Throughout June 2014

Anxiety
Arts Festival London 2014

Exploring anxiety through the arts
Introducing Anxiety Arts Festival London 2014

Anxiety 2014 is a new London-wide arts festival, curated by the Mental Health Foundation and taking place throughout June. The festival explores anxiety, looking at its causes, how it affects all of our lives, and how it can act as a creative force. It brings together leading and emerging artists to address anxiety from different angles: from medical, social and historical perspectives to individual, collective and contemporary viewpoints.

Anxiety 2014 presents a dynamic programme of visual art, film, performance, music, dance, theatre and talks spanning venues across London, including leading arts organisations, universities, health care institutions and community centres.

The London festival continues the Mental Health Foundation’s tradition of bringing together mental health and the arts, which began in 2007 with the highly successful annual Scottish Mental Health Arts and Film Festival.

Why a festival about anxiety?

Anxiety disorders are amongst the most common mental health problems in the world and are diagnosed in about 1 out of 20 adults in Britain. Anxiety is experienced by everyone at times and is perfectly normal. However, generalised anxiety disorder is more constant and harder to control and can often affect and disrupt everyday life. By focusing on an all too common experience, Anxiety 2014 aims to open up wider conversations about mental health issues, and to demystify and tackle any associated stigma.

There is also a close relationship between mental disturbance, anxiety and modernism in the arts. The emergence of psychoanalysis at the turn of the twentieth century had a profound impact on artists who were breaking away from classical conventions of representing the world. This new insight into the psyche influenced artistic vision by focusing on the unique perception that comes from individual experience.

The twentieth century also unleashed a series of rapid social, cultural and political changes that caused deep anxieties for individuals and societies, making an indelible impression on the arts as well as our sense of wellbeing. The festival’s visual arts, film, communities and performing arts programmes look at the relationship between anxiety and modernity and how feeling anxious has become part of our contemporary condition.

The Mental Health Foundation is the leading charity in the fields of mental health research, policy studies and integrated service development. Established in 1949, the Foundation is committed to reducing the suffering caused by mental ill health and to helping everyone to lead mentally healthier lives by tackling stigma and discrimination, carrying out research and developing practical solutions for better mental health services.

Errol Francis, Festival Director
FEAR OF FEAR
Anxiety is a fear of something that won’t abide. These films explore fear from inside and fear from outside.

**The Lodger** (PG)
**LIVE MUSIC SCREENING**
Dir. Alfred Hitchcock, UK 1927, 75mins
Barbican Cinema 1, Sunday 1 June, 4pm

Set in a fog-filled London, Alfred Hitchcock’s first film is a silent thriller starring matinee idol Ivor Novello as an innocent man accused of being a murderer. Many of Hitchcock’s now famous visual tropes such as vertigo inducing stairwells get their first cinematic outing in this extraordinary film which places anxiety at the heart and start of cinema. Original live music (and an anxious fan, she begins to confront her own personal demons, triggering performance anxiety in the run up to the opening night.

**Opening Night** (15)
Dir. John Cassavetes, Sweden 1978, 144mins
Hackney Picturehouse, Friday 13 June

Late Night Screening, see website for details

Gena Rowlands plays Broadway star Myrtle Gordon who plays a character unable to admit she is ageing. After she witnesses the accidental death of an adoring fan, she begins to confront her own personal demons, triggering performance anxiety in the run up to the opening night.

**Cléo from 5 to 7** (Cléo de 5 a 7) (PG)
Dir. Agnès Varda, UK 1962, 90mins
Freud Museum, Tuesday 3 June, 7pm

Cléo is a beautiful singer living in Paris waiting for a medical diagnosis. Over the next two hours she is propelled by her anxiety into a rich series of encounters from shopping to falling in love. Barely visible on her face, Cléo’s anxious fears are instead revealed in the uncanny way she, and through her eyes the audience, begins to perceive and move energetically through the world when faced with her mortality.

See also at The Freud Museum a further exploration of the uncanny in the UK premiere of Latifa Laâbissi’s solo dance Écran Somnambule, a reinterpretation of Mary Wigman’s 1926 Witch Dance, see page 7.
020 7435 2002 www.freud.org.uk

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**Dr. Strangelove** or: How I Learned to Stop Worrying and Love the Bomb (PG)
Dir. Stanley Kubrick, USA 1964, 95mins
JW3 Cinema, Tuesday 24 June, 8pm

This year marks the 50th anniversary of Stanley Kubrick’s jubilant anti-Cold War satire Dr. Strangelove. Superbly acted by Peter Sellers who effortlessly splits himself between three comically contrasting separate roles, the film is both Kubrick’s funniest and incisively critical film, revealing the insanity at the heart of 1960s superpower politics, and shared anxieties about the possibilities of mass destruction.

