

## VegfestUK Bristol 2017 - Combined Timetable of Talks, Cookery Demos, Performances, Entertainment

Areas	Easy Veganism	Light Veganism	Deep Veganism	Cookery Demos	Kids Cookery Classes	Kids Entertainment	Main Stage	Live Acts Stage	Walkabouts		Fire entertainers
Location	Waterfront Square	Waterfront Square	Waterfront Square	Waterfront Square	Amphitheatre	Amphitheatre	Amphitheatre	Waterfront Square	Waterfront Square	Amphitheatre	near Live Acts Stage
<b>SATURDAY MAY 20TH 2017</b>											
<b>10:00 am</b>	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
<b>10:30 am</b>											n/a
<b>11:00 am</b>					Pirates of The Carob Bean Treasure Hunt				n/a	n/a	n/a
<b>11:30 am</b>	n/a	n/a	n/a	n/a	The VegfestUK Smoothie Bike Cranks up and meet the Pirate Q&A	n/a	n/a	n/a	n/a	n/a	n/a
<b>12:00 pm</b>	TeenVGN Meet-up - 11-19 yrs old? Come & hang out with like-minded compassionate people	John Jezewski - Veganism – the end of Heart Disease	Carley Betts - Free range, organic, "higher welfare" meat – can it ever be good for animals?	Richard Buckley (Acorn) - Plants Taste Better	Live Cookery Workshop - 5 a Day Rainbow Sushi (all ages)	B Bunny Magic joined by Louise Block clay workshops (12-2pm)	Jack Humphries	Astrophe	Rose Popay - Walkabout portrait drawing in character (till 4pm)	n/a	n/a
<b>12:30 pm</b>					break	Borboleta Face painting (12-4pm)				The Hungry Chefs	n/a
<b>1:00 pm</b>	Rob Masterson - 10 steps to going vegan	Fiona Oakes - Running for Good	Therese Kelly (Bristol Animal Save) - The Rise of the Worldwide Save Movement and Bristol Animal Save	Gayani Ariyaratne - Sri Lankan Young Jackfruit Curry	Live Pancake Tossing Competition (all ages) with Capt JTC		Sheena Bratt	Chloe Ray	The Two Cedrics	n/a	n/a
<b>1:30 pm</b>					Magician (Check posters for times)					n/a	n/a
<b>2:00 pm</b>					Live: Mr Potato Pet Head Teenage Lobotomy with Capt JTC				The Hungry Chefs		n/a
<b>2:30 pm</b>	Juliet Gellatley - Why you don't need dairy	Gabriela Lerner - Raw Vegan Living - using high vibrational raw foods to transform our lives	Claire Michalski - The Vegan Mission – Children are the Future	Mel Rogers - Mels Kindness Kitchen Vegan Cheese Demonstration	Live Cookery Workshop Pieces of 8 a day - Rainbow fruit and veg kebabs with chocolate or cheese sauce with Capt JTC and his potty parrot		ATLANTIC	Grey Hairea	The Two Cedrics	Cutthroat the 9ft Pirate Barber	n/a
<b>3:00 pm</b>					Science workshop – with Capt. James Tea Cook Pirate of the Carob Bean					n/a	n/a
<b>3:30 pm</b>	Ben Martin - The Social Vegan	SWINE film screening - followed by short talk by Justin Kerswell (Viva!)	Christopher Sebastian McJetters - Race, Class, Species: The Remix	Gayani Ariyaratne - Polsambal (Coconut Salad)	Live Cookery Workshop - Dragon's Breath Mini Pizzas With Capt JTC		Chuck Harriet	Vegan Bodybuilding competition - single dumbbell shoulder press	The Hungry Chefs	n/a	n/a



