

PALACE OF CULTURE

#PalaceofCulture

ELLA FREARS

RESISTANCE: A SHORT GUIDE TO SELF-IMPROVEMENT

8-17 APRIL



Supported by public funding
**ARTS COUNCIL
ENGLAND**



**VISUAL
ARTS
SOUTH WEST**

**TATE
PLUS**



Image by Myrid Carten

Ella Frears

RESISTANCE: A Short Guide to Self-Improvement

WEEK 4 / 8 - 17 APRIL /

SAT 8 APR

12.30 *How to be Better*

Book yourself in for an 8-minute crit. with one of our professional artists and writers. Bring one piece of work – visual or written (max. one page).

MON 10 APR

12.30 – 14.00 *How to Write the Self / Forget the Self with Ella Frears*

Looking at confessional poets as well as poets who resist the self, we'll shape our writing, discussing what happens if you push your voice beyond what is 'true'.

TUE 11 APR

11.00 – 14.30 *How to be Unfamiliar with Antosh Wojcik*

We'll create a sound circle of text that redefines the familiar as unfamiliar, curate miniature soundscapes for our writing and record sounds of ourselves that are not translatable into text.

WED 12 APR

13.00 – 15.00 *How to Learn a Body with Rachel Long*
How many stories do we have inside our bodies? Join us for a exploration of the vessels we live inside. Through writing we'll examine the new and what we thought we knew about ourselves.
19.00 – late *Resistance*
Electrifying readings from Rachel Long, Antosh

Wojcik and Special guest. Hedlup + Passman.
Pay bar, DJ, Little Wonder Cafe.

THU 13 APR

15.00 *How to Start a Small Press*

Luke Thompson (founder of Guillemot Press) will give an introduction to his approach, championing the versatile, malleable and radical potential of the small press.

FRI 14 APR

14.00 – 16.00 *How to Write in Signs with Tiffany Anne Tondut*

Taking a leaf out of Asterism: Poems inspired by punctuation, we'll experiment and develop poetical text through typographical marks, from the common comma to the astrological Asterism.

SAT 15 APR

14.30 *A Guide to the Tenor of Love*

Reading group. We'll discuss extracts from Lorrie Moore's *Self-Help*, looking closely at how she writes and what we might learn from her. All welcome, whether you love / hate / haven't heard of the book.

MON 17 APR

10.30 – 12.00 *How to Breakfast*

Bring a poem by you or someone else and your favourite breakfast recipe – read, discuss, listen, share. Croissants and mimosas.

NEWLYN ART GALLERY & THE EXCHANGE

PALACE OF CULTURE

Inspired by Eastern European clubhouses for workers, Newlyn Art Gallery has been transformed into an establishment of recreational activity.

Hosted by a different Cultural Secretary each week, The Palace of Culture will nourish both body and mind with workshops, performance and other stimulating pursuits designed to fight cultureless leisure.

NEWLYN ART GALLERY
New Road, Newlyn TR18 5PZ

OPEN MON - SAT, 10.00 - 17.00

01736 363715
@newlynexchange
newlynartgallery.co.uk
#PalaceofCulture

Booking essential via Eventbrite <https://www.eventbrite.co.uk/e/palace-of-culture-4-resistance-a-short-guide-to-self-improvement-tickets-32465453044>