

Featured Areas - SUNDAY

TALKS: EASY VEGANISM

11:00 - 11:30 - Getting fit on a plant-based diet

11:45 - 12:15 - Veganising my favourite dish

12:30 - 1:00 - Pregnancy, Kids, Teenagers - OK for veganism?

2:00 - 2:30 - Veganism - more than just a diet?

2:45 - 3:15 - Veganism - Your Questions Answered

MATURE ZONE

11:00 - 11:45 - Yvonne Bishop-Weston - Maintaining optimal health as our body and lifestyle changes past 50

12:00 - 12:45 - Amanda Woodvine - Positively vegan for life: Empower yourself and support the wider vegan community

1:00 - 1:45 - Oliver Bragg - Creative simple meals part 2: Raw vegan desserts

2:00 - 2:45 - Dementia Friends - If I get dementia, will they serve me meat?

3:00 - 3:45 - Mike Ashbridge - 'Older' vegans: A rare and endangered species?

4:00 - 4:45 - Siobhan Champion - Open yoga session: Funky feel-good flow

TALKS: LIGHT VEGANISM

11:00 - 11:45 - John Jezewski - Veganism - the end of Heart Disease?

12:00 - 12:45 - Patrik Baboumian - 5 years of vegan power - Real strength needs no victims

1:00 - 1:45 - Tim Shieff - Change your Water, Change your Life

2:00 - 2:45 - Kate Strong - How your Mind, Body & Food work together to achieve sporting success

3:00 - 3:45 - Kriti Sachdeva Kolbusz - How is Yoga Related to Veganism

4:00 - 4:45 - Jimmy Pierson - Veganism in the media: how the tide turned

MAIN STAGE

11:00 - 11:45 - Shacal

12:00 - 12:45 - Captains Beard

1:00 - 1:45 - Chloe Ray

2:00 - 2:45 - Gad Zukes

3:00 - 3:45 - Pete Hicks

4:00 - 4:45 - Genevieve Lamborn

BUSKERS STAGE

11:00 - 11:45 - Chloe Ray

12:00 - 12:45 - Mobius Loop

1:00 - 1:45 - Shacal

2:00 - 2:45 - Mobius Loop

3:00 - 3:45 - Captains Beard

4:00 - 4:45 - Helen Wright

TALKS: DEEP VEGANISM

11:00 - 11:45 - Rebecca Fox - How to be a Reasonable Vegan

12:00 - 12:45 - Dr. Casey Taft - Tips for Navigating Relationships, Wellness, and Everyday Life as an Animal Advocate

1:00 - 1:45 - Joe Brydon - How to Create Your Own Local Vegan Outreach Group

2:00 - 2:45 - Dr. Matthew Cole - Learning to eat our friends: how children are socialized to accept the normality of eating animals and the abnormality of veganism

3:00 - 3:45 - Dr. Matthew Cole - Distraction and denial: how the mass media keep us hooked on 'animal products'

4:00 - 4:45 - Beata Ciupińska - How can we use law of attraction in animal rights movement

VLOGGERS CORNER

11:00 - 11:20 - Earthling Ed

11:20 - 5:00 - Youtube videos to be played in loops from this point onwards...

with Youtube videos produced by:

- Vegan Geezer
- Dave Sheahan
- Hench Herbivore
- Aisha Eveleigh
- Damien Clarkson
- Cheap Lazy Vegan
- Vegan Family TV
- Rehana Sara
- Vegan Publishers
- The Vegan Activist
- Teen VGN
- Anneka Svenska
- The Friendly Activist
- Bite Size Vegan

COOKERY DEMOS

11:00 - 11:45 - Rosie Purdye - Its not all about food!

12:00 - 11:45 - Matty Bowling - Use your noodle

1:00 - 1:45 - Kirly Sue - Kirly-Sue's Vegan Lunchbox Ideas

2:00 - 2:45 - Rosie Purdye - Relax and Revive

3:00 - 3:45 - Brianna Jackfruitson - fun and simple vegan recipes

VEGAN FILM FESTIVAL

11:00 - 11:31 - Cowspiracy

1:00 - 2:31 - Vegan Everyday Stories

3:00 - 4:31 - Food Choices

TEEN ZONE

Open from 11.00 - 4.00
For 11-19 year olds only

* Camp Showcase

*Chat about what is important to you as a VGN teen

*Make new compassionate friends and connect with them on social media

*Sign your support for important animal campaigns

*Games & Competitions

*Learn how to make crafts from recycled objects - origami and dream catchers are our favourite

UK VEGAN COMEDY FESTIVAL

11:00 - 11:15 - Mike Kelson

11:15 - 11:30 - Matt Hoss

11:30 - 11:45 - Rebecca Shortall

11:45 - 12:00 - Sean Morley

12:00 - 12:15 - Harriet Kemsley

12:15 - 12:30 - Alasdair Beckett-King

12:45 - 1:00 - Sonja Doubleday

1:00 - 1:15 - Jamie D'Souza

1:15 - 1:30 - Emma Kenny

1:30 - 1:45 - Tom Ward

1:45 - 2:15 - Lou Sanders

2:30 - 2:45 - James Cartwright

2:45 - 3:15 - Chris Stokes

3:15 - 4:00 - Carl Donnelly

4:15 - 5:00 - Dr. Will Tuttle - Deep Veganism: A Holistic Adventure of Awakening (by Skype)

MAGIC SHOWS

11:00 - 11:30 - Tom Foolery

11:30 - 12:00 - Ritchie Rosson

12:00 - 12:30 - Tom Foolery

12:30 - 1:00 - Ritchie Rosson

1:00 - 1:30 - Tom Foolery

2:00 - 2:30 - Ritchie Rosson

2:30 - 3:00 - Tom Foolery

3:00 - 3:30 - Ritchie Rosson

3:30 - 4:00 - Tom Foolery

KIDS COOKERY CLASSES

10:00 - 10:30 - Captain James Tea Cook Pirates of The Carob Bean Treasure Hunt

10:30 - 11:00 - The VegfestUK Smoothie Bike Cranks up and meet the Pirate Q&A

11:00 - 11:45 - Free Live Cookery Workshop- 5 a Day Rainbow Sushi

12:00 - 12:30 - Free - Live Pancake Tossing Competition (all ages) with Capt JTC

12:30 - 1:00 - Magician

1:00 - 1:30 - Free - Live: Mr Potato Pet Head Teenage Lobotomy with Capt JTC

1:30 - 2:00 - Free - 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

2:00 - 2:45 - Free - Live Cookery Workshop Whole Food Chocolate Carrot Cake Pirate High Protein Cannon Ball snacks with Capt JTC POTCB

3:00 - 3:30 - Free - Science workshop - Battery Farmed Electric Bananas, make your own Lemonade and other sugar free fun and how green is your spit? with Capt. JTC POTCB

3:30 - 4:00 - Magician

4:00 - 4:45 - Last chance of the day to cycle yourself a fresh fruity smoothie (2 for 1 subject to availability) Selfies, Q&A and joke swapping with the Pirate

FACE PAINTING

from 12.00 - 4.00

located near Kids Cookery Classes