

# Bridlington Vegan Festival 2018 Programme

SUNDAY 5TH AUGUST  
10:30AM-5PM



## *Stalls*

LOCATED AROUND THE HALL

Browse all of the vegan, ethically produced and eco-friendly products. Enjoy some delicious hot and cold vegan food

## *Raffle*

NEAR THE MAIN STAGE

Don't miss out on your chance to win fabulous vegan, ethical prizes. £1 for 5 tickets \*Drawn at 4pm\*

## *Tombola*

NEAR THE MAIN STAGE

Lots of super, eco-friendly, ethical and vegan prizes to be won

## *Live Music*

ON THE MAIN STAGE

\*\*10:30 Sam McKie \*\*11:30 Barbara Helen \*\*12:30 Tess Fletcher \*\*13:30 Cosmic Fish \*\*14:30 Lottie Holmes \*\*15:20 Acoustic Band Headlanders\*\*



# Speakers

## IN THE PROMENADE BAR

11:00 REHANA SARA JOMEEN

Rehana Sara Jomeen is a vegan activist. She will be doing a talk on being environmentally-friendly, promoting zero waste and living a more ethical and conscious way of life.

12:00 JANE ANTCLIFF-WILSON

Jane is a vegan animal rights activist, vegan author and advocate for the Save Movement. Her controversial book 'Barefoot Bitless and Whipless' has been inspirational in leading people to veganism all over the world. The talk also covers animal rights and animal activism and her new book 'Bearing Witness' which is from the animals' perspective within the dark world of the slaughter house and factory farming.

13:00 COOKERY DEMONSTRATION WITH CHAMIAH GOULBOURNE

Chamiah is from Sweet Vibes vegan bakery in Nottingham. Come along to observe her prepare tasty vegan food and try some delicious samples.

14:00 LAMA LHAKPA YESHE

Lhakpa Yeshe will give a talk on Buddhist teachings, encouraging people to really think about compassion and how it impacts everyone, especially the animals. He will explain how you can incorporate Buddhist practice into everyday life.

15:00 ANDY BRINE

Andy's talk will be about the benefits and uses of CBD oil (cannabidiol). He will be focusing on how to optimise health using CBD oil and how hemp seeds are a good source of protein and vitamins for vegans.

# Yoga

IN THE BAY VIEW LOUNGE

11:00

Iyengar Yoga with  
Christine

12:00

Pilates with Jos

13:00

Core Yoga with  
Rebecca

14:00

Sound Bath with  
Samantha

15:00

Chair Yoga with  
Julie

16:15

Yoga Nidra with  
Esme

# Kid's Activities

LOCATED NEAR THE RIGHT HAND  
SIDE OF THE STAGE

Have fun with Ady the  
Clown and learn some  
circus skills.

Complete the Wildlife of  
East Yorkshire Nature  
Trail to be entered into  
the prize draw to win a  
'Whaley' Big Bag of  
Presents!

Have a go at the  
Wildlife-themed craft  
activities, from animal  
face masks and sand  
castle flags to wild  
origami.

Sow seeds to grow your  
own sunflower or peas.

GROWN-UPS Please stay  
with your children and  
enjoy the activities too.



# Thanks to our Sponsors

PLANETWISE ([planetwise.co.uk](http://planetwise.co.uk))

Visit the Planetwise shop in Bridlington or the website for all your favourite vegan products. Try Yoga, Pilates or Meditation sessions in the Yoga studio. (Stall in the Hall)

VEGAN BOOKS FOR CHILDREN ([veganbooksforchildren.com](http://veganbooksforchildren.com))

These books fill a gap in children's fiction. The good guys are vegan, kind and compassionate to all living beings. The books are eco-printed on demand to reduce waste, using animal-free inks and glue. (Stall in the Hall)

CREATUES OF THE FOREST ([www.creatuesoftheforest.net](http://www.creatuesoftheforest.net))

Jewellery, dream-catchers and charms inspired by nature and folklore tales from around the world, handcrafted from natural material and up-cycled goods. (Stall in the Hall)

TALKING CHAIR ([www.talking-chair.co.uk](http://www.talking-chair.co.uk))

A hypnotherapy and counselling practice offering a face to face, non-judgemental and supportive service for children, young people and adults with mental health and emotional difficulties. (Stall in the Hall)

VEGETARIAN SHOES ([www.vegshoes.com](http://www.vegshoes.com))

Vegan-friendly footwear. Worker-friendly manufacturing using environmentally-friendly materials whenever possible, including bio-degradable synthetics.

TROPIC SKINCARE ([www.tropicskincare.com](http://www.tropicskincare.com))

Award winning skincare products packed with active plant, fruit and flower extracts for healthy, radiant skin. Vegan society and PETA approved. (Stall in the Hall)

PHB ETHICAL BEAUTY ([www.phbethicalbeauty.co.uk](http://www.phbethicalbeauty.co.uk))

A revolutionary range of natural, ethical, vegan skin, hair and body products which are all organic. (PHB Ethical Beauty products are available on the 'It's Cruelty Free' stall)

Thank you to everyone that has donated Raffle and Tombola prizes

