Jenni Asiama, Mind, Body and Soul … In The Park 10.00am

Welcome to the fourth Happy Soul Festival where Enjoy!

Events take place across the London Boroughs of booked in advance by calling the festival hotline on:

020 8682 5977 FREE

Romany Me

London River live music. Along the way we will be exploring the their anxieties to develop a deep and lasting friendship based on

Throughout this challenging journey the two men must overcome
good intentions run headlong in to the hard realities of Ayers' mental
down-and-out street musician Nathaniel Ayers (Jamie Foxx).

Mrs Weiss

Director Lee Daniels / with Gabourey Sidibe, Mo'Nique, Mariah Carey

87 mins / 2010

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Ritzy Picturehouse, Brixton, Monday 26 April, 6.30pm

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Keyan

Everyone welcome.
Welcome to the fourth Happy Soul Festival where we will showcase some great new film, arts and live music. Along the way we will be exploring the wellbeing of mind, body and spirit amongst London’s African Caribbean, South Asian, Iranian, Somali and Jewish communities.

We have a fantastic line-up of new Indian, US and UK movies and even films specially made by our local young people.

Live music and poetry readings will brighten up the evenings. Events involving many different communities will be taking place, including an audience with acclaimed US Writer, Alice Walker.

Events take place across the London Boroughs of Merton, Wandsworth, Kingston, Sutton, Richmond and Lambeth, and they are all FREE!

Enjoy!

_Festival Director Cary Rajinder Sawhney_

All festival screenings and events are FREE, but must be booked in advance by calling the festival hotline on:

**020 8682 5977**

Updated information on the festival and events is available at the Happy Soul Festival website:

[www.happysoulfestival.co.uk](http://www.happysoulfestival.co.uk)

_“Being happy is not the only happiness.”_  
_Alice Walker_
Precious (15)
Director Lee Daniels / with Gabourey Sidibe, Mo’Nique, Mariah Carey and Lenny Kravitz / 110 mins / 2009
Based on the novel Push by Sapphire, the Oscar award-winning Precious, tells the inspirational story of Clareece ‘Precious’ Jones, a teenager living in Harlem NY, whose struggle embodies America’s downtrodden youth. Pregnant with her second child by her drug-addicted father, Clareece is taunted about her obesity and illiteracy, and her life is one of unimaginable trauma and heartache. However when she is invited to attend an alternative school by social worker Mrs Weiss (Mariah Carey), she discovers hope in the support around her and becomes determined to turn her life around.

Wimbledon Odeon, Wednesday 21 April, 6.45pm (BSL signed)
Empire Sutton, Saturday 24 April, 7.00pm

London River (PG)
Director Rachid Bouchareb / with Brenda Blethyn and Sotigui Kouyate / 87 mins / 2010
Algerian filmmaker Rachid Bouchareb sensitively brings to life this powerful drama set around the London bombings of 2005. Guernsey widow Elizabeth (Brenda Blethyn), hears news of the terrorist attack and heads to London to find her daughter. Meanwhile Moslem Forester Ousmane (Sotigui Kouyate), comes to London from France in search of his son Ali. In spite of their huge cultural, religious and racial differences, these two people are forced to overcome their initial distrust and fear to form a connection that will serve in their common goal – the hope of finding their children alive.

Empire Sutton, Wednesday 21 April, 7.00pm
Odeon Wimbledon, Thursday 22 April, 6.30pm

The Soloist (12A)
Director Joe Wright / with Jamie Foxx, Robert Downey Jr. and Catherine Keener / 117 mins / 2009
Los Angeles Times reporter Steve Lopez (Robert Downey Jr.) meets down-and-out street musician Nathaniel Ayers (Jamie Foxx). Lopez discovers that Nathaniel has both an extraordinary musical talent and Schizophrenia. He soon becomes inspired to write about Nathaniel in the paper and attempts to help him. However Lopez’s good intentions run headlong in to the hard realities of Ayers’ mental health and the larger social injustices facing the homeless in LA. Throughout this challenging journey the two men must overcome their anxieties to develop a deep and lasting friendship based on mutual respect.

