

The schedule for our events is finalised only a few days beforehand. To get an idea about the kinds of things we do, here is *last year's* schedule.

Loving Men at New Year Schedule 2008/9

Tuesday 30th December 2008

Arrivals from 4pm

- 6.30 Dinner
- 7.15 Workshop & Small Group Leaders Meeting – *Zen Room*
- 8.00 Opening Session – Whole Group – *Rinzai Hall*
- 10.00 Close
- Bar (10–11pm) Sauna (10–12pm)

Wednesday 31st December 2008

- 6.50-8.00 *Dynamic Meditation* - Croydon Hall Staff– *Rinzai Hall*
Please come at 6.50 for a short introduction to Dynamic Meditation.
The meditation itself starts at 7.00 am.
- 8.00-9.15 Breakfast
- 9.30 Morning Session – Whole Group – *Rinzai Hall*
- 10.30 Break
- 11.00-1.00 Workshop 1

Social Dreaming* - Laurie Slade – *Zen Room

Social dreaming is a way of working with dreams in a communal setting. The process is safe and non-judgmental. You don't need any special skill or technique to join in. All you need is to be open and ready to share - particularly, to share your dreams and your associations to the dreams which others contribute, making connections where possible. We don't try to interpret. The focus is on our responses to the dreams, as we pool our imaginative resources in a creative way. Then we take time at the end, to think about what has come up for us and how it relates to the theme of *Loving Men* which has brought us together.

The Intimacy Journey* – Alfred Hurst & Dennis Carney – *Rinzai

This workshop uses the idea of a treasure hunt to explore your relationship history and journey towards intimacy with others. Looking back over your life at the significant connections you have made with others, we will explore the strengths and personal qualities you have used along the way, and consider some of the clues and riddles that may have been present at each step of your own personal treasure hunt. Taking the time to reflect on the triumphs, the disasters, and

any recurring patterns in your relating history, will help equip and recharge you for the next stages in your intimacy treasure hunt in 2009.

1.00 Lunch

2.30-4.30 Workshop 2

Walk from Dunster - John Gillespie (Please assemble at 1.50pm outside Dining Room)

The walk will start in Dunster and finish at Croydon Hall, a distance of 7km or 4.5 miles, mainly along the Macmillan Way West, a long distance footpath. It will take approximately 2 hours to complete. After an initial steep climb out of Dunster we will reach two iron-age settlements and walk along a ridge with good views over the Severn Estuary. The path is in the Exmoor National Park and in the first half pass either through or alongside woods. The second half will be through undulating farm land passing through the village of Withycombe. Along the way we will stop to take in the views and catch our breath.

Being Your Own Best Friend- Dennis Carney – Zen Room

When you receive a compliment do you dismiss it? When you hear laughter behind you, do you tell yourself that the person/s must be laughing at you? Do you regularly tell yourself that you are stupid, ugly, fat, short, or shy?

In this dynamic, fun and experiential workshop we will explore how to build self-esteem, self-confidence and tackle the critical voice we use to beat ourselves up.

During this fun and experiential workshop we will utilise a variety of exercises and techniques that will help you to become more of a friend to yourself and turn down the volume of the critical voice. There will be lots of opportunities to share your experiences and to learn from others.

Deck the Halls – EJ Taylor – Dining Room

This workshop will turn the dining area into a wonderful Winter Garden. We will decorate the tables and the dining room for the New Years Eve Banquet. We have been given permission by Croydon Hall to cut greenery from the surrounding gardens and from these cuttings will construct garlands and table center pieces for our Winter Solstice celebration. With enough worker bees we can create a fantastic, magical atmosphere.

4.30 Break

5.00–6.00 Afternoon Session - Whole Group – *Rinzai Hall*

6.00–7.00 Small Groups – *Rinzai Hall*

8.00 Dinner

10.00 New Years Ceremony – Whole Group – *Rinzai Hall*
Bar & Party (12 midnight onwards)

Thursday 1st January 2009

8.30 Breakfast available

10.00 Cooked Brunch

11.00 Workshop 3

Fool Within – Paul MacDonald – Zen Room

The focus of this introductory clown workshop will be on spontaneity, fun and finding the fool within. Through simple games, exercises and dance of the daft variety we shall explore the flip side where vulnerability can be virtue, confusion a delight, and our mistakes something to be celebrated. Free from plans and expectations our fool steps out on an imaginary journey that is simultaneously sublime and ridiculous. Come and play!

