



**3-4 JUNE**

**WESTENHANGER CASTLE, KENT**

# ZEST FEST 2023

**EVENT PROGRAMME**



**OTTERPOOL PARK**  
COUNTRYSIDE • CONNECTED • CREATIVE



# ZEST FEST 2023

**3-4 JUNE**

**Zest Fest is an exhilarating new festival  
coming to Westenhanger Castle near  
Hythe this summer!**

Taking place over two days, the weekend will be packed with captivating performances, fun workshops and exciting activities for all the family that will leave you feeling happy, healthy and inspired!

**Zest Fest is all about creativity, wellbeing  
and celebrating the human body by showcasing  
the many wonderful things it can do.**



## THE OTTERPOOL PARK GALLOP

This event is separate to Zest Fest and requires its own ticket.

Enter online at [www.nice-work.org.uk](http://www.nice-work.org.uk)

Otterpool Park Gallop is a new running event that provides a fantastic and rare opportunity to run the former Folkestone Racecourse site while taking in the wonderful views of Westenhanger Castle at Westenhanger near Hythe.

With options for a one-mile family fun run, 5k and 10k, this traffic-free, fairly flat, cross-country course will take you across made up paths, grasslands and fields.

**Something for everyone  
– trot, canter or gallop!**

### Family Fun Run 10am

Perfect for families, simply one loop of the racecourse track which is just over a mile.

(Unfortunately the route is not suitable for running buggies.)

- + T-shirt Provided
- + Bespoke medal
- + Trophies for leading runners in all distances

### Otterpool Park Gallop 5k & 10k 10:30am

One lap of the old racecourse track, then head up 'the straight' across the field to join the footpath that runs to the south of the high-speed rail track behind the beautiful Westenhanger Castle, follow the route back for one more loop of the racecourse track, before heading to the finish line to collect your medal.

5k is one circuit while 10k will be twice around the course.

# ALL DAY ACTIVITIES

You will need to book yourself onto a time slot on arrival to Zest Fest as places are limited.



## Manor House Treatments

During both days of Zest Fest there will be a range of treatments to sample in the Manor House.

### Reflexology

Give yourself happy feet and feel the power of reflexology which provides many health benefits from reducing tension, boosting energy levels and brain activity.

### Western Massage

Targeting various parts of the body to loosen muscles and promote overall relaxation and healing Western Massage looks to treat the muscles and connective tissues, soothing sore muscles and helping to improve circulation.

### Ayurvedic Massage

Ayurvedic practice of abhyanga, or oil massage, provides released muscle tension, lymphatic drainage, and more nourished skin from head to toe. Different to other massages due to its focus on the skin, rather than just the underlying muscles.

## Craft Tent All ages / Sat 11am - 3.30pm / Sun 10am - 3.30pm

Strange Cargo will be running the arts and craft tent that is set to engage children and families in making lots of fun activities that will encourage play and nurture fertile imaginations.



Learn how to make an old fashioned French skipping game from elastic bands, sing a new skipping song, play hop scotch, don your horse headband and swish around the castle grounds, make a skipping rope to fit your exact measurements. You can also have fun in making wild and wacky hats that will make you smile and provide those fun photo opportunities!

Our craft weekend will build confidence in using tools and lots of different craft materials from wood to wool, and paper to hammer and nails. There will be so much to do and plenty of time to play with the things made at our workshop.

Festival goers will also get the chance to meet the new Otterpool Hooden Horse and to make lovely things that will mean you can swish, swoop and clip-clop across the whole weekend.



## Sunken Garden All ages / Sat 11am - 4pm / Sun 9am - 4pm

Led by the skilled Simia Circus team the fun circus skills workshop will be available all day, offering a range of exciting ground workshops focused on juggling, spinning, balancing for all day play that will help children develop confidence, coordination and balance while having all the fun of the circus.



## Funtastic Faces All ages / Sat 11am - 5pm

Professional face painter and special effects make-up artist Leonie will be joining the party on Saturday so you little ones can roar, sparkle or jest their way through Zest Fest.