Fanon Resource Centre, Merton, Wednesday 28 April, 11.30am
**Eyes Wide Open (15)**

Director Haim Tabakman / with Zohar Shtrauss, Ran Danker, Tinkerbel / 90 mins / 2009

The age-old conflict of religious belief versus forbidden love and its emotional and social impact is explored in this delicate Israeli film. Aaron is a respectably married orthodox butcher, who hires young student Ezri to assist him with his business. Aaron teaches the handsome Ezri the trade and lets him stay in the empty room above the shop. But before long the two men realise that their relationship is more than professional and embark on a love affair, which must be kept secret at all costs.

(Contains some scenes of a sexual nature)

Cineworld Wandsworth, Friday 23 April, 7.00pm

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**Firaaq (15)**

Director Nandita Das / with Deepti Naval, Paresh Rawal, Naseeruddin Shah / 101 mins / 2008

Actor Nandita Das makes her directorial debut with this award-winning film. Firaaq - Urdu for ‘separation’ - depicts multiple stories of the lives of ordinary people one month after the mass violence against Moslems in the Indian state of Gujarat in 2002. Both victims and killers struggle to come to terms with the post-traumatic stress of what has happened in their homeland. A housewife burns her arm with cooking oil everyday to stop herself remembering, a young child searches for his missing parents, while an old Moslem musician finds hope in his heart to wish for better times.

(Contains some scenes of violence)

Cineworld Wandsworth, Sunday 25 April, 2.00pm

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**The Color Purple (15)**

Director Steven Spielberg / with Whoopi Goldberg, Danny Glover, Oprah Winfrey / 154 mins / 1985

Spielberg’s adaptation of Alice Walker’s Pulitzer Prize-winning novel shows the challenges faced by many African American women during the early 1900s. This is the heart rending story of Celie (Whoopi Goldberg), a poor and uneducated Black woman who is abused at a young age. By the time she is 14, she has already had two children by her father, who takes them away from her at childbirth. He forces Celie to marry local widower Albert, who treats her like a slave. But Celie’s life is slowly transformed as she finds self-worth through the love and support of two strong female companions.

Screening followed by Q&A with author Alice Walker, interviewed by Bonnie Greer.

Odeon Wimbledon, Thursday 29 April, 6.30pm
Good Hair (12A)
Director Jeff Stilson / with Chris Rock, Maya Angelou, Nia Long, Salt’n Pepa / 96 mins / 2009
This investigative documentary looks at the African American hair industries in terms of beauty and identity. Entertaining and moving comedian Chris Rocks’ award-winning film was inspired by his four-year-old daughter’s question, “Daddy, how come I don’t have good hair?” The film includes first-hand, often hilarious accounts of black women’s attitudes about their hair and ultimately reveals their feelings about their own beauty and self-esteem. Rock visits beauty salons and hairstyling battles, scientific laboratories and Indian temples to explore the way hairstyles impact the activities, purses, sexual relationships and self-esteem of the black community. Not to be missed!
Ritzey Picturehouse, Brixton, Monday 26 April, 6.30pm
Cineworld Wandsworth, Wednesday 28 April, 7.00pm

About Elly (ولیا درابرد, Darbareye Elly) (12A)
Director Asghar Farhadi / with Golshifteh Farahani, Shahab Hosseini, Taraneh Alidoosti / 119 mins / 2009
Divorcee Ahmad joins a group of former University friends for a holiday by the Caspian Sea. The trip is planned by Sepideh who, aware of the fact that Ahmad would like a new wife, invites a young woman called Elly to accompany them on their trip. The others, guessing they will be a good match, soon begin to sing Elly’s praises, but on the second day Elly mysteriously disappears. Fearing she has drowned the group falls apart as they begin to panic and blame each other, before discovering the secret fact that Elly is already engaged to be married.
Odeon Richmond, Sunday 25 April, 4.00pm

Migration of Beauty
Director Chris Flaherty / 80 mins / 2009
This compelling documentary tells of the Ethiopian government’s reported massacre of nearly 200 unarmed civilians following protests on the disputed national election of 2005. Ethiopians in the United States reacted by attempting to use their US citizenship to impose foreign aid restrictions against their native country. Told through deeply personal stories the film illustrates how civic involvement can influence issues concerning human rights and democracy on a worldwide scale.
Screening followed by Q&A with Director Chris Flaherty
Battersea Arts Centre (rear entrance), Sunday 25 April, 4.30pm
(Please check website for certification)
Asia Soul - Opening Night
The 2010 festival kicks off with a spectacular evening of live performances, poetry and dance from artists such as the legendary Dhol player, Johnny Kalsi, The Dhol Foundation (Punjabi drums) and Brit-Pakistani spoken word poet, Anjum Malik. There will also be a range of community dancers and performers, including Young Voices Wandsworth Youth Health Jury. This evening is in collaboration with Solace Care (formerly Asian Elderly Support Scheme).

