

Aye Festival

SCREENINGS WORKSHOPS EXHIBITIONS LIVE PERFORMANCES

GLASGOW EDINBURGH ONLINE

16-26 JUNE 2022



Spit It Out

Director

Spit It Out

Supporters



Partner Venues



Ltd Ink Corporation



Venues



STEREO



Partners



Brochure

Programme	Bee Asha Singh, Léa Luiz de Oliveira, Romane Perraud
Creative Design	Nisan Yetkin, Ella Read, Bawbags, Mungo Carswell
Layout Design	Hamish Gibson, Romane Perraud

Spit It Out is a registered charity in Scotland (SC051134)

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WHY THE AYE FESTIVAL?

Opening up about trauma is never easy.

Whether it happened 15 years ago, last month, or is a continuous part of your life, the shame and stigmas surrounding it are present and can make it hard to exist comfortably.

We are told that help is out there but traditional helplines are saturated, the justice system is broken, and many are left alone. Creating Spit It Out (SiO), we wanted to shatter the prejudices that once you have experienced trauma, you are broken and no longer welcome in everyday society. We imagined a day where sharing our difficult experiences would become easier, allow us to connect to people, and help each other heal.

It all started with a documentary exploring using spoken word to talk about sexual trauma, and has slowly grown into a strong community where creativity and transformative conversations have brought so many incredible people together. Our approach to all the work we do is founded in the provision of education, open discussion, and support on these subjects which are often portrayed as taboo in mainstream media. In discussing them openly and sensitively we aim to not only educate, but to provide outlets for communities often overlooked, marginalised, or not

regularly given a platform to creatively explore how said topics have affected them.

In the last year, we have organised workshops, reading groups, screenings, and live performances. We have also published a magazine, a podcast series, and documentaries. Each new project has brought beautiful new faces into our community.

Since we started the SiO adventure, we have learned so much, not only about how to articulate our thoughts, but also about new concepts that help us make sense of this confusing world and to heal together.

SiO works off of four pillars that we believe are the key to a more open and empathetic society.

Community Care
Self Compassion
Transformative Justice
Cathartic Creativity

The Aye Festival is the official launch of all the work the SiO team have been voluntarily doing since 2019. We are so excited to share with you a series of thought-provoking and conversation-starting events.

It was created to be a place where people are not just part of the audience, but also active participants,

whether this be running a workshop for the first or 50th time, performing never-been-spoken words, taking part in a conversation, being a listening ear, sharing experiences, volunteering skills, or dancing at a club amongst others.

In order to make sure the festival is as accessible as possible, all the events are **Pay What You Can**, so you can enjoy as many events as you want without worrying about the costs!

Anything you can spare will go directly back into covering the costs of the festival. BSL interpreting is available on request (via Eventbrite) and thanks to Summerhall and CCA, there will be quiet rooms accessible to everybody.

We are very excited to share this programme with you and we hope you love it!

The Spit It Out team.

Content Warning Key

A	Addiction, substance abuse
AB	Ableism
C	Classism
CA	Child abuse
D	Death
DV	Domestic violence
ED	Eating disorders
FI	Flashing imagery
FS	Fatmisia, sizeism
I	Islamophobia
LN	Loud noise
M	Murder
MI	Mental illness
R	Racism
Q	Queerphobia
S	Sexism
SI	Suicide
SV	Sexual violence
TI	Terminal illness
VI	Violent imagery

Book Tickets



VENUES

CENTRE FOR CONTEMPORARY ARTS (CCA)

350 Sauchiehall Street,
G2 3JD

*Quiet room available
Wheelchair accessible*
cca-glasgow.com

THE ALCHEMY EXPERIMENT

157 Byres Road, G12 8TS
*Wheelchair accessible
(groundfloor only, toilets
non-wheelchair accessible)*
alchemyexperiment.com

BONJOUR

37-45 Saltmarket, G1 5NA
Wheelchair accessible
@bonjourglasgow

THE HUG AND PINT

171 Great Western Road,
G4 9AW
Non-wheelchair accessible
thehugandpint.com

THE LOADING BAY

100 Borron Street, G4 9XE
Wheelchair accessible
theloadingbayglasgow.com

THE PIPE FACTORY

42 Bain Street, G40 2LA
Wheelchair accessible
thepipefactory.co.uk

STEREO

22 Renfield Lane, G2 5AR
Non-wheelchair accessible
stereocafebar.com

WÄCKY WINYL

Barrowlands, 244 Gallowgate
G4 0TT
Wheelchair accessible
@wacky_wynyl



SUMMERHALL

1 Summerhall, EH9 1PL
Quiet room available
Wheelchair accessible
summerhall.co.uk

ARTS 13

13 Albion Road, EH7 5QJ
Wheelchair accessible
@arts13.collective

THE BANSHEE LABYRINTH

29-35 Niddry Street, EH1 1LG
Non-wheelchair accessible
the-ansheelabyrinth.com

HIGH PERFORMANCE PT & BOXING

Eldin Industrial Estate,
Edgefield Road,
Loanhead, EH20 9QX
Wheelchair accessible
highperformancept.co.uk

