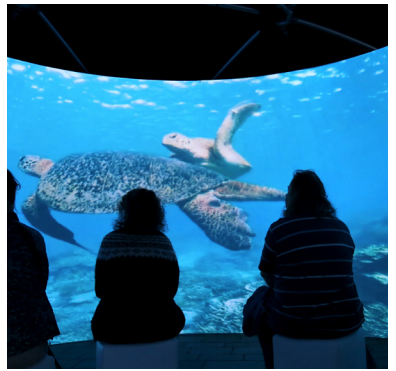




Welcome to Exchange: Head Space



Special talks, films and activity, with a focus on your mental health.

Come together for adventures through the mind, surprising new perspectives on life and inspiring conversation.

Bringing together a specially curated programme of Talks, Films and Alternate Realities experiences, Exchange is a hub for all on **Tudor Square**.

Exchange: Head Space is free and open to all during the day, kicking off at IOam with complimentary tea, coffee and pastries. Featuring daytime talks and other activities, and ticketed film screenings in the evening.

Come and share a drink at our bar offering both non-alcoholic and alcoholic drinks and food stalls throughout the day and evening from Sheffield legends Peddler.

Thu 7 June

Head Space Shorts

12:00 / Exchange Dome / Free

Dip into our specially curated series of short films exploring mental health perspectives from all walks of life.

Fri 8 June

Awe Filled Vision of The World

11:00 / Exchange Dome / Free

Join producer, Alex Osborne (104 Films) for a screening of extraordinary new short films from neurodiverse filmmakers. Sheffield based 104 Films have been developing work from a new generation of neurodiverse filmmakers. Neurodiversity is the disability of the mind and these films show a very different way of seeing the world.

Alternate Realities: Meet the Makers

15:00 / Exchange Dome / Free

Venture into the realm of Alternate Realities – hear from the creators of virtual and augmented reality experiences that help explore the inner workings of the mind.

The Task + Q&A ¹⁸

(dir. Leigh Ledare)

18:00 / Exchange Dome / £5

A conference unfolds. There is a tension between the observed and the observers – they have a task. Relations are tense as the group probes its dynamics and conflicting desires.

Infinite Football ^U

(dir. Corneliu Porumboiu)

21:00 / Exchange Dome / £5

Romanian filmmaker Porumboiu focuses on Laurentiu Ginghina, a bureaucrat who dreams of revolutionising football. Yet when the director makes Ginghina's alternative game reality, the bureaucrat can't stop reworking his theories.

Sat 9 June

Social Chain's Dominic McGregor in Conversation

11:00 / Exchange Dome / Free

COO and Co-founder of The Social Chain Group, Dominic McGregor shares his story about how and why he became a mental health advocate.

We Speak Music docu-series + Q&A with Reeps One

12:00 / Exchange Dome / Free

Off the back of vocal artist Reeps One's unique live performance, this screening of the docu-series *We Speak Music* is made in collaboration with Nokia Bell Labs. Reeps joins us after the screening to explore the links between self expression, music and the mind.

Want to Work in Film?

14:00 / Exchange / Free

An opportunity for aspiring and new filmmakers, artists and animators to connect with Alice Ramsey, Talent Executive at BFI Network, and Maria Stoneman, Head of Operations & HR at Sheffield Doc/Fest, to find out about the film industry and kick-starting your career.

Iain Forsyth & Jane Pollard and George Mackay talk DOUBLETHINK and more

14:30 / Exchange Dome / Free

Join artists Iain Forsyth and Jane Pollard and actor George Mackay to explore the brave new world of *DOUBLETHINK*. See back page for more.

Mind Games, Comedy Quiz

16:00 / Exchange Dome / Free

Come and take part in a comedy quiz all about the mind.

Milford Graves Full Mantis ^U

(dir. Jake Meginsky, Neil Young)

18:00 / Exchange Dome / £5

Celebrating the creativity of legendary American percussionist Milford Graves, this film is itself a kaleidoscopic ode to the creative process, and a unique homage to the free jazz pioneer.

The Dread ^{Rating TBC}

(dir. Pablo Aparo, Martín Benchimol)

21:00 / Exchange Dome / £5

A strange disease threatens the residents of "El Dorado". Only an old man knows the antidote, however, no one is encouraged to visit him.

Sun 10 June

Claire Simon in conversation

11:00 / Exchange Dome / Free

Join *Young Solitude* director Claire Simon discussing her film which portrays the crucial time in life between 16 and 18 years old.

Jamal Edwards MBE: SBTV, Music & Mental Health

13:00 / Exchange Dome / Free

Jamal will discuss his recent documentary exploring mental health and his plans for SBTV and beyond.

Want to Work in Film?