# WHAT'S ON

See full programme with times and locations on pages 9 - 11



## Bubble Wizard

Meet Ecuador Zaha, also known as the Bubble Wizard! This giant bubble act creates such a wonderful display for both little and big people and being so photogenic they are simply insta-gram-a-bubble!

Bubble Inc are famed for creating the biggest and most dramatic bubble effects such as people inside bubbles, giant bubbles, clouds of billions of bubbles and bubbles inside bubbles! They've actually broken the Guinness World Record for the World's Largest Bubble!

It's guaranteed to be bubble-tastic!

## Randolph Matthews

A unique blend of vocal sung contemporary classics and soulful house music. Folkestone based Vocalist/Producer Randolph Matthews performance described by Blues and Soul magazine as "Uniquely Original" spans over two decades which has brought him international recognition and followers everywhere.

Using a loop sampler technology and his voice he creates and takes audiences on a journey of original bespoke music classic songs with soulful electronic beats and inspiration.

Events residencies and nights include - Sexy fish Mayfair, Glastonbury, O2 Arena, Buckingham Palace, BBC Hackney Weekender, Trade - Berlin, North Sea Jazz Festival



## DJ Technical Finger

Tim Smith, aka DJ Technical Finger, is a seasoned music producer and DJ with over 20 years of experience in the industry. He has graced the decks at many renowned clubs and has released music on various labels. Known for his ability to move the crowd, DJ Technical Finger's performances are not to be missed. So, put on your dancing shoes and get ready to experience the magic of his music first-hand!

## Drum meditation with Shalke

A meditation led with a drum, we will start with a practice that will shift the vibration by opening up all the senses and imagination and really connect you to the landscape that surrounds us and becoming present to ourselves and our surroundings. Being rather than doing! We will undertake a meditation practise to cleanse, clear and empower us to be in our strength, feeling grounded and present!

## Running Workshop

**Suitable for 16+ Don't forget your trainers!**

Each session would consist of a short lesson on running fundamentals and correct biomechanics. Followed by how to breath whilst running, incorporating yoga pranayama techniques. Then practice with a couple of short runs using the outside space. Finally, learn some yoga asanas that can be used post run to stretch and avoid muscle stiffness and soreness.

## Simia Circus

### Flying Trapeze show

A breath-taking display of aerial acrobatics and equilibristic skill! Help our pirate captain choose her fearless crew and join them on their adventures to new lands. We'll explore jungle islands and underwater cities, before a ferocious battle to save the ship from a rival pirate tribe!

### Fire display

Be mesmerised by the beauty of the flames as fire dancers entertain you with weaves and spins.

### Flying trapeze workshops

Calling all adrenaline seekers and masters of fears! You'll find new freedoms as you fly through the air on the most famous of all circus apparatus.

### Aerial hoop workshops

Spin and roll gracefully through the air in our aerial hoop workshops. You'll discover tricks and poses to celebrate the extraordinary strength and flexibility of the human body - no matter what your level of fitness may be!

### Aerial yoga workshops

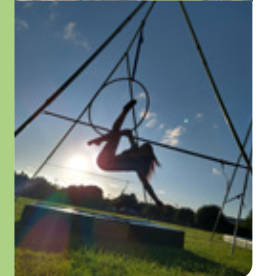
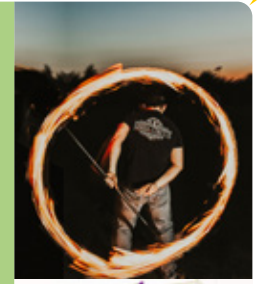
Experience freedom of movement for all ages and abilities in our aerial yoga workshops. Be supported in the fabric as you explore weightlessness and maybe even turn yourself upside down!

### Juggling Area

Test your coordination and balance in our circus juggling area, with a whole range of exciting juggling and manipulation equipment for you to explore!

### Evening Fire Entertainment

A little extra sparkle for those staying overnight, as our fire dancers accent your evening meal with ambient displays.



## Folkestone's Busking Out

Zest Fest have teamed up with Folkestone Music to help showcase musical talent.

