

IRISH PERFORMING
ARTS PRESENTS

INCLUDE Festival 2016

GRASS ROOTS



Mary Nugent

Mary Nugent has been dancing since 2006, and was a co-director of Croi Glan Integrated Dance Company 2012-2015. Over the years she has performed the work of David Bolger, Liz Roche, Fearghus Ó'Conchúir, Leonie McDonagh, Adam Benjamine and Eric Kupers.



Spark Deeley

Spark Deeley is an Artist/Illustrator and Community Arts Facilitator. She is based in Cork and works with both youth and adult groups, developing creative projects which promote inclusion and collaboration. www.sparkdeeley.com



Ríonach Ní Néill

Ríonach Ní Néill is a dance artist and curator, based in the Connamara Gaeltacht. Her work is inspired by an engagement with human and social issues, viewing dance as a form of civic dialogue. Ríonach curates the Corp_Real Galway Dance Days Festival, a platform for multi-disciplinary engagement with dance and social issues, and is the dance curator at Firkin Crane, Cork.



Reimagine Cork is a voluntary led organisation that believes in community led action being at the core of making our city beautiful again. We're currently breathing life back into the heart of Cork City through colourful art and greening projects along our laneways, urban green spaces & derelict buildings. Another core aim is to highlight social issues within our City by working with the vulnerable/under privileged in our society. Please visit our website www.reimaginecork.com

"Cork Film Centre is a resource-based organisation, focused on developing, promoting and facilitating the advancement of creative film and video making in Cork and beyond. The centre provides support and access to resources for filmmakers, video artists, animators, and those engaged in multi-disciplinary work involving the moving image. It is a not for profit, membership based organisation. Services include education, equipment hire, advice and information for artists and filmmakers. It also hosts the online magazine Experimental Conversations, covering experimental film, video art, and art cinema." contact us on: +353 21 421 5160 or by e-mailing: info@corkfilmcentre.com



Time	DAY 1 Tuesday, June 28th Cork School of Music Film	DAY 2 Wednesday, June 29th Cork School of Music Meetings, Performances & Workshops	DAY 3 Thursday, June 30th Cork School of Music Conference & Workshops	DAY 4 Friday, July 1st Cork School of Music Workshops
09:30 - 13:00	10.00am - 16:00 Film Workshop (Facilitator Cork Film Centre at the CSM) The Cork Film Centre will provide a one day Film Making workshop from 10-4 pm in June 2016. The workshop will take the participants through the basics of camera and sound recording. Throughout the days event they will also script, act and shoot a short film.	10.00 am - 16:00 Melos International Partnership Meetings CSM 10:00 - 17:00 Rehearsals for IPAF performance (Curtis Auditorium) 11.00am-13:00 Creative Art Workshop, Hand- made Dream Catchers (Facilitator Spark Deeley) at C.I.T Sullivans Quay.	10:00 - 12:00 Stitch & Knit Workshop Blackpool Library 09:00 - 16:00 MELOS / IACAT Conference CSM This Conference will show case collaborative approaches and innovative practice in the Creative Arts Therapies. Speakers include; Dr. Ivor Browne (Author & Psychiatrist), Ellen Joyce Cork ARC Cancer Support, Dr. Ionnais Makris (Melos), Nick Kirwin (Music Technology & The Bean Project). Hosted by Cope Foundations Department of Arts & Creative Therapies (A.C.T.)	09:30 - 16:00 Sesame Drama & Movement Therapy day CSM 10:00 - 13:00 Reimagine Cork 11:00 - 12:30 Inclusive Dance class, Public Sharing (Facilitators Ríonach Ní Neill & Mary Nugent)
13:30 - 14.00		MELOS Meetings CSM		
14:00		14:00 - 16:00 Creative Art Workshop, Hand-cut Stencils for Graf- fiti Spray Painting, (Facilitator Spark Deeley) at C.I.T Sullivans Quay.		14:00 - 16:00 Dance workshop Train the Trainer (Facilitators Ríonach Ní Neill & Mary Nugent)
16.00 - 18.00	16.00 - 17:00 Screening of Films including 'Silent Moves' - film by artist Aideen Barry with The Ridgepool Training Centre & Scannán Technologies.			
18.00 - 20.00		Theatre Performances 18:00 - 20:00 Cork School of Music & Curtis Auditorium ALL WELCOME	18:00 - 20:00 Festival Party The Oliver Plunkett Bar	

