



# REST IS RESISTANCE

The Wellbeing Retreat

brought to you by



# HELLO YOU!

Hi,

We're so excited to have you join us for REST IS RESISTANCE our first ever Wellbeing Retreat for TAA Alumni.

Unlike traditional residentials there is no pressure for you to join in everything. We want you to think of the timetable more like a really good pic 'n' mix selection or a super chill festival where you get to choose the bits that will bring you the most joy.

As a team we've spent a lot of time finding great speakers, designing fun workshops, prepping some extra decor and generally trying to ensure this long weekend is choc full of special moments that will leave you feeling rested, recharged and ready to continue in the fight.

Rochelle found this amazing Angela Davis quote that sums up our vision for our time together entirely

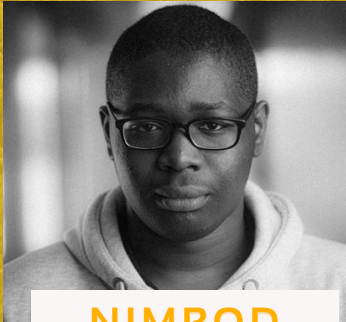
*"The world to come should be one in which we acknowledge collectivity and connections and relations and joy. And if we don't start practicing collective self care now, there's no way to imagine, much less reach, a time of freedom."*

With care, solidarity, power and hope for really great sleep,

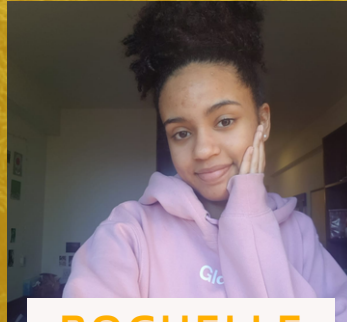
The Rest Is Resistance Team

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# MEET THE TEAM



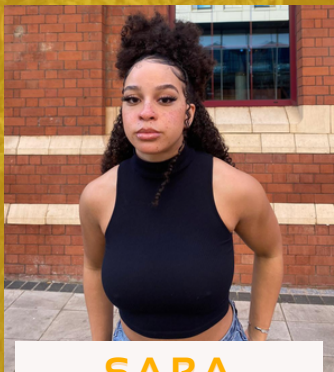
**NIMROD**



**ROCHELLE**



**TOPE**



**SARA**



**ANGIE**



**AMARAH**



**FOPÉ**



**LYDIA**

# ABOUT THE VENUE

## THE GREENHOUSE:

Inspired by the idea that "they thought they could bury us. They didn't know we were seeds" THE GREENHOUSE is a botanical dream and home to our potting station - where you can plant your very own succulent to take away with you! Plus like any good seed - you need food & water to thrive so this is where we'll be having all our meals while we're away.

## BOHO LOUNGE:

Our cosy and curious space. Head to BOHO LOUNGE for great speakers, workshops and activities during the day and at night see it transform into our very own bohemian lounge bar with a cracking line up all designed for you to rest and relax.

## & ROSES:

The home of all things creative & ROSES is our go to arts space this weekend. Come join us for moments of beauty and creative expression as we take time to make, inspire and support each other through creative pursuits.

# ABOUT THE VENUE

## SENSORY SPACE:

We created THE SENSORY SPACE as a quiet, calming place for people to relax and recharge, especially if you're feeling overwhelmed or overstimulated. There are things for you to touch, taste smell and see or maybe you could try some of our grounding exercises. Please just remember to be mindful of other people in the space and try to keep the noise to a minimum.

## SNACK STATIONS:

Head to one of the SNACK STATIONS for all your food & drink needs between meals - you'll find these in each space (though not all have freezers for ice creams - you can find these in the kitchen & sensory space).

## THE GARDENS:

Now that its safe to head outside - we've got lots of it! With a sun terrace & gorgeous gardens leading onto "Paradise" we hope you are able to enjoy being in nature whether to watch a film or row a boat! We have deckchairs, blankets & greenery galore. You'll even find sunscreen by the front door to make sure you enjoy the sunshine.

