



**SOLAS**  
festival

**16-18 June 2023**  
**Errol Park, Perthshire**

# Kindling Hope

[solasfestival.co.uk](http://solasfestival.co.uk)

# WELCOME

Welcome to Solas 2023! It's great to see you here, whether for the 14th or first time! It's a delight to be back in lovely Errol - we hope you like the new layout, which not only gives the local village some peace.. but also gives us a fabulous, intimate, tree-filled festival space.

New lay-out, but same magic. We have, as always, a great programme in store for you. A big thanks to the fab Solas Team and to our partners who have made this all possible. Take a moment to savour the rich variety of music- known and not-yet-known, the children's fun and games, the workshops, the yoga, the spoken word - and so much more.

We have given particular attention to our theme this year - Kindling Hope. So many people are facing tough times. There is a climate crisis and a making-ends-meet crisis, and there's a war on. I also think there are crises in our churches and, more broadly, in our public conversations. We have decided to focus at Solas less on these crises themselves and more on how we can kindle hope both in and through them. For the first time we intend to capture what emerges from the festival to see if we can bring a little more hope to others.

To tweak a well-known phrase, people make Solas. This festival is ultimately a gathering (and we are incidentally so thrilled to be welcoming over 100 New Scots). Do make the most of fleeting and not so fleeting interactions, so that others can enrich your weekend and you, by how you engage, can enrich theirs. And do join in Saturday's community meal as we make a tangible reality of that concept of gathering.

Of course, the best response to these hard times is pretty simple - remembering how to relax and how to have fun. So, above all else, we hope you will have a blast, whether that be engaging whole-heartedly with the fabulous programme or just chilling out with friends, old and new - or indeed both!

Frank Strang, Festival Chair.



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# THANK YOU

Solas Festival has been made possible with the generous and imaginative support of:

The Solas Festival Saints  
Our wonderful volunteers

## Funders, Partners and Supporters:

Creative Scotland  
EventScotland  
Refugee Festival Scotland  
Instituto Cervantes  
Perth Theatre and Concert Hall  
The Methodist Church

We are also incredibly grateful for the hard work and talents of the following people:

David Manson, Patrick Dalgety and Adam Wright.

## Staff Team:

Tami Pein, Morag Wells, James Coutts, Sam Gonçalves, Sarah-Ann Scullion and Brooke Allan.

## Solas Festival Trustees:

Frank Strang (Chair), Fay Butler (Secretary), Claire Benton-Evans, Debra Salem, Mark Russell, Paul Gallagher, Kirsty Walker and Ian Manson.

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# FESTIVAL MAP

# SOLAS FESTIVAL MAP



(c) Illustration by  
Lindsay Grime,  
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### Staying Safe

We're glad to say that all Solas Festivals have been accident free and we are very keen to keep things that way. The advice here is offered to help make sure that happens.

If you need to contact our Stewarding or Health and Safety team over the weekend, please phone us on our on-site emergency contact number **0141 628 7179**.

### The (Glass Free) Site

It's our third year at this beautiful site and it is important to us that the festival is a good experience for the owners of Errol Park. We are surrounded by a working farm and a key rule for Solas Festival (just like Glastonbury!) is **NO GLASS ON SITE** including the campsite. After the festival there will be cattle and horses on the areas we are using and glass is dangerous for both livestock and vehicle tyres. Please use (recyclable) alternatives.

### No Go Areas

Some areas of Errol are out of bounds. They will be clearly marked and we ask you to ensure that you and your festival companions respect these limits.

### Belongings

So far Solas Festival sites have been friendly and safe, but we can't take any responsibility for items which are lost or stolen. So where possible, we hope you have left your Monet originals and diamond tiaras at home. Please report lost property to the Information Point at the entrance to the field.

### Fire Safety

**Small barbecues are allowed in the designated area behind the campsite**, but please do not light any open fires anywhere on site. Never leave barbecues unattended and be fire safety conscious when using camping stoves. Personal generators are not permitted on site.

### Free Water

Tap water in Scotland is both delicious and clean. Free tap water is available to all festivalgoers from all the bars and food outlets on site as well as from the cold water taps on the campsite.

### Wear Sunscreen

Wear sunscreen. If I could offer you only one tip for the future, sunscreen would be it. The long-term benefits have been proven by scientists.

### Drugs

We are a family-friendly festival and we have a zero-tolerance policy on illegal drug-taking. If you are offered illegal drugs on site, please inform a Solas Festival steward immediately. We will always call the police if illegal drugs are discovered.

### Alcohol

Only alcohol bought at the bar may be consumed in the Stables or on the main festival field, please co-operate with stewards on making this happen. Our priority is to maintain the festival as a safe, family-friendly and peaceful environment. Excessive drinking will not be tolerated, nor will under-age drinking, nor behaviour which intimidates or disturbs other festivalgoers. Anyone in breach of this policy may be asked to leave the festival.

### Smoking

Smoking is illegal in enclosed public areas. Solas Festival will enforce a no smoking policy in all enclosed structures. Please place cigarette butts in the bins.

### Keeping Children Safe

We will make every effort to keep children safe on site, but parents are responsible for their children at all times. If your child is lost, please tell a Solas Festival steward immediately. The Box Office can provide you with a plain wristband for your child's wrist on which you can write your own mobile number.

if your child becomes separated from you.

### First Aid & Emergencies

First-aiders will be on site in the Stables over the weekend. Please alert a steward immediately in the event of an accident or medical emergency.