Anger/Resentment Workshop – Jeff Tee – Rinzai Hall

Anger is a powerful emotion which, in some ways, affects nearly all of us. This workshop invites you to look at some of the main causes of your anger. We will be exploring the resentments that you may be holding, and will undertake a process which helps to reawaken your personal authority and sense of personal freedom and power. By necessity, this workshop can be loud and challenging at times. However, it will still remain a safe place to explore your anger and resentments.

1.15 Small Groups – *Rinzai Hall*

2.30 Light Lunch and scone

3.30 Afternoon Session - Whole Group – *Rinzai Hall*

4.45 Break (Silent Auction Closes)

5.15 Workshop 4

5 Rhythms Dance – Tim Foskett – Rinzai Hall

5 Rhythms is an improvisational form of dance developed by Gabrielle Roth. It's suitable for every body whatever your size, shape or limitations. 5 Rhythms can help you tune into your body, enjoy different kinds of movement and dance, express yourself fully and interact with others in an unconventional and uplifting way. Each of the five rhythms: *flowing, staccato, chaos, lyrical* and *stillness*, has something to show us about love and intimacy. Come dance! Please wear loose clothes and either trainers, dance shoes or bare feet.

Living Dangerously – Alfred Hurst – Zen Room

Someone once said that when we fall in love, it is inevitable that our heart will ultimately break. Even when love endures, eventually one person will die. In our increasingly risk-averse culture, there can be a pull to retreat into a safety bubble, rarely going out to test the water and pursue our hearts desires. This workshop will focus on relationship skills of bravery, courage, and taking risks in the intimate realm. By practising small steps in these areas we build strength, increase tolerance of painful or scary aspects of relating and gain hope for the future.

7.30 Dinner

9.00 Workshop 5

Touch for Body & Soul - Emerson Bastos – Rinzai Hall

As an essential part of life, touch helps us to develop physically, emotionally, and mentally. In this workshop we will explore different qualities of touch through Shiatsu techniques, in a way that is both supportive and beneficial for the one who is touching and the one who is being touched. Activities will be clothed, and will include working in pairs and kneeling. Please wear loose comfortable clothing and bring a towel with you.

Loggerheads Film Showing – Konran Morrison – Zen Room

Searching, Longing, Loss, Regret... and allowing ourselves to emerge out of that feeling worthy of love and respect. Konran will show this feature length film, winner of the Sundance Festival Audience Prize in 2005, directed by Tim Kirkman, exploring these issues and many others followed by a short discussion.

Sauna (9 pm – 12 midnight)

Friday 2nd January 2009

7.00–8.00 *Dynamic Meditation – Rinzai Hall*

8.00-9.15 *Social Dreaming – Laurie Slade – Zen Room*
(See description on page 1 of this schedule – Wed 31st Dec at 11.00)

8.30–9.45 Breakfast

10.00 Morning Session - Whole Group – *Rinzai Hall*

10.30 Small groups – *Rinzai Hall*

11.30 Break

11.50 Photo Opportunity

12.0 Closing Session - Whole Group – *Rinzai Hall*

1.00 Lunch

- 2.00 Depart
- 2.00-4.00 Sauna open (for those waiting for the coach)

Biographies:

Alfred Hurst helped set up PACE's gay men's groupwork programme in 1995. He continues to work on the programme and focuses the groups for HIV positive men. He also co-facilitates Brotherhood Retreats in the USA – www.brotherhoodretreats.com .

Alfred is a qualified social worker, has a MSc in family/couples therapy from the Institute of Family Therapy & a Doctorate in Systemic Psychotherapy from the Tavistock Clinic, London. He has a MSc in Public Service Management. He holds a number of posts including Clinical Manager for looked after children & adoption at Hackney Social Services, Family Therapist at the Core Trust Substance Misuse Treatment Centre & Clinical Supervision at Westminster Drugs Project. He has a private practice, research interests & a number of publications. His work is very participatory, humanistic & particularly focuses on 'change' & self-acceptance. Alfred enjoys growing his own food & flowers as well as cooking & having fun with his friends.

