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SPIT IT OUT FEST

6th-16th JUNE 2024



FUNDED BY



ALBA | CHRUTHACHAIL

PARTNERS





As we came together as a team to decide on this year's festival theme, we struggled to find a word, an idea, a thread that would capture the sadness and powerlessness many of us have experienced globally over the last months while still showcasing the beauty and strength of our community.

Back in 2022, we created the **Spit it Out Festival** because we dreamed of a place for people, especially those marginalised by society, to make friends, feel empowered and find hope in difficult times. We were convinced it was possible to talk about hardship while still finding joy and connection. Three years on and we continue to reconcile these two contradictory notions. And so, the theme we decided on - what has felt like the only silver lining at all - is **togetherness**. A word reminding us that even in the most challenging times, people find each other to remember, cry, fight, dream, laugh & celebrate.

Spit It Out

We see the festival as a smorgasbord of interests, passions and identities coming together to intersect and collaborate. We are inviting you once again to come learn with us and embark on an empowered and creative journey across Edinburgh, Glasgow and Online: 11 days of sharing, experiencing and challenging our perspectives together.

Our programme expresses our values of consent, transformative justice, community care and cathartic creativity. It has been selected to offer something, we hope, for everyone. With themes of mental health, healing, accountability, radical friendship, synaesthesia, abolition, racial capitalism and queerness - to highlight a few.

Keep your eye peeled for our Treasure Hunt, The Aye Consent Lab, International Poetry Open Mic, A Creative Cafe and quite possibly Edinburgh's first(?) Queer Baptism led by the Reverend Rabbit. We have gigs, poetry nights, exhibitions, workshops, talks, screenings, cycles and community radio to choose from. **Not to mention an Immersive Online Festival Site!**



**A place to take note
of events I would like
to attend**

People of Data

Do you love filling out forms?
Do you love sharing your data?

If you answered no to either of these questions you'll be glad to hear **People Of Data is proudly partnering with SIO Festival.**

This year, we'd like to use the inclusive space of the festival to trial a new form of data collection – breaking away from the existing exclusionary data practices that are rooted in oppressive structures. Instead, **we aim to truly capture the feeling and impact of an SIO event in a way that feels empowering and fun to everyone.**

So, keep an open mind and heart – and throw your typical expectations of mind-numbing inclusion forms out the window! At the end of the day, we are all people of data. We deserve to be so much more than just another cross in the 'other' box.



“Feedback is so important to us - as is intentional, inclusive and creative data collection that reflects the experience of those open to sharing their thoughts. Working with the folk at People of Data, we can rest assured that real lived experience always take precedence over faceless facts and stats”

Accessibility

Over this last year, it has become increasingly important to our team to **put people's individual needs first**. We are constantly learning more about accessibility and sensory needs.

Our team have taken on extra training to be more mindful and aware of hidden disabilities. **Look out for the Sunflower badges** to identify those of us volunteering as buddy support or just a pal if you want a chitchat. We have also put together a **Sensory Basket** that will float around events with the help of Synaesthesia artist Maïke Preißing. We encourage a sharing economy as there is a limited supply, so **get in touch to guarantee your items** of sensory glasses, stimming toys and noise reducing earplugs.



Event **capacities can be found on Eventbrite** as can our venue partner's accessibility notices for gaining access to their spaces. Our exhibitions come complete with a **quiet hour** with limited capacity, times vary, on opening nights. With the option to book a **BSL tour with the artist** as they introduce their work with a chance to ask questions.

Traffic Light Trigger Warnings

After speaking with our community, we have introduced a **traffic light system** to emotionally prepare attendees for the likeliness of **triggering content** to come up in discussions. We recognise that spaces are never completely safe and there is always a potential to be caught off guard.

Red : Will Contain

Amber : Likely to contain

Green : Unlikely to contain

Spit It Out

**Find our Community
Guidelines & more here!**



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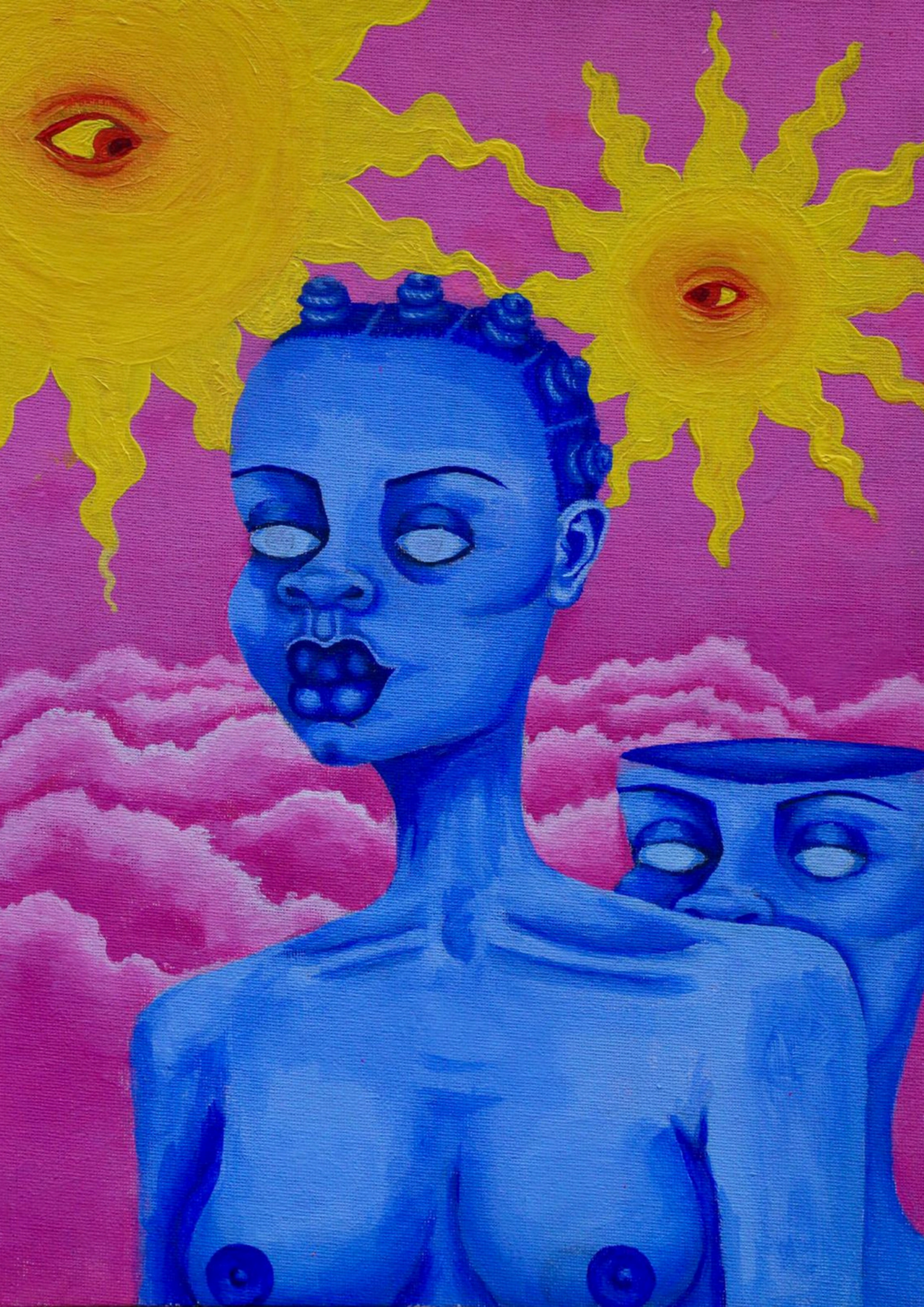
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HALF EATEN