LEITH DIY SKATEPARK

165 Leith Walk, EH6 8NR
Wheelchair accessible
leithdiy.com

THE PAVILION CAFE, THE MEADOWS

Melville Drive, EH9 1JZ
Wheelchair accessible

ASSEMBLY ROXY

2 Roxburgh Place, EH8 9SU
Non-wheelchair accessible
assemblyroxy.com

PARADISE PALMS

41 Lothian Street, EH1 1HB
Wheelchair accessible
(except toilets)
theparadisepalms.com

THE WEE RED BAR

74 Lauriston Place, EH3 9DF
Wheelchair accessible
weeredbar.co.uk

LTD INK CORPORATION

77 Brunswick St, EH7 5HS
Wheelchair accessible
ltdinkcorporation.com/

GLASGOW

16 -19 JUNE

**ALL EVENTS ARE
PAY WHAT YOU CAN**

CAL MAC: DRUMS AND SILENCE

Thu 16 June | 7pm

Ground Floor, The Pipe Factory

18+ | Content: Suicide, addiction, substance abuse | Wheelchair accessible

This exhibition is open from Friday 17th to Sunday 19th, 12pm to 6pm.



Join us for our big opening night at The Pipe Factory to discover Scottish artist Cal McCormack's new exhibition and celebrate the first evening of Aye Festival.

'Drums and Silence' is a four-day long exhibition. This will be Mac's first large scale exhibition since graduating in 2020. The body of work focusses on the anatomy of the Scottish weekday and weekend, specifically on monotonous minimum wage jobs, and the effects of their exploitative nature on mental health and identity. In the same space, there are works that focus on the allure of clubs - capturing intimate, yet anonymous bodies on dancefloors.

Through sculpture, video, print and sound, Mac presents these contrasting states, with a hope to give the cycle of work and pleasure an emotionally visible life.

Cal is a Scottish artist based in Edinburgh. He is currently in residence at Edinburgh Sculpture Workshop. His work uses a combination of video and sculpture, to reflect on common addictive vices such as technology and alcohol.

Join us for the karaoke afterparty at Bonjour at 11pm.

NISAN YETKIN: SOUL IN THE THREAD

Fri 17 June | 7pm

The Alchemy Experiment

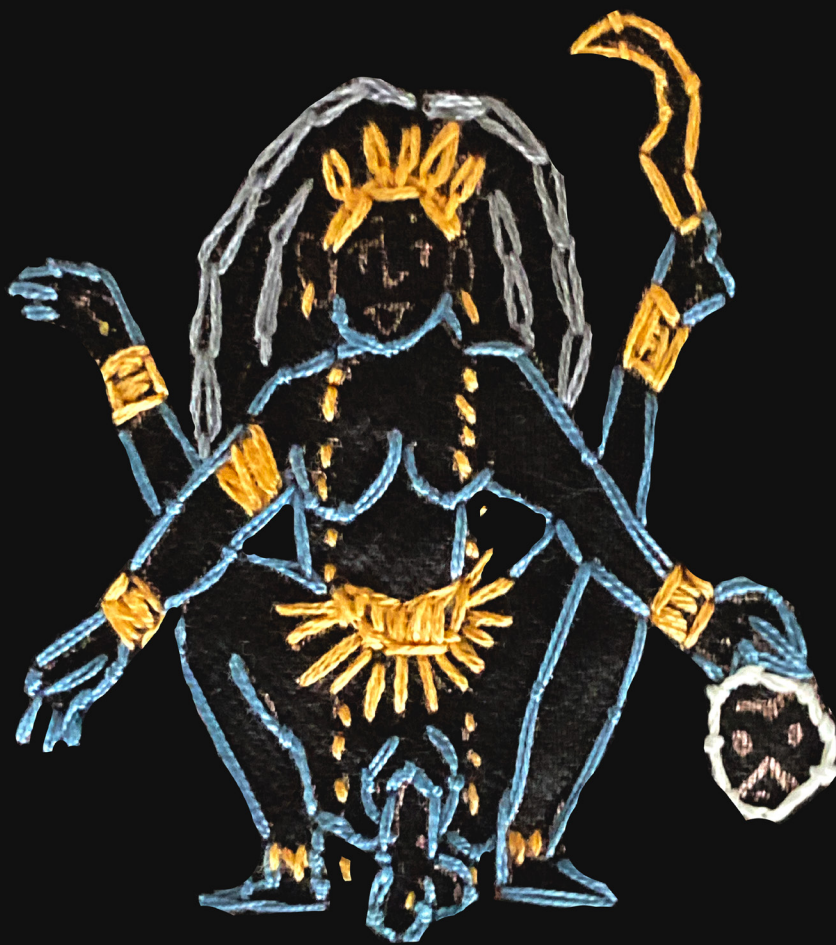
18+ | Partially wheelchair accessible
(except toilets)