Wandsworth Civic Suite, Tuesday 20 April, 7.00pm - 10.00pm

An Audience with Alice Walker
One of the most celebrated African American writers and civil rights activists makes a rare visit to the UK to support the Happy Soul Festival. Born in 1944 to a sharecropper family in Georgia, Alice Walker’s literary and political career stretches over four decades. As a child she attended a segregated black school before enrolling in college at Atlanta, where she quickly became involved in the American Civil Rights Movement of the 1960s. She went on to speak for the women's anti-nuclear and anti-apartheid movements. Alice published her first novel, The Third Life of Grange Copeland in 1970, but is probably best known for her 1983 work The Color Purple, for which she received the Pulitzer Prize (the first African American woman writer to be awarded it), and the American Book Award. She has published several short stories, factual works and volumes of poetry, the most recent of which being Absolute Trust in the Goodness of the Earth (2003) and A Poem Travelled Down My Arm (2003). As a poet, Walker has explored a range of themes including freedom and individual expression, suicide, spirituality, love, ecology and civil rights. Her views on the devastating effects of female genital mutilation led to the 1993 documentary Warrior Marks, a collaboration with British-Indian filmmaker Pratibha Parmar. Alice’s most recent novel, Now is the Time to Open Your Heart (2005), tells the story of a woman’s spiritual adventure that becomes a passage through time. Her writings have been translated worldwide and her books have sold more than ten million copies.

Alice Walker in conversation with writer and broadcaster Aminatta Forna. Expect other celebrity guests.

With performances by SM Jazz from Sound Minds and Status dance group.

Wandsworth Civic Suite, Friday 30 April. Doors open 5.45pm
Main event 7.00pm - 10.00pm (BSL signed)
Iranian Wellbeing Evening
Duke Street Church, Richmond, Friday 23 April, 6.30 - 10.00pm

Tamil Feel Good Afternoon
An afternoon of Tamil music from the band Kethiswaran Nathaswara Thavil Group, along with food, debate and relaxation workshops, organised by the Sri Lankan Tamil community of Kingston. Translator available.
United Reform Church, Kingston, Thursday 22 April, 12.00 - 5.00pm

In the Park
Feel the grass under your feet at this family fun day exploring healthy lifestyles. With free drama, storytelling and Mindfulness workshops, bring a picnic and possibly an umbrella. Children under 14 must be accompanied by an adult.
The Kairos Retreat Centre, Saturday 24 April, 11.00 - 4.00pm

Remembering Our Past, Shaping Our Future
Comedian Slim and special guest Richard Blackwood will headline an exhilarating and thoughtful day of live community performance and remembrance of the history of African and African Caribbean experience and wellbeing. Packed with live poets and new theatre play Take Control, by Devon Marston of Sound Minds. Drop in and be entertained and inspired!

Young People’s Short Film Awards
In the run up to the festival, several community groups in Merton and Wandsworth have been making their own short films. These films explore young people’s experiences and awareness of mental health. The best of these new films will be selected to join other entries from around the UK to be screened at the Awards. Films will be judged by a panel of industry professionals. Actor Ashley Walters (Life & Lyrics), will present the Awards that are sponsored by YoungMinds, ‘The voice of young people’s mental health and wellbeing’. Our broadcast partner, the Community Channel will televise the winning film on: Sky - 539, Virgin TV - 233, and Freeview – 87.
Odeon Wimbledon, Tuesday 27 April, 6.00 - 8.45pm
Relax and Feel Good
The Ethnic Minority Centre presents a day dedicated to holistic health and Asian communities. The morning session starts at 11.00am with a debate on understanding mental health talking therapies. There will be workshops on ancient mediation practices and a Philippine Bamboo dance act will be performed before lunch. Relax and chill out with a free massage, or yoga class, or if you’re feeling more energetic check out Belly dancing, or watch the kick boxing display.
Vestry Hall, Monday 26 April, 11.00 - 5.00pm