Exhibition By Zindzi Hudson

Sett Studios, Leith

Exhibition | 7th - 9th June | 12 - 17 h
Opening Night | Thursday 6th June | 18 - 21 h

**“If you looked inside my heart,
it would be black
Shredded and beaten
Half eaten.”**

In Half eaten, her first solo exhibition, Zindzi is expanding her artistic development and soaking up new inspiration as a mixed raced, queer feminist woman. Her work heavily revolves around the female body, recognising both her admiration for it and the hyper-sexualisation it often endures. Through her art, she reflects on how these societal norms have influenced her upbringing, self-perception, personality, and ultimately, her artistic expression. She takes much inspiration for her work from surrealism, societal tropes and her own inner conflict.

Zindzi invites the audience to discover her new work - a catharsis of self healing uncertainty - through paintings, installation, photography and filmmaking. At almost 24, Edinburgh-based artist Zindzi Hudson has lived through a few different versions of herself, each one slowly making more sense of the chronic emptiness she feels inside her half eaten body. “Remedying the blackness with colour.

Traffic Light: **Red**

Accessibility

Doors will open from 17 h for a dedicated **quiet hour** with limited capacity for those who don't enjoy crowds and noise. Book in advance through Eventbrite. General access will start at 18 h.

Interpreted **BSL tours** of the artworks are also available. Join one and meet the artist with space for Q&As. Thursday 6th June only.

BITTER SMELL

Exhibition By Paria Goodarzi

Argyll Chambers, Glasgow

Exhibition | 14th - 16th June | 12 - 17 h
Opening Night | Thursday 13th June | 18 - 21 h

Bitter Smell embodies feelings of displacement and serves as a starting point for exploring questions related to identity, belonging, and the abstract nature of distance. This work delves into supposedly irreconcilable differences, prompting reflection on transforming history and the present, bridging the self and others into a common subjective experience.

To emphasise the process of formation, transition, and the reality of migration, the exhibition comments on the dehumanisation of modern society and explores geopolitical and national developments in our global world.

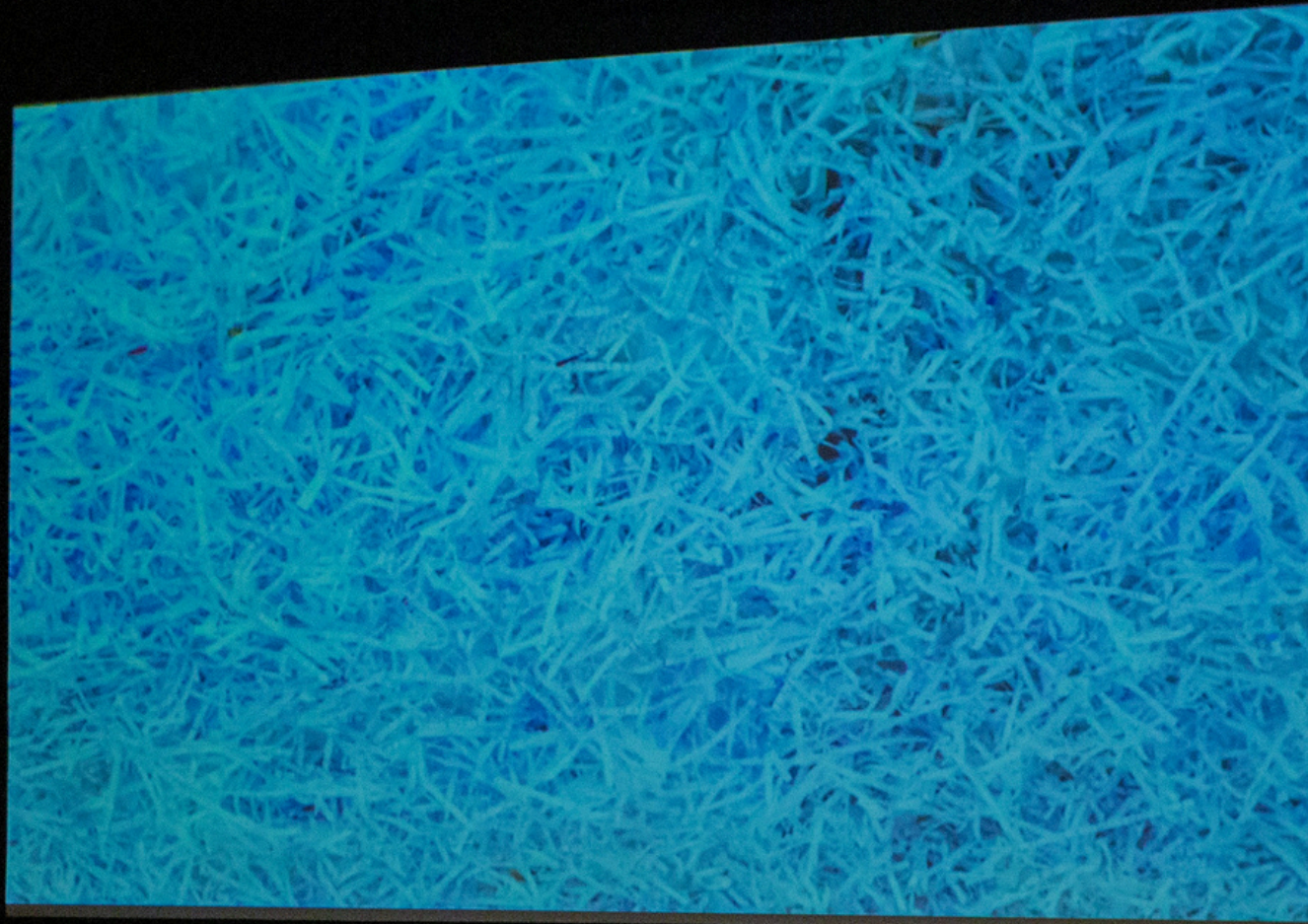
Bitter Smell raises doubts about geographic boundaries and evokes complex emotions, affecting our search for direction in navigating multiple social situations. It explores how intimacy and detachment can coexist, interrogating diasporic culture beyond national definitions and imagined borders. Shedding light on the daily struggles of the immigration process in the democratic society, **the exhibition is a personal response to the British citizenship process and political relationships over the past years.** It aims to represent human progress, negotiate national identity, power, and the value of time.

