

Throughout June 2014



Anxiety

Arts Festival London 2014

Exploring anxiety through the arts



Anxiety 2014 features over 50 events, including new commissions and UK premieres.

For the full programme, venue, booking information and to join our mailing list please visit:

www.anxiety2014.org

[Facebook/anxietyfestival2014](https://www.facebook.com/anxietyfestival2014)

[@anxiety2014](https://twitter.com/anxiety2014)

[#anxiety2014](https://www.instagram.com/anxiety2014)

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Introducing Anxiety Arts Festival London 2014

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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

Anxiety 2014 Film discovers the bodies, shapes, objects and forms that have represented anxiety throughout cinema history. They are recognisable figures, and frequently stereotyped – the madman, the melancholy migrant, the hysterical housewife, the violent youth – that over time have strangely and stubbornly persisted in our cultural imaginations. They are also the non-human: the environmental threat, the knife, animals, even aliens from outer space.

Anxiety 2014 Film puts these anxious cinematic figures 'in place' not only to understand what they represent and can tell us about a history of our shared anxious fears – both personal and social; what we can learn of anxiety's 'character' as well as its causes – but also who has had to bear the weight of those anxieties and to what personal and social cost.

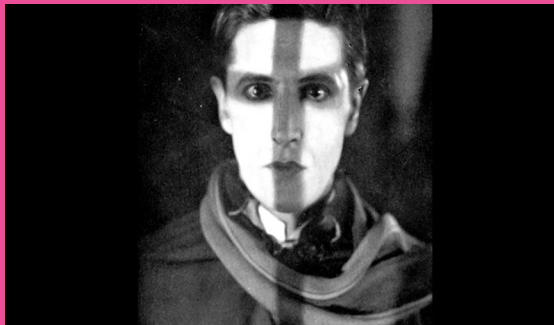
FEAR OF FEAR

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 soundtrack) is provided by the composers and musicians of the Guildhall School's Electronic Music Studios.

The film will be introduced by Professor Ian Christie, Birkbeck University of London.

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

Cléo from 5 to 7 (Cléo de 5 à 7) (PG)

Dir. Agnes 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, Cleo'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

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.

Co-curated and presented by Look at Me Film Club.
Tickets: £9.60–£10.60
0871 902 5734
www.anxiety.org

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, 3pm

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
020 7433 8988
www.jw3.org.uk

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

The Headless Woman (12)

Dir. Lucretia Martel, Argentina 2008, 87mins
Barbican Cinema 3, Wednesday 25 June, 7pm



A successful dentist is uncertain what to do when she runs over a dog, or could it have been the dog's owner? In tune with the heroine's intense anxiety and post-traumatic state of mind, the story lingers on the puzzling clues that slither into a fog of guilt and denial, offering a modern exploration of the psyche as well as a pointed critique of class inequality and bourgeois indifference.

Co-curated with the Barbican and Club Des Femmes with an introduction by Selina Robertson.
Tickets: £10.50–£11.50
020 7638 8891
www.barbican.org.uk/film

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 1952, 167mins

Barbican Cinema 3, Sunday 22 June, 3pm

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 13.

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, testing 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

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-Conroy, Technology Will Save Us and the Mechanical Cabaret Theatre.

Kathrin Böhm will participate in the Social Arts Practice & Mental Health panel discussion, see page 10.

FREE ENTRY

A Peckham Platform commission for Anxiety 2014.
www.peckhamplatform.com

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 Bárbara Rodríguez Muñoz, with Phoebe von Held, Professor Michael Newman and Dr. Emmanuelle Peters: 5 June 2014.

Funded by the Maudsley Charity. Supported using public funding by the National Lottery through Arts Council England.

www.theyardtheatre.co.uk

Écran Somnambule, (Sleepwalking screen)

Latifa Laâbissi
Freud Museum London, Friday 6 June & Saturday 7 June, 7.30pm



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: 3 June 2014, 7pm, see page 2.

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

Image credit: Latifa Laâbissi, *Écran Somnambule* 2012 Photo Margot Videoq.

acting-out: the institution denied

Installation, film, performance programme
Anatomy Museum & Theatre, Kings College London
10–21 June



acting-out: the institution denied explores the role of performance in the liberating, yet anxious process of defying institutional boundaries and social labels.

Engaging with the theories of critical psychiatrists R. D. Laing and Franco Basaglia, the project seeks to move beyond popular definitions of 'acting-out' as a destructive or anti-social impulse, framing it as a performative action and a form of resistance. New commissions and existing works across installation, film and live performance offer multiple approaches to the term: from a literal engagement with the history of critical psychiatry and mental health assessments, to abstract explorations of psychological processes and languages.

Artists include Lawrence Abu Hamdan, Dora García, Eva Kotátková, David Lamelas, Javier Tellez and the vacuum cleaner.