### For Information On Site

There is a notice board at the Information Point outside the Stables which will be updated regularly for any last-minute programme changes or important announcements. Our friendly, helpful team at the Information Point or the Box Office are available to answer any questions. You can also look for updates on our social media pages.

### Stewards

Our stewarding team is there to help you. Please respect any request they make and follow any guidance they offer.

### Vehicles

The car park is situated close to the campsite. No vehicles are permitted anywhere else on site unless they have been issued with a pass by the festival office.

### Disabled access

We want Solas to be accessible to everyone! There is a reserved area for disabled camping where cars may be unloaded next to tents. All the festival venues are wheelchair accessible and accessible toilets are located at all toilet blocks. We understand that not all disabilities are visible: if you have any access requirements which you need assistance with, do not hesitate to ask a steward and we will do our best to accommodate you. If you need any support on arrival please call our accessibility steward Anissa on 07745943049.

### Dogs

Well-behaved dogs are welcome at Solas, however it is of UTMOST importance that you keep them on a lead at all times and pick up and bin any dog poos!

## SHOOGLENIFTY



Shooglenifty was formed in 1990 by musicians from the Scottish Highlands, Orkney and Edinburgh. Its bright spark was the idea of fusing traditional melodies with the beats and basslines of more contemporary influences. The Shoogles (as they're known to their fans) have promoted Scottish music all over the world for three decades. Shooglenifty will get you on your feet with their new tunes and a set of old favourites.

## SAM AMIDON



Ready for something new after 2014's *Lily-O* - not just contemporary, but entirely of his own invention - Amidon temporarily decoupled himself from refreshed folk tunes to explore free jazz and beyond. Sam emerged from the process with a new confidence in making music that excited him. With his seventh album, Amidon returns to the vast reservoir of folk music with fresh energy and a renewed enthusiasm for texture, facilitated by the creative leap of 2017's *The Following Mountain*.

## RACHEL SERMANNI



Rachel Sermanni is a Scottish based singer/songwriter that makes the mundane moments mystical: shock-positive pregnancy tests in train-station toilets, and the regret of not saying 'I love You'. She brims with dreamy indie-folk pop that speaks of the struggle and desire to flow, to love, to live, to feel. Sometimes, her songs speak of the rare moments of quiet - still found in the midst of all this struggle and desire.

## SACRED PAWS



Sacred Paws have a natural inclination not to take things too seriously. You can hear it all the way through a conversation with its two members, guitarist Rachel Aggs and drummer Eilidh Rodgers, punctuated by rolls of giggles and thoughtful pauses, and you can hear it in the light touch they bring to their music, a blend of indie-pop full of fizzing world rhythms and bright horns. Catch them performing songs from their SAY Award-winning album *Strike a Match* and follow-up *Run Around The Sun*.

## KING CREOSOTE



If you build a fence then you have to treat it, as any DIY buff will tell you. Fife's Kenny Anderson realised this when forming micro-label Fence - and so he treated it, then treated us, with an alt-pop alter-ego: King Creosote. Anderson has become one of Scotland's most acclaimed singer-songwriters: with cosmic wordplay; whose voice leaves gentle devastation in its wake.

## BETH MALCOLM



Beth Malcolm is a singer-songwriter and keyboard player from Perth. Beth's music is folk-inspired, and she sings a mix of traditional, modern and self-penned Scots songs. She has spent much of 2022 recording her debut album, *'Kiss'd and Cryed'*, which she plans to release in 2023. She's also been working on *'By Process of Folkmosis'*, a long-term musical project about the ebb and flow of young Scots trad musicians as they navigate their teenage years.

## GNAWA TRANCE FUSION



Gnawa music is a well-preserved heritage of ritual poetry with traditional music and dance. Gnawa Trance Fusion combine traditional and modern instruments to create an irresistible celebration of existence. Drawing on jazz, reggae and other influences, this is an addictive rhythmic experience, at once a soul party and a mystical transport to Africa.

## TERN



Named after the migrating bird of the Nordic regions, Tern is a 5-piece band composed of Rose Logan, Kristina Leesik, Lea Søndergaard Larsen, Miguel Girão and Amy Laurenson. Tern crafts contemporary arrangements of traditional and original material, which draw on the music of Shetland, mainland Scotland, and Scandinavia. Tern will also be leading a late night folk session in The Stables on Friday evening from 11pm.



## HUNTER & MCMUSTARD



Writing songs they describe as lowlander contemporary folk and roll, Hunter & McMustard offer a modern take on folk with a social and global consciousness. Their first release, a tribute to Billy Connolly, was to raise awareness for the Friends of the People's Palace and Winter Gardens. Playing a late set in the Stables followed by an open mic night - why not bring a song or two!

## ALICE FAYE



The music of Alice Faye is refined, imaginative and insightful, with a voice that feels like it's always been there. Her songs are twisting journeys, filled with wild eyed drama and bitter sweet intimacy in equal measure. Faye's work is full of bold choices with a musical lens that is widening at breakneck pace. A love of classic 70's pop, 60's folk and country is lifted to a new and exciting level through the dramatic songs of Piaf and Breil.

## SISKIN GREEN



Contemporary Scottish folk trio Siskin Green draw on themes of faith, feminism and justice. Jane Bentley (percussion and vocals), Suzanne Butler (fiddle, guitar and vocals) and Margaret McLarty (guitar, banjo, piano and vocals) weave close harmony singing with evocative folk instrumentation. Fiery protest songs are balanced by re-imagined hymns in a sound that moves between earthy and ethereal.

