



Events , Autumn 2013

November

2 Events during the Folkestone Book Festival



Saturday November 16th 7pm, George House: Launch of the third edition of Pavement Pounders Journal Transitions 3

Free event with drinks, readings and performance by *Rhythm and Voice Project*.

Transitions 3, launched in partnership with Mental Fight Club, like *Transitions 1* and *2*, addresses themes of crossing and transformations, with ascent, recovery, transformation and renewal as its particular focus.

While Mental Fight Club supports those recovering from mental illness with a mission to provide imaginative events for people of all mental experience, Pavement Pounders' believe their 'pride of place' project can boost confidence in the place where people live which in turn increases a sense of self-worth, '*So much good writing is in itself a form of health*'.

Contributors were encouraged to write about their journey into mental illness and recovery from it. The result is full of colour. Accounts of struggle are matched by lively, heartening and lyrical tales and poems, including one by Ben Okri who is Mental Fight Club's patron, and illustrations by the artist Rosemary Clunie.

24th November 2013 at 11 00 a.m meet at the Quarterhouse

49 Tontine St Folkestone CT20 1JT 01303 858500

Pavement Pounders walk for the Folkestone Book Festival

No two Pavement Pounders guided walks are ever the same. Their offering for the 2013 book festival will both lead us down untrodden paths and shed new light on familiar byways. En route we shall meet and be entertained by the odd guest speaker with tales both tall and short. Join us.

