

WELCOME TO VEGFEST UK BRISTOL 2014

EVENT PROGRAMME

FREE IN ADVANCE, £1 AT VENUE

LOVE
VEGFEST UK

MAY

23RD 24TH 25TH

FRIDAY

LET'S ALL HAVE A DISCO WITH

BONEY M
FT MAIZIE WILLIAMS

GWEN DICKEY'S
ROSE ROYCE

ABBA
GOLD

SATURDAY

PETER
HOOK
AND THE
LIGHT

RUTS DC

GOLDBLADE

AMPHITHEATRE
(BS15LL)

SUNDAY

ZION
TRAIN
BLACK
ROOTS

WARM WELCOME TO VIVA! HAPPY 20TH BIRTHDAY!
FROM VEGFEST UK WITH LOVE

PLUS 140 STALLS - 15 CATERERS - ALL DAY BARS - JUICE AND SMOOTHIE BARS
LIVE MUSIC ALL DAY - KIDS AREA - KIDS COOKERY CLASSES
CINEMA - TALKS ROOMS - COOKERY DEMOS - WORKSHOPS
LIFEWELL WELLBEING HUB - COMEDY HOURS - CLAY MODELLING - HOOLA HOOPS

WWW.BRISTOL.VEGFEST.CO.UK

BIG THANKS TO OUR SPONSORS



Britain's Hardest Working Mother

- she's pregnant for nine months a year
- producing litres of milk at the same time
- has her new-born babies taken from her

...and it happens year after year

No wonder she's exhausted, hungry, emaciated and depressed

white lies

Cut-out the Cruelty and Go Dairy-Free with Viva!

We have everything you need to go and stay vegan – from easy-to-read colour guides and tasty recipes to yummy chocolate and kitchen essentials.

Come to the Viva! marquee (at the entrance to the Ampitheatre) and pick up our **NEW Dairy-Free Pack** for only £5 or Join Viva! at Vegfest and get a free goody-bag full of vegan treats



www.viva.org.uk

0117 944 1000



Welcome to VegfestUK Bristol

one of Europe's biggest veggie events

A warm welcome to this year's VegfestUK Bristol event! As always, this unique vegan lifestyle and music festival is laden with great food, captivating headliners, fabulous special offers, wonderful people and festival vibe, and much more!

This year's music takes on an unprecedented disco/punk/reggae theme, headlined by

- Boney M ft. Maizie Williams, Gwen Dickey's Rose Royce, Abba Gold on Friday May 23rd
- Peter Hook and the Light, Ruts D.C. and Goldblade on Saturday May 24th
- Zion Train and Black Roots on Sunday May 25th

We've also got after-hour parties on Friday and Saturday after our evening concerts, ensuring a party atmosphere well into the nights during our festival.

Don't forget, before 6pm on Saturday and Sunday, there're 14 specialist caterers with mouthwatering global cuisines, 140 stalls laden with special discounts and free samples, along with dozens of talks, cookery demos, workshops, short films with numerous tips on plant-based lifestyles, plus entertainment from kids cookery classes, arts and craft tent, clay modelling, hoola hoops, comedy hours, and more!

The daytime events are visited by a host of intriguing special guests, including ex-Everton FC player Neil Robinson (world's 1st vegan professional top-flight footballer), Kerry McCarthy (Bristol East MP), Fiona Oakes (record-breaking marathon runner on every continent), Goldblade frontman John Robb, cancer survivor and powerlifter Pat Reeves and many other top speakers.

VegfestUK is running a fundraising tombola for Vegfam.

Vegfam feeds the world's hungry without animal exploitation and is hence an outstanding choice of charity for vegans. From the 7 shows that we have organised since 2011, we have raised a grand total of £6,903 for Vegfam. With another 3 shows in 2014, we aim to raise even more funds for these guys who have worked incredibly hard to provide the world's poorest with mankind's basic need - vegan food. You can support Vegfam by participating at our Tombola and Goody Bags at stall no. 2 - see floor plan on page 36. More on Vegfam at vegfamcharity.org.uk

Vegfam

Special mentions to our guests of honour Viva! at this year's show as this fantastic Bristol-based campaign group celebrates 20 years of campaigning for animals along with education and outreach in promoting plant-based lifestyles far and wide. Please do give generously to Viva! on the gate, to enable them to continue their excellent work for animals, human health and the environment.



VegfestUK Bristol
Friday, Saturday and Sunday
May 23rd 24th 25th 2014
@ Amphitheatre (BS1 5LL)
Admission on Sat & Sun 11am-6pm:
£3 (pay on gate), free for kids under 16

Full admission info and advance tickets for evening concerts are at bristol.vegfest.co.uk



Bute Island Foods

Proud makers of the "Sheese" brand of vegan cheese and the "Vegandeli" range of vegan mock meats.

buteisland.com



Fry's Vegetarian UK

Distributors of some of the world's best vegan meat products from South Africa, loyal supporters of VegfestUK for many years.

frysvegetarian.co.uk



JĀSŌN Natural Care

The UK's leading natural family brand, offering natural care to families for 3 generations. All products are vegan friendly and BUAV certified.

[facebook.com/jasonnaturalcare](https://www.facebook.com/jasonnaturalcare)



Koko Dairy Free

Formerly 'Kara Dairy Free', these guys produce yummy coconut milks available in original, chocolate and strawberry flavours.

kokodairyfree.com



Lavera

Award-winning natural and organic skincare and cosmetics with no synthetic ingredients, with most products suitable for vegans.

www.lavera.co.uk



Living Naturally

Living Naturally soapnut shells are the only organic detergent that grows on trees! These are vegan, hypoallergenic, chemical- and cruelty-free and 100% biodegradable.

www.soapnuts.co.uk



Out of Hand

Dedicated top-class eco-friendly design & print team for VegfestUK for many a year.

outofhand.co.uk



Nakd Wholefoods

Nationally renowned for their delicious high-raw vegan snack bars, including Smoosh, Protein Crunch and Oatie varieties.

www.eatnakd.com



Suma Wholefoods

The UK's leading supplier of fairly traded, ethical, natural and organic food and drinks.

suma.coop



Vegfund

USA-based organisation which empowers vegan activists worldwide by funding and supporting effective outreach activities.

vegfund.org



Viva!

Happy 20th birthday to this fantastic local animal rights organisation who has achieved plenty in campaigning for animals over the years!

viva.org.uk



Yaoh

The UK's first hemp company, with award-winning bodycare and certified organic food range. Supporter of many UK vegan festivals over the years.

yaoh.co.uk



Thanks!



Advance tickets for VegfestUK London available from May

Advance tickets for this year's VegfestUK show at Olympia (West Halls) will go on sale from May at the show website london.vegfest.co.uk. If you're looking to snap up early tickets, don't miss the BUY ONE GET ONE FREE offers which will run for a limited period only. With over 200 stalls, 14 specialist caterers, talks, cookery demos, workshops, Living Raw Zone, performances, kids entertainment, on top of Meet the Experts and book signing sessions, VegfestUK London 2014 is shaping up to be an all-time great event.



VegfestUK Brighton 2015 - at Brighton Centre March 28th 29th (TBC)

VegfestUK are thrilled to announce that the provisional dates and venue have been secured for our Brighton event in 2015. At the moment, going to print, both of these are still to be confirmed, but we are provisionally booked at the Brighton Centre on these dates. We have also secured our own caterers and bars for the event, ensuring a unique vegan environment and experience for our visitors. brighton.vegfest.co.uk



VegfestUK 2014 awards nominations TBA in June

The eagerly awaited VegfestUK awards nominees for 2014 will be unveiled in June. The awards started in 2007 and serve to promote the very best of a plant-based lifestyle in a number of categories. You can cast your vote for your favourites from June till September 1st at vegfest.co.uk/vote. The winners will be announced at VegfestUK London with awards presented during the VegfestUK awards ceremony.



World's 1st professional vegan footballer to visit many UK vegan festivals in 2014

Ex-Everton FC player Neil Robinson is guest of honour at a host of vegan fayres this year. Neil is the world's 1st to play professional top-flight football on a vegan diet, which he did in the 70's and 80's whilst playing for Everton and Swansea City. Neil's very passionate about sharing his insights into plant-based fitness and lifestyle, and he'll be visiting all the Live a Better Life Fairs in Liverpool, Blackpool and Edinburgh along with the Great Yorkshire Vegan Festival, North West Vegan Festival, Newcastle Vegan Festival, Northern Vegan Festival, West Midlands Vegan Festival and the North East Vegan Festival, plus of course our own VegfestUK events in Bristol and London. Full details of Neil's tour are at vegfest.co.uk/neil-on-tour. Check out Neil's brand-new Facebook page [facebook.com/neilrobinsonvegan](https://www.facebook.com/neilrobinsonvegan)

WELCOME TO VEGFEST UK LONDON 2014

LOVE
VEGFEST UK

SEPTEMBER
27TH 28TH

KENSINGTON OLYMPIA
WEST HALLS (W14 8UX)

BRENDAN BRAZIER
(EX-IRONMAN TRIATHLETE)

VEGAN SMYTHE
(AUSTRALIAN PERFORMER)

NEIL ROBINSON
(EX-EVERTON FC FOOTBALLER)

KATE MAGIC
(RAW LIVING)

KAREN RANZI
(AUTHOR OF CREATING HEALTHY CHILDREN)

VICTORIA MORAN
(AUTHOR OF MAIN STREET VEGAN)

MELISSA MORGAN
(MS CUPCAKE)

SARAH JANE HONEYWELL
(CBBEBIES PRESENTER)

JOHN ROBB
(GOLDBLADE FRONTMAN)

PASQUALE AMICO
(HEAD CHEF @ AMICO BIO)

STAR KHECHARA
(CREATOR OF THE FACELIFT DIET)

SASKIA FRASER
(RAW FREEDOM)

PATRIK BABOUMIAN
(VEGAN ATHLETE OF THE YEAR 2013)

TANYA ALEKSEEVA
(BETTER RAW)

FEATURING OVER 100 TALKS AND COOKERY DEMOS - CELEBRITIES AND SPECIAL GUESTS
200+ STALLS - FREE SAMPLES - SPECIAL OFFERS - 14 CATERERS - JUICE AND SMOOTHIE BARS
LIVE MUSIC ALL DAY - COMEDY HOURS - KIDS AREA - KIDS COOKERY CLASSES
LIVING RAW ZONE - WORKSHOPS - LIFEWELL WELLBEING HUB - MEET THE EXPERTS - BOOK SIGNINGS

WWW.LONDON.VEGFEST.CO.UK

ADMISSION:
SATURDAY: 11AM-7PM SUNDAY: 11AM-6PM
STANDARD: £10 (IN ADVANCE), £12 (ON THE DOOR);
CONCESSIONS: £6 (IN ADVANCE), £8 (ON THE DOOR);
KIDS UNDER 16'S: FREE



ADVANCE TICKETS AVAILABLE FROM
JUNE FROM THE TICKETSELLERS

TheTicketSellers.co.uk
CALL 0844 870 0000

ALL FOOD AND DRINK SERVED IS 100% VEGAN
CHECK OUT OUR 2 OTHER SHOWS IN 2014! WWW.VEGFEST.CO.UK

BIG THANKS TO OUR SPONSORS, INCLUDING:



BRIGHTON
MARCH 29TH 30TH

BRISTOL
MAY 23RD 24TH 25TH

VegfestUK London preview

One of Europe's biggest and best vegan lifestyle shows VegfestUK returns to the prestigious Kensington Olympia West Halls on September 27th 28th.

Last year's event attracted over 9,000 visitors over 2 days, with 90% stallholders and visitors wishing to return. This year's show is going to be even better, with

- over 200 stalls laden with free samples and special discounts
- 14 specialist caterers showcasing the best of vegan food
- talks on Nutrition, Lifestyle and Campaigns
- cookery demos
- Living Raw Zone dedicated to raw food preparation
- kids cookery classes
- kids entertainment
- live performances
- meet the experts 1-to-1 sessions
- book signings
- VegfestUK 2014 awards ceremony

Plenty of big names have come on board, including our show sponsors rawLicious, and some high-profile speakers such as:

- former professional Ironman triathlete Brendan Brazier
 - Strongman and Vegan Athlete of the Year 2013 Patrik Baboumian
 - Cbeebies presenter Sarah-Jane Honeywell
 - Australian performer Vegan Smythe
 - Raw Living founder Kate Magic
 - Ms Cupcake founder Melissa Morgan
 - Better Raw founder Tanya Alekseeva
- plus many more...

