

Saturday 13 October

PROVOCATION PANELS

Happy Talk: Debate the big issues behind happiness with our expert panellists. Check out speaker biographies on the website at www.interrogate.org.uk

Why Happiness is Serious Stuff

10am – 11.15am, Barn, [£9/£6]

Dig deeper into the issues with John Crace (Guardian journalist), Andy Gibson (MindApples), Mona Siddiqui (journalist and Edinburgh University) and Mark Williamson (Action for Happiness) – chaired by Professor Philippe Sands QC (Human Rights lawyer).

What Makes us Really Happy?

11.45am – 1pm, Barn, [£9/£6]

Comedian Paddy Cullivan gets blissed out with Jules Evans (philosopher), Vanessa King (Action for Happiness), David Randall (The Independent on Sunday Happy List) and Jonathan Rowson (Royal Society for the Arts).

Can we Learn to be Happy?

2pm – 3.15pm, Barn, [£9/£6]

Are you happy-go-lucky or a grumpy git? Hear our experts' views on whether or not it's possible to learn to be happy. Comedian Anna Freeman chairs Miriam Akhtar (psychologist), Andy Gibson (MindApples), Ed Halliwell (author) and David Sillito (BBC).

What has Faith Got to Do with Happiness?

2pm – 3.15pm, Ship, [£9/£6]

Is it the community people find in faith, the pursuit of spirituality or something about faith itself that makes the difference? Peter Stanford (journalist) chairs a panel that includes: Maurice Glasman (London Citizens), Mona Siddiqui (Edinburgh University) and Mark Williamson (Action for Happiness).

The Creative Buzz?

2pm – 3.15pm, Gatehouse, [£9/£6]

Can art make us happier? Is creativity therapeutic? David Francis (Director of Arts, Dartington) will chair Alex Coulter (Arts & Health), Nitasha Kaul (poet & economist), Geoff Mulgan (NESTA) and John Crace (Guardian).

Your Happiness, my Happiness

4pm – 5.15pm, Barn, [£9/£6]

Are we too selfish to be happy? Comedian Paddy Cullivan gets our panel to consider the elation of altruism: with Tom Andrews (People United), Linda Butcher (Sheila McKechnie Foundation), Maurice Glasman (London Citizens) and David Randall (Independent on Sunday Happy List).



Happy Families

4pm – 5.15pm, Gatehouse, [£9/£6]

From ratty parents, through tired toddlers to stroppy teens, the family is too often a war zone. Comedian, Anna Freeman, brokers a truce, with the help of: Rebecca Alexander (Psychologies magazine), Sarah Brennan (YoungMinds), Suzie Hayman (Agony Aunt) and Peter Stanford (journalist).

We Need to Talk About The Black Dog

6pm – 7.15pm, Gatehouse, [£9/£6]

Mental Health is still a private agony. Campaigners are bringing the issue into the light - but will it bring greater happiness? Comedian Paddy Cullivan will challenge our panel: Miriam Akhtar (psychologist), Sue Baker (Time To Change), John Crace (Guardian journalist), Andy Gibson (MindApples) and Richard Layard (London School of Economics).

WORKSHOPS

Get Happy: Try different ways of getting happy in one of our workshops.

Campaigning

11.30am – 12.30pm, Ship, [£9/£6]

Getting active on issues you feel strongly about can make a difference – to you and to others. Find out how you can make your campaigns zing with seasoned campaigner Linda Butcher (Sheila McKechnie Foundation).

Mindfulness

11.30am – 12.30pm, Gatehouse, [£9/£6]

Ed Halliwell, co-author of The Mindful Manifesto, shows us how Mindfulness changes the way you experience life. Feel calmer and more compassionate in our stressed-out world.

Ten Keys to Happier Living

4pm – 5.15pm, Ship, [£9/£6]

Be amazed by the simple things that make us happy – from random acts of kindness to learning new things. Vanessa King and Mark Williamson from Action for Happiness use serious research to open your door to happiness.

Philosophy Club

6pm – 7pm, Ship, [£9/£6]

Jules Evans is a leading light in a new approach to philosophy – making it relevant and useful to everyone. Come and try it out and debate how today's big ideas are about people, including you!

Children's Workshops

10am – 4pm, Thatched Cottage, [Free]

Take place all day across the weekend. For details see www.interrogate.org.uk

PERFORMANCES

Daniel Bye: The Price of Everything

4pm – 5pm, Studio 1, [£9/£6]

Daniel Bye's whistle stop tour of bizarre facts and impassioned arguments is comic and provocative. This show is a must if you've ever wondered about the difference between the price of an object and its value. And you get a free glass of milk.

Film - Happy Go Lucky

6.15pm – 8.15pm, Barn, [£7.75/£6.50]

Mike Leigh's look at a few chapters in the life of Poppy, a cheery, colourful, North London schoolteacher whose optimism tends to exasperate those around her.

