

**extinction
rebellion**

sign up @ xrbrighton.earth



MOVEMENT SUPPORT

Facilitating a diverse, inclusive, trained population on site and utilising the movement building potential of the action. {DNA Integration/Rebel code, Rota Manager, Inductions & NVDA Trainings, Leafleting & Outreach, Rebel Listener Coordination, Facilitator Coordinator, People's Assemblies, Reactive, Stewards, Conflict & Tensions}

PLANNING MOVEMENT SUPPORT 4LONDON: Planning how the Movement Support Parent Group will be support the Autumn Uprising.

TRAINING: NON-VIOLENT DIRECT ACTION: Essential training for rebels!

These workshops will introduce you to XR's strategy of non-violent protest and will show you how - by holding a space and the moral high ground - we can make change happen. Whether you're going to London as an arrestable or taking on a crucial support role, you need to be prepared for the experience of being on the ground in an XR action. This session will allow you to practice the techniques and strategies of NVDA, explain the important role of affinity groups and offer an outline legal briefing. Please wear loose, comfortable clothing.

TRAINING: NON-VIOLENT DIRECT ACTION: TRAIN THE TRAINER: Rebels, we need you! If we're going to build the movement we need to train thousands of new rebels in NVDA. If you've had NVDA training and understand the aims and principles of XR, please consider stepping forward for this important role. We need you to learn how to train other rebels and how to train other rebels to train other rebels! In this session we will work through the soft skills required to create a good learning experience for trainees and discuss the ideas, strategies and objectives that underpin the exercises offered in NVDA training.

TALKS: THIS IS NOT A DRILL BOOK CIRCLE: Calling all elders to meet, share ideas and make a plan of how we can best help XR meet its goals. Let's look at the handbook This is Not a Drill for inspiration. Don't worry if you haven't read it. Extracts will be provided of key passages. Non-elders welcome too!

TALKS: HEADING FOR EXTINCTION

+ A LISTENING SESSION TO SHARE YOUR THOUGHTS: In this short and punchy version of the Heading for Extinction talk, rebels new to the movement will be offered a comprehensive overview of the climate and ecological crisis, gain an insight into the history and strategies of Extinction Rebellion, understand the arguments needed to overturn denial and absorb the DNA of XR. A must for all new rebels! Warning: this talk gives the hard scientific facts about the climate emergency and may not be suitable for children. The talk will be followed by the opening up of a dedicated space to talk to trained listeners about feelings brought up by the talk.

TALKS: WHAT IS A CITIZENS' ASSEMBLY? The CA talk describes what a Citizens' Assembly is, and why Extinction Rebellion is demanding a national Citizens' Assembly on climate and ecological justice. It describes how a Citizens' Assembly will help us shift from the inadequate response our current political system has delivered for over 30 years, to legitimate and radical solutions designed by informed, demographically representative citizens.

TRAINING: STEWARDING TRAINING To enable steward volunteers to be clear about what is expected from them and to carry out their role confidently and calmly.

TRAINING: NON-VIOLENT DIRECT ACTION (NVDA) MASS SESSION: PRACTICAL SKILLS FOR LONDON

TRAINING: DIRECT ACTION: TECHNIQUES FOR ROAD BLOCKING AND HOLDING

A practical session designed to introduce people to a range of techniques that have been used to create temporary road blocks and hold spaces during protests. From swarming & sit downs through to lock-ons and constructing temporary structures.

PEOPLES ASSEMBLY: AN INTRODUCTION TO PA PRINCIPLES. FOLLOWED BY PA; 'WHAT SHOULD WE DO IN LONDON?'

One of our key demands is for the government to use citizens assemblies to inform policy. We will be running a peoples assembly to discuss 'As a region What do we need to consider for the October rebellion in order to build on the success of April and achieve our aims?' We will be explaining the theory behind assemblies and training members in how to facilitate them beforehand.