Plus, the Vegan Society are guests of honour at Olympia as they celebrate their 70th birthday in 2014. The Society has been phenomenal in promoting vegan lifestyles over the years, and VegfestUK are glad to give them our full support at our 2nd London event. The Society will host a few talks and cookery demos, as well as collecting donations and giving out leaflets on the gate.

Around 10,000 visitors are expected at this 2-day vegan food and lifestyle extravaganza. All products used or displayed are 100% plant-based.

Admission is by both advance tickets and payment on the gate:

- advance tickets £10 (standard), £6 (concessions)
- payment on gate £12 (standard), £8 (concessions)

The event is free for all kids under 16.

Advance tickets will be available from May at london.vegfest.co.uk. There will be BUY ONE GET ONE FREE offers on advance tickets running till the end of July.





Viva! are guests of honour at this year's event as they celebrate their 20th anniversary, and we warmly welcome on board the following speakers from Viva!:



Juliet Gellatley

In 1994 Juliet founded Viva! - a vibrant, campaigning group that is the biggest vegan organisation in Europe, fighting for animals and the planet. She also set up VivaHealth to concentrate on health and nutrition. Juliet has created and launched numerous campaigns and written several reports and books. She has filmed and exposed many factory farms and achieved many victories for animals.

Juliet is a qualified nutritional therapist and is author of guides such as Vegetarian & Vegan Mother & Baby Guide, Healthy Veggie Kids, Nutrition in a Nutshell and the new Why You Don't Need Dairy - launching at VegfestUK Bristol. Juliet created The Incredible Vegan Shows and National Vegetarian Week.

An inspirational, fun and informative speaker, Juliet has made many media appearances across the world. She has a degree in zoology and psychology, and diplomas in direct marketing and nutritional therapy. Mission? World vegan!

Justin Kerswell

Justin is Viva!'s deputy director and has worked on successful campaigns from exposing the conditions of factory farmed pigs to ending the sale of foie-gras by the world's largest online retailer. He has appeared on numerous TV and radio programmes and has placed dozens of stories exposing animal cruelty in national and regional press.



Veronika Powell MSc

Veronika is a health campaigner at Viva!, specialising in the links between diet and its impact on our health. A biologist and a qualified teacher, Veronika has campaigned on how vegan diets can prevent or treat many diseases including diabetes and osteoporosis, and keeps Viva! Health up to date with the latest research on all diet related topics.



Jane Easton

Jane is the Food & Cookery Coordinator of Viva!. She has developed delicious vegan recipes for many of their publications, as well as the veganrecipeclub.org.uk and the Viva! Catering Guide. She gives popular cookery demos around the UK. Two of her major weapons in changing the world are Luscious Vanilla Vegan Sponge Cake and Tiramisu - both of which have just been published in the Viva! Cookbook.



The Viva! team will host several talks and cookery demos, and have a marquee located next to the kids area, dedicated to how Everyone is Going Vegan. On hand will be nutritional advice, delicious recipes and campaigns.

How you can help Viva!:

- Join today.
- Donate!
- Go vegan with Viva! - or start to!
- Use their free materials to tell others how easy it is to save animals.
- Get involved - from door-dropping to becoming a school speaker to local campaigns for a kinder tomorrow at www.viva.org.uk

Interview with Viva! founder and director Juliet Gellatley



VegfestUK added:

We are very happy to welcome Viva! on board as our special guests to help celebrate their 20th anniversary. We're all big supporters of their team in our office, and we couldn't think of a better way of saying thank you to Viva! For their heroic efforts and outstanding achievements over the last 2 decades.



What made you form Viva!?

I became vegetarian at 15 because of a look. I visited a pig farm. As soon as I walked through the door of an ugly, industrial building, a nagging unease gnawed at me. There were no cosy sites, no wallowing contentment, just row upon row of individual concrete stalls, each pig separated from its neighbours, unable to touch them despite being only centimetres away. These pigs were the breeding stock, the pregnant sows who would provide piglets just to be torn away and killed for meat. In the same shed was a huge boar, his huge head hanging low towards the barren floor. He dragged himself towards me on lame legs. He looked straight at me. I saw in those sad, intelligent, penetrating eyes a plea, a question to which I had no answer: 'Why are you doing this to me?' I kept repeating: 'I'm sorry, so sorry.' At that moment, I went vegetarian (and later vegan). I didn't know it at the time but it was that moment that led to me eventually forming Viva!.

When was Viva! founded and how?

I founded Viva! in 1994 in my garage in a little village called Church Minshull, Cheshire with almost no money but a lot of help from those close to me, especially Tony Wardle. I'm a campaigner at heart. Within two years we relocated to Brighton and then Bristol in 2003.

What else have you got planned for your 20th anniversary celebrations?

I'm so chuffed that we're launching:

- The Viva! Cookbook, the best vegan nosh ever!
- White Lies, see whitelies.org.uk, on the havoc reeked by dairy.
- Everyone's Going Dairy-Free and Why You Don't Need Dairy - guides launching at VegFest.
- viva.org.uk/30dayvegan
- Pig and chicken campaigns but they are under wraps!
- 20th anniversary dinner on 20 Sept in London - viva.org.uk/dinner

What would you put as your biggest achievements in the last 20 years?

Reaching millions of people through our high profile campaigns and changing hearts, minds and stomachs! We ended kangaroo and ostrich meat sales in supermarkets, persuaded Amazon and hundreds of other outlets to dump foie-gras, and caused a massive slump in horse meat sales in Eastern Europe. Turkey sales slumped after our expose of Bernard Matthews and pig sales also plummeted after our Pig In Hell campaign. Perhaps the most important sign of our success is that one in six 18 to 24 year olds say they are vegetarian - the top reason given was animal welfare. A massive three billion fewer meaty meals were eaten in Britain in 2011 when compared to 2005. And just last year it was reported that five million Brits avoid dairy. The wave is rising.



**LET'S ALL
HAVE A
DISCO
MAY 23RD 2014
6PM - 11PM
BRISTOL HARBOURSIDE**

WITH

**BONEY M
FT MAIZIE WILLIAMS
GWEN DICKEYS
ROSE ROYCE
ABBA GOLD**

**+ DJ'S JUST A COUPLE OF MUMS
BRISTOL SAMBA BAND**

**BUY ONE GET ONE HALF PRICE ON ADVANCE TICKETS
OFFER CLOSSES APRIL 30TH 2014 SUBJECT TO AVAILABILTY**

**TICKETS £15 IN ADVANCE KIDS UNDER 16 £3 ADVANCE
WWW.BRISTOL.VEGFEST.CO.UK**

5 THEMED BARS - 12 SPECIALIST CATERERS - STALLS - SHOPPING



The Ticket Sellers
0844 870 0000

Main Stage - Friday evening

Some top top names from the days when disco ruled the world. Bristol Harbourside goes disco crazy with Abba Gold, Boney M with Maizie Williams and Gwen Dickey's Rose Royce!

- 5-45 Bristol Samba Band
- 6-30 Abba Gold
- 7-30 DJs Just a Couple of Mums
- 8-00 Boney M feat. Maizie Williams
- 9-00 DJs Just a Couple of Mums
- 9-45 Gwen Dickey's Rose Royce



Abba Gold

Abba Gold is the best Abba tribute band in Europe. Having performed for 13 years, they have toured all over the world with their fantastic 7 piece show. They have performed over 2200 shows to more than 2 million people! This doesn't include the millions of people who have seen them on numerous television appearances. abbagold.uk.com

Boney M feat. Maizie Williams

One of the biggest groups to stand out in the pure disco dancing 70's and 80's, with a mix of reggae, disco, funk, gospel, soul and rock. From the day the classic high-cheekboned, long-legged fashion model and dancer Maizie Williams joined, they hit the charts around the world in a flash with an endless stream of unforgettable, sensational hits.



Gwen Dickey's Rose Royce

Gwen Dickey's stunning vocals can be heard on all the classic hits from the 70's such as 'Car Wash', 'Wishing on a Star', 'Love Don't Live Here Anymore' and 'I Wanna Get Next to You'. In their 12-year recording history, Rose Royce earned 8 gold records and 5 platinum records, sold millions of albums and won a Grammy award. rose-royce.com



Just a Couple of Mums

They play vinyl, dress up in curlers and headscarves and dance and sing along to all our tunes - ranging from Blondie, The Jam, Jilted John, The Clash through to funk, disco, tacky 80's tunes ... Black Eyed Peas, Chemical Brothers, Hot Chip, Beastie Boys, House of Pain, Daft Punk, Robin Thicke to The Nolans, Queen, Chas and Dave. justacoupleofmums.com



Bristol Samba Band

A community-based 'Bloco Carnavalesco' band of drummers and dancers playing energetic Brazilian-based music for celebrating and dancing. Founded in 1986, Bristol's longest running samba band has been raising the roof and creating a vibrant atmosphere at festivals, parties and events nationwide for over 25 years. bristolsamba.co.uk

Admission and tickets

Admission on Friday May 23rd is from 6-11pm, by advance tickets and payment on the gate.

Tickets are £15 (advance) and £20 (on the gate), and £3 / £4 for kids under 16.

Advance tickets are available from bristolvegfest.co.uk/ticket-information, the TicketSellers or the Bristol Ticket Shop, with BUY ONE GET ONE HALF PRICE offer running till the end of April.

Main Stage - Saturday evening

Punk nite at VegfestUK Bristol on Saturday - let's big up Peter Hook and the Light, Ruts D.C. and Goldblade!

6:30 Goldblade
7:30 DJ Chris Cross
8:00 Ruts D.C.
9:00 DJ Chris Cross
9:45 Peter Hook and the Light



Peter Hook and the Light

Backed by his band the Light, legendary bassist Peter Hook (Joy Division & New Order) has played his first band's masterpiece albums, 'Unknown Pleasures' and 'Closer', together with the first two albums by New Order, 'Movement' & 'Power, Corruption & Lies',

to celebrate the life of talented songwriter Ian Curtis - and his tours quickly attracted phenomenal worldwide demand. Hooky and his band will play a selection of tunes from these two bands at this year's Vegfest.

peterhook.co.uk



Ruts D.C.

Formed in 1980 by guitarist Paul Fox, bassist John 'Segs' Jennings and drummer Dave Ruffy, Ruts D.C. were one of the best loved bands of the punk rock era, with several fine singles (including 'Babylon's Burning' which earned them a silver disc) and two much-acclaimed albums 'The Crack' and 'Grin And Bear It'. They mixed reggae and rock in a manner that still influences musicians today; lyrically they reflected their uncompromising support for causes such as Rock Against Racism.

theruts.co.uk

Goldblade

Formed in the mid 90's as an island of high octane surrounded by a sea of grey, Goldblade have taken their firebrand rock 'n roll all over the world in a series of gigs, tours and festival appearances that have cemented their reputation as one of the great live bands. Their gigs are legendary adrenalised high energy affairs that have had an instant reaction all over the world.

goldblade.com

DJ Chris Cross (Club Yeyo)

Chris Cross in full effect with a bundle of tunes from back in the day.



Admission and tickets

The opening hours on Saturday May 24th are 11am-6pm, then 6:30-11pm.

Admission before 6pm is £3 (on the gate), and free for kids under 16 - no advance tickets available.

Please note that the Amphitheatre will shut and be emptied at 6pm, and will be re-opened at 6:30pm.

Admission from 6:30pm is by advance tickets and payment on the gate.

Tickets are £10 (advance) and £12 (on the gate), and £3 / £4 for kids under 16.

Advance tickets are available from bristol.vegfest.co.uk/ticket-information, the TicketSellers or the Bristol Ticket Shop, with BUY ONE GET ONE HALF PRICE offer running till the end of April.