Fri 24 June | 5.30pm

Arts 13

18+ | Wheelchair accessible
(except toilets)

This exhibition is open from Friday 17th to Sunday 19th, 10am to 6pm at The Alchemy Experiment. Open from Saturday 25th to Sunday 26th, 12pm to 5pm at Arts 13.





Persecution and resilience, erasure and struggle, unpaid, forced and unrecognised labour characterise women's history. The feminine or anything perceived as such was gazed at rather than understood. An archetype to either worship or annihilate, use or protect, love or hate. Often, the two extremes can go hand in hand. Love Madonna and kill the whore (love her first, too). 'Soul in the Thread: Codes Past and Present', invites you on a visual odyssey into the history of women's struggle and creative expression in the face of adversity.

Using embroidery as a tool for storytelling, 'Soul in the Thread' echoes the carpet weavers, who, to this day, are overwhelmingly women who use motifs to express

their deepest desires, wishes, and burdens, in often exploitative work conditions.

It is also a radical stance against a fully digital, crypto-capitalist art market driven by investments rather than substance.

Nisan is a self-taught artist based in Turkey. She co-directed the animated documentary 'I Don't Want To Call It Home'. She is the artist behind the animations in the documentary 'Spit It Out' and one of the co-founders of the charity.

Drinks, documentary, live spoken word.

STEREO

&

Spit It Out

SAT 18 JUNE

7 - 11 PM



Aye Festival

FEMME CASTRATRICE

BEE ASHA

SHOGUN SHATO

RINGU

MUYA

POCKET MONICA





AYE FEST PRESENTS
POETRY & SPOKEN WORD



Bee Asha
Anise Pearson
Fiona Brittle
Katrina Hummel
Etzali Hernandez
Gael Curran
Iona Lee



17TH OF JUNE
8-10PM
THA ALCHEMY EXPERIMENT
GLASGOW
PAY WHAT YOU CAN





BETTER SEX WORKSHOP

WITH RUTH ELIOT

Ruth is a trainer in sex-positive, pleasure-centred, non-binary, intersectionally feminist and trauma-informed relationships and sex education and sexual/gender-based violence prevention. They provide workshops, trainings, talks and consultancy on relationships and sex education, sexual violence and trauma.

We Will

- engage in discussions, activities, and personal reflection
- cultivate an open minded and kind atmosphere, respectful to a variety of perspectives, sexual proclivities and ideas
- have a chill zone available throughout where anyone is welcome to retreat to if they feel overwhelmed or triggered
- have a No Questions Asked policy for anyone who leaves the workshop at any point

We Won't

- do any sexual activity of any kind
- be asked or expected to share any personal information about our own sexual experiences
- assume any knowledge prior to the workshop
- expect people to be familiar with any specific terminology

THE SEXUAL SCRIPT

Sex doesn't happen in a vacuum. Our culture, history, experiences, and politics all come with us into the bedroom. This workshop will provide the space for participants to reflect upon and challenge the sexual norms of our society, and the effect these have on our lives. Through interactive, guided discussions and activities with an experienced sex educator, we will unpack our ideas about what sex is, why we have it, where we learned about it, the effects of these lessons, and how we might overcome them.

Sat 18 June | 12-3pm

Creative Lab, CCA

Tue 21 June | 11-2pm

Online

Sat 25 June | 2.30-5.30pm

Tech Cube, Summerhall

PLEASURE

Quite rightly, those of us involved in work to do with sex and gender spend a lot of time focusing on sexual violence, its causes and effects, and ways we can prevent it and support those who have survived it. What is often missing, or marginalised, in these conversations is an exploration of why many of us have sex in the first place. For pleasure. This workshop is an inclusive, sex-positive investigation into what sexual pleasure means and ways to experience as much of it as possible.