WORLD BUILDING & PRODUCTION

Creating a beautiful, entertaining, healthy and safe street space for non violent rebellion {Production, Site Design & Build, Arts, Programming, Creative Actions, Sound & power, Sanitation & Waste Management, Sustenance, Transport & Storage, Camp Coordination, Wellbeing Hubs, Families, Disabilities Coordination}

PLANNING WORLD BUILDING & PRODUCTION 4LONDON Planning how the World Building & Production Parent Group will be support the Autumn Uprising.

OPENING CEREMONY INCL. YOUTH STRIKE SPEAKER Come hear an opening talk from a part time environmental activist, part time advocate for women and young people in activism, working as part of the youth strike campaign.

RED REBEL MEET UP; INFORMATION AND PLANNING

SUSTENANCE: FOOD TRUCKS; SOUL SOUP- A plant-based social business, creating dishes using rescued produce, in turn reducing carbon emissions. **KITGUM KITCHEN** - East African street food alongside Gujarati home-cooking. **BUG BAR COFFEE.**

CREATIVE ACTIONS: CREATIVE JAM; BLOCK PRINTING AND OTHER CREATIVE FUN Bring your clothes, bags and flags to be printed using our iconic Extinction Rebellion stamps! Choose between bees, butterflies and skulls to create your own personalised merchandise ready to join in the rebellion in October!

CREATIVE ACTIONS: CREATIVE JAM; BANNER PAINTING AND BIG BUILD CREATIVITY

One of the main methods we communicate our message to the public is banners. Join in our flags and banners workshop to help us create much needed stock for our ever growing numbers for protests and events. You can help us spread the message and reach the 3.5% of people we need to halt this mass extinction.

CREATIVE ACTIONS: REBEL DRUMMERS WORKSHOP Interested in banging or shaking something in protest of the government's inaction on the climate and ecological crisis? Then join us for a drumming workshop session at Rebel Rising South East! We welcome percussionists of all persuasions to come and get involved. In this session we will be introducing samba and NVDA drumming rhythms. We aim to give people interested in drumming to be given the opportunity to work with rhythms, play different drums, and try out some of the standard rhythms & breaks practiced by the XR movement. Bring your drum/agogo if you have one!

CREATIVE ACTIONS: REBEL DRUMMERS PRACTICE SESSION FOR MARCH OF SOLIDARITY In this session we will have the opportunity to meet other South East rebels to discuss the strategy for October in London and practice together building on rhythms that we have recently been working on. This will culminate in leading a march to a secret Brighton location that evening (leaving BHASVIC about 18:00). The main purpose of our drumming group will be to strengthen and amplify the peaceful, non-violent actions of Extinction Rebellion in Brighton and beyond. We welcome percussion instruments of all types. Please bring an instrument/pan to play. If you have multiple instruments please consider bringing these too so that everyone has something to play. We want to eventually forge strong links with the SE XR groups so we can link efficiently at larger events like October.

WELLBEING: YOGA FOR WARRIORS In this workshop warriors will gain skills and knowledge that will be helpful in keeping us grounded and strong in preparation for the October rebellion. Through yoga postures and breath connection we will invoke our inner warrior to help bring positivity, focus, calmness and strength in the lead up to and during the rebellion. We will share a practice which we may be able to revisit together in October. No experience necessary. All welcome.

WELLBEING: MEDITATION Come join us for a short guided meditation session, followed by the opportunity to network with other Rebel mediators and plan for a meditative presence at the October Rebellion, and beyond!

WELLBEING: FOREST CONSTELLATIONS The session will work with systemic constellation work used in family and organisational problem solving and be applied to a pressing topic to support Extinction Rebellion. Working with and being guided by the intelligence of the trees, the session will aim to unblock systemic patterns effecting positive change. The work will be facilitated by constellation coach, Deborah Richmond, from Re-wilding Our Planet: rewildingourplanet.com

WELLBEING: THE SORROWS OF THE WORLD; A GRIEF TENDING CEREMONY

The heart that breaks open can contain the whole universe." - Joanna Macy, Deep Ecologist
In this two hour workshop we will come together in beautiful Ceremony to share our gratitude for Life and to welcome and express our sorrows for the world.
"To open our hearts to the sad history of humanity and the devastated state of the Earth is the next step in our reclamation of our bodies, the body of our human community and the body of the Earth" - Chellis Gedding

WELLBEING: SAFE SPACE WELCOMING ALL POC AND QTI REBELS!

