

Friday Evening

4.45-5.50pm	Film	Lesbiana: A Parallel Revolution – fascinating documentary on Canadian lesbian trailblazers	<i>Theatre Cinema</i>
6.00-6.45pm	Opening	SpringOut Launch: words & music from Seni Seneviratne, Beth Prior & film-makers; Photography Exhibition opens	<i>Platinum Suite Arts Stage</i>
6.45-7.45pm	Show	The Lady of the Wild West Hill: VG Lee in her witty new one-woman play about a group of friends growing older	<i>Platinum Suite Arts Stage</i>
8.15-8.50pm	Film	T'ain't Nobody's Bizness: Queer Blues Divas of the 1920s, showing with short animation Lesbian Hand Gestures	<i>Theatre Cinema</i>
9.15-10.45pm	Film	I Can't Think Straight: funny, feelgood love story moves between the Middle East and London	<i>Theatre Cinema</i>

Saturday Morning (to 1pm)

9.15-10.30am	Workshop	Hatha Yoga for beginners with Rose Thorn: calm and gentle class, followed by tea and chat	<i>Platinum Suite Arts Stage</i>
10.00-11.00am	Workshop	Zumba with Judy Maund: dance fitness to Latin and international music	<i>Premier Bar Dance Space</i>
10.00-10.30am	Coffee	Refreshments: Start your film-going day with a cup of tea or coffee and a chat	<i>Theatre Cinema</i>
10.30am-12.15pm	Film	Second Shot: UK premiere of this fun lesbian comedy + Q&A with producer and actor Jill Bennett	<i>Theatre Cinema</i>
10.45am-12.15pm	Workshop	Song for L Fest with Beth Prior: bring your ideas, inspirations and voices	<i>Hoops Champagne Bar</i>
10.45am-12.45pm	Workshop	Poetry Hotspot writing workshop with Seni Seneviratne (sign up in advance): nurture your poetic voice	<i>Paddock, Saddlers Room</i>
11.00am-all day	Workshop	Create a Carnival: drop in any time and help make Sunday's Carnival happen, guided by Hils, Amanda and Sarah	<i>Paddock, Martingale Rm</i>
11.00am-12noon	Reading	Ghosts from the Past: authors Crin Claxton and Robyn Vinten read from and discuss their compelling new novels	<i>Platinum Suite Arts Stage</i>
11.00-11.25am	Film	America's Most Unwanted: moving documentary – intimate interviews with fostered LGBTQ teens	<i>Snug Cinema</i>
11.15am-1.15pm	Workshop	Creative Dance for kids with Anna Brown and Amy Rose (11.15am babies & early years; 12.15pm age 5-11s)	<i>Premier Bar Dance Space</i>
11.45am-12.45pm	Film	Pull Yourself Together: honest interviews about experience of mental ill health + Q&A with producer Nicola Prestage	<i>Snug Cinema</i>
12.00-1.00pm	Workshop	Meditation for Everyone: loving kindness, led by Rachel White – develop positive feelings	<i>Paddock, Cavesson Rm</i>
12.15-1.45pm	Workshop	Performing Your Work led by Helen Sandler (sign up in advance): prepare to wow an audience	<i>Platinum Suite Arts Stage</i>
12.30-1.30pm	Workshop	Clowning: discover your spontaneity and sense of play with Hils Ramsden, the rebel clown	<i>Hoops Champagne Bar</i>
12.45-1.30pm	Film	Butch Losses: powerful personal short film about impact of disability + Q&A with creator Janet Jones	<i>Theatre Cinema</i>

Saturday Afternoon (to 6pm)