PUNK

SATURDAY MAY 24TH
6:30PM - 11PM

PETER HOOK & THE LIGHT
WITH A LIVE NEW ORDER/JOY DIVISION SET



RUTS DC



GOLDBLADE

TICKETS £10 ADVANCE



**ZION
T'RAIN**

BLACK ROOTS

REGGAE

SUNDAY MAY 25TH
6PM - 10PM

TICKETS £5 ADVANCE WWW.BRISTOL.VEGFEST.CO.UK

**BUY ONE GET ONE HALF PRICE ON ADVANCE TICKETS
OFFER CLOSES APRIL 30TH 2014 SUBJECT TO AVAILABILITY**

**5 THEMED BARS - 12 SPECIALIST CATERERS - STALLS
ALL DAY FOOD FEST 11AM - 6PM SATURDAY AND SUNDAY
£3 ON GATE, KIDS UNDER 16 FREE**



TheTicketSellers.co.uk
0844 870 0000

Main Stage - Sunday evening

Traditional Vegfest Sunday reggae sunsplash awaits on Sunday with live performances from Zion Train and Black Roots!

6:00 Soul Juices DJ
6:30 Black Roots
7:30 Soul Juices DJ
8:15 Zion Train



Zion Train

Zion Train were formed in Oxford as a sound system in 1988 by Neil Perch and Ben Hamilton. They were joined by Colin Cod and Dave Tench in 1990 upon relocation to London, and by vocalist Molara in 1992. Their hit singles include "Power One", "Power Two" and the groundbreaking 'Follow Like Wolves' single which fused Dub and Acid House styles and spawned their reputation as innovators. Neil Perch led a revamp of the band in 2001, and the new lineup released the album "Live As One", with which Zion Train won the 'Jamaican Reggae Grammy 2007' for 'Best Dub Recording'.
myspace.com/ziontrainindub

Black Roots

Black Roots was formed in 1979 in St. Paul's, Bristol. Their uncompromising lyrical content was the voice sought by many against the injustices and alienation caused by the pace of political reform introduced in Thatcherite Britain. They gained national prominence when they released their debut track "Bristol Rock" in 1981 on their own label Nubian Records. It was given national airplay on John Peel's BBC Radio 1 show and hailed as one of the best new reggae bands in Britain.
blackrootsreggae.net

www.vegfest.co.uk



Soul Juices DJ

Growing up on a diet of drum & bass, techno and reggae, Soul Juices DJs laid the foundations for their musical passion at an early age. Brought together through a love of good vegan food and quality beats, Kev & Ollie have supported the likes of Stanton Warriors and DAVE The Drummer, while still finding time to run labels such as Filth Infatuated and promote a huge number of club nights and raves alike. facebook.com/SoulJuicesDJs



Admission and tickets

The opening hours on Sunday May 25th are 11am-10pm.

Admission before 6pm is £3 (on the gate), and free for kids under 16 - no advance tickets available.

Please note that the Amphitheatre will remain open all day and will not shut at 6pm.

Admission after 6pm is £5 (advance & on the gate) and free for kids under 16.

Advance tickets are available from bristol.vegfest.co.uk/ticket-information, the TicketSellers or the Bristol Ticket Shop, with BUY ONE GET ONE HALF PRICE offer running till the end of April.

Caterers

Specialist caterers serving delicious globally inspired vegan food, making sure everybody eats all day

Snacks and Bars

A collection of original and delicious snacks together with several all day bars. All food and drinks are 100% vegan.

An Indian Affair

Amazing Indian curries from this family outfit, with plenty of spices, textures and flavours to suit all tastes.

Bangwok

Thai street food with a twist. Nice and spicy, and just right for a day time snack or meal. Their pad thais have wowed many discerning taste buds at our previous shows.

bangwok.com



blu-fire smoke 'n grill

These guys offer vegan-friendly dishes to reflect a fusion between traditional and creole/cajun inspired foods and flavours. Menu includes tabbouleh and falafel, smoked portobello mushroom chilli, a flavoursome vegan Jambalaya, plus organic/fairtrade vegan beverages



Bubble&

A new street food concept dishing up gourmet bubble and squeak - based around an eye-catching potato cake known as a 'bubble', served with a range of creative, seasonal and locally sourced toppings and fillings. 100% vegan and gluten-free.

bubbleand.co.uk



Buen Apetito

Awesome looking Spanish style paella cooked in the massive pans in front of you, with a 'meaty' and 'veggie' version available, the 'meaty' made with VBites products...

buenapetito.co.uk



Empanadas Social Club

Gluten-free Colombian Street Food with a vegan twist.

[facebook.com/pages/Empanadas-Social-Club/342975465807443](https://www.facebook.com/pages/Empanadas-Social-Club/342975465807443)



Happy Maki

Happy Maki serves seriously good sushi wraps along with smoothies and mlyshakes all from the Glorious Gloria a vintage Renault Estafette. All freshly prepared.

www.happymaki.co.uk



Pepenero

Top-notch Bristol-based Italian organic pizzeria, back at Vegfest for the 2nd year with a full-blown vegan menu! All their pizza bases, tomato sauce and vegetables are freshly made and organic.

pepenerorganic.com



Pizza Via

Stylish, classy and very tasty - wood fired oven baked pizzas made in front of you with a variety of toppings - all vegan friendly



Spice up your Life

Sublime Indian curry from these guys based in the St Nicholas Market in Bristol. Their dishes have just the right balance and hit just the right spots on our taste buds. Vegfest regulars.



St Best Caribbean Caterers

Ital food from these fantastic Caribbean caterers. Expect all the classics but with a vegan slant of course.



Stuffed

Low impact, healthy Indian fast-food variations on the South African streetfood Bunnychow. Dishes consist of hollowed out crown loaves stuffed with Indo-African curries, with the bread serving as a natural container.



The Sunshine Kitchen

Meat FREE, Gluten FREE, Buy 1 Get 1 FREE...From yummy burgers to Indian snacks, they've got your taste buds covered.

www.thesunshinekitchen.com
Twitter @thesunshinekit



Biblos Wraps

Biblos are Bristol based and have a variety of Middle Eastern based dishes like mezze, hummous, falafel, salads tabouleh. Hearty and delicious.

[facebook.com/biblosuk](https://www.facebook.com/biblosuk)



Los Churros Amigos

These guys make delicious churros with melted Belgian chocolate and they love to put a smile on peoples faces with their fun service and wholesome flavours.

loschurrosamigos.com



Redland Curry Delivery

Deluxe Indian curry from a lovely family in Redland, Bristol. Must-tries include sumptuous Chaana Bhuna, fake chicken madras, aloo gobi and recently introduced Chinese stir-fries.

redlandcurrydelivery.co.uk



The Naked Kitchen

Home-made falafel, vegan sausages, burgers and houmous

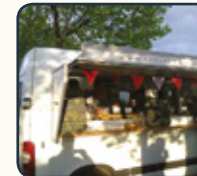
nakedkitchen.co.uk



The Spotless Leopard

Local vegan food van with tasty cakes, tofu wraps, salads, seitan sandwiches, strudels, pancakes, tarts, plus other snacks.

thespotlessleopard.co.uk



Vegusto

Glorious vegan hot dogs, and vegan cheeses and cakes from this top team

vegusto.co.uk



Wild Futures

Tasty vegan street food, including home-made vegan cakes, kid's meal deals, and tasty burgers with our own zingy toppings. All funds raised go to their monkey sanctuary.

wildfutures.org



Several all day bars on site selling both alcoholic and non-alcoholic drinks:

Bristol Cider Shop

Try some of the best artisan cider in the West Country! All their ciders are made in the traditional way from fresh juice by award-winning independent producers. All are made within 50 miles of Bristol and are 100% vegan! bristolcidershops.co.uk



The Shack Revolution

The Shack roams the country serving up a wonderfully British range of seasonal juices and cocktails using ingredients from the family fruit farm and other local farmers. theshackrevolution.co.uk



Pitfield Brewery

An organic brewery producing handmade natural beers for over 30 years. All Pitfield beers are certified Organic by the Soil Association. All Pitfield bottled, and un-fined cask beers, are certified by the Vegan Society. [facebook.com/PitfieldBrewery](https://www.facebook.com/PitfieldBrewery)



ORIGAMI EVENTS

Event Bar specialists Origami Events bring you a full range of drinks including premium canned lager, cider and fruit ciders as well as premium spirits and soft drinks at their two festival fast-serve bars. Remember the bars are CASH ONLY to help you get a drink quicker! origamievents.co.uk



Pimm's Bar

The Pimm's will be flowing available in half pint, pint and by the pitcher at the Pimm's gazebo. Perfectly served with fresh fruit mint and lashings of Pimm's.



Vodka Cocktail

Serving a variety of long, refreshing Cocktails by the glass or Pitcher. Tweet @OrigamiEvents for £4 off a pitcher!

Wine Bar

Fancy a refreshing glass of White or Rose? Look no further than the dedicated wine bar with a range of wines by the glass or bottle.

Special Offers

Lots of one-off discounts from our stallholders at this year's show, including:

Apps 4 Vegans

10% off our standard prices

Buen Apetito

Buy 2 adults portions and get a child's FREE

Captive Animals Protection Society

Come and rescue a cuddly toy for just £5 and get a free magazine

Community Foods

Crazy Jack Organic Fruit and Nuts. at least 20% off.

Fairfoods

Everyone buying from stall receives 10% off voucher (up to £20 off). Use on the day/ within next 6 months.

GILLIE FOOD LTD

Buy 4 get 1 free for our Jerky products

GOOD Hemp

2 for £5 on all GOOD Hemp GOOD OIL and GOOD SEED

Goody Good Stuff

Giant 32 pack multi-bags only £5 (RRP £9.95)

Holistix Herbal Products

10% off all Orders over £25; Free Gift Bag on Orders over £20; Free Website Voucher on all Orders

JUNO Magazine

Free gift with every subscription

Koko Dairy Free

£1 per litre carton of Koko Dairy Free

Komodo

Komodo and Braintree Hemp. Massive clearance sale. Hemp, Bamboo and organic cotton mens and Womens clothing. Half original prices.

Living Naturally Limited

Free gift with every purchase

Mama Tierra Cosmetics

At least 15% off usual retail prices, further discounts for multiple purchases - Saturday only!

Melia Publishing

Buy Forks Over Knives and Forks over Knives Cookbook together for £15 - a saving of £7.99 on the RRP

Nakd Wholefoods

18 Nakd Bars for just £8

New Internationalist

3 month free trial to New Internationalist Magazine including a free No-nonsense Guide book.

OrganiCulture Ltd

Buy One Get One Half Price at our Stand - Available on 23/24/25 May

Orzo Coffee

Buy two or more Orzo Coffee products and receive a free eco-friendly jute bag

Pitfield Brewery

Pitfield Brewery - £3.50 per pint or £13.00 for 4 pint take away container.

Pudology (Lucy Wager Foods Ltd)

3 Puds for £4

Pulsin' Ltd

Buy 4 Pulsin' bars for £5!

Rebel Kitchen

£2 for a pack of 3 drinks!

Red Chilli Shop

Sauces 3 for £10

Stuffed

Buy two Bunnychow and get a lassi free!

TeenVGN

Sign up at our stall & take away a vegan goodie bag!

The Bristol Bakehouse

Win the cake raffle! Tickets £1 and all proceeds go to our chosen charity, Help 4 Heroes.

The Electric Lemon

Bring your cup back to us for 50p off refills.

The Heavenly Cake Company

Buy 5 cupcakes and the 5th is free

The Juice Shack

Doubles for the price of singles on any cocktails between 7-9pm!

The Sunshine Kitchen

10% OFF ALL MEAL DEALS! SPECIAL OFFERS ON DRINKS!

Trinity's Conscious Kitchen Book

Trinity's Conscious Kitchen Book 'inspiring soul through vegan cuisine' at £15 (rrp £19).