LGBTQI+ and PoC self-organised Regen Safe Space. All self-identified Lesbian, Gay, Trans, Queer, Intersex + people and People of Colour are warmly welcomed to our own regen safe space at SE Rebel Rising. The tent will be open to all PoC and LGBTQI+ people throughout the day and will be accessible. Allies who do not identify as PoC or LGBTQI+ - we request your support in respecting and upholding this as a separate space. We are going to run the following workshops, although space is limited:
- **Saturday 11.30 - 13.30**, LGBTQI+ and PoC regen sharing circle. All LGBTQI and all PoC of all genders welcome.
- **Saturday 15.00-17.00**, LGBTQIPOC regen sharing circle, specifically for people who self identify as both PoC and LGBTQI+ Both circles will be facilitated and include reflection, pair work and as much or as little sharing as you feel comfortable with

FAMILIES: FAMILIES TENT WITH ACTIVITES LISTED BELOW Extinction Rebellion holds children and families at its heart. After all, it's their future we are fighting for. Families with children have participated in many of our actions and were a welcome and joyful relief to see coming into view as a sea of buggies and energy as part of the April Rebellion. At the RRSE we will have a safe space for families with young children and babies; somewhere they can integrate with the rest of the activities or just have some quiet time. The families area will host training and planning for the October Rebellion, at an inclusive pace. We will also have gentle creative activities little ones can take part in as a way to connect with the themes around XR. We hope that families can connect with and inspire each other, and be an integral, vital part of the rebellion

FAMILIES: NECKLACE CRAFT Come and share your creativity and kindness as we make necklaces from fallen wood for the police officers who job it is to protect us during the rebellion. Each child will have the opportunity to personalise a piece of wood and make it into a necklace, key-chain or charm which will be given to an officer as a 'thank you' during the rebellion.

FAMILIES: NATURE HUNT & ACTIVITY Let us explore the nature around us as we collect leaves and treasures from nature and turn them into 'nature postcards'. No experience necessary, just a desire to explore nature and love of sticky things!

FAMILIES: CARBON FOOTPRINT DRAWINGS Explore your carbon footprint! Discover what activities create a lot of carbon and what habits we can change in our daily lives to reduce our carbon footprint! We'll then illustrate it on our own footprint!

CREATIVE ACTIONS: RED REBEL BRIGADE TRAINING Come and experience being part of the International Red Rebel Brigade movement to bring awareness and consciousness to the delicacy of life on this planet. This hour of training is suitable for those that wish to be a part of actions, set up their own local group or to join the October Rebellion. We will cover silent walking meditation, One Body experience, Tableaux and static emotional framing. Maximum 15 participants. This will be followed by an Action/March in Brighton on Sunday morning for those that wish. Maximum 10 participants.



ACTIONS SUPPORT

Designing & implementing strategically effective, non violent and safe actions {Action Design, Disability Coord, Affinity Groups Coordination, Rebel Rider Coordinator, De-escalation & NVC, Police Liaison, Action Wellbeing, First Aid, Debrief}

PLANNING ACTIONS SUPPORT 4LONDON Planning how the Actions Support Parent Group will be support the Autumn Uprising.

WELCOME DESK (INCLUDING BOOKS FOR SALE)

REBEL RIDERS: BIKE SQUAD PLANNING Ding ding, join the Brighton Bike squad for a session to explore and share ideas around all things bike! A workshop and sharing of tactics and experiences in how to organise and run bike protests, rides, swarms and critical masses.