Art Exhibitions Ground floor: Cork School of Music | Dates: June 25 - July 31st (During Opening hours) | Cork Coffee Roasters
Cork City library (Blackpool) | The Orchards Cope Foundation Montenotte



Every Tuesday until June 2016 at 1.00 - 3.30 artists Amy Begley, Ide Ní Shúilleabháin and John Keating are meeting in Cork Coffee Roasters in Bridge Street, Cork to create artwork with pen and coffee. The work will be exhibited at the end of June in Cork Coffee Roasters in connection with the Irish Performing Arts Festival 2016. Come and meet the artists and get your portrait painted.



Bring your creativity to life with 5 days of experiential workshops on the 2016 Cork Art Therapy Summer School

Take a journey with the art materials and explore your life from a new perspective. Art Therapy is a psychological therapy that utilises a creative medium to offer an additional and alternate way for individuals to explore and understand their life experiences in a safe and therapeutic space. Facilitators from the UK and Ireland with extensive experience in therapeutic practice and education.

The Cork Art Therapy Summer School runs from Saturday 25 June - Wednesday 29 June, providing all your materials, tuition and meals (tea/coffee, lunch and one 3-course evening meal) over the 5 days. Total fee €490 or €440* if you avail of the early bird rate. *Please note that payment for catering needs to be made separately. Download the brochure from www.arfincontext.eu

THE CALL TO THE NEW: IS THIS YOUR CALL?

A time for each of us to look forward To benefit from experience



SESAME DRAMA AND MOVEMENT THERAPY - 1 DAY TRAINING - FRIDAY JULY 1st, 2016 9.30am - 4.00pm | www.sesame-institute.org

The day will give an experiential introduction to Sesame drama and movement therapy, a therapeutic intervention which focuses on the creative health within people and enables self worth and direction by affirming spontaneous creativity. No experience of drama or movement is necessary. We will work with creative movement and ancient story to explore how times of loss, low self esteem and life dilemma can become an inner wisdom resource to guide us to a future of growth and new balance.

Cork School of Music, Union Quay, Cork
Cost €80, early bird €70 (pay before May 27)
BOOKING FORMS RAPHAELA HEASLIP
raphaelaheaslip@gmail.com 086 3636 332

CPD certificates will be available

Trainers

Mary Smail is a psychotherapist/drama and movement therapist, director of the Sesame Institute (UK and International) 1999-2015. She has trained students in Sesame for almost 30 years. She is the founder of the Psyche and Soma course - Soul-making through Sesame. She co wrote Myths and Fairytales in Dramatherapy - the Golden stories of Sesame in 2013. Raphaela Heaslip, Sesame Ireland Administrator, has pioneered Sesame Drama and Movement Therapy in Ireland. She has worked with different client groups since qualifying in 1993, presently working with clients with a learning disability and the elderly; she also has a private practice.



Dr. Ivor Browne

Dr. Ivor Browne in conversation with Eoin Nash. June 30th at the C.I.T. Cork School of Music. Part of the Melos / I.A.C.A.T Conference. Listen to the reflections and thoughts of this "towering and powerful figure in Irish Psychiatry... his story is the most important for us to hear" Colm Tóibín (2008)

WHAT'S THE STORY ?



Come and see **Kathleen Mullane's** art full of secrets and mystery - write a short story of what you see in the paintings and the 3 best stories will win a prize. If you are in a hurry - give the untitled artwork a title for another competition called "U(n)title".

