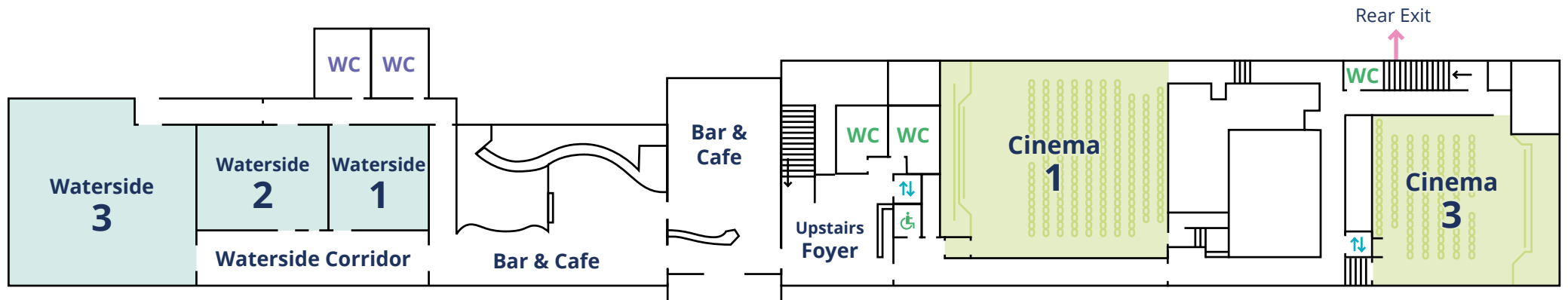
Map

Ground Floor



- Accessible Inclusive Toilet
- WC** Gender Neutral Toilets
- WC** Gendered Toilets
- Waterside Rooms
- Cinema Rooms
- Studio Rooms
- Lift
- Entrance / Exit
- Ramped & electronically assisted entrance

First Floor



	09:30	10:15 - 11:00	11:15 - 12:15	12:30 - 13:30	13:30 - 14:15	14:15 - 15:15	15:30 - 16:30	16:45 - 17:00	17:00 - 18:00
Upstairs Foyer	R E G I S T R A T I O N								
Waterside Corridor	R E F R E S H M E N T S								
Waterside 1	DROP IN Wellbeing Space (All day)								
Waterside 2	DROP IN Gallery Space (All day)								
Waterside 3			WORKSHOP How to help survivors of CSA creatively (Capacity 30)	WORKSHOP Trauma-informed Yoga: Connect, Move, Breathe and Rest (16) (Closed space)	<i>Set up (closed)</i>	<i>Rehearsals (closed)</i>	<i>Rehearsals (closed)</i>	ROUNDUP Closing session (Standing capacity 160)	MUSIC Music with Charles Hazlewood: Trauma and the healing power of the Drone (Standing capacity 160)
Cinema 1 Capacity 200	MUSIC Welcome music: Aelfwyn Shipton, Mirabelle Arts (violin)	WELCOME Angie Belcher (compere), Gemma (CEO The Green House), Viv Gordon, Clare Shaw FILM Mitciv A Mi	PANEL Keeping secrets: Is the criminal justice system perpetuating silence?	PANEL Survivor Activism - Who we are, what we do and is there ever a right time to start? (Confidential space)	FILM Madre (15 mins) 13:45 - 14:00	PANEL Whole family support for the impact of sexual abuse	PANEL Shaping the system		
Cinema 3 Capacity 100					FILM Beethoven and Me (45 mins)	WORKSHOP Improving the professional response to child sexual abuse: new resources	PANEL Getting it right: Responding to sibling sexual abuse		
Studio 5			WORKSHOP Inner Superheroes (Capacity 10)	WORKSHOP Creative Writing for Survivors of CSA (15) (Closed space)		WORKSHOP Creating Cultures of consent in Schools (Capacity 30)	WORKSHOP Creative Collage (12) (Closed space)		



Angie Belcher

Festival Compere

Angie is a facilitator, actor, writer and stand up comedian with over 15 years' experience creating and presenting shows. Angie's clients have ranged from delivering shows for national NGO'S to lecturing for London's trendy Design Agency D and AD. Her other clients include BBC, The Prince's Trust, Capita and WISH, London. She's an award-winning trainer and professional coach teaching presentation skills to CEO's and staff. A proud graduate of The Institute for the Development of Human Potential, she holds a masters diploma in Humanistic Psychology for Facilitation,

Leadership and coaching and she is also stand up comedy tutor on Circomedia's BA course in Contemporary Performing Arts.