## SANITATION STATION:

Forget your period products? Need to relieve yourself? Got a bit sweaty or on the hunt for anti-bac? Have a look in the downstairs loos for anything you might have forgotten to see you through the weekend.

# THURSDAY

	Boho Lounge	The Green House	The Gardens	& Roses	Sensory Space
19:00	Welcome & Room Allocation				Open: The sensory space will remain open for you to use as a quiet and sober space all day and evening.
19:30		Dinner			
20:30	Games Night (in The Greenhouse if raining)		Movie Night (in the Boho Lounge if raining)		
22:30	Lounge Open		Stargazing		
23:00	Lounge Open				



## AFTER HOURS: GAMES NIGHT

Play games, laugh with old friends, make new ones. Expect all your favourite group games from Mafia to Big Booty and Man in a Bag. Requests encouraged!

### GAMES NIGHT



## OPEN AIR CINEMA

Join us for movie night and popcorn in the open air (we'll move to the Boho Lounge if the weather decides to remember its English and rains)

### MOVIE NIGHT



## STARGAZING

Come stare at the stars with us, There may be s'mores.

### STAR GAZING





## THE SENSORY SPACE

Our very own oasis of calm and quiet. This is our designated quiet and sober space which will remain open for use all weekend. Designed with neurodivergence in mind you'll find everything you need to recharge from floor cushions, fairy lights and colouring to extra ear plugs and a snug hideaway for when feeling overwhelmed.

### SENSORY SPACE

# FRIDAY

	The Boho Lounge	The Green House	The Gardens	& Roses	Sensory Space
08:00			Yoga		 <p>Open: The sensory space will remain open for you to use as a quiet and sober space all day and evening.</p> 
09:00		Breakfast			
10:30	Keynote: Welcome to the Retreat				
11:30	Lounge Closed	Break	Break	Break	
11:45	Workshop: Intention Setting with Amarah			Workshop: Learn to Linocut	
12:30		Lunch			
13:30		Workshop: Storytelling, Movement & Connection	Workshop: Empowered Rest with Tobi Adebajo	Workshop: Mental Health Matters with Poetic Unity	
15:00	Activity: ASSEMBLE AT 2.30 for Coracle Boats		Activity: Group Hike	Workshop: Knit & Natter with Amarah	
17:00	The Daily Debrief				
17:30	Free Time		Free Time		
18:30		Dinner		Venue Closed.	
19:30	AFTER HOURS: Chill Out Lounge & You choose the tunes.		AFTER HOURS: Outdoor Games	AFTER HOURS: Sip 'n' Paint	
22:00			Noise curfew for the neighbours	Venue Closed.	

# FRIDAY



## WELCOME TO THE RETREAT

Join the Retreat Ambassadors, Lydia & Fopé as we welcome you to the retreat, set out how the weekend is going to work and why we've dragged you 3 hours on a coach to talk all about the importance of rest.

## RETREAT TEAM



## WORKSHOP: INTENTION SETTING

A quiet time together to set goals and plans for how you want to make sure you get plenty of rest and leave feeling recharged.

## RETREAT TEAM



## WORKSHOP: LEARN TO LINO CUT

Try your hand at the protest art staple - linocut. Learn to make & print your own cards.

## LYDIA



## WORKSHOP: EMPOWERED REST

Tobi is an anti-disciplinary artist who navigates various creative and communal spheres. Their work centre the depths and nuances of a variety of themes such as: Dis/Ablity, Black Sexuality, Healing, Queer Love and Yoruba traditions.  
@tobiadebajo

## TOBI ADEBAJO



## WORKSHOP: STORYTELLING & MOVEMENT CONNECTION

Join DJ & radio producer, event & creative producer, educator & facilitator @thepress for an interactive workshop bringing together movement, storytelling & sound.