Introduced by film scholar and Kubrick expert, Nathan Abrams, Professor of Film Studies, Bangor University, who presents a reading of the film that explores the movie’s Jewishness and the social and cultural anxieties that Dr. Strangelove represents.

**Part of Beyond the Couch at JW3**, see page 12.

**Tickets:** £3–£6
020 7433 8988
www.jw3.org.uk

**SHOCK AND AWE**
From trauma to war, the failure of memory to Post Traumatic Stress Disorder, these films explore cinema’s relationship to shock, violence and fear.

**Waltz with Bashir** (18)
Dir. Ari Folman, UK, Israel 2008, 90mins
JW3 Cinema, Saturday 14 June, 5pm

A uniquely styled animated documentary, Waltz with Bashir follows Director Ari Folman (a former Israeli soldier) as he tries to piece together his memories and those of others of the Israeli army’s invasion of Lebanon in 1982. The result is an extraordinary visual experience which movingly transports the viewer near to the experience of trauma, memory and war.

The screening will be followed by a discussion with Dr. Nick Grey, Joint Director of The Centre for Anxiety Disorders and Trauma, King’s College London on the psychology of trauma.

Co-curated with Sal Anderson.

**Part of Beyond the Couch at JW3**, see page 12.

**Tickets:** £3–£6
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www.jw3.org.uk

**ANXIOUS ANIMALS**
Animals in cinema (and life) often comfort us or scare us half to death. These films explore how animals are used in film to explore personal and social anxieties.

**Ratcatcher** (15)
Dir. Lynne Ramsay, UK 1999, 94mins
Barbican Cinema 3, Thursday 19 June, 6.30pm

Set during the Glasgow bin strike of 1973, Lynne Ramsay’s elegiac portrayal of the anxious travails and traps of modern poverty is the director’s first and arguably most important feature. At turns an urban fairytale – in which a rat takes a balloon trip to the moon – it is a searing and important work of social realism.

With an introduction by Annette Kuhn, Emeritus Professor of Film Studies at Queen Mary and Westfield College, University of London (tbc).

Co-curated with the Barbican.

**Tickets:** £10.50–£11.50
020 7638 8891
www.barbican.org.uk/film
Fish Tank – An Anatomy of Anxiety

SPECIAL SCREENING
Film scholar Dr. Lucy Bolton introduces Fish Tank (15)
Dir. Andrea Arnold, UK 2009, 123 mins
National Portrait Gallery, Thursday 12 June, 6pm

Fish Tank concerns the life and experiences of fifteen-year old Mia as she negotiates the people, places, and animals, on an Essex council estate. The film creates a building sense of anxiety in relation to the arrival of her mother’s new boyfriend Connor: is he benign or predatory, caring or dangerous?

Following the film Dr. Lucy Bolton, Lecturer in Film Studies at Queen Mary University of London, gives a reading of the film exploring how the ‘machine’ of cinema builds and creates anxiety followed by discussion and Q&A.

Part of Picturing Anxiety at the National Portrait Gallery, see page 13
FREE ENTRY
020 7306 0055
www.npg.org.uk

FUTURE PERFECT?
What we hope for in the future and what we fear in the future: these cinematic visions tell us much about our anxieties in the present.

Solaris (PG)
Dir. Andrei Tarkovsky, Russia 1972, 167mins
Barbican Cinema 3, Sunday 22 June, 3.45pm

Tarkovsky’s epic work of science fiction, based on a novel by fellow Russian Stanislaw Lem, is a thrilling journey into outer and inner space, but it is also a highly philosophical film - challenging perceptions of reality. Prior to the screening there will be an extended introduction by clinical psychologist Dr. Vyv Huddy of University College London who will reflect on how the film dramatizes the perpetual anxiety provoking human dilemma of being sense makers condemned to live in an uncanny, mysterious universe.