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<b>SUNDAY MAY 21ST 2017</b>											
<b>11:00 am</b>	n/a	n/a	n/a	n/a	Pirates of The Carob Bean Treasure Hunt	n/a	n/a	n/a	n/a	n/a	n/a
<b>11:30 am</b>					The VegfestUK Smoothie Bike Cranks up and meet the Pirate Q&A				n/a	n/a	n/a
<b>12:00 pm</b>	Yvonne Bishop-Weston - Raising vegan children	Bryony Miles - How to be a fit and healthy vegan	Ruth Hawe - Beyond rescue to rewilding	Aradhana Kaur - Journey Deep Into Raw Chocolate	Live Cookery Workshop - 5 a Day Rainbow Sushi (all ages)	B Bunny Magic Rainbow Gecko  joined by Louise Block clay workshops (12-2pm)	The After Hours	Mitchell & Vincent	n/a	n/a	n/a
<b>12:30 pm</b>					break				n/a	n/a	n/a
<b>1:00 pm</b>	Dr. Stephen Walsh - How to get your...?	Mick Walker - Health Benefits of a Whole Food Plant Based Diet	Leigh-Chantelle - International Activism	Nuria Jimenez - Healthy Vegan Puddings - Full of life and delicious!	Live Pancake Tossing Competition (all ages) with Capt JTC	Borboleta face painting (12-4pm)	Anairda	Fly Yeti Fly	n/a	n/a	n/a
<b>1:30 pm</b>					Magician (Check posters for times)				n/a	n/a	n/a
<b>2:00 pm</b>	Nathan Loughton (VeganBodybuilding.org) - Plant Based Power!	Mick Walker - Q&A	Martin Fodor - Planning and supporting your ethical and sustainable vegan business	Judy Barber - S.O.S - Sprouting, Organics and Sauces - Life-Savers for Vegan Living	Live: Mr Potato Pet Head Teenage Lobotomy with Capt JTC	Thunderbridge Bluegrass Band	Isabella	Cutthroat the 9ft Pirate Barber	n/a	n/a	n/a
<b>2:30 pm</b>					Live Cookery Workshop Pieces of 8 a day - Rainbow fruit and veg kebabs with chocolate or cheese sauce with Capt JTC and his potty parrot				n/a		n/a
<b>3:00 pm</b>	Joe Brydon - An introduction to welfarism, abolitionism, (and maybe intersectionality if I have time...)	Dominica Roszko - Vegan energy boosters: staying energised the natural way	Vegan Geezer - Veganism On The Map, How Do We Best Represent It	Lizzy Hughes - Full of Beans	Science workshop – with Capt. James Tea Cook Pirate of the Carob Bean	The Mourning Suns	Snazzback	n/a	n/a	n/a	n/a
<b>3:30 pm</b>					Live Cookery Workshop - Dragon's Breath Mini Pizzas With Capt JTC				n/a	n/a	n/a

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<b>4:00 pm</b>	Aisha Eveleigh - How To Live Vegan on a Budget?	Judy Barber - What do Vegans, including Activists, need to know about Plant-Based Nutrition?	Christopher Sebastian McJetters - Savior Complex Veganism: You're probably pretty speciesist...and you could be racist too	Jackie Ahluwalia - Juicing - healthy fast food for busy people	Live Cookery Workshop Whole Food Chocolate Cake Pirate High Protein Cannon Ball snacks with Capt JTC POTCB		Jo Larcombe	Beccy Farr	n/a	The Great Wizard Generic	n/a	
<b>4:30 pm</b>					Last chance of the day to cycle yourself a fresh fruity smoothie				n/a		n/a	
<b>5:00 pm</b>	Berty Justice - Veganism Is Awesome – A Talk for the Vegan curious and new Vegans	Clark French - Cannabis is medicine - a discussion of the medical benefits of cannabis for MS and chronic illness	Leigh-Chantelle - Online Etiquette and Dealing with Negativity Online	Jilisa Barnaby (1847 Bristol) - Tequila Gravlax	n/a	n/a	ZionRuts	F.T.T.P.	n/a	n/a	n/a	
<b>5:30 pm</b>					n/a	n/a			n/a	n/a		
<b>6:00 pm</b>	n/a	n/a	Melanie Rodriguez - Hatha & Flow yoga	n/a	n/a	n/a	The Scribes	The Skimmity Hitchers	n/a	n/a	n/a	
<b>6:30 pm</b>	n/a	n/a		n/a	n/a	n/a			n/a			
<b>7:00 pm</b>	n/a	n/a	n/a	n/a	n/a	n/a	Dub Pistols	Bert's Animal Band	n/a	n/a	Jimmy Jungle	
<b>7:30 pm</b>	n/a	n/a		n/a	n/a	n/a			n/a			
<b>8:00 pm</b>	n/a	n/a		n/a	n/a	n/a		n/a	n/a	n/a	n/a	n/a
<b>8:30 pm</b>	n/a	n/a		n/a	n/a	n/a		n/a		n/a	n/a	n/a
<b>9:00 pm</b>	<b>-- END --</b>											