Unite for the Animals Ethical Clothing for Animal Lovers

Get a free tote bag with every T-shirt purchased

Vegan Organic Network

Growing Green normally £18, show special only £5

Vegan Tuck Box

18% off single Vegan Tuck Boxes

Vego Good Food UG

Buy 3 Get One Free

Vervet Monkey Foundation

15% off for volunteer bookings made within 2 weeks of Vegfest

Viva!

Half price memberships, from £6 at Bristol Vegfest only! Sign-up and receive our awesome tri-annual magazine, supporter's discount card, updates and more!

Wild Futures

Buy a kids vegan hot dog and get a free Fair Trade juice! A delicious slice of vegan cake and a cuppa of your choice for £3.00!

Yaoh

Buy One Get One Free on all our products

Special Guests

Massive welcome to our special guests, including:

Neil Robinson

Ex-Everton FC player, world's 1st vegan footballer



Neil played for Everton and Swansea City in the 70's - 80's and is the world's 1st to play professional football on a vegan diet. Neil is still very passionate about promoting his vegan lifestyle and he's visiting 10 UK vegan festivals this year with his talks and smoothie demos. neilrobinsonvegan.com

John Robb

Musician, author, presenter, pundit



John is the award-winning indie music mainstay, frontman of punk rock band Goldblade (goldblade.com), music author of best selling books including "the Stone Roses And The Resurrection Of British Pop and Punk Rock - An Oral History". John's also the boss of one of the UK's top 5 music culture website louderthanwar.com, and singer with themembranes.co.uk

Kerry McCarthy

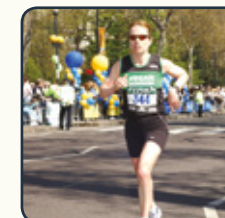
Labour Member of Parliament for Bristol East



Vegetarian since 1981 and vegan since 1992, Kerry was the only vegan MP in Parliament when she was first elected, but has now been joined by two other Labour colleagues. She is a patron of the Vegan Society and Food Cycle, and is also Vice President of the League Against Cruel Sports. kerrymccarthymp.org

Fiona Oakes

Champion of 2013 North Pole and Antarctic Ice marathons



A lifelong vegan, sportsperson, firefighter and animal welfare/ rights campaigner and carer, Fiona currently combines caring for rescued animals at her Sanctuary in Essex towerhillstables.com with the duties of a retained firefighter and the commitments of an elite Marathon runner. Fiona won both the North Pole and Antarctic Ice marathons in course records and also ran a marathon on EVERY continent to break a total of THREE WORLD RECORDS. fionaokesfoundation.co.uk

Pat Reeves

Cancer survivor and powerlifter



Earlier this year Pat broke the world dead-lift record at the National Single Championship in Stafford. Pat is also practitioner of Nutritional and Functional Medicine. She defeated an intractable cancer situation using a living plant foods regime. foodalive.org

Rachel Demuth

Chef and author



Rachel is the founder of Demuths vegetarian restaurant in Bath which has been a top destination for foodies from all over the country. Rachel also launched The Vegetarian Cookery School, and regularly runs masterclasses with acclaimed guest chefs such as Yotam Ottolenghi, Rose Elliot and Tom Herbert. racheldemuth.co.uk

Captain James Tea Cook

Pirate, kids entertainer



Resident pirate Captain James Tea Cook, Pirate of the Carob Bean, is a great source of entertainment for the little ones, with magic, cookery demos, experiments, general merriment and skulduggery of a piratey nature. [facebook.com/CaptJamesTeaCook](https://www.facebook.com/CaptJamesTeaCook)

Yvonne Bishop-Weston

Nutritionist



Harley Street and TV Nutritionist Yvonne Bishop-Weston started her nutrition consultancy Foods for Life 10 years ago, and has appeared on GMTV's LK Today, BBC One Show and ITN News. foodsforlife.co.uk

Cookery Demos

Inventive chefs bringing alive delicious plant-based recipes with samples to try out at the end. Sponsored by Fry's UK



Saturday

- 12.00** hunkimori - Indulgent Desserts
- 1.00** Adrian Smith (Vegan Peasant Catering) - Creative Canapés
- 2.00** Jane Easton - The Viva! Cookbook Proudly Presents... Sexy Sides & Salads
- 3.00** Saskia Fraser - Easy and Delicious Raw Food for Energy and Vitality
- 4.00** Stephen Ward - Last Days of the Raj: Vegan Delights of Anglo-India
- 5.00** Stephanie Jeffs - Explore Raw

Sunday

- 12.00** Rachel Demuth & Jo Ingleby - Moorish Tofu Recipes
- 1.00** Jane Easton - Delicious Recipes from Viva's New Dairy-free Guide
- 2.00** Sarmado Sibley - Gourmet Raw Living Foods
- 3.00** Neil Robinson & Tim Barford (Yaoh) - Hemp Smoothie Demo
- 4.00** Anna Middleton - Raw Falafel, Courgette Hummus & Hemp Tabbouleh

hunkimori - Indulgent Desserts

People often mistakenly think that the words "vegan dessert" are a contradiction in terms. Chelle Hughes from Bristol vegan dining pop-up hunkimori will demonstrate how to make desserts that ditch the dairy but not the indulgence! Learn how to make a velvety rich dark chocolate torte and a creamy toffee-tasting banoffe pie.



Adrian Smith (Vegan Peasant Catering) - Creative Canapés

Head chef and creative partner Adrian from Vegan Peasant Catering will demonstrate how to wow your guests with visually stunning canapés that will make anyone think you are a natural - with emphasis on the clever construction, colour and flavour combinations.



Jane Easton - The Viva! Cookbook Proudly Presents... Sexy Sides & Salads

Jane Easton, food and cookery coordinator of Viva!, demonstrates the following mouthwatering recipes from Viva's brand-new cookbook:

- Smoky Black Bean Cakes - pretty little burgers with a subtle, smoked paprika taste.
- Cauliflower & Flageolet Bean Antipasto - a simple, Mediterranean style marinated salad oozing with flavour
- Tropical Rice & Beansprout Fruity Salad with Sesame Orange Dressing - simple to make, sophisticated to taste. You're in for a treat with this contemporary salad and its sublime dressing



viva.org.uk

Saskia Fraser - Easy Raw Food for Busy Lives and Raw Food Beginners

Saskia demonstrates simple, fun and tasty raw food recipes that can be created in minutes, showing how raw food is accessible to everyone, from beginners, busy parents, sceptics and kids, to raw food aficionados.

rawfreedom.co.uk



Stephen Ward - Last Days of the Raj: Vegan delights of Anglo-India

Steve was born in Calcutta, India during the last days of the Raj, and later returned to the UK the land of their ancestors. But as with all British and Anglo-Indian residents of the sub-continent, they adapted some native Indian recipes and brought them halfway across the world with them. The items that Stephen will be preparing are falouries, paratas and daul.



Stephanie Jeffs - Explore Raw

Come along and be inspired by Stephanie's gorgeous recipes in this fun and energetic session! She will demonstrate some of her favourite raw food dishes from her ebooks that are guaranteed to get you ready for a raw detox, including plates from her tantalising Chinese buffet supper. She will also share with you her tips on how she lost 9 stones and cured herself of chronic disease.

exploreraw.com



Rachel Demuth & Jo Ingleby - Moorish Tofu Recipes

Rachel has been cooking and teaching world vegetarian and vegan cuisine for 30 years and is widely regarded as one of the great plant-based chefs in the UK today. Jo is an experienced and creative chef and teacher, and an ex-head chef at award-winning Demuths Restaurant. They'll demonstrate marinades and seasonings for tofu and serve a dish of Japanese Crispy Sesame Tofu with seasonal vegetables.

vegetariancookerschool.com



Jane Easton - Delicious Recipes from Viva's New Dairy-free Guide

Jane shows no one has to go without after ditching dairy with these recipes:

- Artichoke Filo Pie with Creamy Butterbean, Sundried Tomato & Olive filling: a delectable conversation stopper that's surprisingly easy to make.
- Mango & Pecan Cheesecake: does what it says on the tin!

viva.org.uk

Sarmado Sibley - Gourmet Raw Living Foods

Come & learn how to create amazingly delicious raw food recipes to inspire your guests. This demo shows you some simple techniques to prepare raw foods like professionals. Sarmado will demonstrate some basic skills to create restaurant style dishes to get you back in the kitchen.

rawlovelife.com



Neil Robinson & Tim Barford (Yaoh) - Hemp Smoothie Demo

Join Yaoh manager Tim Barford with his special guest Neil Robinson, who used to play professional top-flight football with the likes of Everton and Swansea City in the 70's and 80's, whilst on a veggie and later vegan diet. He and Neil put hemp and smoothies together into a lively, accessible and humorous demo which involves tastings of their favourite smoothie recipes.

neilrobinsonvegan.com
yaoh.co.uk



Anna Middleton - Raw Falafel, Courgette Hummus & Hemp Tabbouleh

Anna Middleton of "Rawsome" will be giving a food prep demo showing us how to make raw falafel packed with medicinal mushrooms, hemp & herb tabbouleh and a baobab courgette hummus made without chickpeas. Super nutritious, tasty & very easy to make.

rawsome.co.uk
annamiddleton.com





Kids Cookery Classes

A full schedule of cookery classes for the little ones - great for learning about healthy eating and plant-based nutrition in a fun and lively environment. Suitable for all ages. Sponsored by Foods for Life Nutrition

Saturday and Sunday

- 12:00 Banana Magic
- 1:00 Rainbow Rapping
- 2:00 Pirate Pancake Tossing Classes
- 3:00 Essential Pirate Energy Balls
- 4:00 Rainbow Slime



Starring Captain James Tea Cook and The Pirates of The Carob Bean at the Peripatetic Foods for Life Academy of Food and Nutrition

Captain James Tea Cook delivers a wacky mix of cooking, kitchen science and chemistry for primary school aged kids. A little bit of singing and a quite a lot of piratey shouting involved so if your child is of a delicate disposition it's probably best to take them to the craft tent. Please wash hands before cookery classes.



Captain James Tea Cook Pirate of the Carob Bean will be teaching your little scallywags how to make a whole range of educational fun kitchen and nutrition related things in his Pirate tent.

There will also be his famous Vegfest Rainbow Bananaberry Smoothie bike to Cycle, Blend and Drink.

Also in the Pirate Tent is a Pirate Treasure Trail, Design the perfect plate to replace the NHS Eatwell plate, rainbow hands and a bit of impromptu singing and dancing of Sea Shantys.



Banana Magic

We prove there is energy / electricity in bananas but that you just need the right vitamins and minerals in your body to unlock it. Suitable for older kids too.



Rainbow Rapping

We find out why you have to eat a rainbow every day, and why it's important. We make rainbow hands to remind us we need to eat vegetables at least 5 a day. We make a rainbow picnic snack (Suitable for young ones).



Pirate Pancake Tossing Classes

We make magic pancakes with no eggs or cow's milk, and learn the best way to do a full toss in public without getting egg on your face (all ages).

Essential Pirate Energy Balls

Healthy snacking is an important part of a stay-healthy strategy so we make a recipe for chocolate balls with nutritious calories and fats for your brain not fats for your bum (all ages).

Rainbow Slime

We make rainbow coloured slime and learn about acid and alkali balance (all ages).



Kids Entertainment

An eclectic mix of inspiring kids activities suitable for all ages - ideal for whole families

Saturday

- 11am-5pm Junkfish
- 12-5pm Clay Workshops with Louise Block

Sunday

- 11am-5pm Junkfish
- 12-5pm Clay Workshops with Louise Block
- 12-5pm Hoola Hoops by Amy HoopLovin



Junkfish

The popular Junkfish kids area is back this year, packed with fabulous activities for the whole family - all completely free! Visit our craft tent for a great range of 'make and take' activities from designing a mask to making your own juggling balls or fairy wings. Little ones will love playing in our relaxed family chill out area full of books and toys including playdough kitchen, a huge box of duplo and dressing up. Outside there will be more festival fun with circus skills equipment including our wonderful giant hula hoops and Junk Ball Run. So come along, get creative and have fun!

junkfish.co.uk
[facebook.com/junkfishcraft](https://www.facebook.com/junkfishcraft)



Clay Workshops with Louise Block

Louise Block works with schools and community organizations on a freelance basis holding clay and other workshops for all sorts of people. She plans workshops to suit the specific needs of the users.