Co-curated with the Barbican and Sal Anderson.
Tickets: £10.50–£11.50
020 7638 8891
www.barbican.org.uk/film

inRealLife (15)
YOUNG PEOPLE’S SCREENING
Dir. Beeban Kidron, UK 2013, 89mins
Barbican Cinema 2, Saturday 14 June, 3.45pm

Co-curated with the Barbican Young Programmers as their final film in their ‘Teenage Kicks’ season, this in-depth documentary explores social anxieties surrounding 24/7 internet connectivity and its effects on the lives and futures of young people in Britain today.

Following the screening there will be a Q&A with director, Beeban Kidron (tbc) and the Barbican Young Programmers.
Co-curated with the Barbican.
Tickets: £3–£5
020 7638 8891
www.barbican.org.uk/film

UN-HOMELY
Anxiety often arises when we feel we are in the wrong place or the wrong time; these films explore questions of home, place and crossing borders within ourselves and within society.

Pressure (15)
Dir. Horace Ové, UK 1976, 120mins
Venue (tbc), Saturday 21 June, 6pm

Anthony is a young Black teenager living in Ladbroke Grove in the 70s trying to find his way in a white dominated society. Intelligent and bright, he cannot find a job – potential employers treat him with suspicion and anxiety because of his colour – and his sense of alienation grows. When arrested during a Black awareness political meeting, his political awakening begins. What is so striking (and sobering) about Horace Ové’s powerful portrayal of 70s race relations is how fresh and relevant it remains.

With an introduction by Stereohype and Q & A with director Horace Ové (tbc)
Co-curated with Stereohype and part of Inside/Outside @ Brixton, see page 15.
Tickets: £9.60–£10.60

Garm Hava (Hot Winds) (cert tbc)
SPECIAL RARE UK SCREENING
Dir. MS Satyu, India 1973, 146mins
ICA, Sunday 29 June, 3pm

M. S. Sathya’s Garm Hava (Hot Winds) is one of the most poignant Indian films ever made on India’s partition. The film portrays the impact of partition on ordinary Muslims who chose to remain in India after the politically motivated division. Due to its politically sensitive theme, the film was held up at the censors for eight months and remains a seminal work on this anxious and difficult period.

Co-curated with the South Asian Cinema Foundation and with an introduction and Q&A with the foundation’s director Lalit Mohan Joshi.
Tickets: £6–£8
020 7930 3647
www.ica.org.uk

Late at Night: Voices of Ordinary Madness (cert tbc)
Dir. Xiaolu Guo, UK 2013, 71mins
Hackney Picturehouse, Saturday 28 June, 6pm

In this highly inventive, entertaining and absorbing film essay, Xiaolu Guo presents the voices of Londoners living in the East End as they try and make sense of their lives, anxieties and fears in this rapidly changing part of the city. In doing so, she orchestrates an expressive chorus that gives profound and surprising narrative insight into the pressures of 21st century capitalism.

Following the screening there will be a Q&A with Director Xiaolu Guo and cultural theorist Mark Fischer presented by Jemma Desai of the BFI London Film Festival.
Tickets: £9.60–£10.60
0871 902 5734
www.picturehouses.co.uk

Asylum (cert tbc)
SPECIAL RARE SCREENING
Dir. Peter Robinson, UK 1965, 95mins
Clapham Picturehouse, Saturday 29 June, 6pm

In 1971, filmmaker Peter Robinson entered radical psychiatrist R.D. Laing’s controversial Archway Community – where the inmates literally ran the asylum. In a rare cinema screening, this utterly engrossing documentary records their seven-week stay, testifying Laing’s conviction that mentally ill people can only heal their shattered ‘self’ in a space where they are free.

The screening is co-presented and introduced by Mental Fight Club and co-curated by Peter Thomson. Part of Mental Fight Club’s Monday’s programme, Oasis of Calm at the Dragon Café, see page 11.

Tickets: £9.60–£10.60
0871 902 5727
www.surveillancefilms.com

SNAP
When anxiety strikes we feel we are losing control and that our safety is at risk, these films explore what can happen when we snap.

Safe (15)
SPECIAL RARE 35mm SCREENING
Dir. Todd Haynes, USA 1995, 119mins
Hackney Picturehouse, Sunday 22 June, 8pm

Julianne Moore stars as Carol White in a role that is surely one of the most disturbing figures of anxiety in cinema history. A rich Californian housewife, when she suddenly falls victim to inexplicable anxious symptoms, she sets out on an ever more desperate journey to find someone who can tell her ‘what’ is happening to her. Prior to the screening at 8pm Bird la Bird will explore anxiety and Dr. Colette Hirsch from the Institute of Psychiatry and an expert in anxiety disorders, will explore what keeps worry going?