Traffic Light: **Red**

Accessibility

Doors will open from 17 h for a dedicated **quiet hour** with limited capacity for those who don't enjoy crowds and noise. Book in advance through Eventbrite. General access will start at 18 h.

Interpreted **BSL tours** of the artworks are also available. Join one and meet the artist with space for Q&As. Thursday 6th June only.



Embassy Gallery, Edinburgh

Screening + Q&A | 7th June | 19 - 22 h

Exhibition | 8th - 9th June | 12 - 17 h

Friends on the Outside

By Annabel Moodie

Friends on the Outside tells the story of an incarcerated man called Jamie who finds comfort inside by foraging for weeds and caring for birds. It questions why the UK prison system is currently in its biggest expansion in more than a century, exposing naturalising language around this expansion. We welcome you to discover a multi-media exhibition created alongside the documentary by the filmmaker for the festival.

18+ | Traffic Light: **Red**





Embassy Gallery, Edinburgh

Screening + Q&A | 7th June | 19 - 22 h

Everything Worthwhile is Done with Other People

By Rehana Zaman

Everything Worthwhile is Done with Other People takes up the conversations, experiences and freedom dreams of a group of women affected by the carceral state, as encountered through the UK government's hostile environment policy and prison system. This work began as a series of workshops led through Hibiscus Initiatives framed around questions of criminality, innocence and citizenship, perceived through the lens of gender, race and class.

