

## Report on WAMFEST Felixstowe 2023/4

The series of arts events known as WAMfest Felixstowe was a full programme of events embracing music, dance, literature and visual artists, involving women of all ages at venues across the town of Felixstowe.

Over the weekend of 14<sup>th</sup> October 2023, multiple venues in the town hosted music, art and literature events. Music events took place in Hamilton Road (@inc) the Grosvenor Public House and Harvest House as well as exhibitions of women's art at 142 Hamilton Road, dance workshops, an art bazaar and literature events, with a total of nine women authors.

All the events were promoted across our social media platforms and those of the performers and artists, as well as by our supporters at Visit Felixstowe, Felixstowe Radio, MENTA and @Inc. and BBC Radio Suffolk amongst others, spreading the positive Felixstowe message far and wide. Aspiring artists as well as established creatives participated.

Illuminate Studios mounted a month long exhibition of women's art to promote WAMfest and support the festival.

Funding was used to ensure that the artists, performers and authors were supported in the current challenging financial environment, and to secure venues and to promote and market the events.

To mark and celebrate the occasion of International Women's Day March 2024, the Wamfest team mounted a women's wellbeing day with over 55 attendees and 15 practitioners providing demonstrations including thai chi, a talk on healthy eating, a singing workshop, dance workshops and yoga, pilates and hypno meditation, with therapists providing reiki, meridian tapping and massage.

The WAMfest Felixstowe events supported by Felixstowe Town Council have received excellent feedback and multiple requests to repeat in the future on a regular basis. Planning has now begun for the Autumn Festival 2024.

### **Hoàng Phúc**

Wonderful performances from all the singers and beautiful art. What amazing talented women we have in Suffolk

See link below for the video of the events at Harvest House by Swallow Media.

### **Dawn is breaking glass**

#### **Follow**

Super video of a lovely day

<https://www.facebook.com/WAMfestFX/posts/pfbid0wkAtsrVmSD624rsBYgwSE8s4aNi8vxzkGv8535Pm9QtXaFVWVJh5usAkgA3i3eFXI>

One of the acts in the Town Centre

<https://fb.watch/qT51gdUSq9/>

See link below for a video of the extra wellbeing event at Felixstowe Lawn Tennis Club

<https://www.facebook.com/reel/1629458421161117>

**SAVE THE DATE**

# WAMFEST 2023

WOMEN IN ARTS & MUSIC

**FELIXSTOWE**

**13 & 14 OCTOBER**

WORKSHOPS / MUSIC / ART BAZAAR  
AUTHORS AND MORE!

FELIXSTOWE TOWN CENTRE • @INC  
HARVEST HOUSE • THE GROSVENOR

**ART EXHIBITIONS**

**EMPOWER** ♣ 5th - 26th October at Illuminate  
Brightwell Barns • Opening: 5th October 5pm - 8pm

**WOMEN IN ART** ♣ 12th - 18th October  
142 Gallery, Hamilton Road, Felixstowe

[www.wamfestfelixstowe.art](http://www.wamfestfelixstowe.art)

wamfest\_felixstowe WAMfestFX WamfestF

FELIXSTOWE TOWN COUNCIL SUFFOLK Community Foundation Port Community Fund through Suffolk Community Foundation

## FELIXSTOWE 13 & 14 OCTOBER EVENTS

**FRI 13TH OCTOBER - Wamfest Launch Party at @Inc, 87 Hamilton Road**

19:00 Nazneen Mola - Evie White - Hannah and Oscar - Reb Copper and Vicki Platt - Brooke Telling - Lauren Jennifer

**SAT 14TH OCTOBER - Town Centre Creativity at @Inc, 87 Hamilton Road**

10:00 Launch with a bang by Samboomba Band

10:30 Likilele Ladies

11:00 Samboomba Band

11:15 A touch of Spain with Gloria Picton

12:00 Ely Tree - Original acoustic singer

12:30 Leading the Way - Art workshop with Catalina Canvajal

14:00 Colour Workshop with Helen Garth in aid of Popworth Hospital

**SAT 14TH OCT - Literature and Theatre Sessions in the Conservatory at Harvest House**

10:30 Young Adult Fiction (Cake & Conversation) - Sophie Green and KA Hayton with Liz Rastick

12:30 Lunchtime Jam (Lunch & Listen) - Five authors with Ruth Duggdal

14:30 Adult Fiction (Tea & Talk) - Polly Crosby and Kate Worsley with Amanda Hodgkinson

16:00 Ladies of Letters 2 with Helen Clarke and Jayne Lindill

**SAT 14TH OCT - Music and Dance in the Palm Court at Harvest House**

10:00 Wildflowers (folk quartet)

10:30 Sound Street (acoustic trio)

11:30 Felixstowe Harmonies

13:30 A Touch of Spain - Flamenco workshop with Gloria Picton

14:30 Music in Our Bones - Singing workshop

15:30 Stellar Acappella

16:30 Evie White and Matt Snow

**SAT 14TH OCT - Art Bazaar at Harvest House Dining Room**

**SAT 14TH OCT - Wamfest at the Grosvenor: Five Female Singers. 18:00**





 A vibrant, multi-colored graphic poster for the event. It features various abstract and nature-themed illustrations in shades of green, blue, purple, and yellow. The text is arranged in a collage-like fashion.
 

**12 - 18 OCTOBER**

CATALINA CARVAJAL  
LOUISE CRAIGIE  
TRACY LAUDAT  
CORINNE PEACOCK  
RUTH LYNE  
LIZZIE MUSSON

**WAMFEST  
'WOMEN  
IN ART'**

**142  
GALLERY**

THURS - TUES  
10AM - 4PM  
WEDS  
10AM - 1PM

SIX ARTISTS

 A promotional graphic for 'WAMFEST Author Sessions'. It features a purple speech bubble at the top left with the event title. Below it is a photo of author Kate Worsley sitting outdoors. To the right is a photo of chairwoman Amanda Hodgkinson. The bottom section includes the event title 'Tea & Talk' and the date.
 

**WAMFEST  
Author  
Sessions**  
At Harvest House, Felixstowe

**Kate Worsley**

**Polly Crosby**  
Amanda Hodgkinson chairs adult fiction

**Tea & Talk**  
Saturday 14th October - 2:30pm

Book tickets: [wamfestfelixstowe.art](http://wamfestfelixstowe.art) OR [ticketsource.co.uk/Felixstowefestival/events](http://ticketsource.co.uk/Felixstowefestival/events)

# YOURS TRULY... AGAIN

Saturday 14th October - 4pm



With Jayne Lindill & Helen Clarke

Ladies of Letters 2, celebrating the wit and wisdom of women through their letters, specially chosen for WAMfest by Helen and Jayne.

At Harvest House, Felixstowe

WAMFESTFELIXSTOWE.ART

WAMFEST  
**Author  
Sessions**  
At Harvest House, Felixstowe



Belinda Rose Bond,  
Ellen Clayton,  
Caroline Goldsworthy

Ruth Dugdall chairs:



Rachel Churcher, Jackie Carreiro

**Lunch  
& Listen**

Saturday 14th October - 12:30pm

Book tickets: [wamfestfelixstowe.art](http://wamfestfelixstowe.art) OR [ticketsource.co.uk/Felixstowefestivalevents](http://ticketsource.co.uk/Felixstowefestivalevents)