Recovery and Wellbeing Day
Fanon Resource Centre Merton will host an interactive day of health and wellbeing. The day will consist of mini workshops, debate, film, music and dance. The events kick off at 10.00am with the memory workshop, followed by Tai Chi and meditation taster sessions. Movie The Soloist will be screened at 11.30am and there will be a delicious Caribbean buffet lunch. The afternoon activities illustrate a more cultural way to wellbeing leading to late evening events with a more youthful flavour and closing at 7.00pm with an open mic session. Special guests include former East Enders actress Angela Wynter and comedian Simply Andy.
Fanon Resource Centre, Merton, Wednesday 28 April, 10.00 - 8.00pm

Mind, Body and Soul
A day of celebrations with music by Reggae band The Blessed, and a dance performance by Ambition, there will also be a screening of newly commissioned Sutton Traveller film Romany Me and other short film screenings, taster Zumba dance lesson (the latest Latin dance fitness craze), complimentary workshops and a free Caribbean lunch. Massages and health advice available all day.
Sutton Drop In Centre, 29 April, 10.00 - 5.00pm

Breaking Through Barriers Day
Happy Soul and Fanon celebrate the launch of new short film compilation Breaking Through Barriers by Shift (The National Mental Health Development Unit’s anti-stigma programme) and the Mental Health Equalities programme. This new DVD package explores mental health awareness and how to reduce stigma in Black and Minority Ethnic communities. (A film from the compilation will be screened before Good Hair at Ritzy Picturehouse, 26th April at 6.30pm.)
Breaking Through Barriers Day includes Sound Minds Theatre of Vision play, Take Control, followed by a mouth-watering Caribbean lunch and an opportunity to try out massage, acupuncture and aromatherapy, in the heart of Brixton.
Fanon Lambeth, Tuesday 27th April, 11.00 - 4.00pm
Welcome to the fourth Happy Soul Festival where local young people.

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**Festival Venues**

- **Odeon Wimbledon**
  The Piazza, The Broadway, Wimbledon, London, SW19 1QB

- **Odeon Richmond**
  72 Hill Street, Richmond, Surrey, TW9 1TW

- **Cineworld Wandsworth**
  Southside Shopping Centre, Wandsworth High Street, Wandsworth, SW18 4TF

- **Ritzy Picturehouse**
  Brixton Oval, Coldharbour Lane, Brixton, London, SW2 1JG

- **Battersea Arts Centre (BAC)**
  Lavender Hill, London, SW11 5TN

- **Wandsworth Civic Suite**
  The Town Hall, Wandsworth High Street, London, SW18 2PU

- **The Kairos Retreat Centre**
  Mt Angelus Road, Roehampton, SW15 4JA

- **Fanon Resource Centre, Merton**
  341 London Road, Mitcham, CR4 4BE

- **Fanon Lambeth**
  107 Railton Road, Brixton, London, SE24 0LR

- **Ethnic Minority Centre**
  Vestry Hall, 336 London Road, Mitcham, Surrey, CR4 3UD

- **Sutton Mental Health Foundation**
  Drop-in Centre, 63 Downs Road, Belmont, Sutton, SM2 5NR

- **Empire Sutton**
  St. Nicholas Centre, St. Nicholas Way, Sutton, Surrey, SM1 1AZ

- **Duke St Evangelical Church**
  Duke St, Richmond, TW9 1HP

- **United Reformed Church**
  Eden Street, Kingston upon Thames, KT1 1HZ

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Some details may change after going to print, please check the website [www.happysoulfestival.co.uk](http://www.happysoulfestival.co.uk) for complete details and also maps for venue locations.

All screenings and events are **FREE** but advance booking is strongly recommended as entrance will not be guaranteed at the event without pre-booking.

For further information and bookings call: **020 8682 5977**
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Happy Soul Patrons:
Meera Syal, Dr Rachel Perkins, Melba Wilson, Horace Ove, Dr Ieeyok Woo.

Festival Team and Steering Group:
**Director** Cary Rajinder Sawhney, **Co-Producer** Judith Fairweather, **Film Manager** Wade Jacks, **Event Manager** Denice James, **PR/Press Manager** Jenni Asiama, **Festival Coordinator** Sonja Heaslip, **Festival Accountant** Hannah Nettle, **Service Director Wandsworth** Stuart Thomson.


and many others....

**FREE ENTRY TO ALL EVENTS!** Booking essential

**020 8682 5977 • www.happysoulfestival.co.uk**