

REPORT OF INSPIRING LIFE FESTIVAL

7th - 18th MAY 2025,

THE EASTGATE THEATRE, PEEBLES



Thanks to the very generous grant we received from Borders Community Action, The Eastgate Theatre, Brown Brothers Peebles, and money from our charity funds we were able to stage some wonderful events in Peebles during Mental Health Awareness Week, May 2025. This is our fifth year and our event grows and attracts more people each year. Around 300 people attended our lead up events, creative workshops, and performances addressing mental health and well-being. Our theme this year was 'difficult conversations'.

Inspiring Life Festival

Sun 4 May - Sat 17 May

Join us for a week of creative exploration, where health, well-being, and the power of conversation come together. This year's workshops focus on navigating 'Difficult Conversations' through art, music, movement, and more. Most sessions are free and filled with opportunities to connect, share ideas, and have fun. Leading up to the festival, engaging Take Part activities will dive into these themes, alongside unique one-off events designed to inspire and uplift. Come be part of a vibrant, supportive community where creative expression fosters growth, understanding, and connection.

Art: Well-Being Through Art with Lynne Grahame

Anne Younger Studio | Sun 4 May, 10.30am | FREE

Social: Pies and Patter sponsored by Brown Brothers

MacFarlane Hall | Fri 9 May, 7pm - 9pm | FREE

Dance: Contemporary Dance Workshop with Sara Boles

Auditorium | Sat 10 May, 10am - 1pm | £25

Music: Rough Mix with John Kielty & Clare Prenton

Anne Younger Studio | Sun 11 May, 10am - 5pm
FREE

Music: Youth Songwriting with Sam Mundy & Robbie Tatler

Nomad Beat | Sun 11 May, 12noon - 4pm | FREE

Social: Grief Café with Lucy Colquhoun

Anne Younger Studio | Mon 12 May, 10.30am -
12.30pm | FREE

Theatre: Improvisation Workshop with Clare Prenton

Anne Younger Studio | Mon 12 May, 7pm - 8.15pm
FREE

Film: The Demented Poets with Ian Bustard & Willy Gilder

Auditorium | Wed 14 May, 12.30pm | FREE

Wellbeing: Sound Healing Chamber with Suzy Nairn

Auditorium | Wed 14 May, 7.30pm - 9.30pm | £20

Theatre: Can I be a Butterfly? with Clare Watson

Auditorium | Th 15 May, 7.30pm - 9.30pm | PWYD

INSPIRING LIFE DAY – Saturday 17th May

All Sessions on Saturday are FREE but please book tickets for workshops in advance, as spaces are limited.

Movement for All Workshop 10am - 10.45 | Anne Younger Studio

Warm up your body and wake up your mind with these seated and standing creative movements, dance, brain gym and voice workshop.

Hand Drumming Workshop With Ian Beaton

10.15 - 11.00am | Auditorium
Explore Latin American rhythms on hand drums, suitable for all levels. Join us to experience the uplifting power of group music!

Community Art Workshop 11.15am - 12.15pm (with Lynne Grahame) | Anne Younger Studio

Join us for an hour of collaborative art-making, where creativity flows freely in a fun, supportive community environment.

Storytelling Workshop With Franziska Droll

12.30pm - 1.15pm | Auditorium
Explore storytelling as a transformative tool in this interactive workshop, learning how it can help navigate difficult conversations, build confidence, and foster positive change.