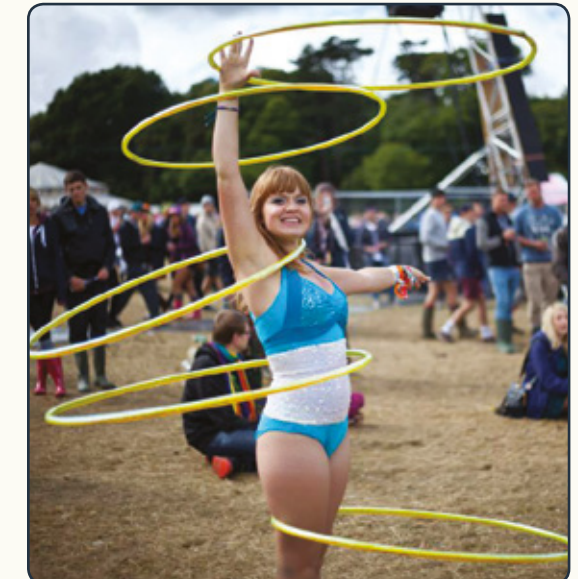
Most people enjoy the experience of working in clay. It is not an intimidating material, skills can be learned quickly, and quite exciting results can be achieved.

Louise will show how to use the clay, and encourage ideas from people and give help where needed. Working in groups on clay projects is very sociable, and encourages communication and informal interaction between people.

In this clay workshop you can:

- play and have fun
- learn new skills
- relax & socialize
- explore
- develop ideas
- create useful and decorative things to take home

Find out more about Louise's workshops at louiseblock.co.uk



Hoola Hoops by Amy HoopLovin

Amy HoopLovin was with us last year teaching hoola-hoop skills, playing hoop games and showing off her incredible talent and we just had to have her back!

Amy HoopLovin is also Vegan and loves to educate about the topics whilst spinning 5 hoops around her body and even a hoop on her nose! Her presence is exciting and captivating and she has the hoop skills to inspire!

If you've always wanted to learn how to hoop around your waist or you want to learn a new hoop trick or 6 to add to your own hoop repertoire, then join the hooping fun on the Sunday afternoon at Vegfest! For the Love of Hooping!



Saturday

- 12.00** Stephanie Jeffs - Juicing for Health, Wellness and Vibrant Living
- 1.00** Veronika Powell (Viva!) - Is Soya a Superfood or Health Risk?
- 2.00** Stephen Walsh - Good Health without Animal Products
- 3.00** Pat Reeves - Living Foods and Raw Power
- 4.00** Lia Aquila - Super Simple Raw Food to Change Your Life

Sunday

- 12.00** Yvonne Bishop-Weston - What our Children Need to Eat
- 1.00** Neil Robinson - Plant-Based Fitness for over 50's
- 2.00** Juliet Gellatley (Viva!) - Why You Don't Need Dairy!
- 3.00** Kenny Bountiful Sun & Holly Paige - Raising Kids on Raw Foods
- 4.00** Graham Jevon - Lightforce Food

Veronika Powell (Viva!) - Is Soya a Superfood or Health Risk?



It's hard to decide what to believe - some praise it as a super-bean, others warn against it. Find out what the latest scientific research and experts on the topic say!
www.viva.org.uk

Stephen Walsh - Good Health without Animal Products



Typical vegetarian and vegan diets offer important advantages for health, particularly less saturated fat and cholesterol and lower risk of obesity. However, the right choices on a plant-based diet are critical to getting the maximum benefit. This talk provides clear guidelines for maximising the benefits. vegansociety.com

Pat Reeves - Living Foods and Raw Power



Raw and living foods offer high amounts of nutrients which are vitalising, energising, enhancing oxygen and vibrancy, enabling one to become more intuitive and knowledgeable in accessing our inner healing system. Pat will explore what she considers to be a most empowering nutritional practice to overcome health challenges, both emotional and physical, heal injuries faster, is anti-aging, provides abundant energy - and is extremely cost-effective! foodalive.org

Lia Aquila - Super Simple Raw Food to Change Your Life



Lia will share her journey of recovery using raw food from a debilitating illness and how you can transform your health. She will explain how to introduce a more natural way of eating that's affordable whilst ensuring you get supercharged nutrition. Be inspired to take charge of your own health, understanding the differences between food addictions and nutrient deficiencies.
rawfest.co



Yvonne Bishop-Weston - What our Children Need to Eat

Yvonne Bishop-Weston, Nutritional Therapist BSc. Dip ION mBANT, will talk about what children need in and out of their diets to help them grow healthy bodies and develop enquiring minds. www.foodsforlife.co.uk

Neil Robinson - Plant-Exclusive Fitness for the over 50's



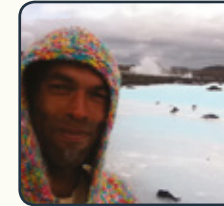
Neil Robinson, the first vegan professional footballer (ex-Everton FC), along with his brother John (BA Hons Sports Studies; BA Hons Food, Nutrition & Health), speaks about a vegan lifestyle which can be augmented by an aerobic fitness & high-rep weight training conditioning programme for the benefit of everyone - with emphasis on over 50's.
neilrobinsonvegan.com

Juliet Gellatley (Viva!) - Why you don't Need Dairy



Is it natural and even safe to consume milk after weaning? Juliet explores the many health issues and new research showing why dairy is linked to cancers including breast, prostate and bowel; which foods are known to fight against cancers; how natural growth hormones in milk affect us and what are the dangers of milk protein and saturated fats? Also, if we don't consume dairy where should we get calcium?
viva.org.uk

Kenny Bountiful Sun & Holly Paige - Raising Kids on Raw Foods

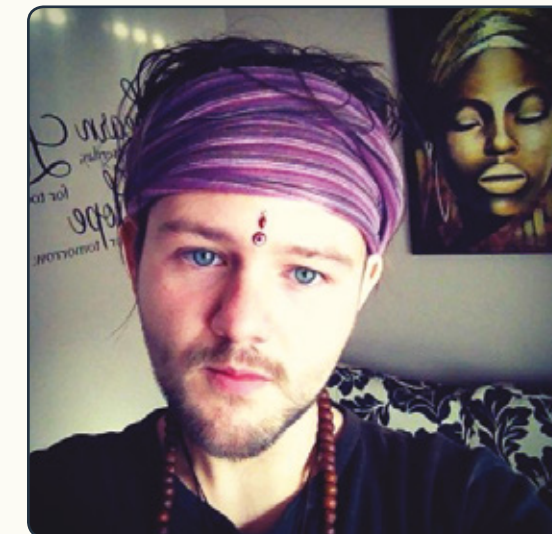


Kenny and Holly are seasoned raw food pioneers, experienced in child rearing with natural alternatives to the consensus mass marketed food chain parental nightmare. In this talk you will discover: nutritional requirements for growing children, how to be a healthy role model, how to trick fussy kids into eating the good stuff, how to use superfoods, tonic herbs and fermented foods to support and maintain your child's healthy immune system, and more.
foodforconsciousness.co.uk
thoughtsforconsciousness.co.uk



Stephanie Jeffs - Juicing for Health, Wellness and Vibrant Living

Stephanie shares the intimate details of her truly inspiring and engaging juicy journey from unhealthy vegetarian to high raw high plant-based living. Stephanie lost 9 stones and cured herself from chronic disease, making changes by starting with a juice detox. She shares all her tips for getting started with juicing and getting it right, how to avoid the pitfalls of yo-yo juicing, how to use juicing as a stepping stone towards more spiritual living and eating and how to incorporate juicing into everyday living.
exploreraw.com



Graham Jevon - Lightforce Food

Learn the value of medicinal foods and the difference between Raw food, Living food and Lightforce food. Reverse ageing, look younger, feel better, activate your hormones & truly detoxify the mind, body and emotions with the most exquisite delights of the plant kingdom. Learn what is really sustainable and attain an in-depth understanding of the body and its infinite wisdom. Unlock the secrets of immortality and immerse yourself in the supreme teachings of nature.
Grahamjevonn.com

Saturday

- 12.00** Kerry McCarthy and John Robb - Meat is Murder and Other Songs
- 1.00** John Robb - How to Break the Vegan Stereotype
- 2.00** Aneesh Popat - Concentration of the Mind
- 3.00** Jane Easton & Justin Kerswell (Viva!) - 30 Day Vegan: Improve your Life in Just One Month
- 4.00** Bert Justice - Choose Vegan, Improve the World
- 5.00** Fiona Oakes - Sun, Sand and Suffering

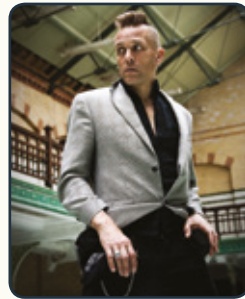
Sunday

- 12.00** Sea Shepherd - If the Oceans Die...we Die
- 1.00** Dominic Dyer - Is the Badger Cull Policy the Worst British Wildlife Policy to Date?
- 2.00** Kerry McCarthy - How can Vegan Voters Make their Voices Heard?
- 3.00** Juliet Gellatley (Viva!) - Mood Foods
- 4.00** Martin Fodor - Vegan Lifestyle and Plant-based Living - How do we Decide what Changes to Make?
- 5.00** Kim Stallwood - Animal Witness

John Robb - How to Break the Vegan Stereotype

John will defy media stereotypes and burn the cliches of vegans with an impassioned talk about his journey from the meat strewn bloodbath of the 70's Blackpool he grew up in to the vegan 21st century via punk rock, touring the world and growing up from the bacofoil bacon glam rock decade to the modern world of a million choices and waking up to the power of vegetables and the glowing future of meat free existence in a high decibel world.

twitter.com/johnrobb77



Aneesh Popat - Concentration of the Mind

Concentration of the mind. A practical session on the science and logic of why it is important for us to find a way to harness and focus the mind to make the most of our abilities.

the-chocolatier.co.uk



Jane Easton & Justin Kerswell (Viva!) - 30 Day Vegan: Improve your Life in Just One Month

Viva! have recently launched their incredibly successful and totally free 30 Day Vegan programme to help people make the switch to a healthier, happier and kinder diet. This will be an informative and fun talk/workshop with Viva's food and cookery co-ordinator Jane Easton and campaigns manager Justin Kerswell.

viva.org.uk/30dayvegan



Berty Justice - Choose Vegan, Improve the World

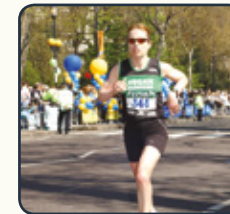
How can changing what we eat and buy improve the world? This talk looks at sustainability, the environment, ethics, health and world record breaking athletes



to show how it's possible. This talk will also explore what really is in animal products, and fun ways to spread information about veganism. bertyjustice.co.uk

Fiona Oakes - Sun, Sand and Suffering

Fiona Oakes, vegan for 40 years, will talk about her experiences of combining running across the Sahara Desert in 50 degrees of heat to raise awareness for the cruelty free cause with the day to day workload of caring for around 400 rescues at her Tower Hill Stables Animal Sanctuary. fionaokesfoundation.co.uk



Sea Shepherd - If the Oceans Die...we Die

Sea Shepherd uses innovative direct-action tactics to investigate, document, and take action when necessary to expose and confront illegal activities on the high seas. By safeguarding the biodiversity of our delicately balanced ocean ecosystems, Sea Shepherd works to ensure their survival for future generations. Their talk will focus on Operation GrindStop 2014: the biggest campaign of its type in their history. seashepherduk.org



Dominic Dyer - Is the Badger Cull Policy the Worst British Wildlife Policy to Date?

Dominic discusses the key issues leading up to, during and after the cull. With a deep understanding of the issues from both sides of the fence, he'll analyse scientific claims used to justify the cull, discuss statistics and findings from the cull, and explain why it's always doomed to fail. careforthewild.com



Kerry McCarthy - How can Vegan Voters Make their Voices Heard?