## AWKWARD FAMILY PORTRAITS



Dishing out rockin' roots music to the streets of Glasgow since 2016, AFP have a roguish charm and style that elevates them far above the dusty stereotypes of the genre. The brainchild of four like-minded musicians with a wealth of originality and technical skill at their disposal, you only need to catch one of their live shows to want to make your way into the crowd and let loose!

## DANIEL MARTINEZ FLAMENCO



Daniel was born in Cordoba and started his flamenco guitar studies at the Royal Conservatoire of Music. In 2015, having worked in many of Cordoba's tablaos and flamenco festivals, he completed his studies and moved to the UK to work as a flamenco guitar soloist. Daniel is also a licensed flamenco guitar teacher.

## SAMBA SENE & DIWAN



An exuberant fusion of funky mbalax/Afrobeat grooves, with undercurrents of ska, rock and Senegalese soul; original songs with impassioned vocals, infectious guitarlicks and irresistible dance beats. Led by Senegalese singer Samba Sene, Diwan is a diverse collection of musicians, who share a global outlook and love of West African rhythms. The line up includes Akin Fatunmbi on electric guitar, Angus Rutherford on bass guitar and drum kit and Senegalese djembe players.

## BRASS, AYE?



Brass, Aye? are an eclectic community brass band based in Glasgow. They exist to give adult learners a supportive place to connect and play music together. Their music and make-up have evolved over the years, and their penchant for gold and shiny has evolved too. Brass, Aye? bring maximum funk and party wherever they go.

## ISLA RATCLIFF



Scottish fiddle player, singer and composer Isla Ratcliff is from Edinburgh. Her debut album *The Castalia* features traditional and self-composed tunes inspired by the four months she spent in Cape Breton in 2019. Described as 'quite the best debut album that has come this way in a long time' (*The Living Tradition*), Isla's album expresses her love for the tradition, its ethos of community, and the power of music to bring people together.

## BRUACH



Bruach have been playing foot stomping folk music for more than five years. They have lost and found members over the years, but have only ever gained fans. They just love to play music, and love it when the crowd joins in.

## CARSE VOICES



Small community choir Carse Voices are based in Errol, and they were set up over 10 years ago as a partnership between Horsecross Arts and Carse Association for Continuing Education (CACE). Carse Voices is an informal, friendly choir, often singing a cappella, with a firm focus on the joy of singing and the mental, physical and emotional benefits gained from singing in harmony together. They believe everyone can sing! New singers are always welcome!

## RACECAR



Childhood friends formed 'racecar' in 2018. Fast forward to 2021 to an intensive recording session in Robin's home studio and Orange Car was born. Curated from a range of individual influences, racecar's sound refuses to be categorised as anything other than simply theirs. Their debut record was launched in 2022 to a sold-out Voodoo Rooms in Edinburgh, after two BBC Radio Scotland nods for their singles. Since then they have toured the country, mesmerising audiences with their kaleidoscopic alt-pop.

## SPROG ROCK



Sprog Rock is a live music experience for nursery and primary age children. At a Sprog Rock gig, children and their friends & families share in a live gig experience (for lots of their audiences, this is their very first gig).

## VOX LIMINIS: UNBOUND COMMUNITY



Unbound is the ongoing creative community of Vox Liminis. They use their creativity and diverse experiences to make a positive change in the criminal justice system. The group will be performing original songs and poems at Solas.

## CULTECTICE



Aref Ghorbani is an Iranian-born, classically trained vocalist. He is a passionate advocate for those looking for sanctuary, and refugee and asylum-seeking musicians. Calum Ingram, a devoted cellist, has found his unique voice by intertwining his cello strings. As part of the Musicians in Exile project, Calum collaborated with Aref and musicians from around the world who made Scotland their home.



**AN INCLUSIVE SPACE**

**FOR CONVERSATIONS**

**THAT CHANGE THINGS**

Come along to find some hope, and a home, at the Hope and Anchor. Hosted by The Methodist Church and All We Can. [hopeandanchor.io](http://hopeandanchor.io)



**ALL WE CAN**



# 3 HEADSPACE, LITERATURE & STORIES

Solas Festival curates a programme of thinkers, storytellers, writers and speakers from across the artistic, cultural, spiritual and political spectrum.

## RICKY ROSS



Musician and lead singer of Deacon Blue, Ricky Ross, published his first memoir 'Walking Back Home: Deacon Blue and Me' last year. With the next Deacon Blue All The Old 45s tour starting this September, Ricky will join Solas to talk about the memoir. Ricky Ross formed Deacon Blue in Glasgow and 2022 saw the 35th anniversary of the release of their debut album, Raintown.

## GAVIN FRANCIS



Doctor and Writer Gavin Francis is the author of eight books. The *Lost Art of Convalescence* explores how - and why - we get better, revealing the many shapes recovery can take, and the failure of modern lives to make adequate space for the process. Come along to the Book Nook to hear him share his thoughts on convalescence and recovery.

## MERRYN GLOVER



Merryn Glover is an author of fiction, drama, poetry and journalism. She was the first writer in residence for the Cairngorms National Park in 2019. Her most recent book is *The Hidden Fires: A Cairngorms Journey with Nan Shepherd* in which she responds to *The Living Mountain*. In conversation with Pádraig Ó Tuama.