ACTION WELLBEING: EMBRACE THE SHADOW In actions it can be easy to forget that ultimately, there is no 'us and them' with the authorities, there is only 'we'. In this training we will explore the work of Carl Jung and the concept of the shadow, to help us recognise that there is only "us" and that to heal the world, we first need to heal the shadow, individually and collectively.

ACTION WELLBEING: ACTION WELLBEING TENT The tent will be a meeting point for people helping with action wellbeing roles including: NVC/de-escalation, First aid, Physical and emotional support. We'll be signing people up and networking to agree how best to work together at the London Rebellion.

AFFINITY GROUPS: AFFINITY GROUPS FORMATION SESSION The rebellion starts in London on 7th October and may last for around two weeks. Some people may come just for a day, others may stay the whole time, and everything in between. Some people will be willing and able to be arrested and others not; all are needed! Taking part in the rebellion with an affinity group means you can both support other rebels and be supported. Affinity groups members keep in touch with each other during an action, work effectively together and support each other. Affinity groups can also provide support after the event, particularly those arrested as they go through the legal process. They are made up of people willing and able to be arrested and those who are not in this position but who can support them in practical ways. Brighton XR wants to give everyone the opportunity to form an affinity group and build relationships before the action in London. To do this we are arranging facilitated meetings that will enable you to meet others who are also planning on taking action in London and hopefully form affinity groups. These will be based on when and for how long people are able to take part in the rebellion.

ARREST WATCH (FORMERLY LEGAL OBSERVER) NVC/de-escalation, First aid, Physical and emotional support. We'll be signing people up and networking to agree how best to work together at the London Rebellion.



ARRESTEE SUPPORT

Supporting arrestees, educating the rest of us how to help them, and creating a regenerative arrest cycle {Arrestee Support, Police Station Support Advocate}"

PLANNING ARRESTEE SUPPORT 4LONDON Planning how the Arrestee Support Parent Group will be support the Autumn Uprising.

RISE CWUP (REASONS, IMPACT, SUPPORT, EMBED, CONCERNS, WELLBEING, UNCERTAINTY, PREPARATION - FOR ARREST) Learn to help rebels prepare for actions as an Arrestee Supporter - a crucial role supporting those willing to be arrested. RISE CWUP will give you a framework to have meaningful discussions through; Reasons, Impact, Supporting, Embedding, Concerns, Wellbeing, Uncertainty and Preparation.

POLICE STATION SUPPORT How to support arrestees at the police station - practical steps at the station and back office support roles.

POST ARREST LIAISON (PAL) Helping arrestees navigate the court process, listening and sign posting