Co-curated with queer arts collective co-curate and Sal Anderson.
Tickets: £9.60–£10.60
0871 902 5734
www.picturehouses.co.uk

Control (15)
Dir. Anton Corbijn, UK 2007, 122mins
JW3 Cinema, Sunday 15 June, 8pm

A beautifully acted biopic of the short, bright life of Ian Curtis, the lead singer of mythic Manchester band Joy Division who, overwhelmed by the fear and anxiety of his celebrity, his epilepsy and the confusion of his failing marriage, begins to lose control.

With an introduction by Anxiety 2014 Film Curator Jonathan Keane.
Part of Beyond the Couch at JW3, see page 12.
Tickets: £3–£6
020 7433 8988

Beyond the Couch – The New Establishment

The new media of the late 1950s and early 1960s, television and cinema, offered a window onto a new world of electronic connectivity and a new perspective on the individual and society.

‘The new media’ are a key part of the cultural environment that has shaped many of our anxieties. In this section we’ll see how the new media has shaped our sense of identity and how, in response, we have struggled to maintain our sense of control, autonomy, and individuality.

We’ll start with a look at the way that the media (and the ‘new media’ in particular) have shaped our sense of identity and our sense of self.

Then we’ll explore the way that the media have shaped our sense of the future and our sense of the present.

Finally, we’ll look at the way that the media have shaped our sense of the self and our sense of the other.

In this section, we’ll see how the media have shaped our sense of identity and our sense of the future, our sense of the present, and our sense of the self and the other.

We’ll also see how the media have shaped our sense of the world, our sense of the self, and our sense of the other.

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Anxiety 2014 Visual Arts explores the flexible and often contested boundaries between sanity and insanity, centre and margins, visibility and invisibility. By looking at the social and cultural anxieties associated with those boundaries and other ways of classifying individual and collective experiences, it aims to shed light on the complexity and prevalence of anxiety in contemporary society.

New commissions and existing works including exhibitions, performances, residencies and talks, reflect a variety of critical approaches to what is considered to be normal and the associated pressure of fitting one’s subjective experiences within this frame. The projects also seek to enact processes of resistance and the liberating – if often unsettling – potential of unconstrained self-expression.

The programme has a special focus on interdisciplinary and socially-engaged art practices, involving professionals and communities from different backgrounds, promoting creativity and social interaction. Going back to the origins of the word ‘curate’ (from Latin ‘curare’: to take care of), practices of care and respect are at the core of the curatorial methodology, in order to accommodate the rhythms and dynamics of the artists, partners and audiences involved.

The Visual Arts Programme is supported using public funding by the National Lottery through Arts Council England.

Money Distribution Machine and Other Useful Contraptions
Kathrin Böhm, in partnership with Three Cs
Peckham Platform, 20 May–27 July

Money Distribution Machine, Chocolate Converter, Let-Others-be-Nice-To-Me Device and a Perfect Baby Dispenser. These are just a few desired appliances for life that have arisen from conversations between artist Kathrin Böhm and service users at Three Cs, an organisation for people with learning disabilities and mental health challenges on Rye Lane, Peckham.

These ‘anxious’ devices will be presented at Peckham Platform alongside those of Tim Hunkin, Blake Fall: 'anxious' devices will be presented at Peckham Platform alongside those of Tim Hunkin, Blake Fall.

The Manual Oracle
Phoebe Von Held
The Yard Theatre, 27 May–14 June, 8pm

The Manual Oracle explores the intersection between self-consciousness, theatricality and paranoia within a scenic montage that looks at immigration, xenophobia, surveillance, psychiatric services, corporate scheming and survivalist movements.

This new play is inspired by Baltasar Gracián’s Oráculo manual, a seventeenth-century ‘self-help-book’ that coaches courtiers in self-promotion, social skill and psychological cunning. However, Gracián’s worldly wisdom veils a much more paranoid message: others are only waiting to harm you.

Conceived and directed by Phoebe von Held, it features specially commissioned scenes by writers Natasha Soobramanien and Luke Williams. Sound-design: Jamie Hamilton. Stage-design: Moi Tran. Lighting-design: studio ZNA.

Special after-show talk introduced by curator Bábara Rodríguez Muñoz, with Phoebe von Held, Professor Michael Newman and Dr. Emmanuelle Peters: 5 June 2014.