Folkestone Music Town was awarded the official status of becoming "The World's First Music Town" in 2019. Music in May Festival is a month long festival celebrating and commemorating the musical richness of the area. One of the 150 events / projects included the "Folkestone's Busking Out Project" it was created to give musicians and artists a platform to showcase their talents and get a helping hand in getting heard and they will be taking to the stage at Zest Fest!

## India Terry - Harpist

India Blue is a contemporary folk singer-songwriter performing what she defines as 'Faerie folk' accompanied by her Celtic harp Silmari. Hailing from the Southeast of England she established herself as a live performer playing small eco and hippie festivals from 2015. This sound still resonates throughout her ethereal songs, drawing influence from nature and spirituality.

## Creative Writing with Kerry

Unleash Your Wild Imagination: a writing workshop for kids & parents too! Come and join the fun & get playing on the page! Experienced writer Kerry Ryan will guide you on a wild writing adventure and parents get to join in too! Don't worry parents! There's no pressure to share your writing or read aloud! We're going to explore different worlds and enjoy an amazing adventure of discovery!

Dr Kerry Ryan has taught creative writing for over ten years and has won awards for her fiction and poetry. Her creative writing courses are taught all over the world.



### Sound Bath with Andre & Sasha

A Sound Bath is an immersive one-hour experience where you're guided on a journey with gongs, monochord, singing bowls, harmonic voice and other instruments. It is often a very effective tool to enter a deeply relaxing, meditative state that can have a positive impact on mental and physical health. Bring a mat and blanket. Brought to you by Sound Emergence

### Story Telling with Emily

Emily has been telling stories since she was very small. She grew up believing there were fairies in the forest, selkies in the sea and banshees at the bainis. As the child of Irish parents, she has a rich background in folk tales, myths, ballads and poems, and a fascination with the ancient art of oral storytelling. We are delighted to welcome Emily back to Westenhanger Castle to captivate audiences with her magical tales.

### Ecstatic Dance with Andre & Sasha

Ecstatic Dance is a type of free-form dancing inviting people to connect through music and movement. Join us for daytime dancing with a live DJ set, a short opening and closing circle led by a Ceremony Leader and an opportunity for you (and the kids) to dance like no one is watching. Brought to you by Ecstatic Dance Folkestone.

### Ni Une Ni Deux

All the way from Toulouse, Maud and Nadege will be bringing acrobat gymnastics to Westenhanger Castle performing their show that embraces imperfections and encourages us to think how to observe them without judging them and deal with their differences in a standardized universe? It is a moment of questioning about what we show to others; how do we look at ourselves from the inside and how others perceive us. How, together, can we transform our bodies, feel them and help each other to surpass ourselves, together? It is through acrobatic lifts that they have chosen to address these questions. The choice of a female artistic team is not left to chance, it highlights convictions and our particular attention to gender stereotypes and a need for benevolence. Let's be authentic, let's be proud of ourselves, let's be kind!

### Family Rave with Alex

Family Rave is a freeform movement experience, facilitated and DJ'd by Alex Hanly. It's a place where families of all ages and walks of life can come together to be, play and connect.

Step out of the relentlessness of parenting and savour the vibrancy, play and potentiality of the open dance floor. Let your wild spontaneous fun-loving self be free! Express yourselves through movement together. Let the music sing your soul out of hiding and sweat to the beat in the ecstatic joy of dancing together!

### Kate Bradley and Dave Ferra

Dave Ferra and Katie Bradley are two performers who are always ready to create a magical atmosphere with their top-class blues band. Kent singer-songwriter Katie Bradley came into the spotlight with her 2012 iTunes Blues hit "I hear the river" which received a nomination for Best original song in the British Blues Awards, which came from her debut album "She's Ready". Dave was a UK Blues Awards nominee in the Acoustic Blues category in 2018 and 2020. He is a regular performer at London's iconic Ain't Nothin but the Blues Bar and has performed at Blues clubs and festivals throughout the UK and in Northern Europe. He sings blues, spirituals and ragtime, both traditional and original, accompanying himself on guitar, slide and rack harmonica.

