

# Welcome to TribeFest 2023

COMPASSION. SUPPORT. EDUCATION. INSPIRATION



Welcome to TribeFest 2023. We are so happy you joined us. Here you will find music stages, a wellbeing zone, a firepit circle, family activities and vendors. The leaflet contains running orders and schedules of the day.

HAVE YOU SPOTTED ANY MAGICAL FAIRIES, DRAGONS OR UNICORNS YET?



Smoking in designated areas only.  
Protect our wildlife, put trash in bins provided or take your trash home.

A special thank you to:



Supported by players of



Awarded funds from





XVII

# MAIN STAGE

12.30-1.30 THE ROCKWORKS TAKEOVER

1.45-2.30 ELFIN BOW

2.30-2.45 NANA FUNK

3.00-3.30 YOUTH TRIBE

3.45-4.15 CIAN AND LOUIS

4.30-5 BABY DAISY

5.15.6 THE COLD HEART REVUE

7-8 ALIEN FEELINGS

8.30-9.45 BLOOD MOON

10-11 KC & THE FOUR



XVII

# ACOUSTIC STAGE

1.30-2.15 SEAN SEERY

2.45-3.15 JAMIE ROBERTS

3.30-3.45 NANA FUNK

4.30-5 REUBEN

5-6 EMMA FOREVER

6.15-6.45 CAPTAIN ANDY



*have you spotted our fairies yet?*





# Wellbeing at the BellTent

1.15pm-1.45pm -Yoga with Dani

1.45pm-2pm - Soundbath with Jo

2pm-4pm - Vision boarding workshop with Laura (*booking and £5 charge required*)

3.45pm-4.15pm -Yoga with Dani

4.15-4.45pm -Nutrition and women's health with Charl

4.45pm-5.15pm - Male mental health and fitness with The Sandpit Crew

5.15 pm-5.30pm -Soundbath with Jo

5.30-6pm - Food and nutrition with Charl

6pm-6.30pm - Male mental health and Fitness with The Sandpit Crew

**All sessions are free  
of charge, unless  
stated otherwise**



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CHEESEY GARLIC PIZZA BREAD	£8
MARGHERITA	£8
PEPPERONI OR HAM	£9
PEPPERONI & JALEPENO	£10
HAM & MUSHROOM	£10
HAM & PINEAPPLE	£10
CARAMELISED RED ONION, MUSHROOM, & ROASTED PEPPER	£10
PIRI-PIRI CHICKEN & ROASTED PEPPER	£11
GOATS CHEESE, ROASTED PEPPER, & CARAMELISED ONION	£11
SPICY NDUJA, PEPPERONI & ITALIAN SAUSAGE	£11

VEGAN CHEESE OPTION AVAILABLE

# FULLY LOADED GRILL

## BURGERS

CHEESEBURGER £7.50

(SMASH PATTY, CHEESE, BURGER SAUCE AND SALAD IN A BRIOCHE BUN.)

DOUBLE CHEESEBURGER £9.50

(2 SMASH PATTIES, CHEESE, BURGER SAUCE AND SALAD IN A BRIOCHE BUN.)

SPICY BURGER £10.50

(2 SMASH PATTIES, CHEESE, JALAPENOS, ONIONS, BURGER SAUCE, SRIRACHA MAYO IN A BRIOCHE BUN.)

BRIE MELT BURGER £11.50

(2 SMASH PATTIES, MELTED BRIE, BURGER SAUCE, AND CARAMELISED ONION CHUTNEY IN A BRIOCHE BUN.)

PHILLY CHEESESTEAK BURGER £12.50

(2 SMASH PATTIES, CHEESE, RIBEYE STEAK, PEPPERS, ONIONS AND BURGER SAUCE IN A BRIOCHE BUN.)

FALAFEL BURGER (v) £7.50

(FALAFEL PATTY, HUMMUS, SWEET CHILLI SAUCE AND SALAD IN A SEEDED BUN.)

## LOADED FRIES AND SIDES

CHEESEBURGER FRIES £6.00

(SKIN ON FRIES TOPPED WITH SMASH BEEF BURGER MEAT, AMERICAN CHEESE, BURGER SAUCE AND BBQ SAUCE.)

BACON AND PARMESAN FRIES £6.00

(SKIN ON FRIES TOPPED WITH GARLIC MAYO, SRIRACHA SAUCE, PARMESAN CHEESE AND CRISPY BACON BITS.)

HOTDOG FRIES £6.00

(SKIN ON FRIES TOPPED WITH HOTDOG SLICES, TOMATO KETCHUP, AMERICAN MUSTARD AND CRISPY ONIONS.)

SKIN ON FRIES £2.00

COLD DRINKS £1.20

(GLUTEN FREE BUNS AVAILABLE)





# TRIBE FEST BAR MENU

## BEER AND CIDER

WREXHAM LAGER  
LOCAL ALE  
LOCAL MEDIUM CIDER  
GUINNESS

## WINE & BUBBLES

PROSECCO  
RED WINE  
WHITE WINE

## SPIRITS

GIN  
LOCAL RHUBARB AND GINGER GIN

## LOW AND NO ALCOHOL

HEINEKEN 0%  
FREIXENET 0% (FIZZ)

## SOFT DRINKS

J2O  
SQUASH - ORANGE / BLACK  
COKE / DIET COKE  
LEMONADE  
TONIC  
STILL / SPARKLING WATER



COMPASSION. SUPPORT. EDUCATION. INSPIRATION



# Art & Soul Tribe

*New Projects!*

## ABOUT

WELCOME TO THE TRIBE!  
WE SPECIALISE IN REBUILDING OUR COMMUNITY, AND CREATING SPACE FOR IMPROVING MENTAL HEALTH & FINDING INSPIRATION AND PURPOSE.