1.00-1.40pm	Film	The F Word: thought-provoking documentary exploring feminism – then and now	<i>Snug Cinema</i>
1.00-2.30pm	Workshop	Making Waves: women who love women and feminism – share your ideas, led by Sapphormation	<i>Paddock, Saddlers Room</i>
1.30-3.00pm	Workshop	Salsa dance with Norma Daykin: rhythm, musicality and fun	<i>Premier Bar Dance Space</i>
1.45-3.30pm	Workshop	Find your Inner Drag King with Flirty Bertie: how to bind, pack, dress and transform	<i>Hoops Champagne Bar</i>
2.00-3.15pm	Film	It Gets Messy in Here: documentary on race, gender, sexuality and public toilets + discussion with Crin Claxton	<i>Theatre Cinema</i>
2.00-3.20pm	Reading	Open Mic poetry and prose from festival-goers, with special guest Sonority Turner (sign up in advance to read)	<i>Platinum Suite Arts Stage</i>
2.00-3.30pm	Workshop	Filmmaking on a Shoestring: producer Coral Worth's guide to making an independent film	<i>Snug Cinema</i>
2.45-4.45pm	Workshop	From Truth to Fiction: putting yourself on paper with a twist – writing workshop led by VG Lee (sign up in advance)	<i>Paddock, Saddlers Room</i>
3.15-4.45pm	Workshop	Drum Circle: get drumming for an energising and uplifting experience, led by Sharon Stone	<i>Premier Bar Dance Space</i>
3.30-4.35pm	Film	Lesbiana: A Parallel Revolution – fascinating documentary on Canadian lesbian trailblazers	<i>Theatre Cinema</i>
3.30-5.00pm	Show	Queer Playback Theatre: Our Stories, Our Lives – improvised drama created from audience stories	<i>Platinum Suite Arts Stage</i>
3.30-5.00pm	Workshop	VivaLaDiva voice workshop with Carol Prior: bring your boisterous voices	<i>Hoops Champagne Bar</i>
3.45-5.15pm	Film	XXY: beautiful, thought-provoking drama about intersex teenager, in Spanish with subtitles	<i>Snug Cinema</i>
4.00-6.00pm	Photos	Pop-up Photo Booth with photographer Angela Dennis and dressing-up box	<i>Diary Room</i>
4.00-8.00pm	Sound	Sounds of L Fest: Ali Cocks introduces and plays her lush sound installation (which then continues playing on loop)	<i>Paddock, Cavesson Rm</i>
5.00-6.00pm	Reading	Jackie Kay reads from her wonderful new short story collection, Reality, Reality	<i>Platinum Suite Arts Stage</i>

Saturday Evening

6.00-7.30pm	Film	Stud Life: sexy, gritty, London romance – a light take on queer street life. <i>Screening sponsored by Over the Rainbow Wales</i>	Theatre Cinema
8.00-10.00pm	Cabaret	Cabaret starring top comedienne Clare Summerskill, compered by lara A king, with music, juggling and burlesque	Platinum Suite Arts Stage
8.30-10.30pm	Film	A Perfect Ending: erotic romance from Nicole Conn, showing with short animation Lesbian Hand Gestures	Theatre Cinema
10.45pm-1.00am	Film	Route of Acceptance: refreshing drama about a young lesbian's life choices. <i>Sponsored by Shropshire Rainbow Film Festival</i>	Theatre Cinema

Sunday Morning (to 1pm)

9.15-10.30am	Workshop	Hatha Yoga for beginners with Rose Thorn: calm and gentle class, followed by tea and chat	Platinum Suite Arts Stage
10.00-10.30am	Coffee	Refreshments: start your film-going day with a cup of tea or coffee and a chat	Theatre Cinema
10.00-11.00am	Workshop	Book Club: discussion of Jackie Kay's book, Reality, Reality, led by Helen Sandler	Paddock, Saddlers Room
10.30-11.15am	Film	Butch Losses: powerful personal short film about impact of disability + discussion with Janet Jones + Lesbian Hand Gestures	Theatre Cinema
10.30am-12.30pm	Workshop	Over the Rainbow: telling our stories, led by Jane Hoy – have fun learning drama and improvisation skills	Hoops Champagne Bar
11.00am-12.30pm	Workshop	Create a Carnival continued... final preparations for your mega lunchtime Carnival	Paddock, Martingale Rm
11.00am-12.30pm	Workshop	Loosely Latin and Ballroom Dance with Barbara Harrington: learn the merengue, social foxtrot and cha cha	Premier Bar Dance Space
11.00am-2.00pm	Sound	Sounds of L Fest sound installation by Ali Cocks recorded at last year's festival (playing on loop)	Paddock, Cavesson Rm
11.15am-12.15pm	Reading	Shifting Desires: authors Kiki Archer, Clare Ashton and Angie Peach on romance and desire in their latest novels	Platinum Suite Arts Stage
11.15am-12.45pm	Workshop	Stencil Graffiti with Stephanie Turner: create a stencil from your own words to spraypaint creative graffiti	Paddock, Saddlers Room
11.45am-12.15pm	Film	A Civil Arrangement: comic monologue with Alison Steadman as mother of the lesbian bride	Snug Cinema
11.30am-1.00pm	Film	The F Word: thought-provoking documentary exploring feminism – then and now + discussion with producer Coral Worth	Theatre Cinema
12.30-1.30pm	Carnival	Celebrate with Carnival! Join in our wild and magical Carnival, led by Hils Ramsden	Outdoors