### Hula Hoop Jam

Suitable for 6+ to adult

Learn how to waist hoop and three ways to save the hoop from falling. Be guided through a routine to music by Leigh and learn some hula tricks along the way! Get those hula hips at the ready.

### Ashford Concert Band

Ashford Concert Band are a local community band for adults. Celebrating their 20th Anniversary this year they now have over 35 members and enjoy making music and raising funds for local charities. With an extensive repertoire ranging from music from shows and films to more traditional wind band classics, they perform regularly in and around the Ashford area and throughout Kent, with an established Christmas concert which has raised thousands of pounds for charity. Visit their website [www.ashfordconcertband.co.uk](http://www.ashfordconcertband.co.uk) for more information.

### Breathwork with Alex

Explore yogic breathing with senior accredited yoga teacher and movement medicine practitioner Alex Hanly. The session will begin with a few simple movements to prepare the body to sit and lie comfortably. Then we will notice how the body is breathing naturally, then we will gradually deepen and expand the breath and our awareness of it. Yogic breathing exercises, calm the body, still the mind and increase diaphragmatic strength and oxygen intake. They can be practiced safely and at your own pace within the group setting.

### Showtime Choir

It's Showtime! Taking you on an epic journey through Musical Theatre, Disney, Animation, and Musical Film, the Showtime Choir is for all musical lovers. Led by Alex McNeice this show will be a joy to behold! Full of energy, fun, and sheer enthusiasm for the world of musicals, for you to simply jump in and enjoy!



### Sophia Syndicate

Sophia Syndicate are a vibrant and emerging musical group that has been making waves in the UK's festival and music scenes. The band, consisting of five members, is headquartered at Seaview Studio in Folkestone and is led by the talented singer-songwriter Sophia Stutchbury.

Their music is a delightful blend of diverse genres and influences, infused with an infectious energy that will get you grooving.

Their achievements include being featured on prominent platforms such as BBC Radio 1, Channel 4, BBC 1extra, and BBC Introducing, as well as charting in the top 10 of Music Week, Beatport, and Scottish Global. Moreover, their music has been played on over 100 different international radio stations, cementing their status as a rising musical force.

### Cycling UK

Join Cycling UK for a leisurely bike ride leaving beautiful Westenhanger Castle at 10am. The ride will be at a very gentle pace and keeping to quiet lanes where possible but riders must have basic bike handling skills and be capable of cycling on the road. The route will take approximately 45 minutes – 1 hour with rest stops where needed.

#### Important Notes

All participants will need to bring a roadworthy cycle

We encourage the wearing of cycle helmets but you are responsible for your own safety (including any accompanied children) so it is not compulsory.

No special cycle clothing required but we recommend wearing weather appropriate layers and no baggy trousers or open-toed shoes.

Any child under the age of 16 years must be accompanied by an adult on a 1:2:1 basis and remains their sole responsibility.

Please let the event organiser know if you will be coming on a tricycle, adapted or non-standard cycle or pulling a trailer / tagalong. We welcome all wheels but need to plan ahead as some routes may not be suitable.

**This event is FREE but pre-booking is required and numbers are strictly limited.**

**If you have any questions about the ride please contact the Ride Leader Sarah Cheadle,**

[sarah.cheadle@cyclinguk.org](mailto:sarah.cheadle@cyclinguk.org)  
07825 715654

## Programme

# SATURDAY JUNE 3

11:00	★ Music Stage
	India Blue Harpist
11:15	☾ Gather Tent
	Welcome to Yoga
11:15	🌊 Meet at the Boat
	Running Workshop with Peter
11:30	✿ Castle Lawn
	Bubble Wizard Show
12:00	☾ Gather Tent
	Hula Hoop Jam with Laigh
12:15	🍷 Craft Tent
	Hooden Horse Workshop
12:15	🌊 Meet at the Boat
	Mindful Walk with India
12:30	✿ Castle Lawn
	Aerial Yoga with Simia Circus
12:30	🍷 Words Tent
	Storytelling with Emily
13:00	➤ Connect Tent
	Ecstatic Dance with Andre & Sasha
13:15	☾ Gather Tent
	Voice & Body Confidence with Randolph Matthews
13:30	✿ Castle Lawn
	Ni Une Ni Deux (French Acrobats)

