

## HEALTH AND WELLBEING ZONE

A one stop shop of information about Health and Wellbeing organisations, activities and services right on your doorstep! Find out something new.

### DEMO & DEBATE AREA

- 12.00 Mind and Soul Choir** – join the choir in a great explosion of song
- 12.20 Official Opening** – The Mayor of Lambeth Christopher Wellbelove and Cllr Rachel Heywood welcome us to the 9<sup>th</sup> Stockwell Festival & EXPO
- 12.40 Great 'health & wellbeing' through nutrition!** Learn some of the secrets of optimum nutrition to help you to feel better, have more energy and maintain your weight! With Karen Virtue ([www.zest4life.eu](http://www.zest4life.eu))
- 1.30 Raw Chocolate making demonstration** – Learn how to create dark chocolate bars and white chocolate truffles that are flavoured with spices, nut and even bee pollen! ([www.sugargrain.com](http://www.sugargrain.com))
- 2.00 Community Action Fund** – money for local projects. See how you can influence where the Council spends its money.
- 2.45 Manju Mahli** - watch the celebrity chef's own unique 'Brit-Indi' style of Indian cuisine cooking demonstration. A regular on TV, Manju aims to encourage more and more people to experiment with spices and readily available ingredients.
- 3.45 Your NHS – your priorities' consultation** Have your say on health in Lambeth – put your questions to our panel; Caroline Hewitt, Chair of NHS Lambeth, Kevin Barton, Chief Executive of NHS Lambeth, Cllr Lorna Campbell and Stockwell GP John Balazs.
- 4.20 Stress Management demonstration** - Delta Streete, a locally based reflexologist will touch on simple everyday yoga and reflexology tools that help you to rejuvenate and energise. Come and de-stress! ([www.dynamicreflexology.co.uk](http://www.dynamicreflexology.co.uk))
- 5.15 Baptist Choir** lead us in some popular songs.

## CHILL OUT ZONE

Pamper yourself with a relaxing massage! A range of therapies are on offer from Dynamic Health and St Aubyn's Holistic Centre.

Take part in a variety of activities with the **Family Mosaic Interactive Workshops**. Create your own mosaic; Join in the Fun Run or relax with a tai chi class.

## SAFER COMMUNITIES ZONE

Come along and find out more about the Fire Service, British Transport Police and young people from the Youth Organisations in Uniform initiative.

**Stockwell Studios / Art 4 Space Exhibition & Peace Tree** – Find out what local artists have been doing in your area and help mark the end of Peace Week by adding your wishes to our recycled Peace Tree.

### Friends of Larkhall Park Exhibition

Showcasing the latest park developments and the proposed tennis courts. Come and take a look!

### Dr Bike

Get your bike fixed by our super duper mechanic – he works wonders!

## CHILDREN'S VILLAGE OF TROPICAL DELIGHTS

Dive into a sea of activities available throughout the day.

### Whale of a Time / Face Painting

Make your own clay water beast with Whale of a Time or have your face painted like a clown fish or pineapple!

### Carnival Parade Workshops - 12 – 4.30pm

Make your own banana costume or pineapple mask with Arts Community Exchange or have your face painted from 2.30pm so you can join us as the procession makes its way around the park at 4.45.

### Magic Shows

Marvel at the magic man; can you guess how it's done? Find out at **1.30pm & 4.00pm**

### Circus Skills Shows

Spin a plate, dabble with Diablo or juggle some balls – in our circus skills workshops at **12.00, 2.30pm and 5.00pm**

## Oasis Children's Venture Fun Trail

Join in the Fun Trail. Where will the questions lead you and what will you find? Prizes awarded on completion.

### Punch & Judy Marquee

Enjoy some PUNCH & JUDY humour in Puppet Planet's 15 minute shows at:

**12.30 3.30 4.30 5.30**

### Drum Marquee

Take time to join in one of the workshops that Lambeth Music Service is offering for all ages and abilities throughout the day.

### Sport Action Zone

Fancy getting sporty? SAZ will be running Football, Cricket and Basketball sessions on the ASTRO-Turf throughout the day.