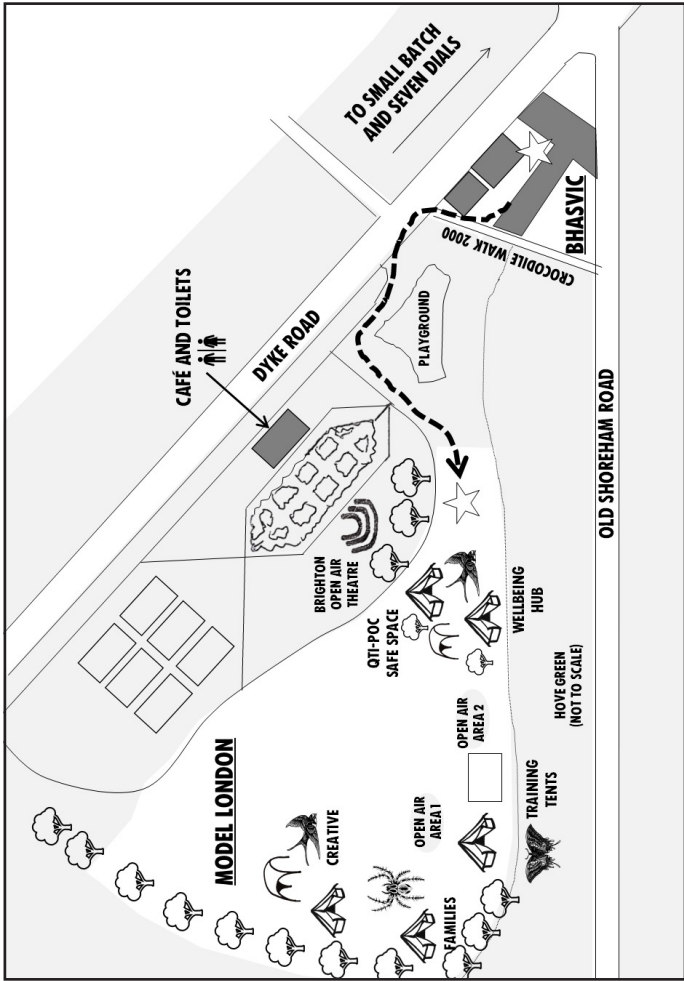
MEDIA & MESSAGING

Raising awareness and spreading our message far and wide {Social Media, Spokes + Training, Video Content, Press, Notables}

PLANNING M&M SUPPORT 4LONDON Planning how the Media & Messaging Parent Group will be support the Autumn Uprising.

SKILL SHARE: FURTHER THE REBELLION WITH FACEBOOK An introduction to Facebook ads for campaigners. Learn about different audiences available, how to retarget people who've already engaged in your stuff, what works and how much it costs. Come and find out how powerful this tool is shown to be engaging audiences with just a bit of know-how and budget.

CLIMATE CAFE XR Cafe comes to town! Come and join us to celebrate our inaugural Brighton XR Cafe with tea, coffee and cake and a generous serving of serious XR chinwagging on the climate and ecological emergency, on what we can do about it and how we can support each other along this path of regeneration.



REBEL RISING SOUTH EAST



SATURDAY PROGRAMME

BRIGHTON & HOVE SIXTH FORM COLLEGE												
ENTER THE WORLD OF THE REBEL RISING PIAZZA	MAIN EVENT MAIN HALL	ARTS COVERED AREA (BY MAIN HALL)	ARTS CANTEEN	TALKS & MUSIC THEATRE	TRAINING CLASSROOM#24	TRAINING CLASSROOM#37	TRAINING CLASSROOM#38	TRAINING CLASSROOM#39	FAMILIES CLASSROOM#23	ELDERS CLASSROOM#25	WELLBEING HUB CLASSROOM#40	FOOD PIAZZA

09.00 - 10.00	WELCOME DESK OPEN																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																					
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MODEL LONDON (OUTDOORS)										OTHER LOCATIONS	
ACTIONS SUPPORT	WORLD BUILDING & PRODUCTION Creating a beautiful, entertaining, healthy and safe street space for non-violent rebellion.					MOVEMENT SUPPORT - Facilitatating a diverse, inclusive, trained population on site and utilising the movement building potential of the action.				CONNECTION	TRAINING
NEAR BRIGHTON OPEN AIR THEATRE	WELL-BEING DOME	QUIET SPACE BELL TENT	QTPOC, LGBTQI & POC SAFE SPACE	CREATIVES BELL TENT	FAMILIES TENT	MAIN TRAINING TENT	DNA TRAINING TENT	OPEN AIR	OPEN AIR	SMALL BATCH CAFE	SMALL BATCH CAFE
09.00 - 10.00	WELCOME TENT OPEN										
10.00 - 11.00		YOGA			CREATIVE JAM	NECKLACE CRAFT					
11.00 - 12.00		MEET-FORAGE WALK				NATURE HUNT & ACTIVITY					
12.00 - 13.00		MEDIATION				PARENTS FOR FUTURE CRAFT	STEWARDS TRAINING				
13.00 - 14.00		SHARING CIRCLE				XR FAMILIES BANNER		EXTINCTION REBELLION DNA XR STRATEGY XR STORY XR PRINCIPLES & VALUES XR STRUCTURE	NON-VIOLENT DIRECT ACTION (NVDA) MASS SESSION PRACTICAL SKILLS FOR LONDON		
14.00 - 15.00		MEET-HERBAL WALK				NATURE BINGO					
15.00 - 16.00		HEART WARRIOR TRAINING				NECKLACE CRAFT	AFFINITY GROUPS FORMATION SESSION		DIRECT ACTION TRAINING - TECHNIQUES FOR ROAD BLOCKING & HOLDING	REBEL RED BRIGADE TRAINING PEOPLE'S ASSEMBLY	
16.00 - 17.00		INDIAN HEAD MASSAGE FOR WARRIORS				CARBON FOOTPRINT DRAWINGS					
17.00 - 18.00										CLIMATE CAFE (MEET BHASVIC FRONT SLOPE)	TRAIN THE TRAINER: NON-VIOLENT DIRECT ACTION (NVDA)