Kerry will discuss how vegans, vegetarians and others who care about animal welfare, the environment and what's in our food can influence political decision-making. Examples include the badger cull, the Government's backdoor plans to bring back fox hunting and the Elliot Review (on the authenticity of food products, food safety and public health). kerrymccarthymp.org



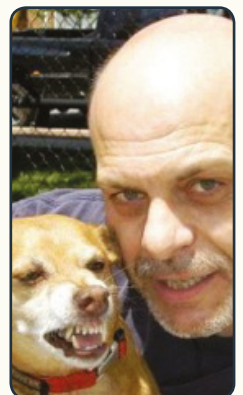
Martin Fodor - Vegan Lifestyle and Plant-based Living - How do we Decide what Changes to Make?

Thinking about reducing meat, going from veggie to vegan, or trying out a plant-based, sustainable, or cruelty-free lifestyle? Join Martin from Bristol Vegans, and work out what next steps are best for you, based on your values, ethics, and desire for health and nutrition.

Kim Stallwood - Animal Witness

By combining historical and philosophical thinking with personal experience, Kim looks back on his life to discover why animals are important to him, and what living as a vegan animal rights advocate means. As a witness for the animals, he'll share a larger story about effective animal activism, and in doing so call for compassion, truth, nonviolence, and justice for all species.

kimstallwood.com



Kerry McCarthy and John Robb - Meat is Murder and Other Songs

Did Morrissey convince you that Meat is Murder? Or was it Paul McCartney, Crass, Moby, Chrissie Hynde or another musician who won you over to vegetarianism? Are you a Straight Edge vegan punk, a reggae lover following an Ital diet, or were you newly inspired by Beyoncé and Jay Z's 22 day vegan tryout? Join us for a Pop and Politics event, chaired by vegan musician John Robb, to debate the influence of music on what we eat and how we treat animals.

kerrymccarthymp.org

twitter.com/johnrobb77

Lifewell Wellbeing Hub

Workshops featuring some high-quality holistic health experts - Helping Wellbeing Become A Revolution! Saturday only. Sponsored by JASON

- 12.00** Richi - Heal and Thrive Now (Keynote)
- 1.00** Ellie Bedford & Donna-Marie Watson - Superfood Chocolate Recipes for the WHOLE Family!
- 2.00** David Saville - How to Channel your Passion to Create the Life of your Dreams!
- 3.00** Stella Phillips - The Tao of Food - A Liberating Guide to Lifestyle Balance
- 4.00** William Bedford - Cultural Mechanics and the Art of Influence
- 5.00** Sheena Bratt - Another World is Possible!

Richi - Heal and Thrive Now (keynote)

Discover how self-healing master Richi reversed a lifetime of debilitating ill health and baffled doctors while traversing symptoms as severe as total physical debilitation, by: making integral lifestyle shifts into more natural living, harnessing the medicinal potential of simple everyday foods and uncovering potential states of exuberant self-healing which are accessible to us all. [facebook.com/RichiSpring](https://www.facebook.com/RichiSpring)



Ellie Bedford & Donna-Marie Watson - Superfood Chocolate Recipes for the WHOLE Family!

Author of "How to eat a Rainbow" Ellie Bedford, and creator of LifeWell Superfoods "Super Crackies" Donna-Marie Watson share with you their favourite raw chocolate recipes! Discover why sometimes less is more in raw foods and how to take advantage of the abundance of superfoods in the British Isles.

theboothethebearandthegojiberries.blogspot.co.uk



David Saville - How to channel your passion to create the life of your dreams!

Are you ready for something to change? Do you have a dream that you have given up on or wish you could make a reality? During the session David will share 5 key principles that have enabled him



to transform his own life from one of fear and aversion to one of exploration and wonder. In this inspiring and practical session you'll learn what you can do to start creating your dream life today, and how to keep focused so it becomes a reality. If you have ever felt that you could do more with your life or if you have already started to create something new and exciting, and are looking for deeper clarity and inspiration, then this is the talk for you!

davidsaville.co.uk

Stella Phillips ('Edesias Banquet') - The Tao of Food - A Liberating Guide to Lifestyle Balance

Stella is a qualified nutritional therapist, 4th generation Tai Chi Chuan practitioner and raw foods enthusiast, and has a deep passion for creating delicious raw chocolates.

In this warm presentation you will benefit from Stella's diverse knowledge and experience, leaving with a unified clarity into the art of nutritional, lifestyle, and wholelife balance.

[facebook.com/EdesiasBanquetStellaPhillipsRawFoodGoddess](https://www.facebook.com/EdesiasBanquetStellaPhillipsRawFoodGoddess)



William Bedford - Cultural Mechanics and the Art of Influence

Archaeologist, Anthropologist, and Cultural Theorist William Bedford explores how culture and values shape our view of the world and each other, and explains why food choices in particular seem such an emotionally charged topic. He will also examine how these cultural values can be used to create positive influence and ultimately shift the accepted norms which cultural behaviours are built upon.

[facebook.com/pages/Will-Bedford/302785823112361](https://www.facebook.com/pages/Will-Bedford/302785823112361)



Sheena Bratt - Another World is Possible

Sheena will present the compassionate, positive and holistic vision of The Venus Project (TVP), introducing some of its exciting solutions for creating a harmonious, abundant world, including moving toward a global Resource-Based Economy (RBE). Questions welcome on how we can turn this vision into reality.

sheenabratt.com

thevenusproject.com



Workshops

Engaging and interactive sessions with lots of tips on living healthily on plant-based lifestyles. Sponsored by JASON

Sunday

- 12.00** Aneesh Popat - Sun Salutations - Surya Namaskar
- 1.00** Chrissy Leyland - Try the Vegan Approach
- 2.00** Katie Creuynni - Energy Clearing
- 3.00** TeenVGN - Meet other compassionate youngsters
- 4.00** Ruth Hawe - WRITING ACTIVISM: the power of writing and imagination
- Christine Thurlow - Indian Head Massage
- 5.00**



Aneesh Popat - Sun Salutations - Surya Namaskar

A physical, mental and emotional form of spiritual yoga. Come on an empty stomach as this yoga is active and you will be feeling pumped up after! the-chocolatier.co.uk



Chrissy Leyland - Try the Vegan Approach

Thinking about going vegan? Tried being vegan but met some challenges? Are you a new vegan? The Vegan Approach workshop is for you! Chrissy will outline 10 simple steps to start your vegan journey including what to buy, where to eat and how to deal with family and friends. She will put you in touch with local groups and online groups for ongoing support. theveganapproach.com

Katie Creuynni - Energy Clearing

Katie will show how to work with energy centres in the body to clear heavy, stagnant, blocking energies from our own energy field and bring free-flowing life energy in its place.

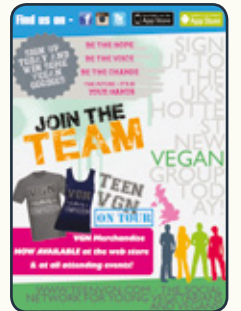
openingsacredspace.wordpress.com/workshops

[facebook.com/creuynni](https://www.facebook.com/creuynni)



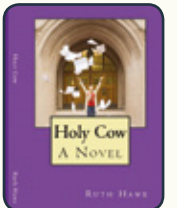
TeenVGN - Meet other compassionate youngsters

Teenagers and young adults! Come and hang out with TeenVGN at this workshop! Meet other compassionate youngsters, make new friends, grab some free chocolate and other refreshments and take a break from just wandering around with your parents ;) We want to hear YOUR views about life as a VGN teen and know what we can do to campaign to make everyday life easier. teenvgn.com



Ruth Hawe - WRITING ACTIVISM: the power of writing and imagination

The written word is the most potent change maker in this co-created world of our Imagine Nation. Way more impactful than old paradigm agendas, fiction is particularly powerful as it permits freedom to our ideals and insights. We get to choose how it manifests into the physical as we unleash it. Through examples from her novel "Holy Cow", Ruth Hawe invites you to release your own cherished ideals in this interactive workshop. vegantopia.co.uk



Christine Thurlow - Indian Head Massage

Come and learn the techniques of Indian Head Massage, great for relieving stress and tension. This workshop will teach you the basics in a simple routine, enabling you to treat friends and family. Treatment includes the upper back, neck and head and is given without the use of oil, through the clothes. You will practice on each other, in pairs.

tranquillityzonetraining.co.uk



Main Stage - Daytime

Scintillating performances from a collection of talented musicians. Sponsored by Yaoh



Saturday

12.00	Ian Haywood - Composer and Pianist
1.00	Jen Jen
2.00	The Robin Pierce Band
3.00	LEECH
4.00	Fifi Rong
5.00	Ellie Jacobs

Sunday

12.00	Rainy (Rainy and the Dust)
1.00	King Lear
2.00	Wheelcraft
3.00	Robin Mitchell
4.00	Mitchell and Vincent
5.00	D'lys

Ian Haywood - Composer and Pianist

Ian is a vegan composer and pianist. His music is inspired by the natural world in which we live and by the animals that we share it with. His passion is to use his music to help promote veganism and respect for nature. He will share this inspiration with us so that together we can make the world a better place. ian-haywood.co.uk



Jen Jen

Singer/songwriter JENJEN's debut album ENTER, a blend of lazy guitars, Native percussion, haunting strings and whalesong was reviewed in Acoustic magazine (Sept 2012) as 'eerily reminiscent of the late Sandy Denny... with songs that just ooze chillout... perfect for those long hot summer festival days'



Infamous DJ of the 90's, JENJEN was resident at top clubs across the UK and Amsterdam. Her last band, Snipe were quoted as being 'the next best thing to come out of Bristol after Portishead and Massive Attack' (Logo mag).

jenjen.co.uk

The Robin Pierce Band

Cheshire-Based, "The Robin Pierce Band" are going from strength to strength pushing their unique brand of Folk/Rock upon audiences across



the country, with their debut record 'Old Friend' gaining extensive radio play on BBC Manchester, BBC Stoke & BBC Three Counties to name but a few. Now gigging up & down the country with recent shows in London, Liverpool, Manchester, York and Leeds, sharing the Stage with Ed Sheeran, The Futureheads, The Levellers & Ocean Colour Scene.

therobinpierceband.co.uk
[facebook.com/therpb](https://www.facebook.com/therpb)
[Twitter @therpb](https://twitter.com/therpb)

LEECH

LEECH is Europe's most active, experienced, sought after and professional band that predominately plays covers, from REM, White Stripes, Nirvana, Oasis, Kaiser Chiefs, Blur, the Jam, Kings of Leon, Jimi Hendrix, Green Day, the Clash, Pink Floyd, the Killers, so all genres are covered.

lemonrock.com/leech
leech.s5.com



Fifi Rong

Originating from Beijing, Fifi Rong is a unique singer, songwriter and producer currently living in London. Subtly nuancing her vocal delivery with a traditional Chinese flair, Fifi constantly experiments across Alternative Rock, Ambient Electronica, Future Garage and Post-Dubstep in her production.

fifirong.com
[soundcloud.com/fifirong](https://www.soundcloud.com/fifirong)
[youtube.com/fifirong](https://www.youtube.com/fifirong)
[facebook.com/fifirong](https://www.facebook.com/fifirong)

Ellie Jacobs

Originally from Exmouth Devon, Ellie writes and performs all her own music and have just recorded her third album called 'Written in the Rubble'. Her music is an acoustic/folk style. She believes every song should have a meaning, and she's inspired by current events in the world as well as her own experiences in life. She shares her music with the hope that to someone somewhere it will mean something.