14:00 / Exchange / Free

An opportunity for aspiring and new filmmakers and film crew to connect with Sam Rifkin, Project Coordinator at Creative England, and Maria Stoneman, Head of Operations & HR at Sheffield Doc/Fest, to find out about the film industry and kick-starting your career.

On the Ground ^{PG} at Grenfell + Q&A

15:00 / Exchange Dome / Free

Join filmmaker Nendie Pinto-Duschinsky for a unique screening and conversation about *On the Ground at Grenfell*, which tells the stories of nine people: survivors, local residents and volunteers who have been affected by the Grenfell Tower fire.

The Mighty Redcar ^{Rating TBC} + Q&A

17:00 / Exchange Dome / Free

Join filmmaker John Douglas and key characters for a unique screening of an episode from *The Mighty Redcar*.

Silvana ¹⁵

(dir. Mika Gustafson, Olivia Kastebring, Christina Tsiobanelis)

18:30 / Exchange Dome / £5

Crushing fascists, homophobes and the patriarchy with her lyrics, the Swedish rapper of Lithuanian and Syrian heritage meets her match in pop artist Beatrice Eli, sparking a heady love story.

América ¹⁸

(dir. Erick Stoll, Chase Whiteside)

21:15 / Exchange Dome / £5

Brothers confront the chasm between adolescent yearning and adult realities when brought together to creatively care for their mentally ailing, but physically fit, 93-year-old grandmother.

Mon 11 June

Alternate Realities: Meet the Makers

11:00 / Exchange Dome / Free

Venture into the realm of Alternate Realities – hear from the creators of virtual and augmented reality experiences that help explore the inner workings of the mind.

Alastair Campbell in conversation

14:00 / Exchange Dome / Free

Alastair Campbell and filmmaker Peter Gauvain will talk to cultural observer and poet Naana Orleans and historian Dr Julie Gottlieb about the making of the BBC documentary *Alastair Campbell: Depression and Me*.

Brian Reed (S-Town) and Richard Miron (For The Birds), in conversation

16:00 / Exchange Dome / Free

Join host and co-creator of *S-Town*, Brian Reed, in conversation with Director/ Producer Richard Miron to explore the real life mysteries and strange tales that inspired their work.

Time Trial ¹⁸

(dir. Finlay Pretsell)

18:00 / Exchange Dome / £5

First time feature director Pretsell captures the final career struggle of cyclist David Millar. An immersive, visceral experience inside Millar's grueling attempt to qualify in the Tour de France.

Young Solitude ^{Rating TBC}

(dir. Claire Simon)

21:00 / Exchange Dome / £5

Claire Simon portrays an important time for any individual, from 16 to 18 years of age.

Tue 12 June

Head Space Shorts

10:00 / Exchange Dome / Free

Dip into our specially curated series of short films exploring mental health perspectives from all walks of life.

Head Space Virtual Reality

12:00 / Exchange Dome / Free

Find out how immersive experiences such as virtual reality, provide insights into a healthy mind with future media expert Andy Miah.

Mim Shaikh (BBC Radio 1Xtra) and Karen Gabay in conversation

14:00 / Exchange Dome / Free

BBC Radio 1Xtra DJ and filmmaker Mim Shaikh joins Karen Gabay to put music, creativity and mental health under the spotlight.

Head Space Truths

16:00 / Exchange Dome / Free

Explore our Head Space Festival theme focused around mental health with spoken word poets, including Sam Illingworth. Part workshop, part performance, our poets want to hear your Head Space highlights to inspire a short performance. Just bring yourself, a friend and a few moments to share.

The Pain of Others ^{PG}

(dir. Penny Lane)

18:00 / Exchange Dome / £5

With the medical community failing to recognise their condition, a handful of women take to YouTube to broadcast every aspect of their bizarre disease to a sympathetic cyberspace.

Ghosthunter ^{Rating TBC}

(dir. Ben Lawrence)

21:00 / Exchange Dome / £5

A part-time Ghosthunter spent decades searching for his absent father. When his search converges with a police investigation, a family secret is exposed, forcing him to confront his brutal past.

Throughout the Festival

Alternate Realities: Portal



Welcome to Portal on Tudor Square, a 360° projection dome from Igloo Vision, that brings together selected works from the Alternate Realities and Head Space programmes. Come together to experience powerful documentary stories from the Alternate Realities exhibition with both *Better Known Truths* and *The World Unknown to You*. Or immerse yourself in a series of experiences that focus on divergent portrayals of mental health and mindfulness as part of Head Space. For the full programme, including curated playlists, please visit sheffdocfest.com

Better Known Truths

Thu 7 June / 12:00 – 17:45 / Free

Fri 8 June / 10:00 – 15:45 / Free

Sat 9 June – Tue 12 June /
10:00 – 18:10 / Free

Head Space

Thu 7 June – Tue 12 June /
19:00 – 22:00 / Free

The World Unknown to You

Fri 8 June / 17:00 – 18:15 / Free

Walking Tours with Magid

Fri 8 June – Mon 11 June / 10:00 & 14:00
Exchange Box Office / Free

Join Lord Mayor Magid Magid on his free tours to guide you through Doc/Fest. Each starting at the Box Office on Tudor Square, Magid will highlight key Festival events and venues with his own local Sheffield knowledge.