The Baghdaddies

8.30pm – 10pm, Great Hall, [£12/£8]

Hop onto The Baghdaddies' magic carpet for an amazing musical trip traversing every corner of the earth. An anarchic mélange of traditional Balkan and world musical styles forms an infectious sound that will have you jumping around in a frenzy.



The Happy Cabaret

10pm – 11.30pm, Studio 1, [£9/£6]

With special guests and a glittering array of acts, expect the unexpected at this no holds barred explosion of happiness!

Sunday 14 October

PROVOCATION PANELS

The Politics of Happiness

10am – 11.15am, Barn, [£9/£6]

Is happiness a political issue or should our governments leave us to get on with it whilst they fix the important stuff? David Sillito (BBC) will get the panel going: Jules Evans (philosopher), Nitasha Kaul (economist), Richard Layard (LSE) and Chris Snowden (Institute of Economic Affairs)

The Sunday Brunch Good Fortune - Does Economic Growth Bring Happiness?

11.45am – 1.30pm, Great Hall, [£10]

Roll up for music, debate, breakfast and newspapers in our Sunday morning examination of what the economy should give us and what it actually does. Satisfy your mind, heart, head and tummy. With comedians Paddy Cullivan (also musician) and Anna Freeman (also poet) and provocateurs William Lana (Green Fibres), Gerard Lemos (author of China), Marc Stears (political theorist) and Stewart Wallis (New Economics Foundation)

The Happiest Days of our Lives?

2pm – 3.15pm, Great Hall, [£9/£6]

Academic performance defines how we manage and rate our schools but what does our education system contribute to a happier society? Agony Aunt Suzie Hayman will formulate a better definition of a good school with: Sarah Brennan (Young Minds), Steve Jones (educationalist), Antony Seldon (Wellington School) and Liz Zeidler (Happy City Bristol)

Work and Happiness: Strange Bedfellows?

2pm – 3.15pm, Barn, [£9/£6]

Profit and loss, KPIs, strategies and dividends... The best businesses seem to be the happiest yet government and gurus so often push

profitability alone. Comedian, Anna Freeman, will push us out of the box with Vanessa King (Action for Happiness), Rosie MacGregor (trade unionist and singer), Henry Stewart (Happy) and Stewart Wallis/Chris Snowden (bbc).

WORKSHOPS

Early Morning Constitutional

8.30am – 9.30am, Outside, [£4/£3]

Shake off the vapours with an invigorating walk in the inspiring surroundings of the Dartington Hall estate.

Tai Chi

9.15am – 9.45am, Ship, [£4/£3]

Join Tai Chi Nation for a session of this form of moving meditation which gently exercises the whole body.

The Power of Positivity

10am – 11am, Gatehouse, [£4/£3]

Joy, awe, bliss, gratitude, calm... Positive emotions like these supply the feel-good factor to happiness. Miriam Akhtar helps us explore the surprising power of positive emotions and the techniques that promote them.



Songwriting for a Smile

11.30am – 12.45pm, Ship, [£4/£3]

Hugh Nankivell shares his top songwriting tips in this uplifting and interactive session.



Kindness

11.30am – 12.30pm, Gatehouse, [£4/£3]

Tom Andrews (People United) will share the science behind kindness and altruism with a particular focus on how creativity can grow kindness.

Laughter Boot Camp

1pm – 2pm, Gatehouse, [£4/£3]

Join Joe Hoare to learn how to laugh more for your health, wellbeing and happiness. No previous yoga or laughing experience required. Just bring willingness.

Daniel Bye: in a Nutshell

1pm – 2pm, Studio 1, [£4/£3]

Explore theatrical ways of boiling big ideas down to human size, so you can express market economics in a pint of milk, or swallow existential philosophy as easily as a spoonful of sugar in your tea.



Children's Workshops

10am – 4pm, Thatched Cottage, [Free]

Take place all day across the weekend. For details see www.interrogate.org.uk

Does saving money make you happy? Then check out our weekend discounts!

PERFORMANCE

Phrased & Confused

3.30pm – 4.30pm, Studio 2, [£9/£6]

A music and words extravaganza. Beatboxer, vocal sculptor and sound artist Jason Singh, rigorous and playful artist-poet Emma Bennett and writer, performance artist and wannabe pop-star Julian Fox present 3 new works inspired by the theme of happiness.

Film – Happy

5pm – 6pm, Barn, [£7.75/£6.50]

Happy takes us on a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy. Combining real life stories and powerful interviews, Happy explores the secrets behind our most valued emotion.

ARTIST RESIDENCIES

The Arts at Dartington have commissioned a range of exciting artists to respond to the theme of Happiness. Look out for impromptu performances from pop up puppets to delirious dancers across the festival!

Find The Words

Across the festival, writers taking part in a residency led by Spread the Word and Phrased & Confused will add their contribution to the festival. Expect short performances, 'scratch' ideas and provocations.

The Shed Lectures

You're in for a surprise with our very own Schumacher College. Seek out The Shed across the festival and take a peep inside. Be warned – you will be inspired!