[soundcloud.com/elliejacobs1/to-the-sea](https://www.soundcloud.com/elliejacobs1/to-the-sea)



Rainy (Rainy and the Dust)

Rainy and The Dust is the live project of Bristol-based singer/songwriter Rainy, who's currently performing solo while he records his next album. Rainy brings to the stage beautiful rootsy-acoustic world grooves, infused with the positivity of his lyrics and tied together by an eclectic and laid-back musical style.

rainyandthedust.com
[soundcloud.com/rainyandthedust](https://www.soundcloud.com/rainyandthedust)
twitter.com/rainyandthedust



King Lear

Growing up in a musical family of eight children, Lear developed a palate for a wide range of musical styles. From his experience with jug band, blues, jazz and bluegrass to country, rock, pop and folk, Lear has forged himself a sound uniquely his own. Lear's distinct voice is both sweeping and captivating, commanding attention through his lyrical storytelling which is at times as rough as the ocean and others as smooth as the sea.

kinglear.fourfour.com



Wheelcraft

WHEELCRAFT hit the scene with their wheels already rolling. Guitar, bass, congas and didgeridoo allow Wheelcraft to move about freely on the musical landscape, with tastes of latin, aboriginal and folk



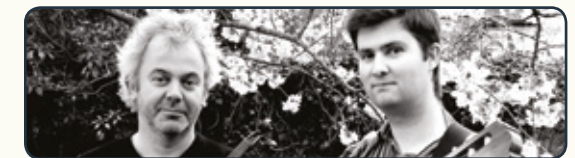
music flavouring their sets. Performing live is the band's biggest thrill, where they marry intricate improvisation and engaging songwriting, with wit and charm.

[facebook.com/pages/Wheelcraft/479721885405219](https://www.facebook.com/pages/Wheelcraft/479721885405219)
[myspace.com/wheelcraft](https://www.myspace.com/wheelcraft)
[youtube.com/watch?v=T32luYELJPY](https://www.youtube.com/watch?v=T32luYELJPY)

Robin Mitchell

Robin grew up in Bristol, and the variety of his musical influences reflects the city's own bustling multiculturalism. His ever-changing band plays guerrilla gigs around Bristol and further afield. Robin's poetic lyrics, soft vocal and fumbling guitar style lend a melancholic, folksy undertone to an otherwise expansive and boldy diverse catalogue of songs.

robinmitchell.co.uk
[facebook.com/robinmitchellmusic](https://www.facebook.com/robinmitchellmusic)
robinmitchell.bandcamp.com



Mitchell and Vincent

David Mitchell and Graham Vincent are an acoustic duo based in Dorset and Somerset who play lively traditional music from the British Isles on Fiddle and Guitar. Much of their set is instrumental but this is mixed in with a few broadly traditional songs. Playing at festivals, concerts and events all over the South West and beyond, they have been described as performing "Distinctive yet fresh traditional folk," and musicians who "tell stories with their melodies".

mitchellandvincent.com
[facebook.com/mitchellandvincent](https://www.facebook.com/mitchellandvincent)
[youtube.com/MitchellandVincent](https://www.youtube.com/MitchellandVincent)
[Twitter: @mitchellandvin](https://twitter.com/mitchellandvin) [@mitchellandvinc](https://twitter.com/mitchellandvinc)

D'lys

Described by BBC Radio as "simply superb", singer/songwriter D'lys was requested to perform at Academy Award winner Kevin Spacey's Celebrity Gala in November last year. Her hauntingly beautiful voice, catchy melodies and poignant lyrics have also led her to open concerts for Joss Stone's band "Yes Sir Bos" and multi-platinum selling "The Streets" vocalist Leo.

dlysmusic.com
[facebook.com/dlys.music](https://www.facebook.com/dlys.music)
twitter.com/dlysmusic





Neil Robinson

ON TOUR 2014

NEIL ROBINSON IS THE WORLD'S 1ST VEGAN FOOTBALLER TO PLAY AT THE TOP LEVEL WHILST TRAINING ON A VEGAN DIET. AN ACCOMPLISHED FULL-BACK, NEIL PLAYED FOR EVERTON AND SWANSEA CITY IN THE 70'S AND 80'S.

NOW, IN HIS 50'S, NEIL IS TOURING THE UK'S LEADING VEGAN EVENTS WITH HIS UNIQUE SMOOTHIE DEMOS AS WELL AS DIET AND FITNESS TIPS.



MARCH 29TH 30TH VEGFESTUK BRIGHTON
 APRIL 12TH LABL FAIR LIVERPOOL
 MAY 10TH GREAT YORKSHIRE VEGAN FESTIVAL
 MAY 23RD 24TH 25TH VEGFESTUK BRISTOL
 JUNE 7TH NORTH WEST VEGAN FESTIVAL
 JULY 26TH NEWCASTLE VEGAN FESTIVAL
 SEPT 13TH NORTHERN VEGAN FESTIVAL
 (JOINT WITH LABL FAIR BLACKPOOL)
 SEPT 27TH 28TH VEGFESTUK LONDON
 OCT 4TH LABL FAIR EDINBURGH
 OCT 25TH WEST MIDLANDS VEGAN FESTIVAL
 NOV 2ND OR NOV 9TH (DATES TBC IN JUNE)
 NORTH EAST VEGAN FESTIVAL

SPONSORED BY



FOR MORE INFO ABOUT ANY OF THESE SHOWS, VISIT
WWW.VEGFEST.CO.UK

WWW.NEILROBINSONVEGAN.COM

Comedy Hours

A host of high-quality comedians providing non-stop jokes and laughter to all - entry at no extra charge

Saturday

Sara Pascoe
Joey Brannigan

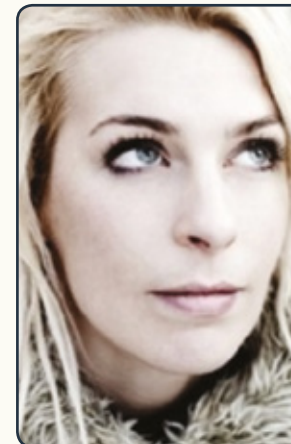
Sunday

Chris Stokes
Jim Daly

Sara Pascoe

Sara Pascoe is a comedian and actress. She has appeared in such popular programmes as Stand Up for the Week, Never Mind The Buzzcocks, The Thick of It, The Increasingly Poor Decisions of Todd Margaret, QI, Campus, Being Human and Twenty Twelve. Despite this success, Sara doesn't have a proper website as she hasn't quite worked out how to do stuff on the internet. She is also a vegan!

Twitter @sarapascoe



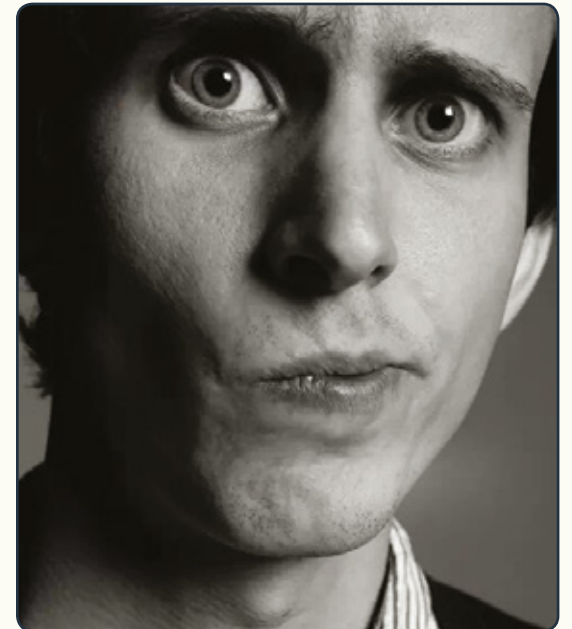
Joey Brannigan

Coventry-born Joey Brannigan is a Comedian, Poet & Writer (and Vegan!). Returning after performing twice with us in 2012, Joey is bringing with him a variety of stories, poems & letters (he loves winding people up!). Joey, has had successful shows at Leicester, Nottingham & Birmingham Comedy festivals and is no stranger to larger stages. Having opened for Simon Evans as well as performing in theatres nationally.

More recently Joey has been treading new territory on Londons poetry circuit. Performing a unique mixture of Stand Up comedy, Poetry and Spoken word. He appears regularly at Poetry Unplugged, Farrago and as host/MC of Stage Fright. Joey is also to appear at Camden Fringe this summer in a Stand-up show based around a childhood love of Pro Wrestling.

www.joeybrannigan.co.uk

Twitter @JoeyBrannigan



Chris Stokes

Chris' playful and erudite stand-up has seen him crop up on 'Dave's One Night Stand' and intermittently on BBC Radios 4 and 5Live. As well as supporting the likes of Milton Jones, Pete Firman and Stewart Francis on several UK tours, Chris' debut solo show was awarded the 'Best Show' award at Dave's Leicester Comedy Festival 2012.

Twitter @_chris_stokes

Photo credit: Andy Hollingworth

Jim Daly

A newcomer to the comedy circuit, Jim has been bringing his mix of jokes and songs to audiences across London since May 2012. Thankfully a life of being a complete idiot prior to May 2012 has provided plenty of material. A Golden Jester semi-finalist in 2013, Jim has supported the likes of Doc Brown, Holly Walsh and Kevin Day and returns to VegFest after performing at Brighton and Bristol last year.

jimdalycorndy.com

Twitter @jimdalycorndy





What's for Dinner?

A short documentary that examines the rapidly increasing consumption of animal-based foods in China that has mirrored the country's swift economic growth in recent years. This film is trying to answer a big question: can people in the developing world eat as much meat, eggs, and dairy as people in industrialized countries without destroying the planet?

The film offers a unique look into China's rapidly changing food and agricultural landscape and sheds light on some of its consequences for public health, sustainability, the environment, climate change, and animal welfare.

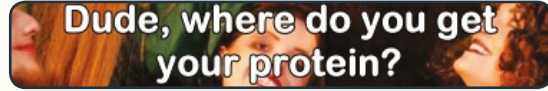
wfdinner.com



Why vegan?

This short video by EVOLVE! outlines the rationale behind following a vegan lifestyle - justice for animals, justice for global food production, better health, putting a stop to violence and environmental destruction amongst other incentives.

evolvecampaigns.org.uk/evolve/videos.aspx



Dude, where do you get your protein?

Protein is the most revered nutrient of all and has driven our food choices for over a hundred years. But what if (almost) everything you thought you knew about protein was wrong? This 30 minute RAVE Diet production is not only fun to watch, but informative and puts to rest some of the most important myths about protein.

ravediet.com/protein.html



Plant-based nutrition vs Animal-based nutrition

Many people think that eating solely plant-based foods is not healthy and are still convinced that meat, dairy, fish and eggs are a necessary part of our diet. But as this EVOLVE! film production shows, by eating a variety of plant-based foods, it's easy to get all the nutrients we require, with the added bonus that plant-based foods contain no saturated animal fat, no cholesterol and none of the acidifying effects of animal derived foods.

evolvecampaigns.org.uk/evolve/videos.aspx

The True Cost of Food

A 15 minute educational and entertaining video produced by the Sierra Club Sustainable Consumption Committee to encourage people to think about the environmental impacts of their consumption choices.

sierraclub.org/truecostoffood



Best Before: The London Revolution

Food prices and food poverty are skyrocketing, and healthy food has become the privilege of the wealthy. But this documentary shows that Londoners are taking matters into their own hands - from city farms to roof gardens, farmers' markets to food cooperatives - providing an alternative for a more sustainable, ecological and socially just food system.