Sat 18 June | 4-7pm

Creative Lab, CCA

Wed 22 June | 2.30-5.30pm

Online

Sun 26 June | 2.30-5.30pm

Tech Cube, Summerhall

18+ | Content: MI, SV | Wheelchair accessible | Quiet room available

This Space is designed to facilitate discussion and plenty of input from attendees, we cannot definitively predict what will be brought into the space. Topics that often arise within discussions- but are not the focal point of the workshops- include sexual violence, queerphobia, sexual racism, ableism, mental illness and misogyny.

You can find out more about Ruth and these workshops at rutheliot.com.

SKATE IT OUT SKATEBOOBS WORKSHOP

Sun 19 June | 10am-3pm
The Loading Bay Skatepark

Sun 26 June | 10am-3pm
Leith DIY Skatepark

15+ | Content: MI | Wheelchair accessible

Skateboobs and Spit It Out are coming together to bring you a creative day of skateboarding, art and BBQ. We would love to teach you how to skate or simply build some confidence to help you reach your full potential. Materials provided.

10am - 12pm: Coffee and outdoor wall painting or print making.
12pm - 3pm: Skating and art on boards.

Let's all come together and get a little flavour of summer, art makin'n skatin!!

DJ WORKSHOP WITH GRRRL CRUSH

Sat 18 June | 1-4pm
The Hug and Pint

18+ | Non-wheelchair accessible

The co-founder of queer collective Grrrl Crush is hosting an open decks DJ workshop where women, non binary and LGBTQ+ humans can come down, learn the basics of DJing, do some mixing and meet some like-minded people. Grab a bite to eat and a pint from the cafe/bar and spend a couple of hours learning how to be a superstar DJ like Paris Hilton. Spin some tunes. Make some pals. Nice one.





ANTI-RACIST WORKSHOP WITH INTERCULTURAL YOUTH SCOTLAND

Fri 17 June | 11.15am-1.15pm

Creative Lab, CCA

15+ | Content: MI, R | Wheelchair accessible | Quiet room available

This workshop will give you an insight into everyday lived experience of racism from the perspective of a Black people and/or people of colour. The session is broken into understanding the different forms of racism, then talking about microaggressions and their serious implications. You will have the opportunity to consider the meaning of anti-racist allyship and gain a further understanding of your role in an anti-racist movement.

WRITE IT OUT WITH BEE ASHA

Fri 17 June

2-4pm

Creative Lab, CCA

Mon 20 June

2-4pm

Online

Sat 25 June

12-2pm

Tech Cube, Summerhall

15+ | Content: A, D, DV, MI, R, S, SV | Wheelchair accessible | Quiet room available

Join award winning spoken word artist Bee Asha to discuss using creative outlets to talk about difficult subjects, emotions and healing. Bee will help you tackle difficult conversations and provide creative tools to tap into your emotions and coping abilities. She will share her own personal creative work and talk about how this outlet has helped her be open about her traumas and find power in the pain.



THU

16

OPENING: DRUMS AND SILENCE

7-11pm | The Pipe Factory

18+ | Content: A, SI

Wheelchair accessible

See pages 7-8.

KARAOKE AFTERPARTY

11pm-1am | Bonjour | 18+

Wheelchair accessible

FRI

17

ANTI-RACIST WORKSHOP WITH INTERCULTURAL YOUTH SCOTLAND

11.15-1.15pm | Creative Lab, CCA

15+ | Content: MI, R

Wheelchair accessible

See page 18.

WRITE IT OUT WITH BEE ASHA

2-4pm | Creative Lab, CCA

15+ | Content: A, D, DV, MI, R, S, SV

Wheelchair accessible

See page 18.

FILM: WHAT IT FELT LIKE TO DREAM FIRE

3-4pm | Cinema, CCA

18+ | Content: D, FI

Wheelchair accessible

See page 26.

AYE SEE: DOCUMENTARY SCREENINGS

4.30-6pm | Cinema, CCA

18+ | Content: A, MI, SV

Wheelchair accessible

See page 25.

OPENING: SOUL IN THE THREAD

7-10pm | The Alchemy Experiment

18+

Partially wheelchair accessible

See pages 9-10.