## KATIE GOH



Journalist, editor and author, Katie Goh has covered culture and social issues for the Guardian, VICE and BBC Scotland. Her book of essays *The End: Surviving the World Through Imagined Disasters* was published in 2021 and was shortlisted for the inaugural Kavya Prize. Chaired by Sam Gonçalves.

## KIRSTY LOGAN



In her latest work, *Now She is Witch*, Kirsty Logan portrays a queer medieval witch revenge quest. Kirsty is the author of two previous novels, three story collections, a 10-hour audio play for Audible, and several collaborative projects with musicians and visual artists. Chaired by Katie Goh.

## PÁDRAIG Ó TUAMA



Pádraig Ó Tuama is a poet and theologian from Ireland. His latest poetry collection is *Feed the Beast*. He presents *Poetry Unbound* from *On Being Studios*, a book from which: *Poetry Unbound, 50 Poems to Open Your World*, was published by Canongate in 2022.

## ESA ALDEGHERI



Esa Aldegheri's non-fiction debut *Free to Go* is about an 18-month motorbike adventure. The story looks at different aspects of freedom and borders, interwoven with a tale of diminished liberties linked to motherhood, Brexit and pandemic restrictions. In conversation with Pádraig Ó Tuama.

## KATIE AILES



Katie Ailes is a poet, researcher, producer, and educator focusing on performance poetry. She works as a producer with I Am Loud Productions and has co-devised and performed spoken word shows with them across the UK. Her poetry has been published widely and her poem 'Outwith' was chosen as one of the Scottish Poetry Library's Best of the Best Scottish Poems in 2019.

## JASON LEITCH IN CONVERSATION WITH GAVIN FRANCIS



Jason Leitch came into the public eye in 2020, when he communicated public health messages through daily press conferences during the pandemic. From his memories of being a dentistry student in Glasgow, to reflections on the Scottish response to Covid-19, join the National Clinical Director of the Scottish Government in conversation with Scottish physician and writer Gavin Francis.

## PERTSHIRE 101



Perthshire 101 is a fast-paced poetry show featuring a host of Perthshire's finest poetic talents who will take you on a whistle-stop poetic tour of Scotland's finest county. We've got the county covered from Broxden Roundabout to the Drumochter Pass, from The Murray Pie to Castle Huntly Prison!



## THE FORGETTING FILES



An interactive storytelling installation developed by writer and filmmaker Sam Gonçalves, exploring the collective space where stories happen. Come add your dot to our shared festival map (outside the Stables) and uncover the seemingly inconsequential moments of love, pain, insight and inspiration happening across the country.

## WIMMEN FOLK OF NORTH EAST SCOTLAND



Scotland's folk tradition has incredible women's stories woven into its songs, and our women Scots poets and songwriters bring the multifaceted realities of womanhood to life. Expect Scots songs from female songwriters and poets from Aberdeenshire, Angus, Dundee, Fife and Perth. Lynne Campbell is a Scots folk singer and storyteller who dips into the Scottish tradition and connects us with our past, present and future through folk music.

## PANEL: LOOKING FOR HOPE: HOW DO THINGS CHANGE?



As we look into the many crises being faced across the country and beyond, this panel of change makers from a variety of backgrounds discuss where we can find hope. From civil rights, to climate, war and a sustainable local economy, the contributors will share an insight of their vision for a better world and what we need to actually bring about change.

**Pinar Aksu** is a Human Rights and Advocacy Coordinator, a theatre maker and a PhD student.

**Suzanne Steel** joined Social Flock in 2021. The Perthshire charity supports the community and uplifts others.

**Janet Fenton** is a founding organiser of Secure Scotland, challenging prevailing ideas of security that increase inequality and make everyone less safe.

**Fraser Stewart** is a working-class researcher and activist from Forfar, who focuses on climate, energy and social justice.

Moderated by **George Reiss**.

## KATHY GALLOWAY



Kathy is a writer and activist, the first woman to lead the Iona Community. She is the author of over a dozen books on justice issues, spirituality and poetry. Returning to Solas, she will reveal to us the secrets of her hot-off-the-press book 'This is who we are: a Scottish history'.



## CAN POLITICS KINDLE HOPE? IN CONVERSATION WITH BEN MACPHERSON MSP



At times our politics can feel hopeless, dominated by tribal points-scoring, exaggerated language and short-term opportunism. Surely, we can and need to do better. An exploration of ways of kindling hope in and through our politics with Ben Macpherson, MSP for Edinburgh Northern and Leith since 2016 and until March this year a Minister in the Scottish Government in several different roles. Ben will be in conversation with Simon Barrow, co-director of the religion and society think tank Ekklesia.



## PANEL: HOW CAN FAITH COMMUNITIES REKINDLE HOPE?



What is the place of faith communities in modern-day Scottish life? This panel will discuss ways in which in 21st century Scotland faith communities can kindle hope, rather than snuffing it out.

**Jacky Close** is Director of Faith in Community Dundee. Jacky has worked in the Third Sector for over 20 years leading projects supporting people significantly impacted by poverty and inequality.

**Eilidh Harbison** is the Head of Communications at Just Love UK, a charity that works to inspire and equip young Christians to pursue social justice with their whole lives.

**Sheikh Hassan Rabbani** is a Scottish born Muslim Imam & Scholar. He is currently a University Chaplain and also works as a Relationship Counsellor.