Sunday Afternoon (to 6pm)

1.20-1.45pm	Film	America's Most Unwanted: moving documentary – intimate interviews with fostered LGBTQ teens	Snug Cinema
1.20-3.30pm	Film	Route of Acceptance: refreshing drama about a young lesbian's life choices. <i>Sponsored by Shropshire Rainbow Film Festival</i>	Theatre Cinema
1.30-3.30pm	Photos	Pop-up Photo Booth with photographer Angela Dennis and dressing-up box	Diary Room
2.00-3.30pm	Film	I Can't Think Straight: funny, feelgood love story moves between the Middle East and London	Snug Cinema
2.15-3.15pm	Reading	Clare Summerskill reading from and talking about her book, Gateway to Heaven: 50 years of lesbian and gay oral history	Platinum Suite Arts Stage
2.15-3.15pm	Workshop	Zumba with Judy Maund: dance fitness with Latin and international music	Premier Bar Dance Space
2.15-3.45pm	Workshop	Getting Political: lesbians out and about, with Katrina Gilman – building your confidence to get involved locally	Paddock, Martingale Rm
2.15-4.15pm	Workshop	ComixZineCollide with Jay Bernard (sign up in advance): create your own comic and combine them all into a zine	Paddock, Cavesson Rm
2.15-4.15pm	Workshop	The Lesbian Monologue writing workshop with VG Lee (sign up in advance): get angry, get sad, get honest, write it down!	Paddock, Saddlers Room
3.30-4.15pm	Show	Cromford: low-budget costume drama presented by The Pantaloon Party – just who are those strangers in town?	Platinum Suite Arts Stage
3.30-4.45pm	Workshop	Creative Dance for adults with Anna Brown and Amy Rose: stretch, strengthen, play and relax	Premier Bar Dance Space
3.30-5.30pm	Dance	Tea Dance with Norma Daykin: sip tea, eat cake, gossip and learn new dances	Hoops Champagne Bar
3.45-5.00pm	Film	Queens' Evidence: dramatised interviews about the policing of LGBT lives – introduced by Clare Summerskill	Theatre Cinema
4.30-5.00pm	Film	T'ain't Nobody's Bizness: Queer Blues Divas of the 1920s in captivating documentary	Snug Cinema
4.30-5.30pm	Show	Trouser-Wearing Characters: Rose Collis's one-woman alternative history told through comic songs and banjolele	Platinum Suite Arts Stage
4.30-5.30pm	Workshop	Meditation for Everyone: loving kindness, led by Rachel White – develop positive feelings	Paddock, Saddlers Room
5.40-6.15pm	Close	Final Curtain: feedback and fun with the SpringOut team	Platinum Suite Arts Stage

Sunday Evening

7.15-9.15pm	Film	A Perfect Ending: erotic romance from Nicole Conn, showing with Lesbian Hand Gestures short animation	Theatre Cinema
10.30pm-12.10am	Film	Desert Hearts: classic sultry romance for the end of the night	Theatre Cinema

Note: Workshops marked 'sign up in advance' are for limited numbers – inquire at the SpringOut desk at Reception