POETRY NIGHT & SPOKEN WORD

8-10pm | The Alchemy Experiment

18+ | Content: A, D, DV, ED, MI, R,

S, SV

Partially wheelchair accessible

An all non-binary and female lineup, surrounded by the exhibition 'Soul in the Thread'. See page 12.

SAT

18

BETTER SEX: THE SEXUAL SCRIPT WITH RUTH ELIOT

12-3pm | Creative Lab, CCA

18+ | Content: MI, SV

Wheelchair accessible

See pages 13-14.

DJ WORKSHOP

WITH GRRRL CRUSH

1-4pm | The Hug and Pint

18+

Non-wheelchair accessible.

See page 15.

FILM: LONG LIVE MY HAPPY HEAD

4-6pm | Cinema, CCA

15+ | Content: D, TI

Wheelchair accessible

See page 26.

BETTER SEX: PLEASURE

WITH RUTH ELIOT

4-7pm | Creative Lab, CCA

18+ | Content: MI, SV

Wheelchair accessible

See pages 13-14.

SPIT IT OUT AT STEREO

MUSIC & PERFORMANCE NIGHT

7-11pm | Stereo

18+ | Content: A, D, DV, ED, M, Q, R, SV, S

An incredible line up of live music, performance and visual art. Hip hop, neo soul, experimental, spoken word, and multidisciplinary performance. See page 11.

SUN

19

SKATE IT OUT

WITH SKATEBOOBS

10-3pm | The Loading Bay

15+ | Content: MI

See pages 15-16.

WÄCKY WYNIL TAKEOVER

2-6pm | WÄCKY WYNIL | 18+

Glasgow's sexiest new vinyl shop, specialising in vintage, rare and independently released vinyl. Listen to good music, meet new people, and share a few words if you feel like it. The chance to discover new tunes and spend a great afternoon together.

ONLINE

MON

20

KNOW YOUR BOUNDARIES

WITH RIA SMART

11am-1pm

18+ | Content: MI, SV

Do you struggle to prioritise your own feelings and wants, if it might disappoint another? Do you feel guilty or anxious when you don't like something and want to say no? Can you admit to yourself when you feel uncomfortable with the way an interaction is going? Through creative exercises, compassionate discussion and guided meditation, we'll focus on the ins and outs of boundary setting. The workshop will be coordinated by Ria Bronte, a writer in Glasgow. Her work involves

themes such as upbringing and family, self love, anxiety, femininity, the self, consent, manipulation, philosophy, growth, and inspiration.

WRITE IT OUT WITH BEE ASHA

2-4pm

15+ | Content: A, D, DV, MI, R, S, SV

See page 18.

ACTIVE BYSTANDER INTERVENTION

WITH CRADLE COMMUNITY

4.30-6.30pm

15+ | Content: AB, I, Q, R, S, SV

Together with Cradle Community, you will be exploring a key skill in building accountable communities, bystander intervention. In this workshop, we will explore what harassment and violence looks

like in public space particularly as experienced by oppressed groups. We will provide space for participants to explore this issue, and build their skills and confidence to intervene when they witness street harassment amongst members of the community, in ways that hope not to escalate the situation, and centre the person experiencing harm.

TUE 21

BETTER SEX: THE SEXUAL SCRIPT WITH RUTH ELIOT

11-2pm

18+ | Content: MI, SV

See pages 13-14.

SELF MASSAGE

WITH HAYLEY GARDINER

2.30-4.30pm | 18+

Join us for a unique self massage and self portrait online workshop, an opportunity to get to know yourself and our face from the inside and out. No mirrors, just feelings and touch! Use this experience to paint and explore your relationship with yourself.

WED 22

INTRODUCTION TO SELF-COMPASSION

WITH SERENA STEPTOE

12-2pm | 15+ | Content: MI

Whereas compassion is the motivation to relieve suffering of others, self-compassion is the motivation to relieve the suffering of the self as well as others. Self-compassion is an emotional regulation tool that is helpful when difficulties arise. Serena will introduce the concepts and give tools to help us understand ourselves better.

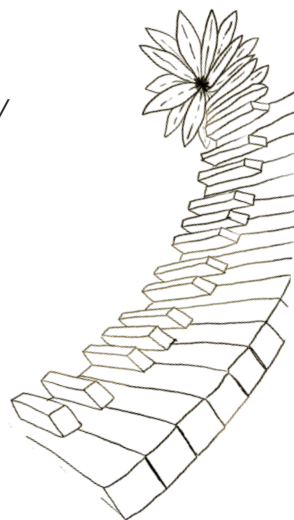
BETTER SEX: PLEASURE

WITH RUTH ELIOT

2.30-5.30pm

18+ | Content: MI, SV

See pages 13-14.