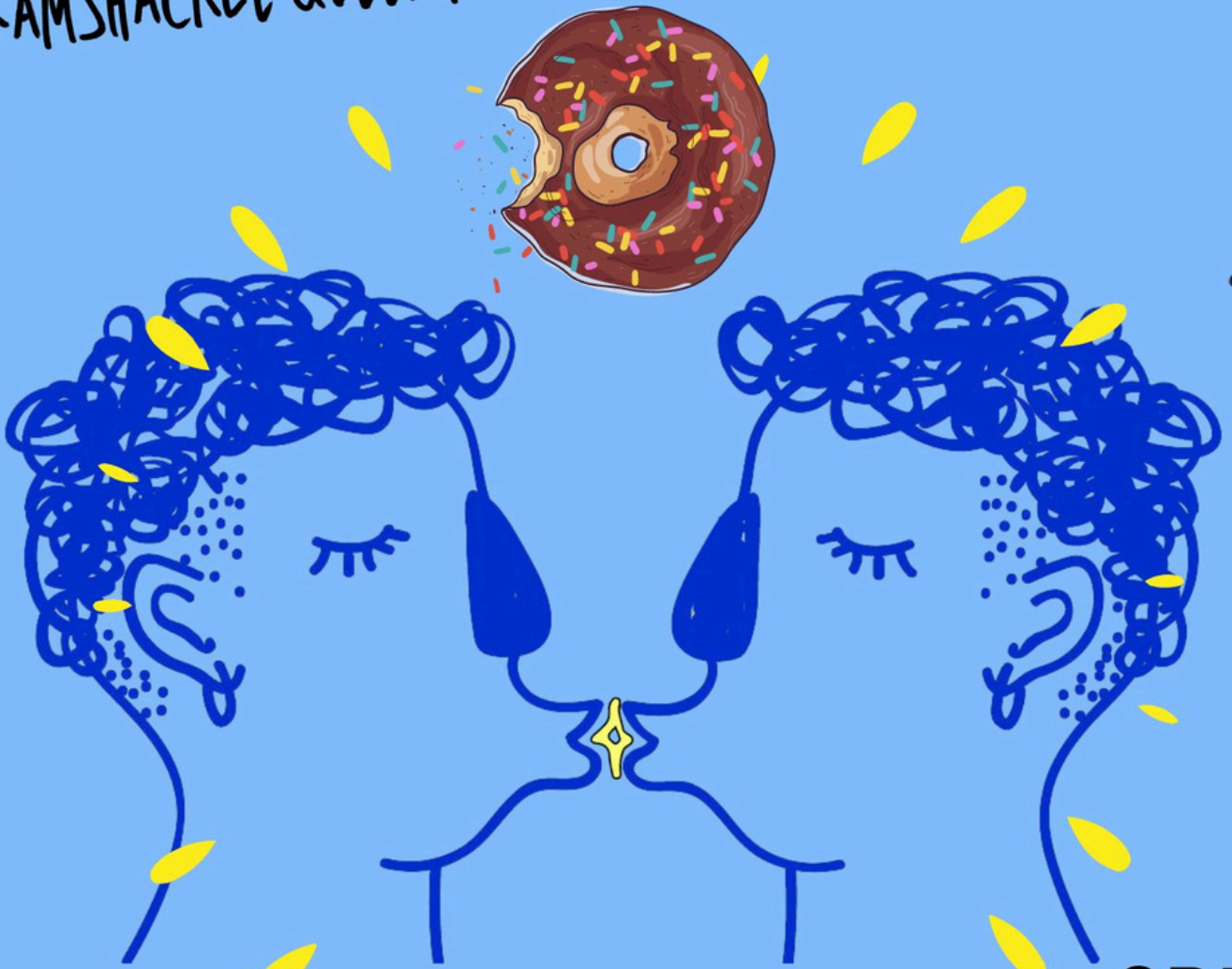
18+ | Traffic Light: **Red**

249 AT

LEITH CRICKET CLUB

A QUEER BAPTISM STORY
RAMSHACKLE QUEER PARTY

LIVE MUSIC
OPEN MIC
CLUB ANTHEMS



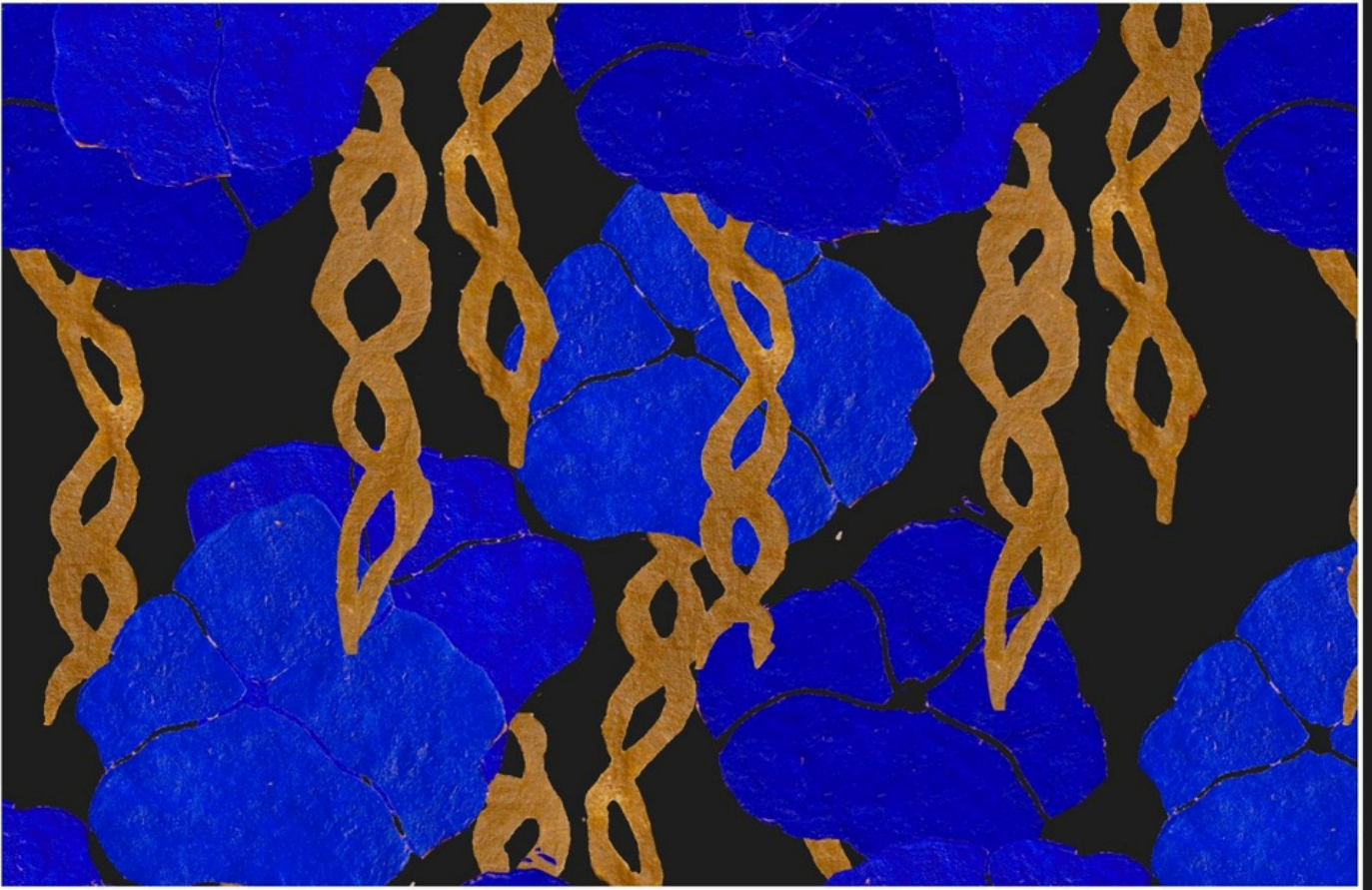
SAT 8TH JUNE

6PM - 1AM

SPIT
OUT FESTIVAL
OUT
FEST

Spit It Out

presents



THE SKINNY

14.06.24

**EYVE | SAMM ANGA
CHIZU NNAMDI | TRISHA**

Intimate night celebrating POC voices
emerging in the Scottish music scene



Room 2, Glasgow | 19 – 22 h
The Spit it Out Festival 2024

**SPIT
IT
OUT
FEST**





EDINBURGH

6 - 9 th June

Venues

EMBASSY GALLERY

10B Broughton St Lane, Edinburgh, EH1 3LY
Partially Accessible, stair lift, no disabled toilet

FRUITMARKET

45 Market Street, Edinburgh, EH1 1DF
Fully Accessible

LEITH CRICKET CLUB

1 Leith Links, Leith, EH6 7QR
Partially Accessible, 2 step entrance, no disabled toilet

LEITH DEPOT

138 Leith Walk, Edinburgh EH6 5DT
Fully Accessible

LILA YOGA STUDIOS

37 Bruntsfield Pl, Edinburgh EH10 4HJ
Partially Accessible, no disabled toilet

SETT STUDIOS

127 Leith Walk, Leith, EH6 8NP
Fully Accessible

WE MAKE WORKSHOPS

18 Montrose Terrace, Edinburgh EH7 5DL
Partially accessible, no disabled toilet

THU 6

Half Eaten by Zindzi Hudson

Exhibition Opening

Sett Studios | 18 - 21 h

Quiet hour | 17 - 18 h

Zindzi invites the audience to discover her new work - a catharsis of self healing uncertainty - through paintings, installation, photography and filmmaking. At almost 24, Edinburgh-based artist Zindzi Hudson has lived through a few different versions of herself, each one slowly making more sense of the chronic emptiness she feels inside her half eaten body. "Remedying the blackness with colour."

18+ | Traffic Light: **Red**

Join us on Day 1 on the festival, with music, art, canapés and community.



THU 6

Unofficial Afters

Community Hang

Leith Depot | 21 h

If you cannot make the exhibition, join us afterwards over the road at Leith Depot where we will continue the celebration of the festival opening and raise a glass to Zindzi!

18+ | Traffic Light: **Green**

FRI

7

The Aye Consent Lab: Embodied Consent

Workshop by Emily King

Embassy Gallery | 10 - 12 h

An embodied approach to consent centralises the body, attuning to the felt sense of yes, no and maybe. This workshop is designed to support those wanting to create and enjoy a sexual and relational culture that moves beyond permission, prioritising negotiation and self-expression. Trauma-informed, fully clothed and non-sexual.

18+ | Traffic Light: **Amber**



FRI

7

Justice Reimagined: Repairing Harm in Scotland

Talk by Community Justice Scotland

Embassy Gallery | 13 - 15 h

Restorative Justice (RJ) is a voluntary process of supported contact between those harmed and those responsible for harm, aiming to reduce trauma and aid the recovery process after a crime. Join an eye-opening exploration of Restorative Justice (RJ) in this person-centred justice approach as Gemma Fraser debunks myths surrounding it and discusses its future in Scotland as a tool empowering people to heal and move on.

18+ | Traffic Light: **Amber**



FRI

7

Where Words & Movements Meet: Intersectional Storytelling through Journalism

Workshop by Shadow Mag

Sett Studios | 12 - 14 h

Explore the art of intersectional storytelling for change through journalism. Learn practical industry tips and techniques for crafting compelling stories that resonate with audiences and discover how journalism can be a radical tool for advocacy.

