

Episode
7

Wed 15 – Sun 19 Apr 2015
Tramway, Glasgow

Arika¹⁵

WE CAN'T
LIVE
WITHOUT
OUR
LIVES

Keep yourself in a state
of not knowing what
it is you are doing



Do the powers and institutions that dominate contemporary life attach any importance to our wellbeing, are they interested in anything other than our fitness to work? Are our exhausted bodies and minds anything other than a means to an end? What's normal about being turned inwards on ourselves, individualised? Is this care? Can we care differently? Can we think of ourselves in excess of any single individual?

**TO CAST A STONE INTO
A COMMANDING
CENTRE OF CAPITALISM
IS ONE THING,
BUT TO TRANSFORM A
KIDNEY-STONE INTO
ACTIVITY IS THE
SAME. PROTECT YOURSELF
NOT ONLY AGAINST
KIDNEY-STONES BUT ALSO
AGAINST POLITICAL
MURDER! TURN ILLNESS
INTO A WEAPON!**

1 — The SPK was a “free space for political therapy” involving over 500 people in practices of collective care and resistance.



Still, *Ascomatages*, dir. Angela Melly-Saypolos & Maurizio Lazzarato, 2010.
Courtesy Arsenal

Our bodies and lived realities are marked by oppressions, privileges and power structures that limit what we can be, do or say. Dominant Western ideas of who can call themselves human have historically been used to enslave, colonise and kill. These ideas are still used to justify treating people as disposable no-bodies. But what if our idea of being human goes beyond those constraints? What if we don't agree with what a 'normal body' looks like, how a 'well-adjusted' person behaves? What if 'normal' looks pathological to us – a kind of normopathy? What if we practice multiformity instead and resist 'deformity'? What if we refuse what has been refused of so many – the so-called right to be a human, a citizen, a subject? Maybe we want to be more than that. Maybe we want to give humanness a different future.

DO WE WANT
TO BE
SOME-BODY
UNDER THE STATE,
OR
NO-BODY
AGAINST IT
?



We think that the ways we dance or limp together; talk and stutter together; look, listen and feel together, can embody our desires and struggles - inhabiting them to generate different possible futures together. Our most recent episodes have worked with groups rehearsing these new worlds, going beyond the ways power can divide us from one another in relation to supposed norms of race, gender or sexuality. The episodes have asked us to also think along with people and communities who reject normalising ideas of what bodies and minds can be, imagining care as a form of resistance whilst resisting the state's damaging notions of 'care' - a radical socialisation of care that might generate points of solidarity where many of those different struggles overlap.

Episode 7 is not an answer to these concerns. It's more like an invitation to complicate them together - to open up different possibilities alongside one another.

**SICKNESS, DISABILITY
AND UNPRODUCTIVITY
ARE NOT
ANOMALIES TO BE
WEEDED OUT;
THEY ARE MOMENTS
THAT OCCUR IN
EVERY LIFE, OFFERING
A COMMON
GROUND ON WHICH
WE MIGHT
COME TOGETHER.**

1 — From *The Self As Other* zine by anarchist CrimethInc. Ex-Worker's Collective



Image from *It's Sorta Like a Big Hug* by Park McArthur

Working with these ideas and with people who are involved in daily practices of radical care has challenged us to think about how we incorporate care into the content and the structures of our episodes. We've had to consider how various languages can exist together – Portuguese, British Sign Language, English, the languages of the body, poethical languages; political, informal, philosophical languages. We've thought about the importance of intimacy, and what can be shared in small encounters. We've had to ask ourselves whether it is preferable to be felt rather than understood. What might it mean to feel through others – to get a feeling for others feeling through you, and the potential of mobilising the way in which these feelings feel. We've had to think differently about daily rhythms, logistics and social reproduction. Before we do anything - struggle or imagine or dance - first off we really just need to exist: 'we cannot live without our lives.'¹ We've tried to organise Episode 7 in a way in which as many of us as possible could explore these things together.

**CARING FOR
MYSELF IS NOT
SELF-INDULGENCE,
IT IS SELF-
PRESERVATION,
AND THAT IS AN
ACT OF POLITICAL
WARFARE.**

1 — Trans activist & artist Reina Gossett quotes this line from feminist essayist Barbara Deming to think about how we can't live the lives we want to live, if we don't have our lives, our welfare, the means to exist.