EDINBURGH

23 -26 JUNE

**ALL EVENTS ARE
PAY WHAT YOU CAN**



AYE SEE

Fri 17 June | 4.30pm
Cinema, CCA

Sun 26 June | 2pm
Red Lecture Theatre, Summerhall

These documentary screenings will be followed by a Q+A with the directors.
18+ | Content : A, D, MI, S, SV | Wheelchair accessible | Quiet room available

THAT JOKE ISN'T FUNNY ANYMORE

2020 | Dir. Hannah Currie | 13 minutes

A brain injury has bizarre, long-lasting effects on Paul, leaving him in a loop of joke telling, while his wife Lindsay shoulders household responsibilities. In the Wicklow mountains, they are isolated from friends and family who struggle to cope with Paul's behaviour. With no sign things will change, is Lindsay's love for Paul enough to sustain her through a true life Groundhog Day?

SPIT IT OUT

2019 | Dir. Léa Luiz de Oliveira | 30 minutes

Two years after being raped, Bee is at a crossroads. The incident empowered her to find her voice as a rapper, yet while anti-depressants help her deal with her trauma, they numb her and prevent her from creating. After finding the strength to stop her medication, Bee realises her words can help other women open up about their own experiences.

TOO ROUGH

2021 | Dir. Sean Lionadh | 16 minutes

After a night of intoxication, a hungover and hysterical Nick wakes up next to his boyfriend Charlie and must conceal him from his own homophobic and dysfunctional family. 'Too Rough' will be shown in Edinburgh only.

WHAT IT FELT LIKE TO DREAM FIRE

Fri 17 June | 3pm

Cinema, CCA | 18+ | Content: D, FI | Wheelchair accessible | Quiet room available

2022 | Dir. Regina Mosch and Bryant Keith Bayhan

A traumatic experience often ruptures our ability to make sense of the world, creating an intense encounter between body and mind. How can film fill the gaps that a trauma leaves, and how can it be a means to connect with each other? This collaborative evening will feature a screening of experimental short film 'What It Felt Like To Dream Fire' and an artists' discussion on the experience and creative expression of trauma.

LONG LIVE MY HAPPY HEAD

Sat 18 June | 4pm

Cinema, CCA | 15+ | Content: D, TI | Wheelchair accessible | Quiet room available

This screening will be followed by a Q+A with the directors.

2022 | Dir. Austen McCowan and Will Hewitt | 88 minutes

'Long Live My Happy Head' is a love story about cancer and comic books. Gordon and Shawn journey through one of the most difficult times of their lives, emerging stronger than before. Through intimately captured observational footage, video diary, and animations created from Gordon's comic illustrations, this film reveals how art, love and a sense of humour can soothe our deepest fears of mortality and losing the people we care most about.





OPENING: ONE OF THEM

Thu 23 June | 7pm

Ltd Ink Corporation

18+ | Content: FI, MI, SV, Q, VI

Wheelchair accessible

*Audio documentary, visual art,
live performance.*

*This exhibition is open from
Friday 24th to Sunday 26th
from 12pm to 6pm.*

Join us in discovering a new collective exhibition, and celebrate the opening evening of the Aye Festival in Edinburgh.

'One Of Them' is an exhibition dedicated to opening conversation around transformative justice. Through a series of audio testimonies paired with intimate photographs and short films, the audience is invited to participate in a journey of trauma, recovery and forgiveness.

We will be celebrating our Edinburgh opening with drinks, food and music until 11pm.

The artists are Seina Baalouche, Léa Luiz de Oliveira, and Callie Rose Petal (lonely carp).

Doors will open at 7pm. At 8pm there will be a live performance by lonely carp. Drinks, food, and music until 11pm.



OFFCUT CURATED BY LONELY CARP

Sat 25 June | 8.30pm

The Banshee Labyrinth

18+ | Content: FI, LN, Q, MI, SI, VI | Non-wheelchair accessible

A subversive night of industrial noise and abrasive experimental music with an all-trans* lineup unashamedly exploring the queerer, scarier, darker side of performance so often underrepresented in Edinburgh. Curated by lonely carp. Not for the faint of heart.

Featuring mind-bending sets by maniatix, lisa the beauty queen, and lonely carp.