WE EMBRACE DIVERSITY AND DIFFERENCE AND WANT TO SEE EVERYONE SHINE!

## HERES' HOW YOU CAN GET INVOLVED:



### LOCAL DADS & LADS

SPACE FOR DADS & LADS OF ALL BACKGROUNDS, SHAPES AND SIZES - MUSIC/JAMMING, WOOD CARVING, COOKING & CREATING:

*Here's the twist - you don't need to be a father and son combo. Some dads need time for themselves, and some sons need support they can't get anywhere else* ❤️



### TRIBE WAYS TO WELLBEING: OUR STORIES

OUR NEW CREATIVE PROJECT TO HELP YOU FIND YOUR PATH, SHARE YOUR STORY AND HAVE YOUR VOICE HEARD.

*Working with trauma recovery strategies, peer mentor development and the creation of a short film* ❤️

## VIBE TRIBE & GETTING CRAFTY

- • COMMUNITY CHOIR
- JAMMING & MUSIC
- MOVEMENT & DANCE
- COMEDY & IMPROV
- CRAFTIVISM
- QUIZ/BINGO
- BOOK CLUB
- TEA & TOAST SOCIALS
- CRAFTERNOON TEAS
- WEEKLY SESSIONS

## SOUL SCHOOL: FAMILY MEMBERSHIP

- • 24/7 ONLINE ACCESS
- LEARNING SPACE
- CREATIVE TOOLS
- SKILLS SHARING
- TUTORIALS
- SIGNPOSTING
- ONLINE RESOURCES
- SUPPORT FREE ACCESS TO ALL IN PERSON SESSIONS



## YOUTH TRIBE

- • SAFE SPACE TO EXPLORE ISSUES AND EXPERIENCES
- CREATIVE SKILLS BUILDING
- SOCIAL CONNECTIONS
- CHILDRENS UNIVERSITY
- ARTS AWARD
- ALTERNATIVE PROM
- MUSIC
- ART
- COOKING
- MAKING MEMORIES

(spaces now available: age 10-14yrs)

DON'T MISS OUT! BECOME A MEMBER TODAY! 🌐 [WWW.ARTANDSOULTRIBE.CO.UK](http://WWW.ARTANDSOULTRIBE.CO.UK) 📍 SHOTTON, DEESIDE

Come see us  
again!

# TRIBEFEST 2024

21ST-22ND SEPTEMBER 2024

Discount code:

tribe2023

Valid until 10.10.23



# YOUR VOICE MATTERS



## HAVE YOUR SAY!

Are you aged 11-24?

Are you passionate about youth mental health and well-being?

This is your chance to influence the Meddwl Ymlaen- Mind Our Future project's direction for the next 4 years!

### HOW TO GET INVOLVED:

- Email Us: [Karlos@theventure.wales](mailto:Karlos@theventure.wales)
- Text Us/ Whatsapp / Leave us a Voicemail: [07789 724133](tel:07789724133)
- Send us a Facebook Message or Video
- Write to Us: [The Venture, Wrexham, LL13 8SF](#)
- Come Have a Brew - Visit our office between 10am-3pm, Monday to Friday

### TOPICS WE'RE COVERING:

- Effectiveness of Current Youth Mental Health Services
- Training Needs for Parents & Carers
- Utilising Technology for Mental Health
- Better access to information for youth mental health

### WHY SHOULD YOU JOIN IN?

- **Open Dialogues** - Share your thoughts freely and confidentially.
- **Collaborative Decision-making** - Be a part of the process that shapes the project's future.
- **Community Impact** - Your voice can bring positive change to young people's lives in North East Wales.

**DEADLINE FOR RESPONSES: 9TH NOVEMBER 2023**



**WHAT IF  
I FALL?**

**OH, BUT MY  
DARLING  
WHAT IF  
YOU FLY?**



DO  
Amazing  
THINGS



ART AND SOUL TRIBE CIC  
**COMMUNITY  
CHOIR**



*all ages  
all levels*

**THURSDAYS 2PM-4PM  
RIVERTOWN CHURCH,  
SHOTTON**

**All you need  
to bring is your  
singing voice!**

**FREE SESSIONS**



Cyngor Celfyddydau Cymru  
Arts Council of Wales



Llywodraeth Cymru  
Welsh Government



Yn dyfarnu arian / Awarding funds from  
**Y LOTERI GENEDLAETHOL  
THE NATIONAL LOTTERY®**

# Thank you!



A SPECIAL THANK YOU TO OUR HOSTS, KARL AND VANESSA. FOR THEIR HARD WORK, PATIENCE AND GUIDANCE.



THANK YOU TO OUR PROJECT PARTNERS, THE ROCKWORKS ACADEMY. WHO SUPPORT US EACH WEEK AND HELPED MAKE ALL THIS HAPPEN



THANK YOU TO OUR SPONSORS FUNKY LIGHTING SOUND FOR SUPPORTING US AND MAKING US LOOK AMAZING.

AND THANK YOU TO OUR FUNDERS FOR SUPPORTING OUR PROJECTS IN THE COMMUNITY

