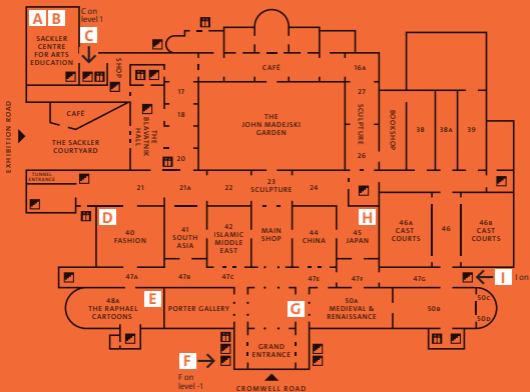


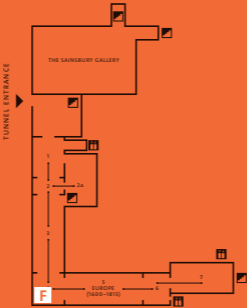
A woman with long hair, eyes closed, wearing a white, flowing, multi-layered dress. She is standing in a misty, green-tinted environment. The image is overlaid with large, bold, orange graphic elements: the text 'V&A FRIDAY' at the top and a series of thick, parallel diagonal lines that create a sense of movement and depth across the lower half of the image.

V&A
FRIDAY

Level 0



Level -1



I HOPE THIS FINDS YOU WELL

Friday 26 November 2021

18.30 – 22.00

As #selfcare dominates our feeds with images of candles and green juices, this Friday Late we consider wellness. Join a talk to consider who is afforded the right to rest, and experience artworks that deconstruct the trillion-dollar wellness industry. See performances inspired by ritual and renewal, and interact with an installation exploring disability, chronic illness and bedrest. Take part in a workshop on interconnection and healing, as we reach beyond the hashtag to consider the political, social and creative potential of care.

Entry to Friday Late is included when you book a free, timed

ticket to the museum. Some tickets will be available on the door, but at busy times you may need to wait. If the V&A reaches capacity we will allow access on a one-in, one-out basis. Galleries on the upper floors of the museum are closed during Friday Late.

Please wear a face covering inside the V&A unless you have a specific exemption and if you or anyone you live with has COVID-19 symptoms please stay at home. All events are free, and places are designated on a first-come, first-serve basis, unless stated otherwise. Filming and photography will take place at this event. If you have any access requirements, please let us know in advance by emailing disability@vam.ac.uk.

#FridayLate

Events

A Holding Space with YSM8

B Fungi Futures

C Rest: Kieran Yates in conversation with Meneesha Kellay

D Oodening

E Ekin Bernay: Atlas

F The Nightstand Collective

G Aisha Mirza

H Aphorisms on Self-Care

I Tropic Resource Body Wellnes

A

Holding Space with YSM8

*Art Studio, Sackler Centre for
arts education*

19.00

Please note this workshop has a limited capacity. Sign up from 18.30

Join embodiment practitioner and founder of YSM8, Poonam Dhuffer, for a wellbeing workshop to help you reconnect to your whole self and to your community. Explore the topics of belonging, holism and community care. Poonam will guide you to engage in embodiment practices, journaling exercises, self-compassion meditation and share your feelings in a collective discussion.

@_ysm8
ysm8.co.uk

B

Fungi Futures

*Lunchroom 1, Sackler Centre for
arts education,*

18.45, 19.45, 20.45

Please note these workshops have a limited capacity. Sign up from 18.30

Researcher, community gardener, herbalist and forager Maymana Arefin shares a gentle introduction to the threads connecting fungi and social justice. In this creative workshop, find out what mycorrhizal fungi can teach us about mutual aid networks, and cut and paste your fungi-inspired visions of care. This workshop is presented in collaboration with Misery, a mental health community and sober club night for queer/trans people of colour.

@fungi.futures

@miseryparty



Rest: Kieran Yates in conversation with Meneesha Kellay

*Hochhauser Auditorium, Level 1,
Sackler Centre for arts education*
19.30

Join journalist and broadcaster Kieran Yates and the V&A's contemporary programme curator Meneesha Kellay for a discussion on the ethnic sleep gap and the power and politics of respite. How can we reclaim rest within today's hustle culture and how can we harness the radical potential of relaxation?