**Pineapple Car Rides** – its back, bigger and better! Hop on board – only 50p a go!

### Stilt walking bubble lady

If you don't look up you'll only see her knees!

## MAIN ARENA

### STALLS

Over 25 stall holders will entice you with variety of goods from jewellery and clothes to photographs and candles - there really is something for everyone.

### REFRESHMENTS

Taste the flavours of Stockwell from the spice of the Caribbean and the heat of a hot dog to the chilling delight of a whippy ice-cream or a nice cold beer. You'll not be hungry or thirsty - that's for sure!

## PERFORMANCE ZONE

- 12.30 DJ Daddy Ernie – Choice FM's very own DJ**  
Daddy Ernie is here to entertain you.
- 12.40 JEROME BARNES and his Streetbreakers**  
take to the floor. Come and enjoy street breaking at its best.
- 12.45 J Daddy Ernie & Streetbreakers** – Watch DJ Daddy Ernie as he spins the discs accompanied by Streetbreakers on the dance floor!
- 1.15 The Big Sing** – come and be lifted in song with Pastor Haydn and the Baptist Choir.
- 1.45 Strictly Come Stockwell – Lambeth Elderly Association from Vietnam** lead us in line and sequence dancing! This is how it's really done!
- 2.00 FLOetic Lara – singer/poet**  
A queen of spoken word and the live music scene don't miss your chance to enjoy this dynamic artiste who combines sensational singing with passionate poetry!
- 2.20 Stockwell Street Dancers** – Making their debut performance, show your support for this newly formed local street dancing group.
- 2.30 Southside Harmonics** The world famous steel band get us into the festival fever!
- 3.00 THE BIG LAUGHTER EVENT** – Do you remember a time when you had a really good laugh? Remember how that felt? See it, hear it, feel it again, we're aiming to get 100 + people on the dance floor for one big giggle!
- 3.45 Centro Desportivo Cultural Portugues** – a little taste of Portugal on the dance floor!
- 4.15 Aurora Belly Dancer** wobbles with style – watch her perform and then take part in the workshop!

- 4.45 CARNIVAL PARADE of Tropical Delights**  
Watch with delight as the procession leaves the Children's Village and weaves its way around Larkhall Park for a final performance on the dance floor accompanied by **Southside Harmonics, Allen Edwards School and Safrey Academy of Performing Arts.**

- 5.20 DJ Daddy Ernie – wraps up the Festival!**

**HOPE YOU HAVE A FANTASTIC DAY!!!**

## THANK YOU

Thanks to all the volunteers who've helped to make the 9<sup>th</sup> Stockwell Festival possible.

Thanks to the Festival Team:

Meeta Hitchings, Marisa Kegg, Arianwen Harris, Annick Alet, Sammy El-Aasar, Laura Alos, Claire Horan, Tigho Ayevoure, Caroline Dunn, Stephen Selery and Christine Keiffer.

Thanks also go to all the Parks gang: Tom, Jeff, Hector and Veolia's Kevin Wallace.

Thanks to all the performers and artists who gave their time for free or a reduced fee.

And finally thanks to all our sponsors:

**Lambeth Council, Veolia, London & Quadrant Housing, Proun, Family Mosaic and Furnival Press**

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Stockwell Partnership

**STOCKWELL PARTNERSHIP**

**PRESENTS THE 9TH**

# **STOCKWELL FESTIVAL & Stockwell EXPO**

**in association with**



**Lambeth**

## **PROGRAMME**

**Saturday 26 September 2009  
12 Noon to 6.30 pm**

Welcome to the 9<sup>th</sup> Stockwell Festival and the first Stockwell EXPO.

**Health and Wellbeing** is this year's theme and there's a wealth of information and activities to try out throughout the day.

Stay the whole afternoon, there's plenty to keep you and your family and friends entertained. Enjoy live music and performances, dancing, interactive workshops, arts and craft stalls! With tasty food and drink to tuck into there's something for everyone and it's all completely **FREE!**

[www.stockwell.org.uk](http://www.stockwell.org.uk)