The UK premiere of Latifa Laâbissi’s solo dance Écran Somnambule, a reinterpretation of Mary Wigman’s 1926 Witch Dance. Based on the existing 40 second film excerpt of Wigman’s seminal piece, Laâbissi has slowed down the movements to create a 31 minute ‘expression dance’, a sort of somnambulist ritual which, staged alongside Freud’s personal objects, acquires an uncanny quality.

Also at Freud Museum London a further exploration of the unhomely in Agnes Varda’s Cléo from 5 to 7. This 1961 film chronicles two anxious hours in the life of a young singer in a Paris that becomes unfamiliar as she waits for a medical diagnosis: 5 June 2014, 7pm, see page 2.

Commissioned by Anxiety 2014.
www.freud.org.uk

Image credit: Latifa Laâbissi, Écran Somnambule 2012 Photo Margot Védezq.
Selections from the Five-Year Diary
Anne Charlotte Robertson
BFI Southbank, NFT3, Wednesday 11 June, 8.30pm

Anne Charlotte Robertson’s Five Year Diary, begun in the early 1980s and running to over 38 hours of Super8 film, stands as one of the major works of diary filmmaking. The films are an intimate and exhaustively narrated chronicle of her daily life in Massachusetts and her battles with depression, paranoia, and borderline schizophrenia.

Though often painfully raw and emotional, the diary is not entirely bleak, but leavened with self-awareness and humour. It becomes a redemptive form of self-therapy for Robertson, who ultimately tells ‘the story of a mind’s survival’.

Introduced by Benjamin Cook, Director of LUX and curator Bárbara Rodríguez Muñoz.

Programmed with LUX.
www.whatson.bfi.org.uk

The Military Industrial Complex
Bonnie Camplin
South London Gallery, Talk: Friday 13 June, 7pm
Installation continues until Sunday 15 June

This new live work by Bonnie Camplin takes the form of a study room exploring what is ‘consensus reality’ and how it is formed. Drawing from an interdisciplinary array of materials and theories, from physics to philosophy, psychology, witchcraft, quantum theory and warfare, The Military Industrial Complex examines the anxieties caused by the categorisation of lived experiences as valid or deviant, questioning how the actual locus of madness is located and identified.

The project is accompanied by a public conversation between artist Bonnie Camplin, artist and researcher John Cussans and David Luke, Lecturer in Psychology at the University of Greenwich.

Studyroom: FREE ENTRY
Public conversation: £3/£5
Commissioned by South London Gallery and Anxiety 2014.
Co-curated in collaboration with Anna Gritz, Associate Curator, South London Gallery.
www.southlondongallery.org

Image credit: Bonnie Camplin, Offending Article, 2012

Whistling to work
Short talks
South London Gallery, Friday 20 June, 7pm

A project exploring anxiety in contemporary work culture, looking at positive coercion, hyper-exploitative environments and workers’ rights.

Featuring short talks by Lynne Friedli, Mark Fisher, Federico Campagna and Max Henderson. Chairied by Simon Wessely, Professor of Psychiatry and Dean of the Royal College of Psychiatrists. The event will welcome post-talk discussion with the audience.

Organised by Sarah Dorrington and Isabel Valli, Institute of Psychiatry.
www.southlondongallery.org

Collaborative Research Focused Residency
with Gasworks and Bethlem Gallery
Christina Kral in collaboration with an artist from Bethlem Gallery
Public programme at ORTUS: Saturday 21 June 3–5pm
Gasworks open studios: Friday 27 and Saturday 28 June

A new artist residency taking as its point of departure the extensive collection held at the Bethlem Royal Hospital Archives and Museum. The collection comprises art and artefacts relating to the history of mental health care, including records of ways in which concepts of anxiety have been understood and treated through history. During the residency period the artists seek to investigate the idea of personal sanctuaries and acts of (self-) care within the everyday.

FREE ENTRY.
Commissioned by Gasworks, Bethlem Gallery and Anxiety 2014. Funded by the Maudsley Charity.
www.gasworks.org.uk
www.anxiety2014.org
www.bethlemgallery.com


Dizziness of freedom
Exhibition and performance programme
Bermondsey Project
Private view: Thursday 26 June 7pm
Exhibition continues until Sunday 13 July

Dizziness of freedom is a group exhibition exploring the notion of choice in a contemporary society defined by consumerism, an excess of information and endless possibilities. Bringing philosopher Søren Kierkegaard’s Concept of anxiety to present times, the artists approach choice as an act of freedom as well as an ever-present strain.