See Me Workshop 1.30 - 2.15pm | Anne Younger Studio

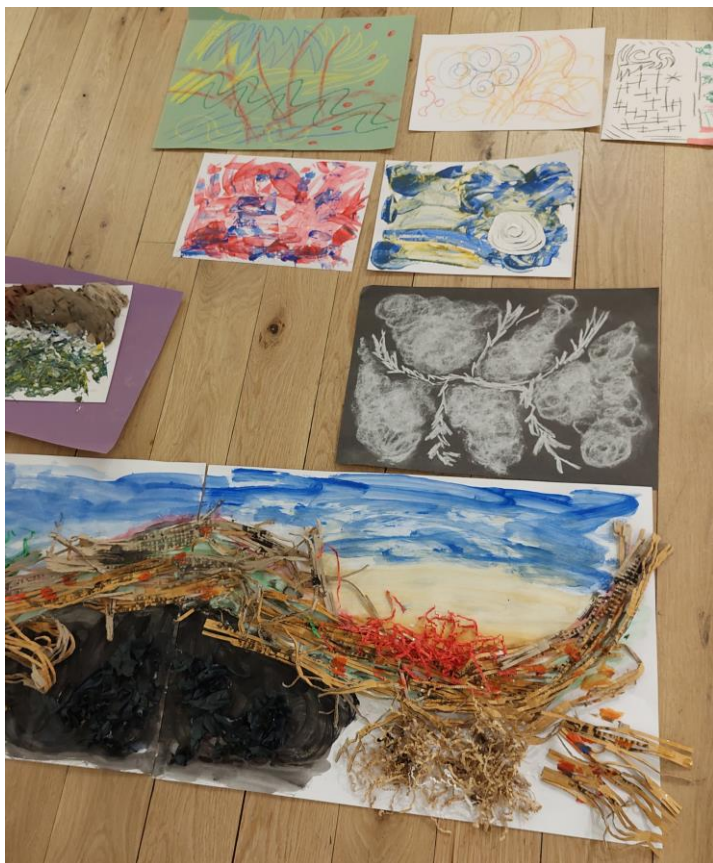
Discover the importance of comfort in having difficult conversations. Using words, poetry, literature, and humour, we'll demonstrate how even challenging conversations are possible. Whether you attended our February workshop or not, join us to help create a welcoming space.

Inspiring Life 2025 Finale Auditorium | 2.30pm

Join us for the grand finale of the Inspiring Life Festival, where all workshops and activities culminate in a special sharing. Whether you participated in one event or many, come witness the power of creative expression and the theme of 'Difficult Conversations,' celebrating growth, connection, and positive change through art.

Full information
on each event on
our website.

In this report, I aim to share an insight into our week of events and our community involvement.



Led by Lynne Grahame, Art Therapist, the group used a wide variety of materials ; paints, chalks, crayons, clay, paper, card, and textiles to create their own artwork.

In a safe space, without judgment, advice, or instruction, group members 'played' and used art to communicate issues that feel confusing or hard to talk about.

Art Therapy Workshop

Towards the end of the session, Lynne gave group members the opportunity to share their work and to discuss how they were feeling.

Respecting each other, and confidentiality this was an important time of reflection.



Contemporary Dance Workshop

A three hour workshop of contemporary dance exploring the theme of difficult conversations. In this workshop led by Sara Boles, dancers collaborated to create a short performance which they shared on Inspiring Life Day. Very emotional pieces of work where participants were able to express themselves through dance.

“Dance is a song of the body, either of joy or pain” Martha Graham



Sharing their own narratives in a safe environment, these women found that dance can be used to tell stories, and represent events and experiences. How empowering for these women (some who have never considered performing before) to take themselves out of their comfort zone.





Improvisation Workshop

Participants joined theatre director, Clare Prenton for a taster session of improvisation. The class improved acting, vocal, and spontaneous skills in a very relaxed environment. This was a fun hour with no preparation required, and no pressure to perform!

Classes are on a Monday evening at The Eastgate, everyone is welcome !





Sound Healing Chamber

Led by Suzy Nairn, Soundsphere, over twenty people enjoyed a space to relax and enjoy beautiful nurturing sounds. Suzy's friendly style supported participants to enjoy therapeutic sound and vibrational healing, finding themselves in a state of deep rest.

“Therapeutic sound to switch off your mind, giving space to unwind, leaving you refreshed and ready to take on the challenges of everyday life.”





On Friday 9th May, over forty members of our community came together to enjoy pies from our local butcher, Forsyth's, and to talk about mental health.

Sponsored by Brown Brothers Peebles, discussion was led by Bridget Dickson and Chik Duncan from See Me, and entertainment provided by local songwriter Tish Timmons.



Pies and Patter

PIES and PATTTER

MacFarlane Hall, Peebles

FREE EVENT

sponsored by Brown Brothers Peebles
booking is essential



If you're interested in coming along
please contact the Eastgate Box Office | 01721 725 777
or visit the website | www.eastgatearts.com | by scanning the QR code for more information



Friday 9 May | 19:00 - 21:00

a get together over good food to discuss mental health

Are you struggling with your mental health, or do you know someone else who's struggling? Research shows that talking helps to protect and sustain your mental health, so what better way to get the conversation flowing than doing so whilst tucking in to a delicious Forsyth's pie?



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