

London Erasmus 2018

TNH invite our Erasmus partners to our Health Creation week.

For five days there will be a series of internal workshops and talks plus 2 public events.

Inspired by the Scapegoat theme of our Marseilles partners, we are going to be looking at the body and how and where in our bodies we scapegoat ourselves, which is particularly relevant for activists and also people who are on the margins of society.

This will entail a daily check in, movement and meditation, small discussions about how to create health and well-being and also recording sound before and after our sessions. The purpose of this is to see how the voice transmits our state of wellbeing – an important indicator both for ourselves but also in the work we do in our respective organisations and especially relevant for picking up hidden cues from people we might be working with.

As a small and peripatetic loose organisation of women and trans people who are low on economic resources and who simply come together to create projects and events and have no base we will be using outside and inside spaces including New River Studios, Lordship Hub community centre and the Curve Garden Dalston who are all not for profit community projects.

Our projects Starts on

Tuesday at 3pm with a meeting and a check in near where we all stay followed by a trip to the OLYMPIC PARK for an outdoor herb walk with Rasheeqa Ahmad and a Capoeira session with Paulinha Martens and Zoe Mariage (weather permitting)

Transport:

TUBE Seven Sisters. Victoria line to Highbury and Islington. Overland at Highbury and Islington to Hackney Wick.

Canal Walk from Hackney Wick with Rasheeqa to the OLYmpic park.

Wednesday 10th after our daily movement meditation check in and sound recording (10.30-12pm) we will be visiting New River studios to look at the space and visit their community radio. Lunch will be a pizza there in their pizza café.

Wednesday afternoon people will have the options to visit places and network such as Groundswell in Brixton, a peer to peer homeless project, DIY space for London and their printing collective and St.Ethelburga's. Wednesday evening we will be eating together local to where our guests stay if they wish.

Transport:

Bus 67 to Seven Sisters road (5 minutes), walk 5 minutes to New River Studios.

Wednesday afternoon is now free! for relaxing or sight seeing.

We actually made a radio show in the evening on www.rad.io

Thursday 11th

10.30-12 noon we will be making our collective sound experiment after a walking meditation in the park followed by some organ detoxing and collective sound in the Lordship Hub community centre. Lunch will be in the community centre café.

In the afternoon we will be visiting the Herbal barge Stormvogel at Tottenham Hale and have been invited to have a 3 hour medicine making for Calais workshop as part of Herbalists without Borders with Mel Ronaldson.

Transport:

Walking 12 minutes through the park to the HUB. The park is 3 minutes from the house.
Bus 230 or 41 from Philip lane bus stop in front of the park to Tottenham Hale and the Herbal barge.

41 bus back to base or to Seven Sisters and then a bus to New River Studios for the evening event..

In the evening is the first of our public events.

This is called Activisms of Connection

An event celebrating the psychosocial impact of connection through music, talks and film on collective and individual well-being.

Sharing music, herbal medicine, film screening, guest speakers, musicians and vegan pizza to build solidarity and create social psychoimmunoboosting health.

We are so honoured to have a short film screening of innovative and impactful theatre work exploring scapegoating by migrant theatre company PEANUTS from Marseilles, and one of their members talking to us about their project.

We are also doubly honoured to have Rainbow Pilgrims, a storytelling project about LGBTQ+ migrants and travellers in the UK. Project founder Shaan Surat Knan and special guests from LGBT refugee groups invite you to a talk about journey and identity.

There will be music by the amazing KHADIJATOU DOYNEH, some other short talks by interesting people...

plus DJs RITU and Sexyrubbersoul

Last but not least the SAMBA SISTERS COLLECTIVE will be playing their resistance live and loud.

Join us at New River Studios, Seven Sisters at 7pm £5/£10.

The venue is FULLY ACCESSIBLE

This is an ambitious benefit for RCK, African Rainbow Family No-one turned away through lack of funds.

<https://www.facebook.com/events/2199464943662849/>

Friday 12th

10.30 -11pm check in meditation and sounding in Angel .

11am -4pm We have been invited to attend the **LGBTQI+ Diversity Building Solidarity Symposium**

This is an event to highlight the many sides of London's diverse LGBTQI+ community. We will look for shared goals, build solidarity and raise the voices of the most excluded in our rainbow family. Co-produced with Intersex UK, Rainbow Pilgrims, Regard DDPO, Twilight People and other user-led projects. This will be in Angel. <https://hearequality.org.uk>.

Transport:

Bus from Base - 341. 45 minutes.

Tube from Base Victoria line to Kings Cross, Northern line to Angel 30 minutes.

Optional evening meal after at VANTRA leicester square. 6pm. organic vegan family run South East Asian eatery.

Free Tourist event in the evening at the Southbank optional.
50 years of Trojan records.

Saturday 13th

Lunch and sounding at the Curve GARDEN Dalston

We will be having our second public event from 2-5pm which is a LGBTQI+ POC led 3 hour immersion of transformative sound in a beautiful building that was a former synagogue and is now a mosque. We will see first-hand how the guardians of this space navigate cross cultural dialogues to create a radical community asset.

Transport:

67 bus to Dalston or 149 bus from Seven Sisters tube station.

Transformative Sounds for Health and Wellbeing. - the spiritual aspects of health creation.

A one off event and an afternoon ritual of Magic, Connection, Spirituality, Empowerment and Transformation through Sound.

Co creating mystical space will be:

Toning and voice work to centre and connect from Caro Ophis of Interval Oracle

Fantastic interactive music and art for empowerment from Angelus Squid Marr and the Craft Bistro collective

Amazing cosmic gong bath for immune boosting relaxation by Tafrina Dubois.

We will have a handful of free places for people from migrant and refugee communities.

Tickets will be available from our fb page <https://www.facebook.com/events/2140694809515655/>

After a group meal in a local Turkish we will then make our way to Café Karamel a vegan venue in Woodgreen who will be hosting Woven Gold as the musical highlight of the Spotlight on Asylum festival season.

Woven Gold is a choir of refugees and asylum seekers from many of our world's most desperate and divided countries. Members have fled from treacherous and threatening circumstances in Iran, Algeria, Myanmar, Chechnya, Pakistan, Congo and Uganda – with the common desire to find sanctuary. Over the past ten years, they have formed a family through their love of music and their yearning for peace, safety and solidarity.

Tickets are available through Karamel 's fb page

https://www.facebook.com/events/253770835349958/?active_tab=about