

WELCOME TO LONDON'S WORLD MENTAL HEALTH DAY 2019 FESTIVAL!



Taking place throughout the public spaces of City Hall today are various activities – including film screenings, live music and spoken word performances, creative workshops, presentations and panel discussions. As well as our huge 'Language is Movement' art installation, made especially for today by The Fandangoe Kid.

It's an exciting festival line-up to explore various day-to-day challenges young people in London face and the impact of these on mental health and wellbeing. At the same time, we hope all the activities taking place today open up conversations and shared experiences about how young people in London can continue to come together to overcome these barriers, build resilience and have a stronger sense of community.

Increasingly young people around the world are coming together to voice their concern and take collective action to address some of the world's biggest challenges, and London is no different. Whilst there is much more for us to achieve, we hope you will take the opportunity today to celebrate the individual achievements and collective efforts of young Londoners to make our city and the world a better place.

We really want everyone to feel a part of today. Included in our line-up we have various opportunities for you to share your own experiences, ideas and achievements. Please take the time to complete the statement cards in your pack and, if you feel comfortable doing so, make sure you speak to Penelope, our graphic facilitator in London's Living Room, or one of our young content creators who will be making podcasts and videos throughout the day.

Most importantly, we need to keep this conversation going beyond today. How do you and your communities **#ThriveLDN?**

We hope you enjoy today's **WMHD festival**.



Priscila Hernandez,
Thrive LDN Youth
Engagement Lead



Dr Jacqui Dyer MBE,
Thrive LDN Co-Lead

EVENING LINE-UP 17:30 - 21:00

LONDON'S LIVING ROOM

9th Floor of City Hall,
accessible via the public lifts

WELCOME AND INTRODUCTION

Hakeem Onibudo

17:30 - 17:35

PERFORMANCE

Kenny Baraka and young Londoners

17:35 - 17:45

@IamKennyBaraka

Kenny Baraka is an artist, public speaker and engineer of youth solutions. He has commissioned work by Prisons Week Charity, Youth Urban Arts Foundation, BBC Radio London, amongst many others. Kenny takes to the stage alongside young people from his earlier workshop.

PERFORMANCE

Rakaya Fetuga

17:45 - 17:55

@rakaya_esime

Winner of the Last Word Festival 2018, with a solo show in 2019 Last Word Festival, Rakaya Fetuga has headlined for various spoken word events such as BoxedIN, as well as commissioning work for brands such as Rimmel. Rakaya recently collaborated on the Made in LDN campaign, sponsored by Apple and the Mayor of London.

PERFORMANCE

Annie Rockson

17:55 - 18:05

@GyallikeAnnie

Annie Rockson is a spoken word artist, curating powerful spoken word pieces. Annie returns to City Hall having performed at last year's WMHD event.

PERFORMANCE

Infecta

18:05 - 18:15

@Infecta

Infecta is a musician and advocate for mental health and has been very open about his own experiences with Bipolar disorder. He has featured on platforms such as GRM Daily and Link Up TV, serving as a voice for Young Londoners. He is passionate about educating young people in Britain about mental health, creativity and spirituality.

Break 18:15 - 18:30

PERFORMANCE

Sanah Ahsan

18:30 - 18:40

Host of Channel 4's Dispatches: Young, British and Depressed, Outspoken Winner 2019, spoken word artist and trainee psychologist, Sanah Ahsan is an all-round creative and activist for young people's mental health

PERFORMANCE

Nego True

18:40 - 18:50

@NegoTrue

Author of My History is More Than Slavery, founder of True Talks, Nego True is a leading UK spoken word artist and musician with booked out tours around the UK and vast experience running and facilitating spoken word workshops

Break 18:50 - 19:00

PANEL DISCUSSION

Young and living in London

19:00 - 19:25

Chair: **Sanah Ahsan**

Panel members: **Nego True, Infecta, Vanessa Boachie, Olu Bilal Sowemimo**

What day-to-day challenges do young people face in London and how do they impact on the quality of our life?

PERFORMANCE

Hayden Brenen

19:25 - 19:35

@HaydenBrenen

Hayden is a musician, singer/songwriter, and has worked closely with organisations such as MAC-UK, OWLs and Street 2 Scale and was the founder of the Project No More (@NOMOREUK) campaign. He is also one of our young content creators for today's festival.

PERFORMANCE

Magero

19:35 - 19:45

@Magero_TBH

Magero is a poet, spoken word artist and co-founder of The Brotherhood Creative Collective. Hailing from South East London, Magero is known as a vivid storyteller who incorporates a fusion of poetry, music and acting within his artistry with an ability to misdirect audiences through manipulating their perception within his narrative.

Break 19:45 - 19:55

PERFORMANCE

Yossi

19:55 - 20:05

@YGoodlink

Yossi is a spoken word artist and workshop facilitator. He has featured on various events, such as BoxedIN, and Tommy Evan's book launch. He has commissioned work for MTV on topics such as body image.

PERFORMANCE

Chifa K

20:05 - 20:15

@ChifaKhelfaoui

Chifa K is a spoken word artist based in London, exploring themes such as identity and faith through her work. She has headlined on various shows with organisations such as the Poetry Slam at The Roundhouse, London.

PERFORMANCE

Dialectic Dee

20:15 - 20:25

@DialecticDee

Spoken word artist and founder of Melodic Vibes Events, Dialectic Dee has commissioned work with brands such as JD Sports during their #IAMJD campaign. She is also volunteering her time as one of our young content creators for today's festival.

PANEL DISCUSSION

Collective healing

20:25 - 20:55

Chair: **Dr Jacqui Dyer MBE**

Panel members: **Nego True, Vanessa Boachie, Hamza Taouzalle, Maisha Sumah**

Content creation, collective efforts, and community building, how can we encourage resilience and empowerment to confront challenges within London?

Closing thanks 20:55 - 21:00

WORLD MENTAL HEALTH DAY 2019 FESTIVAL LINE-UP



#THRIVELDN