Her Comedy on Referral groups can be socially prescribed by GPs across Bristol. These groups utilise the power of learning stand-up comedy for people who have experienced trauma. Through group work, 1-1 work with a comedian and games patients explore elements of their life that they would like to analyse through comedy.

Code of Conduct

Credit: Sexual Harm and Medical Encounters (SHaME) and Women of the World Foundation (WoW)

Introduction

Beyond Therapy wants to create an event that provides a respectful, inclusive and safe space for all of our attendees. We have decided to use WOW's existing code of conduct as the foundation for Beyond Therapy to ensure our festival is enjoyable for all attending.

You can read more about the SHaME research project here: www.shame.bbk.ac.uk

You can read more about the WOW Foundation and the Shameless Festival here: www.thewowfoundation.com/festival/shameless-festival

To read the code in full, please head to thewowfoundation.com/code-of-conduct.

Principles for participation:

We want Beyond Therapy to be a community of, and be in solidarity with, people from every gender identity and expression, sexual orientation, language, disability, mental illness, neuro (a) typicality, physical appearance, body size, race, ethnicity, culture, political opinion, age, skill level, occupation, background or religion. Our principles are listed over the next few pages.

If you're struggling on the day

Please come and chat to one of our on site therapists, use one of our quiet breakout rooms, visit the therapy dogs or let a member of staff know so we can help you.

Reporting

Please contact a Beyond Therapy member of staff immediately if you are experiencing any form of harassment or discrimination, or if you feel unsafe. We ask all participants to report any behaviour that is not in line with our code of conduct.

Complaints

If you have any feedback or a complaint about the event, please do not hesitate to get in touch by email at bluestarproject@the-green-house.org.uk

Help to create a safe space for all participants. Our principles are:

- Be an active bystander - if you see abuse happening (verbal, physical, online), report it to a Beyond Therapy member of staff or The Watershed front of house staff immediately and show kindness to the person who is experiencing the abuse
- Seek meaningful human connection
- Be open to transformation (big or small)
- Have an open mind - be prepared to unlearn patterns of behaviour or ideologies
- Show up to our events from a place of curiosity, learning and respect. Be mindful that curiosity can be uncomfortable because it requires uncertainty and vulnerability.
- Be collaborative, participate, but active listening is okay with us too
- Recognise and value diversity
- Respect the privacy of participants
- Be aware of language diversity
- Handle disagreement constructively
- Call out biases or prejudices, but refrain from shaming
- We ask you to extend the most generous interpretation to the intentions, words and actions of others. Our assumption of generosity puts our faith in people that they are doing the best they can
- We ask you to join us in creating a space that enables each other to ask for what we need and to talk about how we feel without judgment - doing this will enable us to collectively develop strategies for hope.
- We ask you to acknowledge that people have different levels of support systems
- We ask you to be mindful that people can be triggered by lots of different factors, some which may not be clear or obvious
- We believe that people can be vulnerable and treated with dignity and respect

To be part of a Beyond Therapy organised event or channel, please opt in, agree and adhere to our code of conduct. Anyone who violates this code of conduct may be removed from Beyond Therapy spaces. If you have difficulty understanding or following this code of conduct, please let us know so that we can help you.

We are committed to protecting and safeguarding all of our participants and speakers. We do not tolerate:

- Offensive language and comments relating to gender, gender identity and expression, sexual orientation, disability, mental illness, neuro (a) typicality, physical appearance, body size, age, race, ethnicity, culture, political opinion, age, skill level, occupation, background or religion. Unwelcome comments regarding a person's lifestyle choices and practices, including those relating to food, health, parenting, drugs and employment
- Harassment and stalking
- Harassing photography or recording, including logging online activity for harassment purposes
- Hate speech, inflammatory or derogatory language
- Discrimination of any kind, including micro-aggressions or subtle displays of prejudice
- Violence, incitement or threats of violence or intimidation
- Personal attacks
- Encouraging behaviour that violates the code of conduct
- Unwelcome sexual attention or physical contact.
- Sexually explicit, violent or triggering material that is not contextualised and preceded by a warning
- Deliberate misgendering or use of 'deadnames' or rejected names
- Deliberate "outing" of any aspect of a person's identity without their consent except as necessary to protect vulnerable people from intentional abuse

Participants who are asked to stop any kind of the above behaviour are expected to comply immediately. If a participant engages in any of the above behaviour, the Beyond Therapy team may take any action we deem appropriate, up to and including expulsion from all event space.

Notes

A space for thoughts, books you want to read, people to google and orgs you want to reach.

Finding Support



Join the conversation
#BeyondTherapyFest

 GreenHseBristol  GreenHseBristol

 the.greenhousebristol  the-gh



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the
Green
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www.bluestarproject.co.uk