## ALIYAH HUSNA



## POETRY WORKSHOP: MENTAL HEALTH MATTERS

Poetic Unity use poetry as a tool to support young people's mental health, education, personal development, physical health and community cohesion. Founded in 2015, they have found poetry to be an effective outlet to help young people speak about their emotions in a safe environment. Follow them @poeticunity

## POETIC UNITY



## EXTERNAL ACTIVITY: CORRACLE BOATS

Ironbridge is famous for a special kind of boat - the coracle! Meet some of the people keeping this tradition alive and ride the river in truly unique style!

## CORRACLE BOATS



## WORKSHOPS: KNIT AND NATTER

Amarah has a Masters Degree in Environmental Psychology. Starting her career in qualitative research, she uses evidence and insight to create fairer spaces. She is passionate about creating social and physical spaces that dare to have chutzpah and be unapologetically beautiful. You will often find Amarah naming every plant and giving them a detailed backstory.

## AMARAH KHAN



## ACTIVITY: GROUP HIKE

A chance to get outside and explore nature and explore the valley. Wear comfortable shoes and expect to be walking for 90 minutes plus.

## RETREAT TEAM



## THE DAILY DEBRIEF

A look back at the days workshops and activities, any big breaking news stories you want to discuss and a chance to digest and reflect before we move into after hours. We'll start in a big group and then break into smaller discussion groups so you have a chance to meet new people and reflect together and maybe even compare Wordle scores. If this isn't your cup of tea - no worries - the daily debrief is completely optional.

## RETREAT TEAM



## AFTER HOURS: SIP 'N' PAINT

Drop in and out of the Studio all evening and get your creative juices flowing and paint your very own masterpiece. Think easels, good tunes & greta chat.

## AFTER HOURS

## AFTER HOURS: OUTDOOR GAMES



Hide and seek in the dark? Sardines? All your favourite wide games as the sun sets.

## AFTER HOURS: CHILL OUT LOUNGE

Open all evening think of the boho lounge as your favourite pub lounge where you choose the tunes and can even perform them if you want!

## AFTER HOURS

# SATURDAY

	The Boho Lounge	The Green House	The Gardens	& Roses	Sensory Space
08:00			Yoga		 <p>Open: The sensory space will remain open for you to use as a quiet and sober space all day and evening.</p> 
09:00		Breakfast			
10:30	Keynote: Rest Is Resistance with Ezzima Chigbo				
12:00	Venue Closed.	LUNCH			
13:00	Workshop: Nap Time				
13:45		Creative Writing with Fopé	Walking Meditation with Trà My	Printing With Nature with Daisy Bow	
14:45	BREAK	BREAK	Assembly Point: Scotty's Donkeys	BREAK	
15:00	Activity: Ironbridge Scavenger Hunt		Activity: Scotty's Donkeys		
17:00	The Daily Debrief				
17:30	Venue Closed.	DINNER	Evening Stroll	Venue Closed.	
18:30	Venue Closed.	Venue Closed.		Venue Closed.	
19:30 - 00:00	AFTER HOURS: Chill Out Lounge & Booths	AFTER HOURS: DJ, Dancefloor & Dessert	AFTER HOURS: Chill Out Space & Eating Area	Venue Closed.	

# SATURDAY



## KEYNOTE: REST IS RESISTANCE

Ezimma is a writer and creative facilitator. She specialises in exploring issues such as healthy relationships, labels and identity and has worked mainly with young women involved in the criminal justice system. She is also the cohost of The Echo Chamber Podcast @theechochamberpod

**EZIMMA CHIGBO**



## WORKSHOP: PRINTING WITH NATURE

With more than 132k followers TikTok star & activist @Daisybow\_craft makes the most beautiful prints with just flowers and sunlight. Or as she puts it:

Cyanotype printing, nature and crafts  
TECHNe PhD Research student in Craft and Social Media at the @kingstonschoolofart If you have something e.g. a piece of clothing you'd like to print onto please bring this with you. This workshop may run into your scheduled break time.