2 — Audre Lorde was a black radical lesbian activist poet who struggled towards forms of collectivised care and community.



We're here among ourselves...

WORK CARE CLASS

Over a series of three workshops Howard will open up a space of reflection and co-learning, in which we can bring our experiences to bear on the theme of care, work and class. Care is closely linked to our ineffable emotional capacities, but it is too often deemed passive, benevolent and exploitable by those who want to harbour it as a commodity. Looking at how we consciously attend to each other's joys and pains, we hope that *Work Care Class* can explore how we could come to re-site care, causing it to surface in the struggle against human commodification.

The workshops are open to people that self-identify as carers or care-workers, and workers or non-workers who care. We'd love it if people could attend all three. Snacks will be provided.

Howard is a volunteer play therapist, autodidact, poet, archivist and scholar of the radical expression of social movements, an educator and writer on the politics of music, improvisation, care and labour.

Work Care Class 1 – Care & Work Workshop

Wednesday 15 April / 5.30pm – 7.30pm

Does work that asks us to be attentive to the needs of others force us to sell our capacity for kindness?

Work Care Class 2 – Care & Therapy Workshop

Saturday 18 April / 11am – 1pm

What does the sharing of vulnerability entail? Can such a sharing inform progressive social relations?

Work Care Class 3 – Care & Revolution Workshop

Sunday 19 April / 11.30am – 1.30pm

Does the 'care industry' summon forth its own class? Can this 'affective class', in their ability to care for others, militate against the carelessness of self-interest?

Free, limited capacity, booking required
For more information and to register interest,
email book@arika.org.uk
BSL interpretation possible by request

POETHICAL READINGS/INTUITING THE POLITICAL¹

How might we map the complex meanings evoked by the political questions that concern us in all of our different groupings? If institutional forms of care, with their objective, distanced reason, are intimately linked with oppressive forms of contemporary life, what tools could we use instead? Maybe un-reasonable, intuitive, ethical, non-colonial, anti-therapeutic, open, complicating ways of 'reading' the situation would be more productive?

Valentina does Fake and Political Therapy. She makes performances. She writes biographies by reading people's palms. Denise grew up in and was radicalised in a base community in Rio. She is chair in Ethics at Queen Mary, University of London. She reads Tarot. She writes about the law, race, bodies and globalised capitalism.

Poethical Readings/Intuiting the Political – Reading Sessions

Individual/Group Reading Sessions

Thursday 16 April: 4 sessions on this day

Friday 17 April: 3 sessions on this day

Saturday 18 April: 3 sessions on this day

A series of intimate, 45 minute readings using Tarot, Palmistry, Reiki, Astrology, Philosophy and the invented methods of Fake and Political Therapy. Without imposing a single meaning or direction, the sessions hope to unsettle realities so that multiple understandings of our situations coexist. Readings will start from a political question brought to the session by its attendees (you can attend on your own, or as a group), any problem, issue, or situation that has a political dimension and is experienced directly by the person(s).

Free, very limited capacity, booking required.
To reserve a Reading Session email
book@arika.org.uk
BSL interpretation possible by request

Poethical Readings/Intuiting the Political – Open Conversation

Performative Conversation

Saturday 18 April / 6pm

Saturday Pass

A performed, open, public conversation about how we might think politics from the position of intuition, in which Denise and Valentina use the un-reasonable tools mentioned above to undertake and map out a hybrid poethical/ethical reading of their own situations.

BSL interpretation & live subtitling

¹ — The term 'poethical' was coined by poet Joan Retallack, calling forth a hybrid poetic/ethical practice.

IT'S SORTA LIKE A BIG HUG ODE TO 1 & MORE THAN 1 ODE TO 1 & UNDER

TLRS

'We are here living beyond our means. Some of us at the ends of what others may even mean by living, planning out our nights each day, episodically broken, stanza-ed but not standing corrected. We go deep into the daily in correctional facilities against the facility of correction we lay down wrong and easy, nice and rough. Strophic plot twists that render us things among love in this everyday performance against architecture, this performance everyday of anarchitecture. Here we double down, our division only multiplying the favour for each other we feel through each other through every other feel, communizing even the liens of reproduction in our daily care, or how we get around, a risk, a gamble, a sure thing that doesn't wait to be corrected. Is it boring to plan?'

