

## MHGF Schedule:

### Food Stalls:

We have a variety of local foodies selling their treats for us this year. Phat Waffles which speak for themselves, yummy! And Sweets Delite - a sweets for adults and children to enjoy, including a lucky dip. Locanda Badin will have some Sardinian dishes for us which look delicious... Pistachios Cafe will be putting on a BBQ and selling icecream.

### Craft Stalls:

### Log Circle:

12pm - late

Local forest teacher James, from Forries Education Forries Education <https://www.forrieseducation.co.uk/> will be offering drop-in sessions from 12pm by the log circle. There will be the rope swing up for those dropping by and some bark rubbing set up for children to have a go.

### Main Stage:

With such an array of local talent, there is really something for everyone on the main stage this year. From children's performances to our newly formed MHGF All Stars Band featuring local legends Winston Blissett, bass with Massive Attack, Tunday Akintan, Charlie Hart, Jim Russell who plays drums with Bob Geldoff and Scottie Moore, Jade Ruby Foreman, Rowan McKinnon and Baz Golin. Back by popular demand are Haven't Stopped Dancing Yet, new comer Sam Wilkinson who won The Voice Kids in 2019 will wow the crowd and local musicians in Django Rhinestone, Dull Invalid and Ton50 will finish the set. Have your dancing shoes ready!

### Festival • Stage Running Order • Sat 18 Jun 2022

1. 12:00-12:45 Act 1: LCN (kids) <https://lcnperformingarts.co.uk/>
2. 12:55-13:25 Act 2: Oren Marshall & Friends (kids)
3. 13:35-13:55 Act 3: **Dancing with Izzy (kids)**
4. 14:05-14:45 Act 4: MHGF All-Stars (band)
5. 14:55-15:20 Act 5: **Haven't Stopped Dancing Yet!**
6. 15:30-16:00 Act 6: Sam Wilkinson (The Voice Kids Winner)

- 7. 16:10-16:40 Act 7: The Early Swerve (band)
- 8. 16:50-17:15 Act 8: Shimmy Dancers (belly dancers)
- 9. 17:25-17:55 Act 9: Django Rhinestone (band)
- 10. 18:05-18:30 Act 10: Kerry On Dancing
- 11. 18:40-19:10 Act 11: Dull Invalid (band)
- 12. 19:20-20:00 Act 12: Ton50 (band)

#### CHILDRENS TIMETABLE BY AREA

Fun activities, performances and play areas come and bring your little ones into a quieter space with facepainters, dancing, tattoo artists and lego workshops on offer!

#### STAGE:

- 12:00 Eee presents! <https://www.eeepresents.com/live>
- 13:00 Georgina Thompson - Tap Dance
- 14:00 Diddi Dance
- 15:00 Dancing with Izzy
- 15:45 Tinibox
- 16:30 Kerry on Dance

#### GAZEBO:

- 12:45 Engineering Minds / Lego Robotics - Gazebo
- 13:15 Engineering Minds / Lego Robotics - Gazebo
- 14:30 Singalong Sally - Gazebo
- 17:00 Fun Teeth Hygiene - Gazebo

#### MUGA

- 12.00 - 17:00 Sportacus
- Little Kickers TBC

#### Culture Corner

Come and Join the Conversation  
Curated by Tessa Marchington

3pm

#### **Co-exchange between young people in Lewisham and Professionals around Culture & Placemaking**

- Chair - Emma Halstead - The Albany
- Rosanna Campbell - Young Mayor of Lewisham
- Sasha Hylton-Burgess - Fine Art Graduate
- Mark Davy - Director of FutureCity
- Tunday Akintan - Musician and Lagos Bar Founder tbc

3.45pm

**Arts, Health & Disability**

**Exploring an inclusive approach to programming and participation**

Chair- Linda Rocco, Lead Curator and Creative Producer, Liberty Festival

Cevanne Horrocks-Hopayian - British Composer and Lead Artist in Cap O'Rushes

David Johnson- Blind Artist and Phd Student

Himani Weir - Artist & Teacher

4.30pm

**Community: How do we manage our response to pain?**

Chair-Tessa Marchington

Margaret Mizen MBE, Speaker and Founder of the Mizen Foundation

Barry Mizen MBE, Speaker and Founder of the Mizen Foundation

Sistah Stella Headley - Community Food Activist and Co-Founder of RMUK Wellbeing CIC

Sinéad Browne - Founder, Compliments of the House

Laurence Smith - Founder, Lewisham Donation Hub

**Wellbeing Area:**

The Wellness Sessions curated by The Botanical Pharmacist

1pm - Yoga taster

Priya Ferreira Yoga and Meditation - <https://www.facebook.com/Priya-Yoga-113875800343925>

1.30pm - Pilates taster

Pilates and Tara - [www.pilatesandtara.com](http://www.pilatesandtara.com)

2pm - Health benefits of eating locally sourced seasonal veg

Lee Greens - [www.leegreens.org](http://www.leegreens.org)

2.30pm (time tbc) - Tea blending with mindfulness [Time TBC}

A Little Cup Tea - [www.alittlecup.com](http://www.alittlecup.com)

3pm - DIY hand massage

Agnes Zsebo-Ferenczi Neals Yard Remedies Independent Consultant -

[https://www.instagram.com/zseboagi\\_nyro/](https://www.instagram.com/zseboagi_nyro/)

3.30pm - Seasonal forage

Fawz Farhan - <https://www.instagram.com/thebotanicalpharmacist/>

4pm - Personal training taster

Base13 Fitness - <https://www.base13fitness.co.uk/>