Blackpool Library, Redforge Road, Cork
1 June to 4 July 2016

IRISH PERFORMING ARTS PRESENTS

INCLUDE Festival 2016

GRASS ROOTS

25TH JUNE – 2ND JULY

www.cope-foundation.ie

Irish Performing Arts Festival

Kindly Supported by

Cope Foundation Suisha Inclusive Arts



CONTACT THE FESTIVAL TEAM

Eoin Nash / Paul Sherlock
(021) 4215 155 / (086) 8074 037

ABOUT ARTS AND INCLUSION

Cope Foundations Department of Arts & Creative Therapies (A.C.T.)

Cope Foundation is a service provider based in Cork that supports people with Intellectual Disabilities/ Autism and their families. The organisation supports approximately 2400 people across Cork City and County and employs approximately 900 staff. As part of its service delivery Cope Foundation has a Department of Arts and Creative Therapies (A.C.T.) which holds overall responsibility for the development of Arts and Creative Therapies in the Organisation.

Suisha Inclusive Arts is the organisations community based Arts' hub and point of contact between Cope Foundation and the "mainstream" arts community. Suisha Inclusive Arts is committed to a common purpose approach to developing and supporting people and the community to meet their full potential through creativity.

Three Core Strands on Inclusion for A.C.T.

- **Education & Accessibility** (supporting educators, providing education & supporting those that wish to access arts' focused education).
- **Practice & Innovation** (Arts practice development and commitment to the development of inclusive arts practice through a range of local, national & international projects, partnerships & events).
- **Arts' Therapies** (Music, Dance/Movement, Art & Drama) We recognise that some people need additional supports to reach their full potential and believe that many of these individual needs can be supported within the framework of Arts' based therapies).

For information on any of our programmes or to discuss connecting with us please contact:
Eoin Nash
Manager of Arts & Creative Therapies
Cope Foundation
t: (021) 4215 155
e: nashe@cope-foundation.ie

INNOVATION AND COLLABORATION

In the Creative Arts Therapies

CIT Cork School of Music, Cork, Ireland

International Conference

Thursday June 30, 2016



This Conference will show case collaborative approaches and innovative practice in the Creative Arts Therapies. Presentations, case studies and workshops will benefit Service Providers, Professionals working in Health and Education, Practitioners and those interested in knowing more about the Creative Arts Therapies.

Cost includes lunch:

- IACAT members €50
- Non members €75
- Students and Unwaged [proof is required] €40.

For more information:
e: iacatsouth@gmail.com t: (021) 421 5155



We would like to take this opportunity to welcome everyone to this years INCLUDE - Grass roots Festival. We would especially like to welcome our international visitors and those involved in the "MELOS" Erasmus + project from Turkey, Greece, Lithuania and Ireland. This year we focus on Grassroots, Collaboration, Innovation & Inclusion.

The origins of this festival stretch back to 2008. The festival has evolved and grown in significance nationally and internationally since its inaugural festival in 2009. The festival has also grown in its reach to be a festival of inclusivity and diversity for all age ranges. This is due to a number of creative, willing and open minded individuals & partners committed to working together, breaking down barriers, sharing skills, information and approaches whilst striving towards a common purpose.

This year we will host our 8th festival of inclusion & creativity. Performances, Educational Talks, Workshops, Exhibitions, and the "MELOS" Erasmus+/ Irish Association of Creative Arts Therapies (IACAT) 30th Anniversary Conference will highlight the excellent work being done nationally & internationally. We are grateful to the many sponsors, fundraisers, volunteers, staff, artists and presenters that will share their expertise and make this years festival possible.

We are committed to highlighting the importance of collaboration whilst growing understanding of inclusion. Our ambition to grow this festival in partnership with others and break down barriers that create division is central to how we work. We hope during this week you experience the cross pollination of ideas and creativity, a warm and open welcome and please come and talk to us if you wish to be part of this evolving festival. "Together we can do great things".