Park and Tina are artists who work with sculpture, performance, text, and sound; they live and work within queer feminist crip¹ communities in New York and beyond. They imagine bodies not as an end in themselves, but as a medium through which we can become one another's means. They are members of Care Collective, a group of several people who coordinate Park's care.

1 — Just as Queer Culture reveals the fallacy of compulsory heterosexuality, sex and gender binaries, Crip Culture similarly exposes the lie underpinning society's compulsory able-bodiedness.

2 - If a 'strophe' is a break in the structure of a poem, maybe Park and Tina think of it as a pause, a social space that animates a break between moving, speaking or singing together.

It's Sorta Like a Big Hug

Performance
Friday 17 April / 9.30pm
Friday Pass

A screening of the video *It's Sorta Like a Big Hug* with a live reading of texts and correspondence between Park and Tina.

Ode to 1 & more than 1

Workshop
Thursday 16 April / 3.30pm – 5pm
Free, very limited capacity, booking required
To reserve a space email book@arika.org.uk

Ode to 1 & under

Workshop
Sunday 19 April / 12noon – 1.30pm
Free, limited capacity, booking required
To reserve a space email book@arika.org.uk

These two interlocking workshops highlight correspondence as a way of working. Somewhere between song, speech, and logistical arrangement, these workshops invite participants to consider care as infrastructure. Each workshop joins the form of the episode, the ode, the strophe, the apostrophe (from the strophe?) in order to play poetry against plan.

*All events:
BSL interpretation & live subtitling*

Commissioned for broadcast by a German national broadcaster in 2005, delayed and then cancelled in 2006, the first *Laurence Rassel Show* was a 90-minute electroacoustic radio drama about feminist anonymity, transgendered authorship... and murder. It is astute, serious and ridiculously funny. During Episode 7 Laurence and Terre will revisit this format, broadcasting TLRS live from the Tramway as three daily mid-afternoon 'morning shows' and one performance, available also on Resonance FM and on Radiophrenia. TLRS will use the tropes of morning radio – wacky sound effects, adopted characters, special guests and formulaic speech patterns – to think together about the scripted behaviour and controlled empathy of systematic care, and the difficulties of attempting to re-imagine what kinds of care we might need if we are to un-become what we never asked to be, be it in gender, body or identity.

Laurence is director of Fundació Antoni Tapies, Barcelona. She was member of Constant, a non-profit, interdisciplinary arts-lab focusing on free software, copyright alternatives and (cyber)feminism. Terre is a multi-media producer, writer, educator, and musician. Her work combines a critical look at identity politics with an ongoing analysis of the socio-economics of commercial media production.

TLRS Morning Show

Radio Broadcasts and Performances
Thursday 16 April / 4.30pm – 5.30pm
Friday 17 April / 4.30pm – 5.30pm
Saturday 18 April / 4.30pm – 5.30pm
Free

Non-essentialist transgender, queer, (cyber)feminist daily radio shows.

TLRS

Performance and Radio Broadcast
Sunday 19 April / 9:30pm
Sunday Pass

Previous TLRS broadcasts, radio booths and special guests reassembled as a live electroacoustic performance.

Attend live at Tramway or:

Listen live on Resonance - 104.4 FM if you're in the London area or Resonance online at www.resonancefm.com

Listen live on Radiophrenia – 87.9 FM if you're in the Glasgow area or Radiophrenia online at www.radiophrenia.scot

Resonance104.4FM is the world's first radio art station, established by London Musicians' Collective. Radiophrenia is a temporary FM art radio station broadcasting in Glasgow during April 2015 from the CCA.

BSL Interpretation possible by request

ASSEMBLAGES AND EVERY LITTLE THING

Assemblages

Maurizio Lazzarato & Angela Melitopoulos
Germany, 2010, 66 mins
Thursday 16 April / 7.30pm
Thursday Pass

Assemblages explores the thinking and practice of the influential psychotherapist, political activist, and philosopher Felix Guattari, who tirelessly worked against the Western patriarchal and colonialist idea of the human subject. Combining archive footage with interviews with Guattari, his friends and colleagues (including one of our favourite thinkers, Suely Rolnik), the film creates a constellation of ideas exploring care structures and non-colonial ways of being in the world that have nothing to do with the 'self': so-called animist cultures and practices in which subjectivity is not located in the human alone, but distributed throughout an environment. Guattari called these forms "assemblages."

