

	AUDITORIUM	WORKSHOP	STUDIO 1	IRON MILL STUDIO (STUDIO 2)	MEETING ROOM	MAIN FOYER	STUDIO 74	WALKWAY GALLERY	CAFE BAR
10.45am						Welcome: with <b>Ceri Baker</b>		Creative Minds: <b>Devon Mental Health Association</b> Exhibition	
11am		'Mad with Anxiety' Workshop	<b>Poco Drom</b> Family Wellbeing Rave 	Yes! You Can Sing Workshop	 Drop-in Crafts: Bargello Needlepoint with <b>Exeter Girl</b>	<b>Iron Mill College</b> Information Stall Until 4:30pm	Moving On For Mental Health Panel Discussion		
11.30am									
12pm									
12.30pm				Ukelele for Wellbeing 		Moving Image for Mental Health. Film + Discussion			
1pm	<b>Devon Mental Health Association</b> Open Mic	 <b>Soul Warriors</b> 'Yopo' Intuitive Movement Workshop	Writing for Resilience and Emotional Wellbeing	Mindfulness and Movement with <b>Iron Mill College</b>					
1.30pm									
2pm									
2.30pm									
3pm						Nature Connection Workshop (Outside)	<b>Dolly's Film Club</b> Presents: 'Election' (15)* *Ticketed		
3.30pm									
4pm	The Importance of an Epic Support Network		<b>Rite to Freedom and MoMENTum</b> Recovery Cabaret	'Dance Your Life' Workshop					
4.30pm									
5pm		<b>Exeter Uni:</b> The Value of Blue Spaces							
5.30pm	The Magical Screentest of Isobel Jeffery (12+)				 				
6pm									
6.30pm									
7pm	<b>Spork!</b> Open Mic							<b>Lewis Tanner</b> DJ Set	

PERFORMANCE

WORKSHOPS

TALKS

OTHER

 FAMILY FRIENDLY



ALL EVENTS ARE DROP IN, UNTIL THE ROOM IS FULL



FIND OUT MORE



**Iron Mill College**  
Education & Training in Mental Health & Wellbeing  
Established 1981

