Family Rave Festival: We Can Be Heroes
Attenborough Arts Centre
Saturday 12 August 2023, 11am – 5pm

Book Here: https://attenborougharts.com/whats-on/family-rave-festival-we-could-be-heroes/

**Gallery 1**

12pm - Capoeira with Grupos Sensala
1pm - Talulah Blue Wings Performance
2pm - Bollywood Dance Performance
3pm - Talulah Blue Hula Hoop Performance
4pm - Hannah Belly Dance Performance

**Gallery 2**

Drop-in to see Joanna Holland’s exhibition for a peaceful, quiet space to relax with beanbags.

**Gallery 3 (Salmon Gallery)**

Quiet space with drop-in arts and crafts complimentary to the exhibitions taking place in the other galleries.

**Studio 1**

11am - Family Time Yoga with Louise Rostock
12pm - Ukulele Singalong with Mark Ferraby
1pm - Family Friendly Bollywood Dance Workshop
2pm - Wild Family Dance with Abbie Wilkes
3pm - Capoeira & Maculele with Grupos Sensala
4pm - Gong Bath & Sound Journey with Emma Kennedy

**Studio 3**

11am – 4pm Drop in Arts & Craft

Make your Capoeira instruments for Maculele workshop and African Drumming that rattles from recycled instruments, and your own Poi and circus toys with Rose Croft.
Studio 4

11.30pm – 1.30pm Hero Photo shoot with Grace Elkin

Arrive dressed as your favourite superhero and take incredible hero pictures with different backdrops and props.

Main Hall

11am Family Rave with Sound System & Bubble Machine
12pm African Drumming with Vieux
1pm Family Rave with Sound System
2pm African Drumming with Vieux
3pm Family Film

Café

Superhero and Villain Walk-about by Enter Edem
11am - Face painter
1pm - Ukulele Walk-about with Mark Ferraby
2pm - Balloon Walk-about

Front Outdoor

All Day Ice Cream Van & Vegan Street Food
All Day Bubble Equipment
All Day Circus Free Play – have a go at hoops, poi, ribbons, flags and more.
Superhero and Villain Walk-about by Enter Edem

12pm – Poi by Abbie Wilkes
1pm - African Drumming Performance from Vieux
2pm - Hooping Workshop and Hoop Demo with Doe Demure

Garden Gallery

Forest school with Luke Astle
1pm - Sangita Storytelling