Assemblages is part of an ongoing visual research project by political activist and media artist Angela Melitopoulos and sociologist and philosopher Maurizio Lazzarato.

Every Little Thing (La Moindre Des Choses)

Nicolas Philibert
France, 1997, 105 mins
Thursday 16 April / 9.30pm
Thursday Pass

Jean Oury established La Borde clinic in France in 1951. Working there with Felix Guattari and colleagues, he helped advance a worldwide movement against psychiatry, which they considered an oppressive institution violently enforcing normative and alienated ideas of the human. Working with patients, artists, theorists, and scientists, they implemented a radical "politics of experimentation" where residents actively participated in the running of the clinic. *Every Little Thing* slowly documents the everyday life of residents and staff there in the mid-90s, and their preparations for the annual summer play. It contains complicated moments – about the influence of the filmmaker, consent and documentation, and the performance of care. But, as a poetic insight, it also relates a real tenderness that traces a process of unblocking between residents and staff, who reciprocate in a kind of entanglement, an opening up amongst themselves.

Both films:
French with English subtitles

UEINZZ THEATRE COMPANY

Overflowing the walls of the psychiatric institution where they were founded (in São Paulo, in 1996) the Ueinz Theatre Company meet on a weekly basis, in what you could call a schizoscenic project – an ongoing theatrical rehearsal as a way of caring. We think of it as a kind of sociality: not a fixed place or a community, but a set of ever-changing relationships between users of mental health services, therapists, actors, so-called psychotic patients, carers, philosophers, and people whose life hangs by a thread. Informed by radical ideas of care they practice this sociality, trying it out, reinventing it - the flows and worldviews produced in supposed 'illnesses' amplified into a theatre capable of reversing power over life into the potential of life. They reveal the disturbing 'normality' that surrounds us every day.

Ueinz Crossings Workshop

Friday 17 April / 12noon – 2pm
Free, limited capacity, booking required
To reserve a space email book@arika.org.uk

An open space in which to project your concerns onto the stage – in which games, warm-up sessions, exercises and scenes are potentially the same thing.

Portuguese and English with BSL
interpretation possible by request

All Fictions Are Biographical – Ueinz Context

Conversation
Friday 17 April / 7.30pm
Friday Pass

When we met with Ueinz in São Paulo, they asked us whether we were trying to recover something from deep inside ourselves by inviting them to Scotland. What did we see in them? What do they see in us? If we start to share our histories and entanglements, where might that lead us?

No Ready Made Men - Open Rehearsal Performance

Saturday 18 April / 2.30pm
Saturday Pass

A way of publicly inhabiting Ueinz's very slow rhythm, to share in the anthropological-jet-lag-schizo delay of visiting the UK: complicating, diverging from and multiplying the ways in which their plays are meant to be felt, rather than understood.

No Ready Made Men - Performance

Performance
Sunday 19 April / 2.30pm
Sunday Pass

Each Ueinz performance is a process of reinvention, between exhaustion and a fleeting vision: singular, collective, anonymous, plural, suspensive, intensive, unworking life.

The above events are in Portuguese and English
with BSL interpretation & live subtitling

STANDING IN THE FLESH

*'We were available in the flesh to slave masters, in the flesh immediate, hands on. I can pluck your little nappy head from wherever it is, bang, don't care nothing about who your mommy and daddy is or how many babies you got here, bam. That's flesh. Another word to explain it is empathy. The flesh gives empathy...'*¹

*'We were terrified, all right... What happened last night I don't want that to happen to nobody. No one deserves that, you know, not a human being.'*²

Denise attended Episode 6, and we have been hung up on something she asked ever since: whether we want to be 'some-body under the state or no-body against the state.' When Hortense says that before the 'body' there is the 'flesh,' is she talking about a similar paradox? Is it preferable to be no-body, to be fleshly, if it means we can hold on to our empathy, our capacity to care for each other, commonly, rather than seeking to become some-body, formed in the image of the state?

Hortense's work has greatly influenced our last three episodes. To us, she is one of the most important thinkers of racialised, historicised, gendered female bodies in America. Her complex, lyrical and deeply philosophical writing navigates sentiment, sorrow, empathy, the law, flesh and the bodily violence upon which states are formed.