13:30	🌊 Meet at the Boat
	Running Workshop with Peter
14:00	➤ Connect Tent
	Drum meditation with Shalke
14:30	✿ Castle Lawn
	Simia's Sailing Circus Show
15:00	☾ Gather Tent
	Adult Yoga with Renata
15:30	✿ Castle Lawn
	Bubble Wizard Show
14:45	🍷 Words Tent
	The Joy of Nature with Kerry (Creative Writing)
16:00	☾ Gather Tent
	Family Yoga with India
16:15	🏡 Manor House
	Breathwork with Alex
16:15	✿ Castle Lawn
	Flying Trapeze Workshop with Simia Circus
16:15	➤ Connect Tent
	Sound Bath with Andre & Sasha
16:30	★ Music Stage
	Bubble Wizard Show
16:45	🌊 Meet at the Boat
	Running Workshop with Peter
17:00	🍷 Words Tent
	Storytelling with Emily
17:15	☾ Gather Tent
	Tai Chi with Kelly
17:30	★ Music Stage
	Folkestone's Busking Out

17:45 ➤ Connect Tent  
Family Rave with Alex

18:15 ✿ Castle Lawn  
Fire Spinning Show with Simia Circus

18:30 ☾ Gather Tent  
Hula Hoop Jam with Laigh

18:45 ✿ Castle Lawn  
Fire Spinning Workshop with Simia Circus 18+

18:45 ★ Music Stage  
Randolph Matthews

19:00 🌊 Meet at the Boat  
Running Workshop with Peter

20:00 🌊 Meet at the Boat  
Sunset Mindful Walk with India

20:30 ★ Music Stage  
Sophia Syndicate

21:00 ✿ Castle Lawn  
Aerial Hoop Workshop

21:00 ☾ Outside Gather Tent  
Sunset Ambient Fire Dance

22:15 ★ Music Stage  
DJ Technical Finger

# SUNDAY JUNE 4

7:00 ☾ Gather Tent  
Adult Yoga with India

8:15 ✿ Castle Lawn  
Aerial Yoga with Simia Circus

8:15 ☾ Gather Tent  
Tai Chi with Kelly

8:15 ➤ Connect Tent  
Sound Bath with Andre & Sasha

8:15 🌊 Meet at the Boat  
Mindful Walk with India

9:00 🍷 Words Tent  
Storytelling with Emily

9:15 ☾ Gather Tent  
Hula Hoop Jam with Laigh

9:15 ✿ Castle Lawn  
Aerial Silks with Simia Circus

10:00  
Led Bike Ride with Cycling UK

10:00 🏇 Racecourse  
Otterpool Park Gallop  
Family Fun Run\*

10:15 ✿ Castle Lawn  
Flying Trapeze Show with Simia Circus

10:15 ➤ Connect Tent  
Ecstatic Dance with Andre & Sasha

10:30 🏇 Racecourse  
Otterpool Park Gallop  
5K & 10K Run\*

11:00 🌿 Castle Lawn  
Flying Trapeze Workshop

11:00 🌙 Gather Tent  
Family Yoga

11:00 ★ Music Stage  
Kate Bradley & Dave Ferra

11:15 📖 Words Tent  
The Joy of Nature: Creative Writing

11:15 🌙 Connect Tent  
Drum Meditation

12:00 ★ Music Stage  
Showtime Choir

12:00 🌙 Gather Tent  
Adult Yoga

12:30 Meet at the Main Gate  
Led Bike Ride

13:00 ★ Music Stage  
Ashford Concert Band

13:15 🌿 Castle Lawn  
Ni Une Ni Deux

13:15 🌙 Connect Tent  
Tai Chi with Kelly

14:00 📖 Words Tent  
Storytelling with Emily

14:00 ★ Music Stage  
Sophia Stutchbury

14:15 📖 Manor House  
Breathwork – Alex Hanly

14:15 🌿 Castle Lawn  
Aerial Hoop Workshop

14:30 🌙 Gather Tent  
Hula Hoop Jam

14:45 🌿 Castle Lawn  
Fire Spinning Show

15:00 ★ Music Stage  
Folkestone's Busking Out Winner

15:00 🌙 Connect Tent  
Yoga Nidra Soundbath

# EVENT INFO

## TICKET PRICES

### Saturday

Single Adult Ticket Saturday £25

Single Child Ticket Saturday  
(Age to 14) £14

Family Ticket Saturday £60

### Sunday

Single Adult Ticket Sunday £22