**Kathy Galloway** is a writer, activist and Church of Scotland Minister, the first woman to lead the Iona Community. She is the author of over a dozen books on justice issues, spirituality and poetry.

Moderated by **Frank Strang**, Solas Festival Chair – be warned, he will be looking for audience views too!



## TENT OF HOPE



At this year's festival we are thinking about hope and how to kindle it. We have invited some fantastic organisations who are doing good things for our society and communities to come to the festival, show off what they do and how you could get involved! We will be joined in the Tent of Hope by...

**Social Flock**

A platform for the people of Perth to support their community and uplift others. We will be running a variety of art activities in the Tent of Hope over the weekend for all the family, while drawing attention to issues such as the fast fashion industry.

**Secure Scotland**

'Secure Scotland' is a network of people and organisations that is challenging prevailing ideas of security. In place of practices that increase inequality and make us less safe, we want to link up those who think Scotland could look after all its citizens.

**Vox Liminis: Unbound Community**

Unbound is the ongoing creative community of Vox Liminis. They use their creativity and diverse experiences to make a positive change in the criminal justice system.

**Fanny Riot**

Fanny Riot, is a collective of self-identified women & nonbinary protest provocateurs. We use humorous and creative ways to be involved in activism & we protest issues like the climate emergency, for women's, queer and trans rights/sexual health/body awareness and more. Come and chat to us!

**Interfaith Scotland**

Interfaith Scotland provides a forum for people from diverse religions to dialogue with one another on matters of religious, national and civic importance. Come and here more about their work in a special talk on **Sunday at 2pm**, in the Tent of Hope.

**Edinburgh Community Yoga**

Laura Wilson from Edinburgh Community Yoga will lead a session on 'Radical Rest as an Act of Hope' on **Saturday at 12pm** in the Tent of Hope.

## HOPE AND ANCHOR



The Hope and Anchor is a brand-new venue for Solas 2023! Imagine a pub where the bar is dry, but the conversations never are. This is the Hope and Anchor - an alcohol-free space for all-ages for the kinds of conversations you've always wanted to have, with contributors, friends, and strangers. Come as you are to simply relax, enjoy the Hip Pop kombucha bar, or play games.

In the Hope and Anchor, faith talk meets real talk. Come along, grab a drink and be part of conversations that change things: us, our relationships, our world.

Games, drinks and free flowing conversation available all weekend, or join our Hope Talks on:

Faith in the climate crisis with Less Waste Laura, **Friday at 7pm**

Hope in Difference, **Saturday at 10am**

Hope in Poverty, **Saturday at 1pm**

Hope in the Church, **Saturday at 4pm**

Hope in Our Stories with Pádraig Ó Tuama, **Saturday at 6pm**.



# 5 WELLBEING & SPIRITUALITY

Solas feeds the soul and body as well as the mind and heart - this year come and unwind, relax and refresh in our Wellbeing Yurt, the **Rest and Be Thankful**, with a mixture of activities for all ages - including kids and teen yoga, mindfulness, kirtan singing, meditation and more.

## OPENING CIRCLE WITH MARK RUSSELL



Welcome to the rest and be thankful! A venue that will nurture your physical, emotional and mental health over the weekend. A session with a little meditation and chat to begin with.

## EARLY MORNING YOGA



Shake off the night in the tent with some gentle Yoga with Mark.

## WHAT ARE HUMAN MICROBIOMES AND WHY SHOULD I CARE ABOUT THEM?, DR SHEENA FRASER



An introduction to human microbiomes, what they are, their importance and how we can manipulate them to enhance our health and wellbeing.

## KIRTAN WITH DAN GRONAN



In kirtan we get to experience the power of mantra and community all at once by chanting and singing aloud together with musical accompaniment. Although there are musical instruments, Kirtan is not a performance, and there is no audience. Think of it more as a co-creation where we're ALL in the band!

## ACROYOGA WITH MARK RUSSELL



Life is better when you fly! Come join Mark for some partner and acroyoga fun.

## YOGA NIDRA WITH JEN WILSON



Join me for this 40(ish) mins Yoga Nidra, guided meditation. Bring your pillow and blanket to get comfy and cosy while you are transported into a space of relaxation.

## THE PRACTICE OF HAPPINESS WITH KELLY LUDWIG



During this session, we'll be exploring what makes us happy, what doesn't and why it matters. I'll be sharing some practical strategies and ideas to help you feel happier and experience more joy in your life.

## VINYASA FLOW WITH JANE VICKERS



You can expect dynamic flows to find freedom in movement. An intuitive session to allow for greater connection to self.

## BUDDHIST MEDITATION WITH AJAHN SUJAN

Sujan, a Buddhist monk from Nepal and Abbot of the Varapunya Meditation Centre, will give a short introduction to Buddhism and Buddhist meditation. This will be followed by a guided meditation led by Sujan.

## YIN YOGA WITH JANE VICKERS



You can expect a really slow, calming and nurturing class. We will be grounded on the mat, doing fewer poses and holding them for a longer period of time. We will go deeper into the connective tissue, releasing built up tension. A slow meditative practice.

## SOUND JOURNEY WITH MIKA BENJAMIN



Join Mika as we journey through acoustic sound healing to clear the subconscious, relax the body, and bring stillness to the mind.

## MINDFULNESS WITH TINA GILBERT



Introduction to mindfulness meditation, how to practise it, the benefits and a discussion.