Through installation, sculpture, film, performance, painting and photography, the works hint at moments of decision-making – both in artistic processes and daily life – often infused with feelings of aspiration, self-consciousness and playfulness.

Artists include Stefania Batoeva, David Bradley, Josephine Callaghan, Tom Duggan, Louise Fitzgerald, Jane Fradgley, George Harding, Tom Jayston, Nnena Kalu, Nu Li, Andrzej Lyszkowicz, MoreUtopial, Sue Morgan, Mary Ogunleye, Tess Springall, Liam Tickner, Charlie Godet Thomas.

A programme of performances will run alongside the exhibition.

FREE ENTRY
Curated by Anxiety 2014 with Mette Kjærgaard Præst.

Image credit: Louise Fitzgerald.

Visit www.anxiety2014.org for full listings, including projects by artists Laura Malacart, Liz Atkin and Maria Novella Del Signore.
ANXIOUS PRACTICES
University of the Arts, London
Anxious Practices showcases the diverse approaches and research practices related to anxiety across University of the Arts London, including sensory design, participatory art, artworks inspired by psychiatric archives and a symposium on anxiety and environments.

Charms and Other Anxious Objects
Paul Coldwell
Freud Museum, 28 May–14 June
Talk: Wednesday 4 June, 6.30pm
Artist Paul Coldwell’s work is centred on our relationship to objects and how meanings can be projected onto them. This exhibition is the result of visual research in the archives of the Bethlem Royal Hospital and the Freud Museum, and engages with notions of anxiety, self-perception, worth and identity.

Paul Coldwell (University of the Arts London) discusses his work exploring the relations between art, the archive, the uncanny and the museum. With Carol Seigel, Director of the Freud Museum. Wednesday 4 June, 6.30pm.

www.freud.org.uk

Social Arts Practice & Mental Health
Panel discussion
The Lecture Theatre, University of the Arts London, Chelsea College of Art & Design, Thursday 12 June, 5pm
A panel discussion on the role that social arts practice has within mental health settings. Chaired by artist Sonia Boyce, with artists Kathrin Böhm and Sarah Cole, Emily Druiff, Executive Director Peckham Platform and curator Bárbara Rodríguez Muñoz.

FREE ENTRY
www.peckhamplatform.com

Anxious Places: angst, environments and affective contamination
One-day symposium
University of the Arts, London
Central Saint Martins, Thursday 26 June, 10.00–5.30pm
Anxious Places examines the ways in which anxiety ‘contaminates’ urban and social environments. Artists and scholars discuss contemporary angst from a range of cross-disciplinary perspectives and artistic medium.

Speakers: Jill Bennett, Andrew Hoskins, Avery Gordon, Shona Illingworth, Uriel Orlow, Jeremy Till, David Toop, and John Tulloch. Symposium Convener: Caterina Albano (University of the Arts London, Central Saint Martins)

FREE ENTRY
www.is.gd/mentalhealthevents

Scentsory Design®
Jenny Tillotson in conversation with Allan Young
Ortus Learning Center, Monday 30 June, 3–5pm
Scentsory Design® combines biology with wearable technologies to enhance well-being. Jenny Tillotson (University of the Arts London, Central Saint Martins) and Allan Young (King’s College, Institute of Psychiatry) discuss how clothing and jewellery can reduce anxiety using a wearable biofeedback loop when stress levels reach a pre-set threshold.

Programmed in collaboration with the Centre for Affective Disorders at the Institute of Psychiatry.

FREE ENTRY
www.maudsleylearning.com/the-ortus/
www.is.gd/mentalhealthevents

An Oasis of Calm
The Dragon Café, Each Monday in June, 12–8:30pm
The Dragon Café creates an Oasis of Calm with massage, yoga, singing bowls, chanting and mindfulness. Film screenings and talks on pre-performance nerves, shopping anxiety, depersonalisation and much more. Plus four young psychiatrists host ‘The Anxiety Dialogues’ on the anxieties inherent in psychiatry for doctor and service-user.

FREE ENTRY, and cash only for the café.
www.dragoncafe.co.uk
Supported by Guys & St. Thomas’ Charity and the Maudsley Charity.

Anxiety 2014 Communities explores anxiety by engaging with our understanding of where ‘community’ starts and ends. We have co-curated participatory arts programmes to challenge engrained stereotypes that lead to mental health stigma and discrimination – and the isolation of ‘out of sight and often out of mind’ communities.