18+ | Traffic Light: **Amber**



FRI

7

Draw Your Dreams

Workshop by *Aimée McCallum*
Sett Studios | 15 - 17 h

Enjoy a dreamy afternoon exploring drawing exercises that connect our minds to our hands. With an array of dream dictionaries to flick through, this workshop invites you to start paying attention to reoccurring symbols and consider why you are subconsciously attracted to them. If you keep a dream journal please bring it along!

18+ | Traffic Light: **Green**

FRI

7

Crisis Cards: Partner Reflections and Communications

Workshop by *Bee Asha*
Embassy Gallery | 16 - 18 h

Crisis cards are designed to share non-verbal information about what you need when experiencing a state of crisis. Join as we create a set of cards - between you and someone close a partner, a friend, a colleague - just come as a pair! - and openly discuss your needs to find new ways to communicate and support each other in times of need.

18+ | Traffic Light: **Red**

FRI

7

Friends on the Outside & Everything Worthwhile is Done with Other People

Screening & Q&A
Embassy Gallery | 19 - 22 h

Join for an evening in partnership with the Scottish Documentary Institute (SDI) as we bring together two narratives of incarceration that expose the UK prison system. **Friends on the Outside** by Annabel Moodie, complete with exhibition, and **Everything Worthwhile is Done with Other People**, by Rehana Zaman. With dedicated time for Q&A.

Scottish
Documentary
Institute

18+ | Traffic Light: **Red**

Find more documentaries on our Online Festival Site! Found via our website.



SAT

8

Treasure Hunt

Organised by SiO Volunteers
Edinburgh | opening times vary

Spend the day exploring Edinburgh. Each stop has a special connection to SiO. Meet some of our partners, find out about their services, sample our fave cafes, galleries and more. Collect stamps along the way and exchange them for treasures in the form of A5 prints specially designed by Ludovica, the artist making this year's poster! **The trail begins at August_21 Coffee House** (89 Causewayside), pick up a card & off you go!

18+ | Traffic Light: **Green**

SAT

8

Edinburgh Open Workshop Charity Makers Market

Partner Shout Out
Makers Market | 10 - 16 h

Edinburgh Open Workshop is opening its doors for their annual Spring Charity Makers Market! Pop along and enjoy a wonderful selection of work from local artists and makers, all while supporting Leith's very own green urban croft, 'Earth in Common'. Experience a range of workshop based demos, enter the raffle and sip some delicious cold brew.

all welcome | Traffic Light: **Green**



SAT

8

Terrazzo: Eco-Resin Coasters

Workshop by Lucy Batura
We Make Gallery | 11.30 - 13 h

Discover terrazzo and create your own set of coasters from start to finish. Use your hands and learn how to work with eco resin, how to mix pigments, make terrazzo chips and turn them into a colourful pair of coasters for your home! A fun workshop for all, whether you are a craft newbie or an experienced maker.



18+ | Traffic Light: **Green**

SAT

8

Laugh List

Workshop by Levi J. Richards
Sett Studios | 12 - 14 h

What was the last thing that made you laugh so hard you couldn't breathe? Laugh List is a collage workshop giving people time and space to create in response to this question. This workshop allows folk to get creative in memorialising a special, mundane moment of joy that might otherwise have dropped out of our memories.

18+ | Traffic Light: **Green**

SAT

8

Learn to DJ

Workshop by Grrrl Crush
Leith Depot | 14 - 16 h

Queer collective Grrrl Crush is hosting an open decks DJ workshop where LGBTQIA+ people can come down, learn the basics of DJing, do some mixing and meet like-minded people. Grab a bite to eat or something to drink and spend a couple of hours learning how to be a superstar DJ like Paris Hilton.

18+ | Traffic Light: **Green**



SAT

8

Detour

Workshop by Jorja & Chris

Outdoors | 14 - 18 h

Join Detour for a relaxed group bike ride around Edinburgh with a stop-off guided outdoor movement practice led by Jorja and Chris. Meet at Leith Cricket Club to join the bike ride at 14 h (around 12 miles), cycle along to Portobello Promenade, Brunstane Burn, and the Innocent Railway Tunnel. Movement practices include sensory exploration and creative games.



18+ | Traffic Light: **Green**



SAT

8

The Aye Consent Lab: Pleasure Path

Workshop by Georgie Blewett

Sett Studios | 15 - 17 h

Be guided through an exploration of sexual skills to find a path to maximum pleasure. Delve into topics such as self-attunement, partner-attunement, touching for your own pleasure and touching for others' pleasure. As well as practical skills such as giving good head, different types of touch, and safety techniques for more passionate sex skills. All activities are fully-clothed with no partner-touching.

18+ | Traffic Light: **Amber**

SAT 8

Noughties Sports Day

Games by Rachel Black Dunlop
Leith Cricket Club | 16 - 18 h

Community fun & games taking you back to the school days. Be ready for egg and spoon, sack race, tug of war and more of the same. Bring your A-Game and your pals to spectate and cheer you on. Will you take home the gold? Jump at the chance to be a big kid and play to your heart's content. There will be prizes, arty stalls, refreshments, places to chill, join in or just be around the buzz. All to a soundtrack of 00's classics.

18+ | Traffic Light: **Green**



SAT 8

SiO x 249 Present: A Queer Baptism Story

Open Mic Club Night Extravaganza
Leith Cricket Club | 18 - 01 h

249's ramshackle queer party is teaming up with Spit It Out to take over Leith Cricket Club (in-door and out). Serving a French-boules tournament in the sun and a queer baptism led by the **Reverend Rabbit**, with enrapturing live music and performances from other members of the 249 clergy including **Chloe Roze** and invited guests **S-Bars, Vujo & Danyo**. Bangers on till late at the clubhouse. Including open mic for anyone ballsy enough to take to the stage.

18+ | Traffic Light: **Amber**

SUN

9

Lymphatic Flow

Workshop by *Moi*

Lila Yoga | 14 - 15.15 h

If in doubt, lymph it out. Let's take a journey through yoga around our all-important lymphatic system. With targeted movement and awareness of the areas where lymph likes to flow, we can help our body fluids to freely move around the body, keeping our immunity in tip top condition and our body aquarium clear and healthy.



18+ | Traffic Light: **Green**

SUN

9

Yin

Workshop by *Ali*

Lila Yoga | 16 - 17.15 h

During Ali's Yin class, postures are passively held for 3 minutes or more to lubricate and open up deeper layers of connective tissue in the body. Ali encourages the use of props so the postures can be held as comfortably as possible to allow the muscles and nervous system to relax.