## MINDFULNESS FOR TEENS WITH ANNA MAVROMATIDI WHYTE

If you are a teen and wondering what this Mindfulness thing is all about, join Anna at the Wellness Tent! Fun and treats guaranteed!

## WOMEN'S CIRCLE WITH SASHA IRANI



This sisterhood circle is one of nonjudgement, support, respect and compassion where we bring women together on an equal level to shake, empower, rest and nurture. Sasha will be integrating breathwork, mudra, mantra, free-flow movements and relaxation.

## THE ART OF WALKING AND RUNNING WITH NICK CONSTANTINE



Both sessions begin with a western approach to the movement of walking and running and finish with an eastern consideration and application to the movement patterns. Run and walk with ease, balance, cultivating 'good feeling with the ground'

## RADICAL REST AS AN ACT OF HOPE WITH LAURA WILSON



Alongside a seated yoga practice, Laura will offer you the opportunity to understand the effect chronic stress has on your nervous system and overall health and happiness. She will outline why rest is an essential part of wellness and will help you to re-define self care and the prioritisation of your own wellbeing as an act of service. Laura is a director of Edinburgh Community Yoga, a not-for-profit social enterprise.





Children and families are very welcome at Solas Festival. We hope that people of all ages can find something to enjoy in the programme - and there will certainly be lots for younger people to get stuck into!

### THE DAB HANDS



Giving Solas Festival a big hand to open the gates on Friday are The Dab Hands. Three metres tall and lit like beacons, the puppets will bring fun, colour and dance music to the grounds. The hands are a little clumsy though, so please help them if you can, and give them a wee wave too.

### THE WEE STORYBOX



Join storytelling duo Wee Storybox for an interactive adventure filled with magic - you could be dancing with our fairies, or learning about the calamity of the cyclum-continuum with our steampunk inventors! Immersive storytelling sessions led by larger than life characters include live singing, dancing and lots of fun. Most suitable for children age 5+.

### INSTINCTIVELY WILD



Learn to create shelters the 'Bear Grylls' way in this workshop. Have fun working in a family group to create a shelter to play in and connect with nature. Instinctively Wild is a social enterprise specialising in reconnecting people to themselves and others through an experience with nature. Meet outside the Hearth before setting off into the wild!

### GNAWA FAMILY MUSIC WORKSHOP

The workshop will be presented in four parts and will cover an introduction to Gnawa culture including a short performance by workshop facilitator Omar Afif. Join us for a Gnawa music workshop, learn old African songs, clapping & krakeb (metal percussion) rhythms.

Part 1 - Singing (learning call and response songs)  
 Part 2 - Clapping patterns  
 Part 3 - Krakeb (learning 6/8 rhythms on percussive instrument)  
 Part 4 - Learning about traditional Gnawa Dances.

Led by Gnawa musician from Morocco, Gimbri (three-string guitar) player Omar Afif.

### COLONEL MUSTARD'S 'BORN TO REWILD'



Colonel John McMustard returns with his big wolf character in 'Born to Rewild'. Join Hunter & McMustard and their pal Rod the dog in a family friendly interactive gig theatre show with climate change and rewilding at its heart.

### INDEPEN-DANCE WORKSHOPS



Indepen-Dance will be running a range of super fun, accessible and for all the family dance and movement workshops at Solas - come and join them on Saturday and Sunday morning at 10am at the main stage for a wakeup workshop, or at 2pm in the Hearth for another chance to exercise those dancing muscles!

## CHESS



Play and learn chess with our very own Grandmaster, in relaxed sessions at the Book Nook on Saturday and Sunday mornings.

## INDEPEN-DANCE: YOUNG1Z PERFORMANCE



The Young 1/z are a class of young people with and without disabilities who go to weekly dance classes run by Indepen-Dance. Catch them at the main stage for a super special performance!

## CHILDREN'S YOGA WITH ANNA WHYTE



Fun-filled session with yoga-based movement activities, mindfulness practice, meditation and much more! Anna is a qualified Rainbow Yoga for children teacher and Youth Mindfulness teacher. She brings together and shares with children her interests in music, art, yoga and mindfulness through a variety of movement based and meditative practices.

## CLYDE BUILT PUPPET THEATRE



Clyde Built Puppet Theatre will be bringing two family friendly shows to the festival.

Clydebuilt is a partnership between Steve Smart and Leigh McCalister. They are a very friendly company who love to talk to the audience after the performances.



In addition to our Wellbeing, Spirituality and Children & Families programme strands, we will have some enriching creative workshops at this year's Solas Festival.

### NATURE JOURNALING WITH PETE CARTHY



Pete uses the Forest Schools model through his day job and dabbles in photography, linocut, and watercolour. He did some nature journaling during lockdown and loves being out in nature. Join him in the grounds of Errol Park and try Nature Journaling for yourself.

### MAKE YOUR OWN COAT OF PEACE

Traditionally Coat of Arms were developed to tell a story of family, values, ownership and allegiance. We will use collage, stencilling, sticking to create our very own Coats of PEACE! Drop-in session, suitable for all ages. Delivered by Yaldi Arts for Secure Scotland.

### POLITICAL SONG

Join Red and Black Song Club to sing and discuss the power of political song. No singing or musical experience necessary.

### SOWING SEEDS OF HOPE

A session led by Interfaith Scotland with speakers from four different faiths sharing what gives them hope in life. Those gathered will have an opportunity to share and reflect on what gives them a sense of hope and how they might sow the seeds of hope in their own lives and in the lives of others.