Enjoy the Week

Eoin Nash, Paul Sherlock, Hermann Marbe, Amy Burke and the Festival Team

MELOS/ I.A.C.A.T. CONFERENCE

Venue: Cork School of Music
Date: 30/06/2016
Time: 09:00 – 16:00

This Conference will show case collaborative approaches and innovative practice in the Creative Arts Therapies. Presentations, case studies and workshops will benefit Service Providers, Professionals working in Health and Education, Practitioners and those interested in knowing more about the Creative Arts Therapies.

Speakers include; Dr. Ivor Browne (Author & Psychiatrist), Ellen Joyce Cork ARC Cancer Support, Dr. Ionnais Makris (Melos), Nick Kirwin (Music Technology & The Bean Project)

ART EXHIBITIONS

Venue: Cork School of Music, Cork Coffee Roasters, Cork City Library (Blackpool), The Orchards (Cope Foundation).
Start Date: 25/06/2016
Time: During Opening hours

ERASMUS+ MELOS PARTNERSHIP

Venue: Cork School of Music
Date: 29/06/2016
Time: 10:00 – 16:00

MELOS has a dual meaning in the Greek language; musically the word is used world-wide to signify the succession of musical tones constituting a melody but also, it means member of a group. This duality is what our project aims for. The simultaneous enhancement and the development of cognitive, perceptual, kinetic and social skills through an enjoyable, creative and interactive learning experience for people with learning disabilities."

THEATRE PERFORMANCES

Venue: Cork School of Music Curtis Auditorium
Date: 29/06/2016
Time: 18:00 – 20:00

Free event. First come first serve.

SESAME DRAMA/ MOVEMENT THERAPIST RAPHAELA HEASLIP

Venue: Cork School of Music
Date: 01/07/2016
Time: 09:30 – 16:00

The day will give an experiential introduction to Sesame drama and movement therapy, a therapeutic intervention which focuses on the creative health within people and enables self-worth and direction by affirming spontaneous creativity. No experience of drama or movement is necessary. We will work with creative movement and ancient story to explore how times of loss, low self-esteem and life dilemma can become an inner wisdom resource to guide us to a future of growth and new balance.

Cork School of Music, Union Quay, Cork
Cost €80, early bird €70 (pay before May 27)
BOOKING FORMS
RAPHAELA HEASLIP
e: raphaelaheaslip@gmail.com
t: 086 3636 332

FILM WORKSHOP CORK FILM CENTRE

Venue: Cork School of Music
Date: 28/06/2016
Time: 10:00 – 16:00

The Cork Film Centre will provide a one day Film Making workshop from 10-4 pm in June 2016. The workshop will take the participants through the basics of camera and sound recording. Throughout the days event they will also script, act and shoot a short film.

REIMAGINE CORK

Venue: to be decided
Date: 01/07/2016
Time: Closed workshop

COPE/Reimagine Cork Art Project Workshop will commence with an Alan Hurley led brainstorming session where COPE artists can showcase their wonderful talent and collaborate to create street light box designs. Under the guidance of Alan, these designs will then be completed on a selection of street light boxes within the City.

MARY NUGENT/ RIONACH NI NEILL INCLUSIVE DANCE WORKSHOPS

Venue: Cork School of Music
Date: 01/07/2016
Time: 11:00- 12:30 & 14:00 – 16:00

Dance class, Public Sharing Dance workshop and Train the Trainer event.

ART WORKSHOP SPARK

Venue: CIT Dept/ Art Therapy
Date: 29/06/2016
Time: 11:00 – 13:00 & 14:00 – 16:00

Two Fun Creative Workshops for anyone aged 16 - 30 years.
1st Workshop
Handmade Dream Catchers (Wednesday 11:00- 13:00)
2nd Workshop
Hand-cut Stencils for Graffiti Spray Painting (Wednesday 14:00 – 16:00)

Max number of participants per workshop - 10 people
All materials will be provided

IRISH PERFORMING ARTS FESTIVAL HIGHLIGHTS

INCLUDE "GRASS ROOTS" A WEEK OF WORKSHOPS, CONFERENCE'S, CREATIVE SHARING WITH A FOCUS ON INCLUSIVE ARTS.



PATRON: President of Ireland Michael D. Higgins