18+ | Traffic Light: **Green**

SUN

9

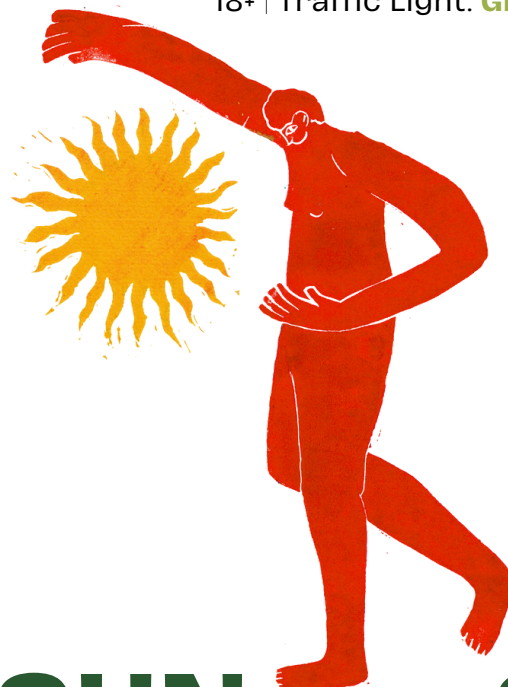
Vinyasa

Workshop by *Sarah*

Lila Yoga | 14 - 15.15 h

Join Sarah for a creative, fun, flowy hour of Vinyasa Yoga, meditation and a wee bit of encouragement to find a calmer side of yourself. Suitable for all bodies and levels.

18+ | Traffic Light: **Green**



SUN

9

Sound Bath

Workshop by *Jyoti*

Lila Yoga | 16 - 17.15 h

What an absolute treat to join Jyoti in this hour of deep meditation and sound healing. Just lay back, let go and let Jyoti take you on a magical journey of sound.

18+ | Traffic Light: **Green**



SUN 9

**Queer Stories:
From Marginalisation
to Empowerment**

Poetry Evening
Fruitmarket | 18.30 - 21 h

It wouldn't be the Spit it Out Festival without an evening of poetry now would it? Join us for the first of our 3 poetry events as we welcome to the mic a lineup of all queer artists sharing stories from marginalisation to empowerment.

We will hear from **Aliya Davids, August (in the wake of dawn), Jo Gibson, Leyla Josephine & RJ Hunter**

18+ | Traffic Light: **Red**



ONLINE

10 - 12th June

MON 10

Crossed Senses: The Art of Synaesthesia

Workshop by Maïke Preißing
Online | 11 - 13 h

What colour has the letter A? Do you see music in colour? Can you taste touch or see internal subtitles when someone is speaking? You might have SYNAESTHESIA. Join Maïke, psychologist and synaesthesia artist as she explores your brain through synaesthesia art. In this workshop, learn what synaesthesia is, find out if you have it too, and explore what it is like to merge your senses on purpose.

18+ | Traffic Light: **Amber**

MON 10

Racial Capitalism: An Introduction

Workshop by Adam Elliott-Cooper
Online | 14 - 16 h

What is class and how does it link to capitalism? What is race and what is its relationship to racism? Are race and class separate and if not, how are they interrelated? Explore histories of capitalism and imperialism, as well as contemporary class struggles and racism, to consider how they continue to plague the planet and what can be done about them.

18+ | Traffic Light: **Amber**



MON 10

Friendship & Accountability

Workshop by Cradle Community
Online | 18 - 20 h

Friendship is radical. Join us for an explorative workshop to discuss together how we can create and maintain resilient and revolutionary friendship, how we can build and rebuild trust, and how we can support each other's accountability moving through relationships and the world.

18+ | Traffic Light: **Amber**



TUE 11

Building a Creative Career without a Creative Degree

Workshop by Kristina Makes Content
Online | 14 - 16 h

Ever wanted to kickstart a creative career but don't feel like you have the degree or background to do so? Kristina Makes Content has spent the last 10 years going from a retail job in Edinburgh to living in New York as a Creative Director. This workshop is built and led by her to share what she knows about utilising the skills in every creative, changing what a career ladder can actually look like.

18+ | Traffic Light: **Amber**



TUE 11

Windows to the World: International Poetry & Open Mic

International Poetry & Music
Online | 19 - 21 h

Join us online for an evening of open mic poetry and spoken word from around the world. Stream in and share your window view. There are no rules - share something meaningful to you and connect with people in distant places.

Hosted by Renite Gosal. We will hear from **Mandy Rhytes, Tim Tim, S'phongo & Naomi the Poet** with music from **Colly Bucky**. The evening will platform an opportunity of international open mic - so spread the word and come join us!

18+ | Traffic Light: **Red**

WED 12

Kitchen Dancing

Workshop by Sara Kemal
Online | 11 - 13 h

Join in for a movement workshop exploring contemporary based sequences and focusing on moving with ease and joy. Starting by checking in with ourselves, this workshop will introduce some simple movement sequences before opening up for creative exploration and expression.

18+ | Traffic Light: **Green**



Wed 12

QTIPoC+ Healing Circle

Workshop by Exhale.group
Online | 15 - 17 h

Please note: This space is for people who identify as both LGBT+ and PoC.

Amy and Mahasin from Exhale.group are holding space for the QTIPoC+ community to come together to share their experiences and feel supported in a safe space. Our intention is to foster healing, love and community care through intentional dialogues and activities. We ask that you come with an open heart and mind and willingness to go on this journey together.

18+ | Traffic Light: **Amber**



WED 12

How to be an Active Bystander

Workshop by Protection Approaches
Online | 18 - 20 h

Identity-based violence prevention charity Protection Approaches, in partnership with Britain's East and Southeast Asian Network (besea.n), have developed an expert-led session on what it means to be an active bystander. Working through a series of scenarios, consider and learn what you can do when encountered by prejudice, harassment, or identity-based violence.

18+ | Traffic Light: **Red**

besea.n



GLASGOW

13 - 16th June

Venues

ARGYLL CHAMBERS, LEVEL 5

34 Argyll Arcade, Glasgow, Scotland, G2 8BD

Fully Accessible, lift to Level 5

BAARAS ART AND DESIGN [BaaD]

54 Calton Entry, Glasgow G40 2SB

Fully Accessible

THE DEEP END

21 Nithsdale St, Glasgow G41 2PZ

Fully Accessible

THE GLAD CAFE

1006A Pollokshaws Rd, Glasgow G41 2HG

Fully Accessible

THE LOADING BAY

100 Borron St, Glasgow G4 9XE

Fully Accessible

RADIO BUENAVIDA

535 Victoria Rd, Glasgow G42 8BH

Partially Accessible, no disabled toilet

ROOM 2

69 Nelson Mandela Pl, Glasgow G2 1QY

Fully Accessible

Join us on Day 8 of the festival to travel to Glasgow, with music, art, canapés and community.