### 'KINDLING HOPE' SACRED SPACE



We'll gather at an outdoor hearth for an hour to explore the evocative weekend theme through music, prayer, and some simple shared activities including breaking bread. This is for everyone; whether you're from a Christian background, another faith, or have no religious affiliation. Children welcome. Meet at the Hearth on Sunday at 10:30am. Bring a small, dry twig to add to the fire. On Saturday there will be an open session from **4-4.30pm** in the **Tent of Hope** for anyone who'd like to help prepare for Sunday.

### KINDLING HOPE AT SOLAS WITH VERENE NICHOLAS

We are embracing "Kindling Hope" as a theme to think about over the weekend, and discuss how we might take it forward into our lives. Come along for a relaxed, participative session with Verene Nicolas - meet fellow festivalgoers and talk about what gives hope and how we might kindle it for our personal lives and communities. There will be a follow-up workshop on Sunday morning to capture the threads and ideas that have popped up during the festival - everyone will go home with at least one piece of inspiration!

### COMMUNITY MEAL



Our Community Meal will provide an opportunity for festivalgoers to meet each other (including our many New Scots friends), share stories, and eat together. Everyone is welcome! Pay what you can - taking place on Saturday at **2pm** in the **Tent of Hope**.

### SINGING WORKSHOP WITH DEBRA SALEM

Choir leader, singer, songwriter & composer Debra Salem will lead a relaxed vocal workshop that will allow you to experience the joy of singing in a group, in the beautiful acoustics of The Stables.

### BYSTANDER INTERVENTION WORKSHOP WITH FANNY RIOT

Our fannies will be delivering a workshop on bystander intervention, equipping attendees with tools to confidently respond to situations of sexual violence, harassment and assault. For 16 years+, includes discussions on sexual violence, assault and misconduct.

## FRIDAY

Please note that all timings are subject to change at short notice - please refer to the chalk boards on site and the Solas Festival social media pages. Thank you!

	MAIN STAGE	REST & BE THANKFUL	HOPE & ANCHOR
5PM	5.15 - 6.00pm The Dab Hands parade from campsite		
6PM	6.15 - 6.45pm Cultectice	6 - 7pm Opening Circle	
7PM	7 - 7.30pm Carse Voices		7pm Faith in the climate crisis
8PM	7.30pm - 8.15pm The Dab Hands		
9PM	8.30 - 9.15pm King Creosote		
10PM	9.45 - 10.45pm Rachel Sermanni		
11PM -1AM	Late night folk session in The Stables - bring an instrument if you'd like to join in!		

## SATURDAY

\*\* Instinctively Wild - Den Building: to meet at the Kids Den

	MAIN STAGE	THE STABLES	THE HEARTH	REST & BE THANKFUL	BOOK NOOK	OTHER
9AM				9 - 10am Early Morning Yoga		
10AM	10 - 10.30am Indepen- Dance wake up workshop		10am Kindling Hope at Solas with Verene Nicholas	10-11am Children's Yoga with Anna Whyte	10am-12pm Chess	10am HOPE & ANCHOR Hope in Difference  10am-12pm OPEN SPACE Instinctively Wild**

# SATURDAY

	MAIN STAGE	THE STABLES	THE HEARTH	REST & BE THANKFUL	BOOK NOOK	OTHER
11AM	11am <b>Colonel Mustard's 'Born to Rewild'</b>  11.30am-12.15pm <b>Isla Ratcliff</b>	11-12.00pm <b>Panel: Looking for Hope: How do things Change?</b>	11-12pm <b>Bystander Intervention Workshop with Fanny Riot</b>	11-12pm <b>Women's circle with Sasha Irani</b>		
12PM	12.30-1.15pm <b>racecar</b>	12.30-1.30pm <b>Vox Liminis: Unbound Community</b>	12.30-1.30pm <b>Political Song Workshop</b>	12-1pm <b>Mindfulness with Tina Gilbert</b>  12-1pm <b>Radical rest as an act of hope with Laura Wilson (Tent of Hope)</b>	12pm <b>Merryn Glover</b>	12.30-1pm <b>THE DEN The Wee Storybox</b>
1PM	1.30 - 2.15pm <b>Alice Faye</b>	1.45 - 2.45pm <b>Perthshire 101</b>		1 - 2pm <b>The art of walking and running with Nick Constantine</b>		1pm <b>HOPE &amp; ANCHOR Hope in Poverty</b>  1.45-2.15pm <b>THE DEN The Wee Storybox</b>
2PM	2.30 - 3.15pm <b>Samba Sene &amp; Diwan</b>		2- 2.30pm <b>Indepen-Dance Workshop</b>	2 - 3pm <b>Yin Yoga with Jane Vickers</b>	2pm <b>Esa Aldegheri</b>	2-3pm <b>TENT OF HOPE Community Meal</b>
3PM	3.30 - 3.45pm <b>Indepen-Dance</b>	3 - 4pm <b>Wimmen Folk of North East Scotland</b>	3 - 4pm <b>Sowing Seeds of Hope Workshop</b>	3-4pm <b>Yoga Nidra with Jen Wilson</b>	3.15pm <b>Gavin Francis</b>	3pm-5pm <b>OPEN SPACE Instinctively Wild**</b>
4PM	4 - 4.45pm <b>Sacred Paws</b>	4.15-5.15pm <b>Pádraig Ó Tuama</b>	4.30 - 5.30pm <b>Make Your Own Coat of Peace</b>	4 - 5pm <b>Microbiomes with Dr Sheena Fraser</b>	4pm <b>Kathy Galloway</b>	4pm <b>HOPE &amp; ANCHOR Hope in the Church</b>