Single Child Ticket Sunday (Age to 14) £12

Family Ticket Sunday £50

### Weekend

Adult Weekend Ticket £35

Child Weekend Ticket £25

Weekend Family Ticket £70

### Camping

Adult Weekend Camping Ticket £40

Child Weekend Camping Ticket £30

Weekend Camping Family Ticket £100



Scan to buy  
tickets!

## TRAVEL

### By Train to Westenhanger Station

There is a national train strike  
in place on Saturday 3rd June.

For train travel on  
Sunday 4th June, the train  
from both Folkestone and  
Ashford Stations takes  
around 10 minutes.

For Sunday train times  
please visit:

[www.southeasternrailway.co.uk](http://www.southeasternrailway.co.uk)

### By Bus to Newingreen

Take the Number 10 bus from  
either Folkestone or Ashford  
to Newingreen (adj to Holiday  
Extras)

For the bus timetable  
please visit:

[www.stagecoachbus.com/routes/  
south-east/10/folkestone-ashford](http://www.stagecoachbus.com/routes/south-east/10/folkestone-ashford)

### Car Parking

There is ample parking  
available at Zest Fest.

Follow the SatNav to  
Westenhanger Castle CT21 4HZ

Right Guard Security will be  
on hand to park vehicles in the  
first field with a short 5minute  
walk to the castle

Blue Badge parking is  
available directly adjacent to  
the Castle.

## CAMPING (Saturday 3rd June)

Camping set up is available from 9am and is for  
tents only (no motorhomes or campervans).

Cars will not be permitted beyond the car park  
area after 11am and camping equipment would  
therefore need to be carried to the campsite.

All campers to have vacated the site by 5pm on  
Sunday.

Please ensure you leave the site clean and tidy

### Facilities:

- ✓ Fresh Water Tap
- ✓ Toilets
- ⊘ No Showers Available
- ⊘ No Campfires
- ⊘ No Glass Allowed

Please note: The East Stour runs to the north-west of  
the camping area and while just a small river, it should  
be noted for campers with children.



  
**OTTERPOOL PARK**  
COUNTRYSIDE • CONNECTED • CREATIVE

EXPLOREKENT.ORG

**we are  
cycling  
UK**

## EVENT MAP WESTENHANGER CASTLE



- |                 |                |                  |
|-----------------|----------------|------------------|
| 1 MANOR HOUSE   | 6 BOAT         | 11 CAMPSITE      |
| 2 CASTLE LAWN   | 7 FOOD VILLAGE | WC TOILETS       |
| 3 SUNKEN GARDEN | 8 GATHER TENT  | PARKING          |
| 4 CRAFT TENT    | 9 CONNECT TENT | DISABLED PARKING |
| 5 MUSIC STAGE   | 10 WORDS TENT  | TRAIN STATION    |



ENTRANCE

STONE ST.



# OTTERPOOL PARK

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## Supported by Otterpool Park Garden Town and Sponsors

The festival is being organised and supported by Otterpool Park, a new garden town that will be created in the land around Westenhanger Castle over the next 30 years.

We would like to gratefully acknowledge the support and sponsorship given by the following organisations:



SCAN ME

Find out more about Otterpool Park

[www.otterpoolpark.org](http://www.otterpoolpark.org)