**DAISY BOW**



## WORKSHOP: WALKING MEDITATION

After over a decade of following Zen Master Thich Nhat Hanh, Trà My began sharing the practice of walking meditation. It is based on the Buddhist concept of apranahita - aimlessness or wishlessness. London can be a bit of a rat race sometimes, and this guided walking meditation invites you to slow down, let go and carve out time for yourself that doesn't need to be productive.  
@kama\_sutramy

**TRÀ MY**



## WORKSHOP: LET'S TALK ABOUT LOVE BABY

A workshop with Fopé (Gal-dem, Penguin, The Guardian, Stylisit, Bustle, Vice - oh yeah Fopé has MAD SKILLS) focussing on how we write about intimacy, emotions and stories about love. Come with a pen and paper for a chance to put all their wisdom into practice.

**FOPÉ AJANAKU**



## WORKSHOP: NAP TIME

Inspired by The Nap Ministry we'll be having a collective nap (with short introduction) and all the soothing sounds you could ask for as well as signposting you to their amazing resources to find out more. Or if you'd rather rest in your own rooms or way then you're free to explore the grounds at your leisure.

**RETREAT TEAM**



## EXTERNAL ACTIVITY: DONKEY SANCTUARY

If you've booked onto the trip to Scotty's Donkey Sanctuary (& let's be honest why wouldn't you?!) meet outside at 2.45pm to get your taxi. We've covered your entry but bring some cash if you want to feed the animals/ buy any snacks or souvenirs..

**SCOTTY'S DONKEYS**



## EXTERNAL ACTIVITY: EXPLORE THE GORGE SCAVENGER HUNT

Feeling competitive? Or just fancy a good explore of the amazing world heritage site we'll be staying in then this is the activity for you. In teams you'll have just 90 minutes to complete a range of challenges and find answers to the relevant clues. The team with the most points wins. There will be prizes!

**SCAVENGER HUNT**



## THE DAILY DEBRIEF

A look back at the days workshops and activities, any big breaking news stories you want to discuss and a chance to digest and reflect before we move into after hours. We'll start in a big group and then break into smaller discussion groups so you have a chance to meet new people and reflect together and maybe even compare Wordle scores. If this isn't your cup of tea - no worries - the daily debrief is completely optional.

**RETREAT TEAM**



## ACTIVITY: EVENING STROLL

A chance for a small stroll in nature to stretch your legs while we reset the space for the evening's activities. If you want to join in please meet outside at 5.30pm - you'll be back by 6.30 so plenty of time to get ready before the party starts.

**RETREAT TEAM**

## SATURDAY NIGHT FEVER

Saturday night is party night. Pop on the clothes that make you happiest and head down to enjoy the amazing @DJDeedz\_ and a whole host of surprises as we dance the night away & play together. Expect to have

**AFTER HOURS**

# SUNDAY

08:30	Breakfast & Pack Away
09:50	Move your things to & Roses
10:00	Meet in the Garden to walk to the new venue together
10:30	Welcome to The Greenwood Centre
11:00	Keynote: :Lost In Work with Amelia Horgan
12:00	Break
12:15	In Community: What next for the Alumni Community at TAA
13:15	Travel to Lunch
13:30	Sunday Lunch at The Malthouse
15:30	Travel Home

## KEYNOTE: LOST IN WORK: ESCAPING CAPITALISM

Amelia Horgan is a writer and researcher. She has written for various publications including Tribune, the Guardian and VICE and is the author of *Lost In Work: Escaping Capitalism* @amelia.horgan\_



AMELIA HORGAN

# IMPORTANT INFO

## Emergency Contact Info:

In an emergency you can contact the team at:

Lydia - 07939598973

Fopé - 07916409009

## In an emergency:

If the situation is life threatening if possible please ensure you are in a safe place and call 999 immediately, before alerting a member of the team.

If the situation is not life threatening please find a member of the team who will ensure the appropriate action is taken.

In case of a fire please exit the building immediately and assemble outside.