In her writing and teaching, Denise draws our attention to the that which should 'not happen to nobody' and yet happens every day. That is, the violence stemming from ideas of the body, 'man', and the human implicit to a certain type of enlightenment logic that has underpinned the spreading of capitalism. These ideas must be rejected if we are to have any hope of standing up to a state that actively seeks to kill many of us.

Sunday 19 April / 4.30pm
Sunday Pass
BSL interpretation & live subtitling

¹ — Hortense J. Spillers speaking in Arthur Jafa's film *Dreams Are Colder Than Death*, which was part of Episode 6.

² — Statement made by the cousin of a 24-year-old Aboriginal man, Greg Harrison, killed in Melbourne in May 2005 by 'a group of Albanians' who 'yelled racial taunts'. Quoted by Denise in *NO-BODIES - Law, Raciality and Violence*.

CARTOGRAPHY OF EXHAUSTION

How is life assaulted by power? Has it penetrated every corner of our existence? Why are we all so tired? Where can we find the space to live in the face of this attack? How might we proclaim another community – an act of unconsciousness-raising - that frees thought of what it silently thinks so as to become again what we never were?

Peter is an influential philosopher, essayist, clinician and a member of Ueinzz Theatre Company. We've found his book *Cartography of Exhaustion - Nihilism Inside Out* incredibly helpful whilst thinking about care, the body, the mind, memory and how we might come to understand the power of life. His thinking emerges from a network of entanglements that have also occupied Felix Guattari, Gilles Deleuze, Suely Rolnik, Jean Oury, Samuel Beckett and Giorgio Agamben amongst others.

Sunday 19 April / 7.30pm
Sunday Pass
BSL interpretation & live subtitling

Calendar

WED 15

| | | | |
|-------------|---|----------|------------------------|
| 17:30–19:30 | Howard Slater <i>Work Care Class 1 - Care and Work</i> | Workshop | Free, booking required |
|-------------|---|----------|------------------------|

THU 16

| | | | |
|-------------|---|-------------------------------|------------------------------------|
| 11:00–15:45 | Denise Ferreira da Silva & Valentina Desideri <i>Poethical Readings/Intuiting the Political - Reading Sessions</i> | 4 x Reading Sessions | Free, booking required |
| 15:30–17:00 | Park McArthur & Constantina Zavitsanos <i>Ode to 1 & more than 1</i> | Workshop | Free, booking required |
| 16:30–17:30 | Laurence Rassel & Terre Thaemlitz <i>TLRS Morning Show</i> | Radio broadcast & Performance | Free, in Tramway foyer or on radio |
| 19:30–20:45 | Maurizio Lazzarato & Angela Melitopoulos <i>Assemblages</i> | Screening | £4 Thursday Pass |
| 21:30–23:15 | Nicolas Philibert <i>Every Little Thing</i> | Screening | £4 Thursday Pass |

FRI 17

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|-------------|---|-------------------------------|------------------------------------|
| 11:00–13:45 | Denise Ferreira da Silva & Valentina Desideri <i>Poethical Readings/Intuiting the Political - Reading Sessions</i> | 3 x Reading Sessions | Free, booking required |
| 12:00–14:00 | Ueinzz Theatre Company <i>Ueinzz Crossings</i> | Workshop | Free, booking required |
| 16:30–17:30 | Laurence Rassel & Terre Thaemlitz <i>TLRS Morning Show</i> | Radio broadcast & Performance | Free, in Tramway foyer or on radio |
| 19:30–21:00 | Ueinzz Theatre Company <i>Ueinzz Context</i> | Conversation | £4 Friday Pass |
| 21:30–22:45 | Park McArthur & Constantina Zavitsanos <i>It's Sorta Like a Big Hug</i> | Performance | £4 Friday Pass |

Calendar

SAT 18

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|-------------|--|-------------------------------|------------------------------------|
| 11:00–13:45 | Denise Ferreira da Silva & Valentina Desideri <i>Poethical Readings/Intuiting the Political - Reading Sessions</i> | 3 x Reading Sessions | Free, booking required |
| 11:00–13:00 | Howard Slater <i>Work Care Class 2 - Care and Therapy</i> | Workshop | Free, booking required |
| 14:30–16:00 | Ueinzz Theatre Company <i>No Ready Made Men - Open Rehearsal</i> | Performance | £4 Saturday Pass |
| 16:30–17:30 | Laurence Rassel & Terre Thaemlitz <i>TLRS Morning Show</i> | Radio broadcast & Performance | Free, in Tramway foyer or on radio |
| 18:00–19:00 | Denise Ferreira da Silva & Valentina Desideri <i>Poethical Readings/Intuiting the Political - Open Conversation</i> | Performative Conversation | £4 Saturday Pass |