\*\* Instinctively Wild - Den Building: to meet at the Kid's Den

# SATURDAY

	MAIN STAGE	THE STABLES	REST & BE THANKFUL	BOOK NOOK /OTHER
5PM	5 - 5.45pm <b>Daniel Martinez Flamenco</b>	5.30- 6.30pm <b>PANEL: How can faith communities rekindle hope?</b>	5 - 6pm <b>Kirstan with Dan Gronan</b>	
6PM	6.45pm <b>Katie Ailes</b>			6pm <b>HOPE &amp; ANCHOR Hope in Our Stories with Pádraig O Tuama</b>
7PM	7.30 - 8.15pm <b>Tern</b>			
8PM	8.45 - 9.30pm <b>Sam Amidon</b>			
9PM				
10PM	10 - 11pm <b>Shooglenifty</b>			
11PM		11pm - 1am <b>Late night music with Hunter &amp; McMustard - followed by open mic!</b>		
1AM				

# SUNDAY

	MAIN STAGE	THE STABLES	THE HEARTH	REST & BE THANKFUL	BOOK NOOK /OTHER
9AM				9 - 10am Early Morning Yoga	
10AM	10 - 10.30am Indepen-Dance wake up workshop	11am-12pm Singing Workshop with Debra Salem	10am Kindling Hope at Solas with Verene Nicholas	10 - 11am Sound Journey with Mika Benjamin	10am-12pm BOOK NOOK Chess
	11 - 11.45am Sprog Rock		10.30am 'Kindling Hope' Sacred Space - meet at the Hearth on time please!	11am - 12pm The art of walking and running with Nick Constantine	
11AM			11.45am- 12.45pm Gnawa Family Music Workshop		
12PM	12-12.45pm Siskin Green	12.15-1.15pm Ricky Ross		12-1pm Buddhist meditation with Ajahn Sujan	12-1pm BOOK NOOK Katie Goh
			12.45-1.45pm Political song workshop	12.30-1pm THE DEN The Wee Storybox	12:30-2pm OPEN SPACE Nature Journaling (meet at the Hearth)
1PM				1 - 2pm The Practice of Happiness with Kelly Ludwig	2pm TENT OF HOPE Interfaith Scotland talk
	1- 1.45pm Brass, Aye?	1.30 - 2.30pm Kirsty Logan			1.30-2.30pm BOOK NOOK Ben Macpherson
					1.45-2.15pm THE DEN The Wee Storybox

# SUNDAY

	MAIN STAGE	THE STABLES	THE HEARTH	THE REST AND BE THANKFUL	BOOK NOOK /OTHER
2PM	2 - 2.45pm <b>Gnawa Trance Fusion</b>	2.45-3.45pm <b>Jason Leitch with Gavin Francis</b>	2 - 2.30pm <b>Indepen- Dance workshop</b>	2 - 3pm <b>AcroYoga with Mark Russell</b>	2.30-3pm <b>OPEN SPACE Clyde Built Puppet Theatre</b>
3PM	3 - 3.45pm <b>Beth Malcolm</b>			3 - 4pm <b>Mindfulness for Teens with Anna Mavromatidi Whyte</b>	
4PM	4.15 - 5pm <b>Awkward Family Portraits</b>			4 - 5pm <b>Vinyasa Flow with Jane Vickers</b>	
5PM	5.15 - 6pm <b>Bruach</b>			5 - 6pm <b>Closing Circle</b>	

## MY NOTES

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## ALL YOU CAN EAT

Food and drink — an essential part of a great festival experience. Not only is your heart and mind opened to great art and ideas from around the world at Solas, but the very spice of life is here, too. To savour. To sup.

We work hard to put together the right mix of caterers – those who really want to be at Solas and who share our values around sustainability and fair trade, too.

Tuck in!

### 2023 CATERERS

Yella Street Food

Rolling Stove

ChilliKoko

Mac Love

Food Story (coffee)

Little Margarita Truck



# TRADING PLACES

With new traders and returning favourites, there is plenty on offer for you to buy — with a wonderful range of traders at this year's festival.

From jewellery to candles and homeware, there is something for everyone. We've put together a varied and inspired mix. Some of these guys have been on the road all year, so let's make them welcome. And support their trading.

## 2023 TRADERS

- Luna Crafts
- Laluna Crystal Candles
- Elf Jewels
- Utas Joolz
- Mud and Marsh
- Hope Henna



# 2023 SOLAS MEMENTOS

Great tees for kids and adults are available to buy, with all profits going to Solas Festival. Come and find us at the Box Office.



## SOLAS SAINTS

We'd like to ask you to consider becoming a Solas Saint, a group of saintly people who support us throughout the year by making a monthly or a one-off donation.

We literally would not survive without this financial support, and each year the funding climate seems to become more difficult as lots of arts organisations struggle to stay afloat.

Your donation would help us survive the winter months; maintain free child places and heavily reduced tickets for young people; and offer hospitality to refugee visitors and others who might not be able to attend.

So if you have a little to spare you can sign up online via our website. Or, talk to a member of the Solas team over the festival weekend.





[solasfestival.co.uk](http://solasfestival.co.uk)

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