Aye Festival

The Wee Red Bar
Saturday 25th June

19:00-22:00

Nathaniel . NANI
Grace and the Flat Boys
Queen of Harps . Bleu
Ustad . Dr Salad



The Wee Red Bar / EH3 9DF

18+

Wheelchair accessible

Spit It Out



Aye Festival

**POETRY &
SPOKEN WORD**

Hannah Lavery

Colin McGuire

Murid Laly

Harry Josephine Giles

Myles Westman

Zebib K Abraham

Musenga L Katonga

Sean Lionadh

June 24th

8-10.30 pm

The assembly Roxy - Snug

After party at Paradise Palms 11pm-1am.



ALBA | CHRUTHACHAIL

THU

23

OPENING: ONE OF THEM

7-11.30pm | Ltd Ink Corporation

18+ | Content: FI, MI, SV, Q, VI

Wheelchair accessible

See page 27.

FRI

24

DANCE, MEDITATION, AND TANTRIC EMBODIMENT WORKSHOP

WITH LAURA YONIVERSE

12-2pm | Old Lab, Summerhall

18+ | Wheelchair accessible

Sound, movement and breath are the pillars of embodiment and tantra. In this workshop you will playfully explore how you can experience life through your senses. You will learn practices to feel your emotions as energy moving through you - rather than labelling them as bad or good. You will experience your own Shiva energy (consciousness) and your Shakti energy (energy in motion) in their magical union.

CREATIVE BLACKOUT POETRY WORKSHOP

WITH ELLA READ

2.30-4.30pm | Tech Cube, Summerhall

Family Friendly | Wheelchair accessible

Join Edinburgh-based illustrator Ella Read for a workshop in creating poetry from pre-written texts. This is a creative workshop, open to all levels, to create poetry from books and pre-written texts using a range of materials. We will be making unique and personal poetry pieces whilst exploring different artistic methods in both a shared group environment and solo activities. No writing or art experience necessary.

OPENING: SOUL IN THE THREAD

5.30pm-7pm | Arts 13 | 18+

Wheelchair accessible (except toilets)

See pages 9-10.

POETRY NIGHT & SPOKEN WORD

7pm-10.30pm | Assembly Roxy

18+ | Content: D, MI, R, S, Q

Non-wheelchair accessible

An incredible night of poetry and spoken word with outstanding artists from across Scotland. See page 30.

AFTERPARTY

11pm | Paradise Palms | 18+
Wheelchair accessible (except toilets).

SAT

25

WRITE IT OUT WITH BEE ASHA

12-2pm | Tech Cube, Summerhall
15+ | Content: A, D, DV, MI, R, S, SV
Wheelchair accessible
See page 18.

5RHYTHMS DANCE

WITH SARENA WOLFAARD

1-3pm | Old Lab, Summerhall
Family friendly | Wheelchair accessible
Join Sarena Wolfaard for a dance workshop to learn to trust our bodies, to expand into new possibilities, to relate in new and healthy ways. 5Rhythms dance provides a map through many transitions.

BETTER SEX: THE SEXUAL SCRIPT WITH RUTH ELIOT

2.30-5.30pm | Tech Cube, Summerhall
18+ | Content: MI, SV
Wheelchair accessible
See pages 13-14.

INTRODUCTION TO SELF-COMPASSION

WITH SERENA STEPTOE

3.30-5.30pm | Old Lab, Summerhall
15+ | Content: MI
Wheelchair accessible

Whereas compassion is the motivation to relieve suffering of others, Self-compassion is the motivation to relieve the suffering of the self as well as others. Self-compassion is an emotional regulation tool that is helpful when difficulties arise. She will introduce the concepts and give tools to help us understand ourselves better.

OFFCUT

CURATED BY LONELY CARP

8.30-11pm | The Banshee Labyrinth
18+ | Content: FI, LN, Q, MI SI, VI
Non-wheelchair accessible

A subversive night of industrial noise and abrasive experimental music with an all trans lineup. See page 28.

SPITITOUT AT THE WEE RED BAR

7pm-10pm | The Wee Red Bar
18+ | Content: MI, S
Wheelchair accessible

Dancing and debauchery sure to have you moving! See page 29.

SKATE IT OUT

WITH SKATEBOOBS

10am-3pm | Leith DIY Skateboard Park

15+ | Content: Ml

Wheelchair accessible

See pages 15-16.

RECONFIGURE: LIFE DRAWING WITH TOPAZ

10am-4pm | Main Hall, Summerhall

15+ | Wheelchair accessible

What prompts someone to want to take their clothes off for art? Is it for the money? Plain old exhibitionism? Or could it be that being the subject of a stranger's gaze is itself empowering?