TALKS: HEADING FOR EXTINCTION
+ **A LISTENING SESSION TO SHARE YOUR THOUGHTS:** In this short and punchy version of the Heading for Extinction talk, rebels new to the movement will be offered a comprehensive overview of the climate and ecological crisis, gain an insight into the history and strategies of Extinction Rebellion, understand the arguments needed to overturn denial and absorb the DNA of XR. A must for all new rebels! Warning: this talk gives the hard scientific facts about the climate emergency and may not be suitable for children. The talk will be followed by the opening up of a dedicated space to talk to trained listeners about feelings brought up by the talk.

TALKS: WHAT IS A CITIZENS' ASSEMBLY? The CA talk describes what a Citizens' Assembly is, and why Extinction Rebellion is demanding a national Citizens' Assembly on climate and ecological justice. It describes how a Citizens' Assembly will help us shift from the inadequate response our current political system has delivered for over 30 years, to legitimate and radical solutions designed by informed, demographically representative citizens.

SUSTENANCE: FOOD TRUCKS; SOUL SOUP- A plant-based social business, creating dishes using rescued produce, in turn reducing carbon emissions. **KITGUM KITCHEN** - East African street food alongside Gujarati home-cooking. **BUG BAR COFFEE.**

CREATIVE ACTIONS: CREATIVE JAM; BLOCK PRINTING AND OTHER CREATIVE FUN Bring your clothes, bags and flags to be printed using our iconic Extinction Rebellion stamps! Choose between bees, butterflies and skulls to create your own personalised merchandise ready to join in the rebellion in October!

CREATIVE ACTIONS: CREATIVE JAM; BANNER PAINTING AND BIG BUILD CREATIVITY One of the main methods we communicate our message to the public is banners. Join in our flags and banners workshop to help us create much needed stock for our ever growing numbers for protests and events. You can help us spread the message and reach the 3.5% of people we need to halt this mass extinction.

FAMILIES: FAMILIES TENT Extinction Rebellion holds children and families at its heart. After all, it's their future we are fighting for. Families with children have participated in many of our actions and were a welcome and joyful relief to see coming into view as a sea of buggies and energy as part of the April Rebellion. At the RRSE we will have a safe space for families with young children and babies; somewhere they can integrate with the rest of the activities or just have some quiet time. The families area will host training and planning for the October Rebellion, at an inclusive pace. We will also have gentle creative activities little ones can take part in as a way to connect with the themes around XR. We hope that families can connect with and inspire each other, and be an integral, vital part of the rebellion.