THU 13

Bitter Smell by Paria Goodarzi

Exhibition Opening
Argyll Chambers, L5 | 18 - 21 h

Bitter Smell embodies feelings of displacement and serves as a starting point for exploring questions related to identity, belonging and the abstract nature of distance. This work delves into supposedly irreconcilable differences, prompting reflection on transforming history and the present, bridging the self and others into a common subjective experience.

16+ | Traffic Light: **Red**

with music from Aref Ghorbani

Aref is an Iranian trained classical musician, living in Scotland. He has an MSc. in Global Migrations and Social Justice from Glasgow University, and has been working in the refugee sector since 2016. You may have spotted Aref performing in numerous festivals, including Refugee Festival Scotland, COP26, Edinburgh Fringe, and Edinburgh International Festival!



FRI 14

Honouring our Queer Ancestors

Workshop by Exhale.group
Argyll Chambers | 11 - 13 h

Please note: This workshop is for people who identify as both LGBT+ and BPOC.

With the current socio-political landscape for Queer people declining worldwide, it is important to learn our history and reclaim the narratives on Queer identities in Global Majority countries. In this workshop we will work with writing and drawing prompts to imagine who our Queer ancestors may have been and what we can do to honour them in our lives.



18+ | Traffic Light: **Red**

FRI

14

The Aye Consent Lab: Jealousy & Compersion

Workshop by *Kima*

Argyll Chambers | 14 - 16 h

Map your emotional journey in your personal relationships. Discuss what jealousy is, how it affects relationships and our personal growth. Find out what is compersion, why it is grouped with jealousy and why people have been talking about it lately. We hope you will leave this event with new tools to communicate and improve your relationships.

18+ | Traffic Light: **Amber**

FRI

14

Art Making & Skating

Workshop by *Skateboobs*

The Loading Bay | 12 - 15 h

Join Skateboobs, a female-led queer skating collective, as they guide you through the basics of lino printmaking, followed by an hour of skating, chats and giggles. The workshop space will serve as a nurturing environment, fostering open dialogue, camaraderie and a sense of community.

18+ | Traffic Light: **Green**



FRI

14

Empowerment Self Defense

Workshop by *Eilidh MacGlip*

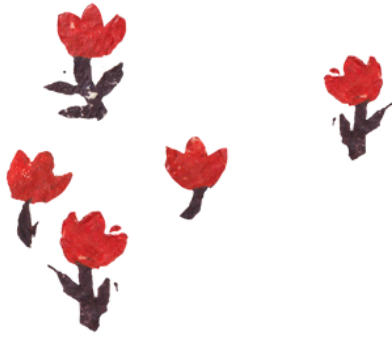
Argyll Chambers | 14 - 16 h

Please note: This workshop is for people who identify as women or non-binary only.

Empowerment Self Defence (ESD) is a form of self-defence designed specifically as a key prevention strategy to interrupt, respond to and heal from interpersonal violence. This training will cover de-escalation, assertive communication, confidence-building, grounding and noticing triggers, as well as various physical techniques of defence.

18+ | Traffic Light: **Amber**





FRI 14

Spit it Out Presents; EYVE, Samm Anga, Chizu Nnamdi & Trisha

Gig with support from The Skinny
Room 2 | 19 - 22 h

Join for an all POC line-up of emerging local talent. With music from **EYVE, Samm Anga, Chizu Nnamdi & Trisha.**

Expect a visual and audio synergy warping genres from hip hop, rap, dub, electronica & afro-fusion with honest lyrics that reflect the values and experiences of those performing. It will make for an intimate soirée as we reduce the Room 2 floorspace to reap the full affects. So get your tickets early!

This event is not suitable for those with epilepsy and other conditions with sensitivity to light.

18+ | Traffic Light: **Amber**



SAT 15

The Aye Consent Lab: Fantasies and Kink

Workshop by Ruth Eliot
The Deep End | 11 - 14 h

Most of us have fantasies and desires that don't align with our politics in ways that can feel confusing and scary. We will explore what fantasies might 'mean' and how to engage with the emancipatory potential of exploring kink sexuality. This workshop is suitable for everyone. No familiarity with kink terminology or practices assumed.

18+ | Traffic Light: **Red**



SAT 15

From Flags To Bags: An Intro to sewing

Workshop by Gail, Rags to Riches
The Deep End | 12 - 16 h

Learn, or brush up on, sewing machine basics and create your own unique tote bag from a collection of donated international scout flags. Led by artist and designer Gail Power who focuses on creative reuse of clothing and textiles as an antidote to the waste and environmental damage inherent in the fast fashion industry.



18+ | Traffic Light: **Green**

SAT 15

Build a Bird Box: An Intro to Hand Tools

Workshop by Anna, Rags to Riches
The Deep End | 13 - 16 h

Join us in the Deep End Wood Workshop to learn how to use saws, drills, measuring and marking tools whilst making a bird box. Ran by Rags to Riches, woodwork facilitator Anna Vlassova, this beginner level class will help you build confidence using hand tools in a fun relaxed environment.



18+ | Traffic Light: **Green**

SAT 15

Detour

Workshop by *Jorja & Chris*
Meeting point | 14 - 18 h

Join Detour for a relaxed group bike ride around Glasgow with a stop off guided outdoor movement practice. Meet us at The Deep End at 14 h to join the bike ride (around 8 miles). If you don't have a bike or don't fancy the ride, feel free to join us at Pollok Country Park (near the Burrell Collection) at 15:30 h. We will have time for a coffee/snack, sensory exploration and creative games. .



18+ | Traffic Light: **Green**

SAT 15

Afro Moves

Workshop by *Patsy*
The Deep End | 15 - 17 h

Come and embrace the way you move through the help of Afro music. Leave this workshop not only knowing a dope routine but also with the dance vocabulary to allow you to move more freely when you hear music you vibe with. This workshop is suitable for dancers of all levels and is created to teach how to dance with feeling.