LEARN TO LISTEN

WITH SAMARITANS

11am-12pm | Anatomy Lecture

Theatre, Summerhall

18+ | Content: D, S

Wheelchair accessible

Better listening is the cornerstone of a compassionate culture. Samaritans' 'Learn to Listen' workshop explores how we can listen more effectively to those around us, and introduces the

tools and approach Samaritans use to support people in emotional difficulty.

PERFORMANCE & WRITING WORKSHOP WITH EDINBURGH

INTERNATIONAL FESTIVAL

11.30am-1.30pm | Old Lab, Summerhall

15+ | Wheelchair accessible

Join Zambian-born spoken word artist Musenga Katongo and Ghanaian-born rapper Rycon for a workshop exploring writing and performance techniques.

BOXING & PERSONAL TRAINING WITH STEVIE CREED PT

1-7pm | High Performance PT &

Boxing Gym, Loanhead

15+ | Wheelchair accessible

Join Stevie Creed for an hour of fitness or boxing training catered to your personal needs. No previous experience needed. Learn the basic fundamentals of boxing while getting fit. Bring a water bottle, and give advance warning if you have any underlying health conditions.

AYE SEE: DOCUMENTARY SCREENINGS

2pm-4pm | Red Lecture Theatre,
Summerhall

18+ | Content: A, D, MI, S, SV

Wheelchair accessible

BAFTA-winning shorts and BBC documentaries, featuring a live Q+A with the directors.

See page 25.

BYSTANDER INTERVENTION WORKSHOP

2pm-4pm | Old Lab, Summerhall

18+ | Wheelchair accessible

Bystander intervention means recognizing a negative situation and responding to it in a way that can stop or de-escalate it. Learn the safest way to challenge hate whenever you see it.

BETTER SEX: PLEASURE

WITH RUTH ELIOT

2.30-5.30pm | Tech Cube, Summerhall

18+ | Content: MI, SV

Wheelchair accessible

See pages 13-14.

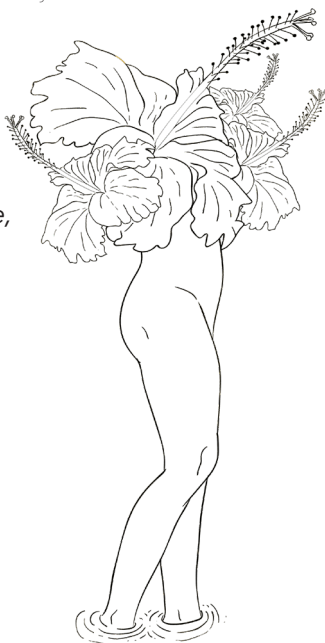
OUTDOOR JAM WITH THE EDINBURGH COLLECTIVE

3-5pm | The Meadows (Pavilion)

Family Friendly | Free

Wheelchair accessible

The open network of creatives in Edinburgh is hosting a chilled out series of performances from various Edinburgh artists on the Meadows. Come outside to enjoy some fresh air, great music and good vibes out in the city!



RESOURCES & HELP

SAMARITANS

samaritans.org

RAPE CRISIS SCOTLAND

rapecrisisscotland.org.uk

EDINBURGH WOMEN'S AID

edinwomensaid.co.uk

INTERCULTURAL YOUTH SCOTLAND

interculturalyouthscotland.org

LGBT HEALTH AND WELLBEING

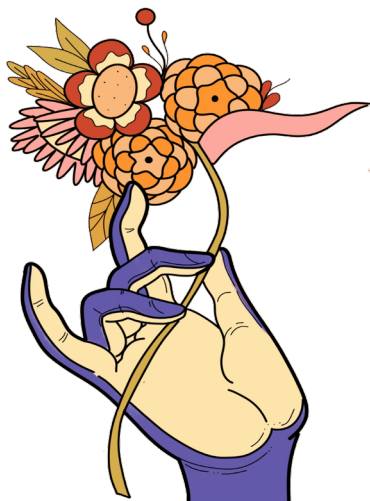
lgbthealth.org.uk

MATE

matedinburgh.wordpress.com/resources

SEE ME SCOTLAND

seemescotland.org



STAY CONNECTED

Spit It Out

Aye Consent

Aye Am

Aye Feel

Aye Fuck

Aye Stand

Aye Change

Aye Move

Consent and boundaries

Identity

Mental health

Sex

Activism

Transformative justice

Connection to the body through
movement

EVENTS, PODCASTS, MAGAZINES & MORE

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