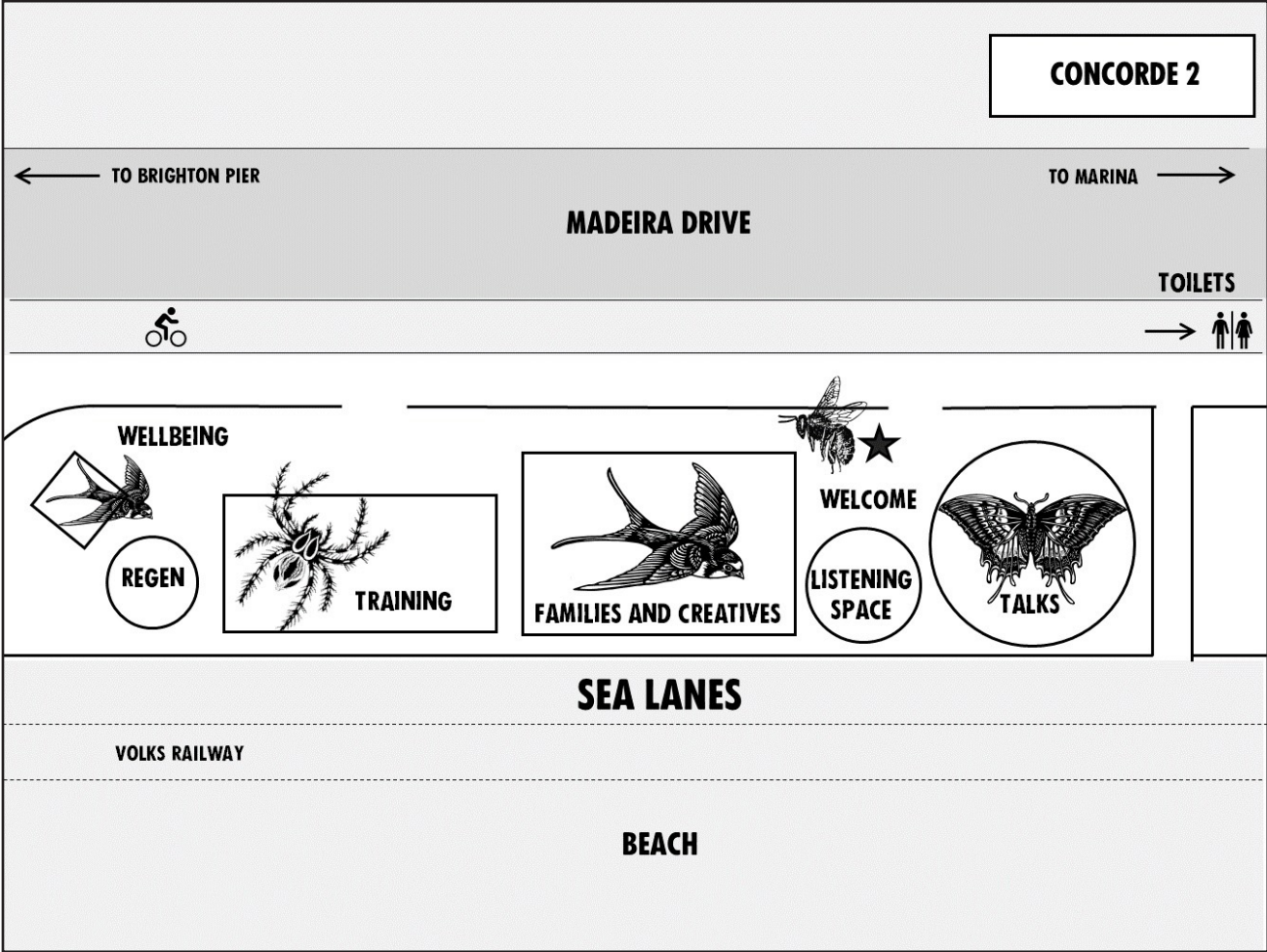
WELLBEING: BEACH CLEAN AND LEARNING SESSION Meeting outside Concorde 2 at 4 pm to go down onto the strandlines directly below to walk the tide out, we will gather all foreign materials and save some of them for later re-use in another workshop. Your session leader is an amateur algologist, so during the clean up you can learn about the seaweeds you'll find; how to use them in the garden, but also sustainable harvesting and the multiple uses of seaweed for food and body health, as well as in the garden. Plus find out all about its importance to marine life as a habitat.