@kieran_yates

@mishkk

D

Oodening

Fashion, Room 40

Oodening is a folk ceremony practiced in Kent between the Celtic New Year (Hallowe'en) and the return of light (the Winter Solstice). In this live installation, artists and designers Robert George Sanders and Harry Evans reimagine the frivolity and frolic of the traditional procession, which would historically carry the community through the hardest, most dangerous time of the year. Join the Oodening beasts as they show their respect to darkness, and celebrate its profound power to inspire meditation and reflection. With thanks to The Sarabande Foundation: founded by Lee Alexander McQueen.

@robertgeorgesanders

@harryharrye



Ekin Bernay: Atlas

The Raphael Cartoons, Room 48a

19.30, 21.00

Please note there is no late admittance to this performance

Performance artist and dance and movement psychotherapist Ekin Bernay considers the physical and emotional weight that we carry with us. Inspired by the legend of Atlas, the mythological Greek Titan who was condemned to carry the skies on his shoulders, and the topmost vertebra to which he gives his name, Bernay deconstructs the human body in the hope of getting closer to her essence. This performance is realised in collaboration with Performistanbul.

@ekinbernay

@performistanbul

ekinbernay.com

performistanbul.org

F

The Nightstand Collective

Europe 1600–1815 Galleries

The Salon, Room 4

Explore the intimacy of the bedroom nightstand with London-based disability platform Able Zine and The Nightstand Collective; an archive created by filmmaker, storyteller and social scientist, Emma Jones. Through installation and auditory experience, consider the significance of the bedside nightstand as a viewfinder into the lived and intimate experience of chronic and long term illness.

@ablezine

ablezine.com

thegeographyofillness.com

G

Aisha Mirza

Cromwell Road, Grand Entrance

Aisha Mirza is a DJ, writer and creator of Misery, a mental health community and sober club night for queer/trans people of colour. Join them as they fuse global edits – bollywood samples, afrobeats, dancehall, baile funk, field recordings, diary entries and those pop songs you didn't know you knew the words to – to provide the ultimate community care soundtrack.

@uglyinahotway

@miseryparty



Aphorisms on Self-Care

Japan, Room 45

The Toshiba Gallery

'Aphorisms on Self-Care' is a series of reflections on the revolutionary potential of self-care, as Audre Lorde conceived it, and how to reclaim the concept from marketing companies and others who have sought to deradicalise it. This digital presentation uses a series of photographs taken by the filmmaker, Juliet Jacques, in the UK and elsewhere, to illustrate the text, sometimes complementing her words and sometimes contradicting them. Juliet Jacques is a writer and filmmaker based in London.

julietjacques.com



Tropic Resource Body Wellness

*Medieval & Renaissance,
Room 64b*

The Simon Sainsbury Gallery

Artist Amanda Soon Yue Ling presents a satire of the wellness experience in a film installation that explores our commodified well-being, in contrast to the physical labour and destruction of our natural resources that is integral to the wellness industry's manufacturing and trade. Inspired by the sale of "natural cures" for the industrialised human body, the piece reflects how this industry is characterised by profit motives and the search for the utopic being beneath exoticized tropes of wellness. Performed by Billy X and Samara Dubois.

@amandasoonyl
cargocollective.com/amandasoon

ALSO ON TONIGHT

Jameel Prize:

Poetry to Politics

Until 28 November 2021

**Alice: Curiouser and
Curiouser**

Until 31 December 2021

Supported by HTC Vive

Bags: Inside Out

Until 16 January 2022

Sponsored by Mulberry

Fabergé in London:

Romance to Revolution


Until 8 May 2022

Supported by Pan Pacific London

KEEP IN TOUCH

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 [V_and_A](https://twitter.com/V_and_A)

 [vamuseum](https://www.instagram.com/vamuseum)

 [vamuseum](https://www.tiktok.com/vamuseum)

Sign up to our emails to hear about collections, exhibitions, courses and events.

View photos of tonight's event on [flickr.com/fridaylate](https://www.flickr.com/fridaylate)

COVER ARTWORK

Amanda Soon Yue Ling
[@amandasoonyl](https://www.instagram.com/amandasoonyl)
[cargocollective.com/
amandasoon](http://cargocollective.com/amandasoon)