Performances by Eva Kotátková and Lawrence Abu Hamdan, introduced by curator Bárbara Rodríguez Muñoz: Tuesday 10 June, 7pm.

Performance by the vacuum cleaner: Tuesday 17 June, 7pm.

Talk by Professor John Foot on Franco Basaglia: Thursday 19 June, 6.30pm.

See also Peter Robinson's documentary *Asylum* (1972) examining the ideas of R. D. Laing at Clapham Picture-house: Saturday 28 June, 6pm, see page 5.
Commissioned by Anxiety 2014.

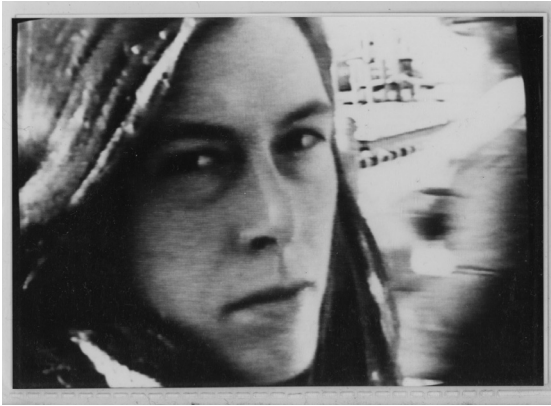
Exhibition: FREE ENTRY, Performance: £5.
www.anxiety2014.org

Image credit: Javier Tellez, *Caligari und der Schlafwandler* (Caligari and the Sleepwalker), 2008. Filmstill, Courtesy the artist and Galerie Peter Kilchmann, Zurich.

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.

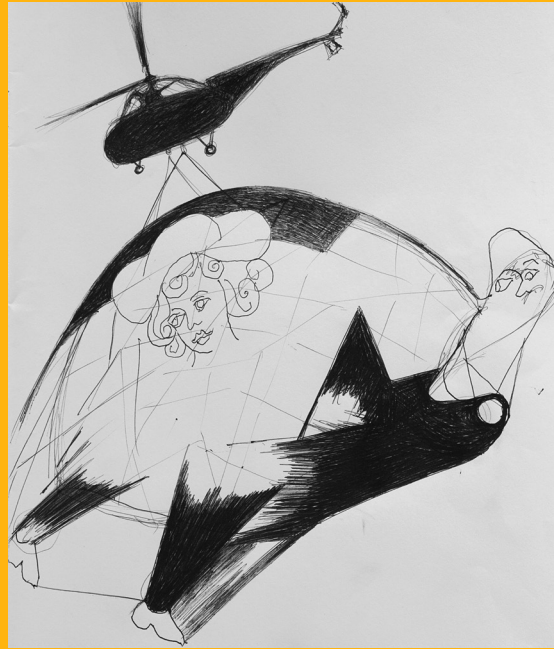
Programmed with LUX.
www.whatson.bfi.org.uk

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. Chaired by Simon Wessely, Professor of Psychiatry and Dean of the Royal College of Psychiatrists. The event will welcome post-talk discussion with the audience.

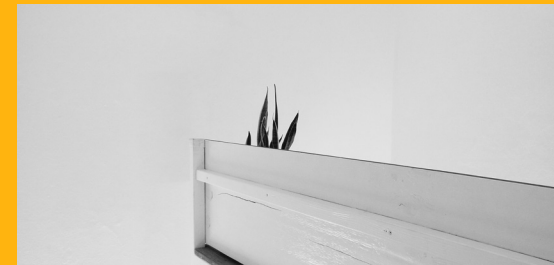
Organised by Sarah Dorrington and Isabel Valli, Institute of Psychiatry.
www.southlondongallery.org

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

Image credit: Christina Kral, *Waiting Room*, 2013.

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, MoreUtopia!, 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.
www.bermondseyproject.com.

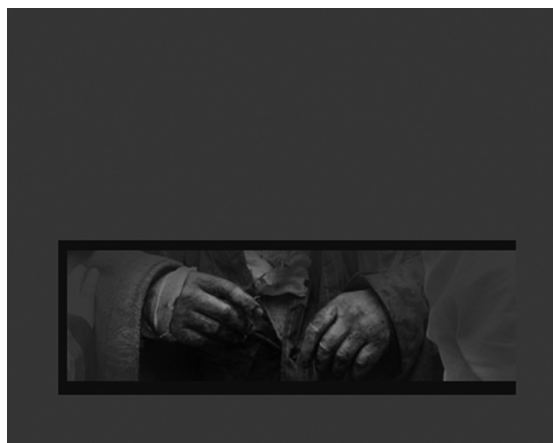
Image credit: Louise Fitzgerald.

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.



Shona Illingworth, *216 Westbound*, working Image, 2013 © Illingworth.

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

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.