Hands-on creative collaborations involving hospital out patients, men from Brixton Prison and people with lived experience of mental health issues are central to the programme. We have worked with arts institutions in collaboration with NHS mental health services and community organisations. By working with artists alongside health care professionals we aim to inspire and create new ways of promoting health, wellbeing and a sense of belonging.

You are invited to engage with your own sense of ‘community’ as you explore the commonalities and differences that are part of the fabric of London.

Living Music Concert
A concert for people living with dementia and their friends, families and carers
Heath Quartet and soprano Ailish Tynan
Wigmore Hall, Tuesday 3 June 2014, 2pm

If you or someone you know is living with dementia, please join us for this afternoon concert. The concert will include two beautiful programmes by the Heath Quartet and soprano Ailish Tynan, which include works by Schubert and Beethoven.

Entry: £2
www.wigmore-hall.org.uk

Image credit: Wigmore Hall
Anxiety and Modernity
Study afternoons and pre-concert talks
Wigmore Hall, dates in June and July, various times

Writer and musicologists Gavin Plumley and Nigel Simeone explore themes of anxiety and modernism through specific key works from the 20th century. Psychotherapist Colin Campbell explores the roots and psychological context of performance anxiety.

Tickets from £3
Supported by Wigmore Hall Education and partners.
www.wigmore-hall.org.uk

Beyond the Couch
JW3, Jewish Community Centre London
Sunday 15 June 11am–9pm

A day of workshops, talks and films examining the relationship between mental health, creativity and the arts and exploring the unique relationship between Jewish culture and the therapeutic arts in all their forms.

FREE ENTRY
Ticketed for individual workshops and talks.
www.jw3.org.uk

Cathja Curates
People of Cathja in collaboration with artist Albert Potrony and singer David Auld
Wednesday 18 June 12–6pm
Friday 20 June 5–8pm
Sunday 21 June 12–4pm

Friends of Cathja community boat welcomes you to see the premiere of artist Albert Potrony’s film about this unique creative community based on a Dutch barge. Dance to the Hermitage Band and sail away with Dave Auld’s newly commissioned shanty song.

FREE ENTRY
Cash only for games and barbeque.
Funded by Time To Change.
hcmoorings.org
www.cathja.org

Mad Hatters and Midnight Walk
Cooltan Arts
Mad Hatters Tea Party, Cooltan Arts
Saturday 14 June, 1pm–6pm
Largactyl Shuffle – Summer Solstice Midnight Walk, Saturday 21 June 11.45am–5am

A parallel programme Strength Within is being co-curated with men living within Brixton Prison. Through a programme of storytelling and drama the men share their stories of resilience.

Organization and funded in collaboration with Time To Change and The Peter Minet Trust, Lambeth Council, HM Prison Service Brixton Prison, UKCP Black Men on the Couch, CARE UK and Union Dance.

Come along to meet new people, try out singing and experiment with mash-up songs using pop classics.

FREE ENTRY
SHE Choir London is part of the SHE Collective.
www.facebook.com/SheChoirLondon

Stereohype Inside/Outside Brixton
Sharing stories of resilience to strengthen communities across Brixton
Brixton Windrush Square, Saturday 21 June 12–5pm

A unique ground-breaking programme of screening, music, children’s workshops, face painting, alternative therapies, and Union Dance’s Balance/Imbalance project.

A creative writing course exploring anxiety at the National Portrait Gallery based around the Patrick Heron portrait of A. S. Byatt.

FREE ENTRY
www.cooltanarts.org.uk
Anxiety 2014 On Stage explores anxiety through music, the voice, spoken word and comedy. We present a wide range of performances aimed at attracting diverse audiences at the Wigmore Hall in Central London and the Albany Deptford.

We are pleased to work with the Wigmore Hall on the Anxiety and Modernity concert series featuring our highlight festival commission of Jocelyn Pook’s Anxiety Fanfare and Variations for Voices. The Anxiety and Modernity concert series looks back at the early modern music of the twentieth century and how the anxious social and political climate that prevailed during the inter-war period inspired a revolution in music. Education events will inform audiences about why early modern music has such a close relationship with anxiety and explore contemporary concerns with conditions such as performance anxiety. There will also be a special relaxed performance for those living with dementia and their carers.