18+ | Traffic Light: **Green**

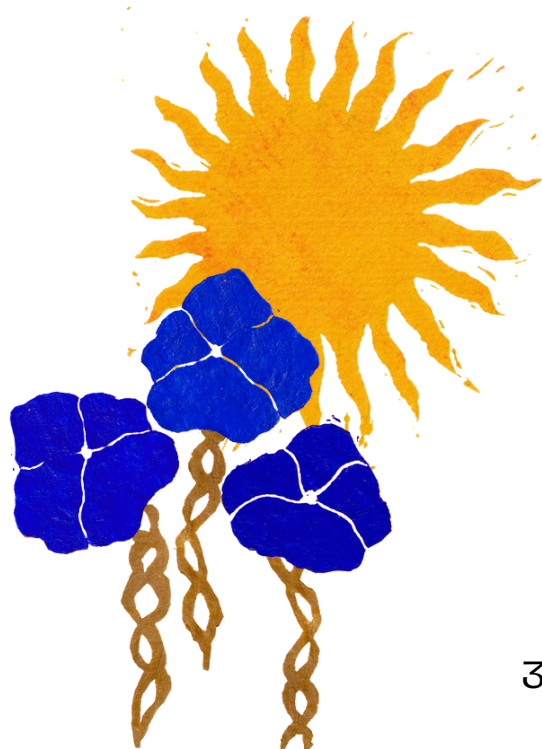
SAT 15

Music & Mental Health: In Conversation with Friends

Led By *Spit it Out*
Radio BuenaVida | 18 - 19 h

We're trying our hand at community radio, as why not? Stream in and listen live as we hear from friends, musicians and mental health advocates **Rebecca Vasmant** and **Bee Asha**. Let's open the discussion about being a woman in the music industry and the barriers faced to get the recognition they deserve. We will share the music that gets us out of bed in the morning while having a blether about life.

18+ | Traffic Light: **Red**



SAT 15

I Speak, therefore I Am

In partnership with
Refugee Festival Scotland
The Glad Cafe | 20 - 22 h

Join us for an unforgettable evening at our Glasgow Poetry Night, proudly hosted in partnership with the Refugee Scotland Festival. In a time where recognising our connections and celebrating our differences is more vital than ever we're thrilled to spotlight the talent of remarkable writers and spoken word artists. Our incredible line up of BPOC artists delves into themes of migration, home, and belonging.

We will hear from **Superman (on da beat), B  b   Dulcie, Tere Bertucci, Herberth Cea & Shatha Aitowai.**

**REFUGEE
FESTIVAL
SCOTLAND**

18+ | Traffic Light: **Red**

Don't miss out on this opportunity to be part of an event that celebrates diversity and unity through the power of poetry & spoken word.

SUN 16

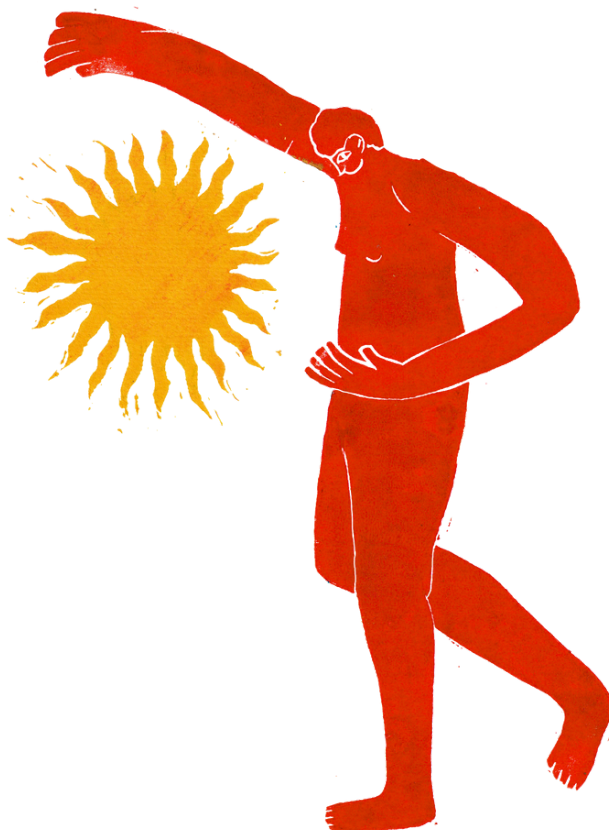
Creative Cafe

Community Drop In
BaaD | 11 - 15 h

Dip your toe into something cathartic and creatively designed to support your mental health. This is like any other cafe you have been to but instead of ordering hot drinks, you order crafts from around the world. Sit with a stranger or bring a friend. The important thing is to bring people together and share the experience of expression. While stocks last!

BAAAD
BARRAS ARI AND DESIGN

18+ | Traffic Light: **Green**



SUN 16

Self Love Box

Community Drop In

BaaD | 11- 15 h

Treat yourself to something sweet as you indulge in some self care treats. We will have lip scrubs, face masks, body butters and more provided by Lush to sample. Watch our face awakening demos and pick up a couple self massage techniques while you're there.

LUSH 18+ | Traffic Light: **Green**

SUN 16

Against the Culture of Punishment

Workshop by Giusi Palomba

BaaD | 11:30 - 14 h

Transformative justice also means looking at how interpersonal relationships contribute to systemic oppressions. Even people who are aware of politics for social justice can still have punishing habits. We want to understand why we punish and what we can do differently. In this open forum, we will discuss the social infrastructures that promote punitivism and how we can recognise when it is internalised. By recognising and dealing with our own punishing habits, we can create fairer and kinder societies

18+ | Traffic Light: **Red**

SUN 16

Community Lunch & Music

Community Lunch

BaaD | 14 - 16 h

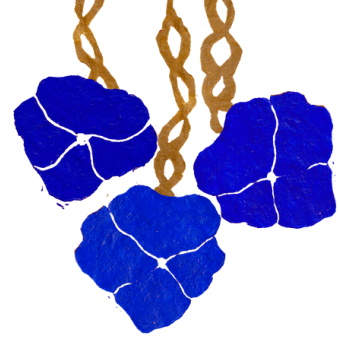
It's time to wrap up the festival and there is no better way to do so than with food. We will kick off the picnic with a selection of hot and cold plates catered by Milk Cafe and welcome the wonderful poet, songwriter and all round champ **Kate Bradley** to serenade us across the finish line of yet another year of The Spit it Out Festival bringing people together.

18+ | Traffic Light: **Green**

Illustrations by

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Resources



Mental Health Crisis Support

Scottish Action for Mental Health

0344 800 0550
<https://www.penumbra.org.uk>

Edinburgh Crisis Center

24/7 text service
0797 442 9075
<https://edinburghcrisiscentre.org.uk>

Mental Health & Suicide Prevention

Samaritans

24/7 Call service 0131116123
<https://www.samaritans.org>

LGBTQ+ Mental Health Support

LGBT Health & Wellbeing

<https://www.lgbthealth.org.uk>

Loss and Grief Support

Let's Talk About Loss

<https://letstalkaboutloss.org>

Drug and Alcohol Support

Crew 2000

<https://www.crew.scot>

BIPOC Youth Support

Intercultural Youth Scotland

<https://www.interculturalyouthscotland.org>

Sexual Violence Support

Rape Crisis Scotland

<https://www.rapecrisisscotland.org.uk/>



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**SPIT
IT
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FEST**



**A place to challenge
our views and learn
together**