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.

London Creativity and Wellbeing Week

Various venues and partners, 2–11 June 2014

With debates and discussions, performances and exhibitions, tours and practical sessions across London and beyond, the third annual London Creativity and Wellbeing Week is an opportunity to find out more, make connections, be inspired, and shape the future of arts, creativity and wellbeing.

Free and ticketed for individual workshops and talks. Organised by London Arts and Health Forum. Supported by public funding from Arts Council England. www.creativityandwellbeing.org.uk

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

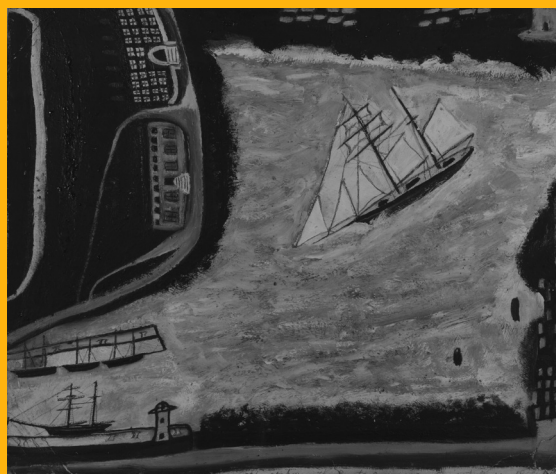
Study afternoons and pre-concert talks
Wigmore Hall, dates in June and July, various times

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

Healthy Debate Symposia Series

Debate series accompanying Art and Life exhibition
Dulwich Picture Gallery, Thursday 12, 19 and 26 June



Three half day symposia exploring Alfred Wallis as an outsider artist, debating the issues around outsider art now and in the future, whether these divisions exist and, if so, if they matter.

Ticket price: £10 each or £25 for all 3 symposia.
Concessions: £5 each or £13 for all 3 symposia.
12 June ticket offers with free preview of Art in Life Exhibition 6–7.30pm.
www.dulwichpicturegallery.org.uk/whats_on.aspx

Image credit: Alfred Wallis, The Schooner the Beata, Penzance, Mount's Bay, and Newlyn Harbour. Oil on board. Private collection/copyright Winifred Nicholson.

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
Saturday 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 11.45pm–5am
Starts: Tate Modern (outside the Turbine Hall entrance)
Ends: Maudsley Hospital

Both events are great ways to connect with new people and find out how creativity enables us to build a community of wellbeing. Walkers please book in advance, wear comfortable shoes and bring your own water.

www.cooltanarts.org.uk

The Mind & Soul Community Choir

Led by Lea Cornthwaite, Choir Director and Animateur
The Gym, Maudsley Hospital
Wednesday 18 and 25 June, 6–7pm

Take part in an open community of singers in a friendly and informal setting. No experience is necessary – as everyone can sing! The Choir was founded as a way of promoting wellbeing and reducing stigma surrounding mental illness through singing.

FREE ENTRY
Supported by the Maudsley Charity.
Use this map to find your way: kcl.ac.uk/campuslife/campuses/download/2013/loP-detail-map.pdf

Picturing Anxiety

National Portrait Gallery
Thursday 12 and Friday 13 June, 6–8.30pm



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

Creative Writing Workshop

Thursday 12, 6.30–8.30pm
The Blank Page, £10/£8
How do writers approach the blank page to draw out compelling fictional characters?
www.cooltanarts.org.uk

Drop-in Drawing

Friday 13, 6.30–8.30pm
Take inspiration from the portraits and sketch in the Gallery in this artist-led session.
FREE ENTRY on a first come, first served basis.

In collaboration with City University London and writer Emily Midorikawa.
www.npg.org.uk/events

Image credit: National Portrait Gallery.

SHE Choir Open Rehearsals

Fun and friendly women only choir
Global Generation Skip Garden, Kings Cross
Monday 16 and 23 June, 7.30–9pm

A free to join, fun, friendly and informal all female choir that meets in the Global Generation Skip Garden, Kings Cross. 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



Stereohype Outside Brixton takes place on the Summer Solstice in the heart of Brixton. Activities include: music, children's workshops, face painting, alternative therapies, and Union Dance Balance/Imbalance project. Come along, sip fruit cocktails and chill out with friends.

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.

Organised 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.

Horace Ové's ground-breaking 1975 film *Pressure* is showing as part of Anxiety 2014 Unhomely Film strand, [see page 4](#).
www.time-to-change.org.uk/stereohypebrixton

Image credit: Time To Change.

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 Première)

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



Hugo Glendinning ©.

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

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.

In partnership with 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.

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South London
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NHS Foundation Trust



union:DANCE



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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Fax: 020 7803 1111
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www.mentalhealth.org.uk
www.learningdisabilities.org.uk
Reg Charity No: 801130

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