Dennis Carney has worked since 2001 facilitating therapeutic workshops aimed at gay/bi men at PACE and led the development of workshop programmes targeting Black and Minority Ethnic gay/bi men. Dennis has completed 6 years post-graduate training in humanistic psychotherapy at Spectrum and teaches part-time at the City Lit within the Counselling & Psychotherapy department.

Dennis has worked with groups in a wide variety of different settings primarily as a freelance trainer and consultant focusing on Diversity, Sexual Orientation, Team Building and HIV issues in the workplace. Dennis appeared in the recent Channel Four documentary 'Trainers, Reggae & The Olympics' that explored, amongst other things, homophobic lyrics in dancehall music. Dennis is also the current Vice-Chair of the Black Gay Men's Advisory Group (BGMAG).

EJ Taylor is an American artist trained at Parsons School of Design & the Costume department at the Metropolitan Museum in NY City. After graduating from Parsons he worked designing sets, costumes, mask and puppets for musicals theatre, ballet and film. Before moving to London he collaborated with Gene Moore at Tiffany & Co. His sculpture has been exhibited at museums and art galleries in most major American cities as well as exhibitions in England, France Germany, Russia and Japan.

Emerson Bastos has been involved with complementary therapies since 1989 when he studied acupuncture which led him to subsequently study Shiatsu and become a registered practitioner in 1996 after 3 years of training. He has been working with immune system related conditions for over 13 years. He has a degree in PE and has been teaching Shiatsu since 2001. He has a private practice in North London and London Bridge where he sees individuals for one to one Shiatsu sessions.

Jeff Tee is a BACP accredited counsellor/psychotherapist, with a private practice in Harlow, Essex. He has trained in Integrative counselling/psychotherapy and has

worked within the NHS, charitable and private sectors. A very high percentage of his clients are men, many of whom present with anger/abuse difficulties. Jeff is also a clinical supervisor and clinical consultant to Harlow Young Concern Trust.

John Gillespie is an intrepid walker whose feats include the daily trek from his flat in King's Cross to the tube station - when he's not plotting reform of the social care system from home. He's a keen camper and general all round adventurer having walked from John O'Groats to Lands End and cycled the length of Europe. He's studied philosophy, literature and is now studying for an MBA.

Konran Morrison is an independent television producer/director whose work has appeared on most of the UK's major channels. He studied film and contemporary media at Westminster university and has produced films for the British Film Council. Konran's run groups to introduce young people to the media and has acted as mentor to graduates from the northern film school.

Laurie Slade is a psychotherapist in private practice. He is UKCP registered and a member of the Guild of Psychotherapists. He has been actively involved in social dreaming since 2001. He has hosted sessions in a variety of settings, in the UK and internationally, including Pink Therapy Conferences (2004 and 2006). His paper *Social Dreaming for a Queer Culture* was published in the AHPP journal *Self & Society* (2005). He is keen to explore further the idea of social dreaming in the gay community.

Paul MacDonald is a member of the Nose to Nose Team who teach clowning internationally. He also performs and directs with the Fool Effect, an improvisational group that play back their audiences stories with humour and insight. He currently runs clown workshops for Gay Men, Teachers, Curative Educators and People with Learning Difficulties. Website: <http://www.nosetonose.info/index.htm>

Tim Foskett is an accredited counselor, psychotherapist and group psychotherapist with the Association of Humanistic Psychology Practitioners. Between 1995 and 2008 Tim led the sexual health groupwork programme for gay/bi men at PACE. He has trained in person-centred and existential counselling and groupwork at City University, counselling psychology at PHYSIS and humanistic integrative psychotherapy at Spectrum.

Tim has worked in a variety of settings, as a trainer, counsellor, researcher and dance teacher. As well as working for PACE, Tim is a teacher of 5Rhythms™ dance and currently has a private practice in North London where he sees individuals and couples, and runs on-going therapy groups for gay men.