We are delighted to work in collaboration with the Albany Deptford to organise a diverse performing arts programme that addresses contemporary concerns and responses to anxiety from all ages and cultural backgrounds. Based at Albany Theatre and the Deptford Lounge, the week-long performing arts programme features a number of shows that tackle different aspects of everyday life and the role of performance in wellbeing: from ageing and our relationship to professional carers, to how poetry and live art events can inspire recovery and self-knowledge.

**Jocelyn Pook:** Anxiety Fanfare and Variations for Voices (World Premiere)
**Giovanni Palestrina:** I vaghi fiori (arr. Simon Cox)
**Arnold Schoenberg:** Verklärte Nacht, Op.4

**Aurora Orchestra.** Soloists: Lore Lixenberg mezzo-soprano, Melanie Pappenheim soprano, Jonathan Peter Kenny countertenor, George Ikediashi bass, and the Mind and Soul Choir led by Lea Cornthwaite.

**Wigmore Hall, Thursday 12 June 2014, 1–2pm**

This concert features the world première of Anxiety Fanfare and Variations for Voices, a new work by acclaimed composer Jocelyn Pook. The fanfare is commissioned by the Mental Health Foundation for Anxiety 2014 in collaboration with the Wigmore Hall and the Aurora Orchestra.

Several of these concerts are linked to talks and study afternoons in the Anxiety 2014 Communities programme, see page 12.

£7, concessions: £5
www.wigmore-hall.org.uk

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**Anxiety and Modernity**

Wigmore Hall, dates in June and July, various times

Concert series, study afternoons and pre-concert talks

The Anxiety and Modernity concert series explores music’s ability to communicate the causes, manifestation and resolution of anxiety including the Britten Sinfonia and Allison Bell performing Tintner, Brett Dean and Schoenberg; London Conchord Ensemble performing Mozart, Prokofiev, Schoenberg and Webern. Veronika Eberle, Steven Isserlis, Michael Collins and Alexander Melnikov will be performing Messiaen’s Quartet for the End of Time.

Writer and musicologists Gavin Plumley and Nigel Simeone explore themes of anxiety and modernism through key works from the 20th century. Psychotherapist Colin Campbell explores the roots and psychological context of performance anxiety.

Supported by Wigmore Hall Education and partners.
www.wigmore-hall.org.uk

**Anxiety 2014 at The Albany**

23–29 June

Anxiety 2014 presents a week of thought-provoking performance that features the affectionate and ultimately life-affirming Goodbye Gunther by Frank Wurzinger and Hi, Anxiety by Debs Gatenby. Highlights include Let Me Stay, a tender and unique exploration of the impact of Alzheimer’s performed by Julie McNamara and Hearing Things by Playing ON, a collaboration between mental health service users, providers and professional actors.

www.thealbany.org.uk
020 8692 4446

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**NOW Live Events**

Savouring the moment through the arts – for all ages
23–28 June 2014, Deptford Lounge

NOW Live Events champion artistic activities to stimulate the senses and lighten the mind. We invite you to step into the present moment with some of the UK’s most inspiring artists and thinkers.

On offer will be NOW’s unique approach to literature, performance, poetry, visual arts, spoken word, mindfulness meditation, workshops for children and more. The programme includes Britain’s leading lifestyle philosopher Roman Krznaric, spoken word artist Simon Mole and Chill Pill Collective, poet Rachel Kelly, mindfulness expert Tessa Watt and Craftivist Collective.

Supported by Deptford Lounge.
www.nowliveevents.org/event

Visit www.anxiety2014.org for full listings including Non Stop Exotic Anxiety by Lithium Laughter at Other Gallery/Café.
Credits

Supported by

Maudsley Charity
Health in Mind

CALOUSTE GULBENKIAN FOUNDATION

Guy’s and St Thomas’ NHS Foundation

 time to change
let’s end mental health discrimination

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London Creativity in Wellbeing
Maudsley Learning
National Portrait Gallery

Pallant House Gallery
Picture House
RDT
SACF
SLG
Surveillance Camera

Stereo London
South London and Maudsley NHS Foundation Trust

Three Cs
Union Dance
The Yard

Wigmore Hall Learning

CADAT, CARE UK, Friends of Cathja, Grounded,
Mind and Soul Choir, SHE Choir London, Maudsley NHS
Foundation, HM Prison Service Brixton Prison, Institute
of Inner Vision, Parliament Week, UKCP Black Men
on the Couch.

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www.mentalhealth.org.uk
www.learningdisabilities.org.uk
Reg Charity No: 801130
Film
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On Stage