SUN 19

| | | | |
|-------------|---|---------------------------------|------------------------|
| 11:30–13:30 | Howard Slater <i>Work Care Class 3 - Care and Revolution</i> | Workshop | Free, booking required |
| 12:00–13:30 | Park McArthur & Constantina Zavitsanos <i>Ode to 1 & under</i> | Workshop | Free, booking required |
| 14:30–16:00 | Ueinzz Theatre Company <i>No Ready Made Men - Performance</i> | Performance | £6 Sunday Pass |
| 16:30–18:00 | Hortense J. Spillers & Denise Ferreira da Silva <i>Standing in the Flesh</i> | Conversation | £6 Sunday Pass |
| 19:30–20:30 | Peter Pál Pelbart <i>Cartography of Exhaustion</i> | Conversation | £6 Sunday Pass |
| 21:30–22:45 | Laurence Rassel & Terre Thaemlitz <i>TLRS</i> | Performance and Radio Broadcast | £6 Sunday Pass |

VENUE

Tramway
25 Albert Drive, Glasgow, G41 2PE
0845 330 3501
www.tramway.org

TICKETS

Thursday Pass - £4

Provides entry to all ticketed events at Tramway on Thursday 16 April

Friday Pass - £4

Provides entry to all ticketed events at Tramway on Friday 17 April

Saturday Pass - £4

Provides entry to all ticketed events at Tramway on Saturday 18 April

Sunday Pass - £6

Provides entry to all ticketed events at Tramway on Sunday 19 April

Workshops

All workshops are FREE but have limited capacity. If you are interested in attending a workshop, please enquire about booking a space in advance by emailing book@arika.org.uk

Online

www.tramway.org
Navigate to their Book Now page.
Tramway's online bookings are managed by Royal Concert Halls and will incur a booking fee

Phone

0845 330 3501

In person

Tramway, 25 Albert Drive
Glasgow, G41 2PE

Box Office Hours

Monday to Saturday 10am – 8pm
Sunday 12noon – 5pm

ACCESS

If there is anything we can do to make it easier for you to attend any of these events, please get in touch by emailing info@arika.org.uk or calling 0131 556 0878.

Tramway has step free access to its public and performance spaces and has wheelchair accessible facilities.

All films are subtitled.

All performances and conversations are British Sign Language (BSL) interpreted except TLRs, a predominantly musical event that can have its spoken elements BSL interpreted upon request. Specific workshops can be BSL interpreted upon request.

Most performances and conversations will have live subtitling, which involves the verbatim transcription of dialogue into text form as it is spoken, displayed as captions on a screen within the space. Live subtitling is provided by Stagertext.

Park & Tina's workshops are BSL interpreted and have live subtitling.

>> StageTEXT

Episode 7

Co-produced by:

Arika

TRAMWAY

Supported by:



ALBA | CHRUTHACHAIL



THE SKINNY
MULTIPLATFORM CULTURAL ORGANISATION



Our Episodes develop iteratively, each one informing the next. They often involve watching, listening, talking or dancing together as ways to gradually refine an awareness of the inseparable, intertwined nature of aesthetics and how people and communities understand and organise themselves. They are a continuation, through friendship and solidarity, of conversations we are entangled in both locally and internationally. Especially, they are committed to experiments in personhood and sociality that propose new ways of living in the world today, born of collective desires and struggle - generating futures together rather than navigating or surviving them.

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Issuu.com/arika

Design by Julia, www.julia.uk.com

Could the ways we attend to each other's joys and pains help us to generate different futures together? Does that require re-imagining what bodies and minds can be?

Through performances, screenings, workshops and conversations, *We Can't Live Without Our Lives* explores care, empathy and multiformity. It involves schizoscenia, other forms of conviviality, tarot, political therapy, exhaustion, necessary intimacies, intuition, minor modes of living, unconsciousness raising, the sharing of vulnerability and unreasonable politics.

If there is anything we can do to make it easier for you to attend any of these events, please get in touch.

More information at:
www.arika.org.uk