DOUBLETHINK (Festival Commission)

7 June / 12:00 - 22:00 / Exchange /
Immersive Video Installation / Free

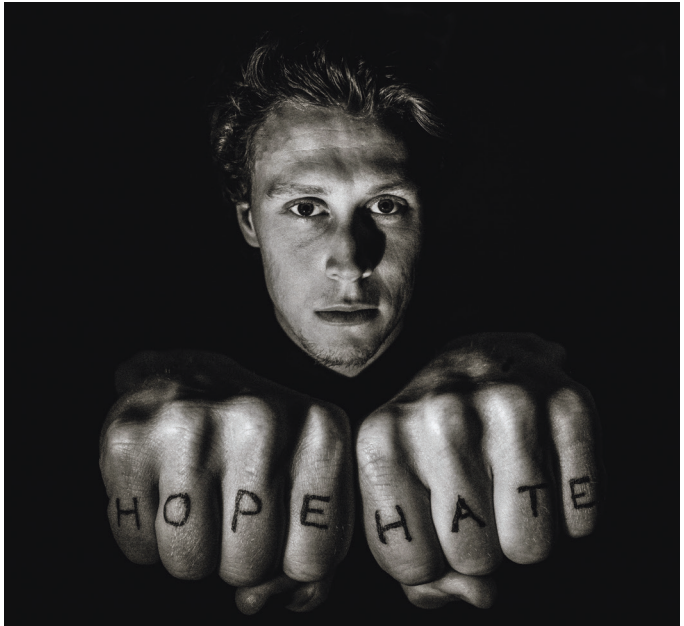
8-12 June / 10:00 - 22:00 / Exchange /
Immersive Video Installation / Free

Experience *DOUBLETHINK* and be faced with a binary decision: enter the container marked HATE or the one marked HOPE. But choose wisely, because you can't experience both...

DOUBLETHINK is an immersive video installation by renowned artists and filmmakers Iain Forsyth & Jane Pollard (*20,000 Days on Earth*), music by Warren Ellis (Nick Cave and the Bad Seeds) written by Stuart Evers, and performed by George MacKay (*Pride, Sunshine on the Leith*).

Created specifically for Sheffield Doc/Fest with support from Wellcome and in consultation with mental health researchers.

WARNING: Contains footage and provocative and strong language some audiences might find distressing. Contains flashing lights that may not be suitable for photosensitive epilepsy. If you feel uncomfortable at any time, please speak to a member of Doc/Fest staff or a volunteer, who will assist you.



Creators: Iain Forsyth, Jane Pollard
Producer: Phantoscopic
Country: UK
Year: 2018

Duration: 15 mins
Premiere: World
Rated: 15
Image: Paul Heartfield

Booking Information

Talks, films before 6pm, Portal and *DOUBLETHINK* are free of charge. *DOUBLETHINK* and Portal run regularly throughout the day. Go directly to each location to check availability and book a timed slot. Talks and films before 6pm do not require pre-booking.

Film screenings after 6pm are priced at £5, inclusive of booking fee. Complimentary carer film tickets are available for eligible claimants. Please email boxoffice@sidf.co.uk for further information.

Want to attend a number of films? A Doc/Lover Wristband gives you entry to up to 12 films during the Festival for just £67.50 (£58.50 concessions).

The only way to access all that Doc/Fest has to offer is through a Festival Pass – experience the Film programme, Alternate Realities programme, Talks & Sessions, Marketplace & Talent, Doc/Player and all social events and networking.

Tickets, Wristbands and Festival Passes are available to purchase online at www.sheffdocfest.com Tickets and Wristbands can also be purchased in person from the Showroom Cinema, and, during the Festival, from the Box Office on Tudor Square:

Showroom Box Office
15 Paternoster Row, Sheffield, S12BX
+44 (0) 330 122 8870
Open 11:30–22:00 daily

Sheffield Doc/Fest Box Office
Tudor Square, S1 2LA
Open 9:00–21:00 7–12 June

Sheffield Doc/Fest is committed to providing a positive and inclusive experience for all Festival audiences, to enable attendees to discover documentary, including those with disabilities and other access requirements. For all enquiries relating to accessibility and reasonable adjustments please email access@sidf.co.uk or call +44 (0) 330 122 8870.

All information is correct at time of printing. Sheffield Doc/Fest and the organisers reserve the right to make changes and updates. Please visit www.sheffdocfest.com for current schedules and listings.