AFFINITY GROUPS: AFFINITY GROUPS FORMATION SESSION The rebellion starts in London on 7th October and may last for around two weeks. Some people may come just for a day, others may stay the whole time, and everything in between. Some people will be willing and able to be arrested and others not; all are needed! Taking part in the rebellion with an affinity group means you can both support other rebels and be supported. Affinity groups members keep in touch with each other during an action, work effectively together and support each other. Affinity groups can also provide support after the event, particularly those arrested as they go through the legal process. They are made up of people willing and able to be arrested and those who are not in this position but who can support them in practical ways. Brighton XR wants to give everyone the opportunity to form an affinity group and build relationships before the action in London. To do this we are arranging facilitated meetings that will enable you to meet others who are also planning on taking action in London and hopefully form affinity groups. These will be based on when and for how long people are able to take part in the rebellion.

ARREST WATCH (FORMERLY LEGAL OBSERVER) NVC/de-escalation, First aid, Physical and emotional support. We'll be signing people up and networking to agree how best to work together at the London Rebellion.

POLICE STATION SUPPORT How to support arrestees at the police station - practical steps at the station and back office support roles.

KNOW YOUR RIGHTS LEGAL BRIEFING Make sure you understand your legal rights in case you get arrested! Learn what happens during an arrest, what rebels are likely to be charged with and what the legal consequences of different charges will be. This training covers your rights when dealing with the police, stop and search laws, the arrest process, what happens in court and the legal consequences of an arrest or conviction. Getting arrested can happen very quickly, so everyone should be prepared for this possibility, even if you don't consider yourself to be an 'arrestable'. This training raises awareness of the law around arrest but does not offer formal legal advice.



STREETS		CONCORDE 2		SEA LANES							BEACH
ACTIONS		MAIN EVENT	INFORMATION SPACE	WELCOME DESK	TALKS TENT	REBEL LISTENERS	FAMILIES & CREATIVES	TRAINING		WELLBEING HUB	OTHER
PAVILLION GARDENS		CONCORDE 2 MAIN HALL	CONCORDE 2 BAR	SEA LANES ENTRANCE	ROUND MARQUEE	SMALL DOME	SEA LANES MARQUEE	TRAINING MARQUEE	OPEN AIR	SMALL DOME	BEACH
11.00 - 12.00	MARCH FROM NEW RD SPEECH FROM CAROLINE LUCAS (MP)	12.00 - 18.00 LIVE & DJS: •ALICE RUSSELL •MARK CHADWICK (LEVELLERS) •BLOCO BRANCO •GREENNESS •NINA DALLYN •NAWA SPEAKERS: •PETER KYLE MP •JOJO MEHTA •SKEENA RATHOR 12.30 - REBEL HOOPERS WORKSHOP	CREATIVE JAM BLOCK PRINTING	WELCOME DESK OPEN	HEADING FOR EXTINCTION WHAT IS A CITIZENS ASSEMBLY HEADING FOR EXTINCTION PANEL DISCUSSION APRIL ARRESTEES ARRESTEE SUPPORT TRAINING	DROP IN LISTENING SPACE	FAMILIES & CREATIVES REBEL GATHERING	EXTINCTION REBELLION DNA XR STRATEGY XR STORY XR PRINCIPLES & VALUES XR STRUCTURE	KNOW YOUR RIGHTS LEGAL BRIEFING AFFINITY GROUPS FORMATION SESSION ARREST WATCH (FORMERLY LEGAL OBSERVER)	REGENERATIVE CULTURE ACTIVITIES	BEACH CLEAN - TIDELINE SAFARI & SEAWEED CLASS (MEET AT THE WELCOME DESK)
12.00 - 13.00											
13.00 - 14.00											
14.00 - 15.00											
15.00 - 16.00											
16.00 - 17.00											
17.00 - 18.00											
18.00 - 19.00		18.00 - 23.00 LIVE & DJS: •ORBITAL •ASIAN DUB FOUNDATION SOUND SYSTEM •DUB PISTOLS •BOUDICCA •NAWA SPEAKERS: •CLARE FARRELL •DR TOM SINCLAIR									
19.00 - 20.00											
20.00 - 21.00											
21.00 - 22.00											
22.00 - 23.00											

REBEL RISING SOUTH EAST



SUNDAY PROGRAMME