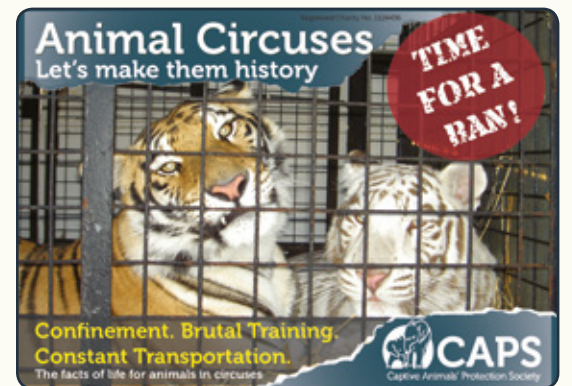
bestbeforedocumentary.com



What We can Do to End World Hunger

This EVOLVE! video explains that meat-eating societies are the main cause of world hunger because they feed a disproportionate percentage of the world's crops to the 60 billion land animals annually killed by the meat, dairy and egg industries worldwide, and tens of billions of marine animals... instead of the 7 billion people on the planet.

evolvecampaigns.org.uk/evolve/videos.aspx



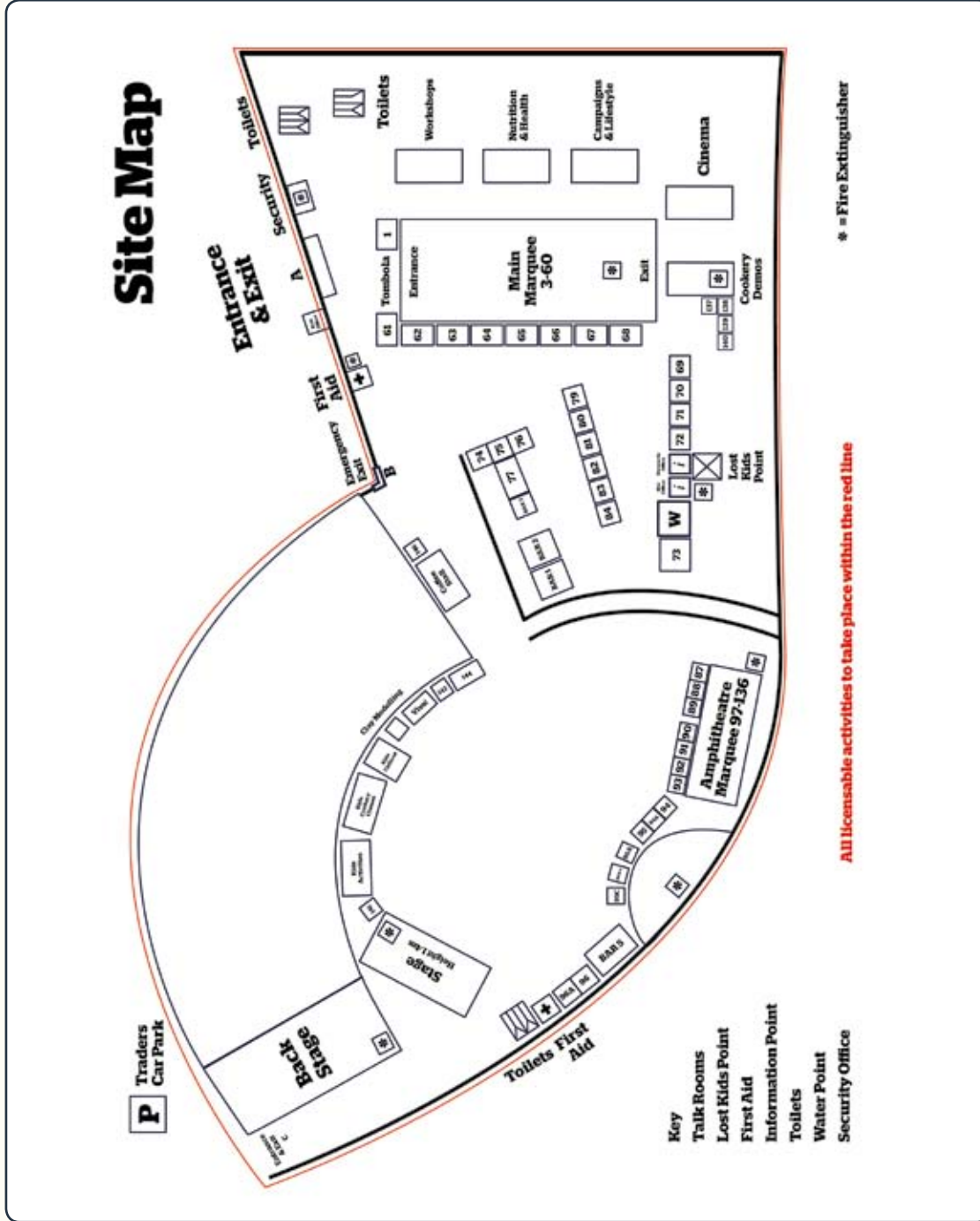
Animals are not Clowns

Actor Nicholas Ball speaks out against animal cruelty in circuses in this undercover investigation from CAPS.

captiveanimals.org/library

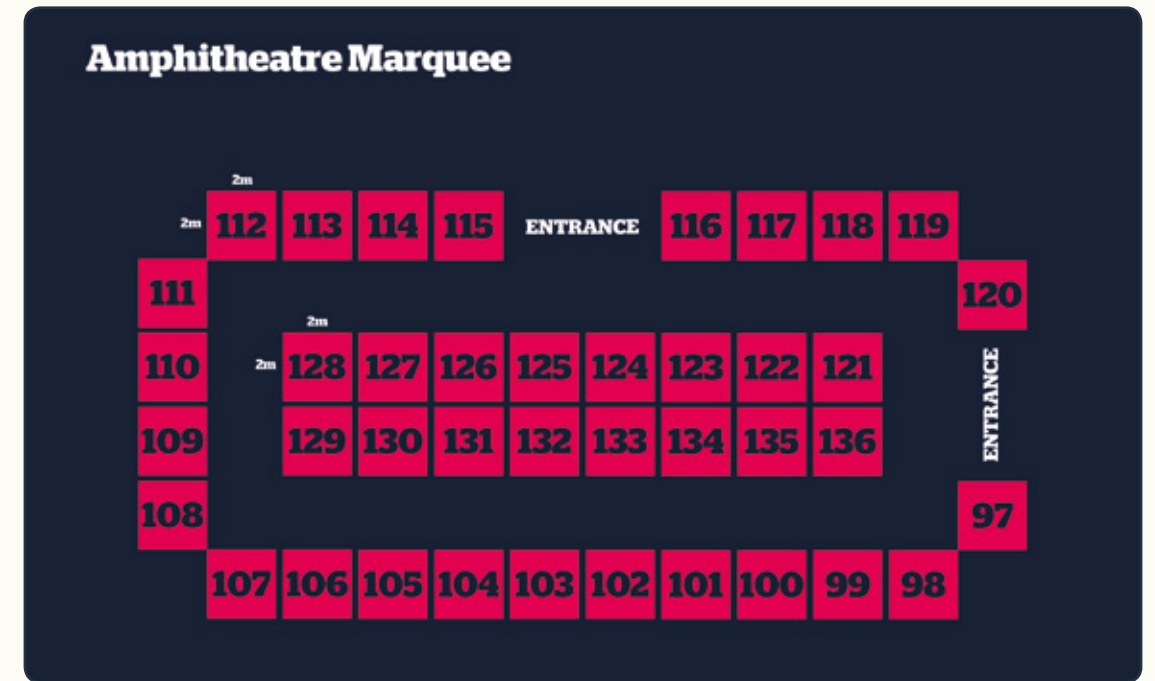
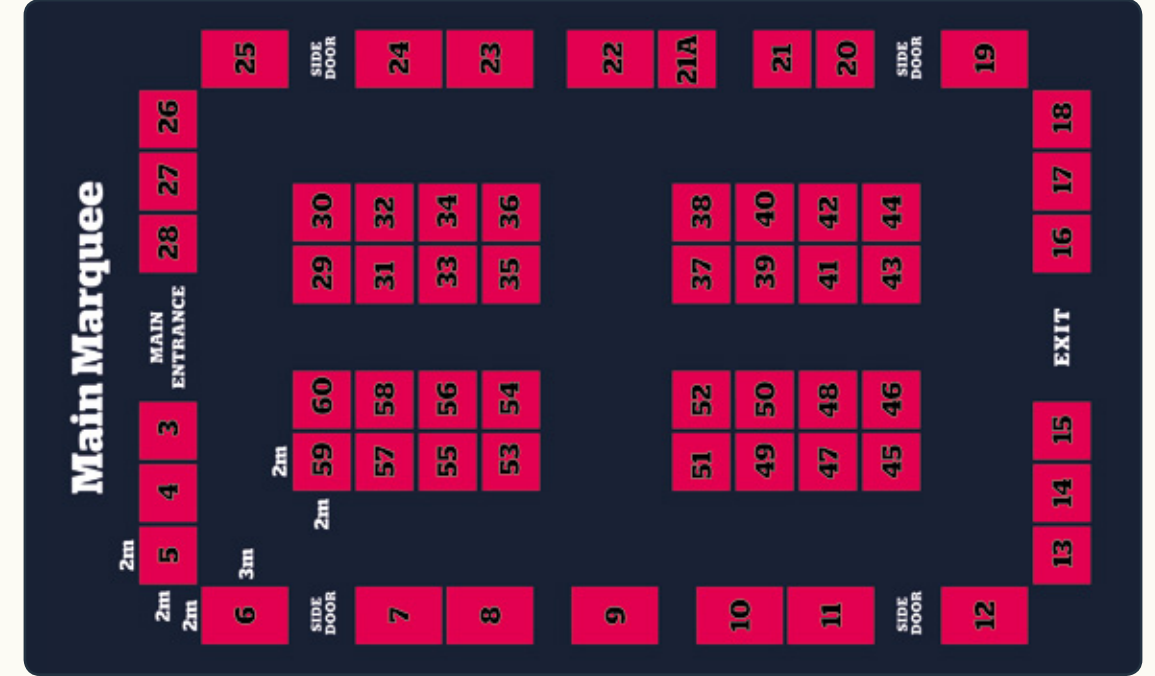
Floor Plans

Site Map



Floor Plans

Main Marquee & Amphitheatre Marquee



Stalls

93 Red Chilli Shop
redchillishop.co.uk
alidbain@hotmail.co.uk
07912 732489
Hunters Lodge Inn
Leigh Common
Wincanton
Somerset
BA9 8LD

88 Redland Curry Delivery
redlandcurrydelivery.co.uk
tej@redlandcurrydelivery.co.uk
0117 9238020

89 RSPB
rspborg.uk
info@rspborg.uk
01767 680551
The Lodge
Sandy
Bedfordshire
SG19 2DL

127 Sea Shepherd UK
seashepherd.org.uk
events@seashepherd.org.uk
0300 1110501
27 OLD GLOUCESTER STREET
LONDON
WC1N 3AX

107 Shining Seren
facebook.com/shiningseren
shiningseren@gmail.com
07545297605

95A Soul Juices
souljuices.co.uk
info@souljuices.co.uk
07886 001026

72 St. Best Caribbean Caterers
jdennisgaw@gmail.com
07960 744420
Flat 15 Petworth House
Pytchley Road
London
SE22 8DD

71 Stuffed
joscragg@gmail.com
01761 471652
4 New pit cottages,
Bridge place road,
Camerton,
Bath, BA2 0PE

145 Super Deluxe Coffee Company
facebook.com/superdeluxecoffee
superdeluxecoffee@gmail.com
07895 225179

129(Sat) Supreme Master Ching Hai International Association
godsdirectcontact.org
surrey.centre@yahoo.co.uk
07760 275088
1 Woodbridge, Chapel Road
Smallfield, Surrey
RH6 9NW

101 Swis Foster Care
swisfostercare.co.uk
southwestfostercare@swis.co.uk
0117 9065299
2nd Floor
4 Colston Avenue
Bristol
BS1 4ST

116 TeenVGN
teenvgn.com
hello@teenvgn.com
01495616242
11 Albion Place,
Hanbury Road,
Pontnewynydd,
Torfaen,
NP4 6PG

111(Sat) The Bristol Bakehouse
thebristolbakehouse.com
info@thebristolbakehouse.com
07423 129751
7 Buckingham Street
Bristol
BS3 3PF

39 The Chocolatier
the-chocolatier.co.uk
chocolates@the-chocolatier.co.uk
07904 983589
20 Mintern Close
Palmer's Green
London
N13 5SX

142 The Creperie
thecreperie@live.co.uk
07783412386

146 The Electric Lemon
theelectriclemon.co.uk
henry@theelectriclemon.co.uk
07818862969
4 Victoria Walk
Cotham
Bristol
BS6 5SR

36 The Heavenly Cake Company
theheavenlycakecompany.co.uk
info@theheavenlycakecompany.co.uk
0208 2917320
Nationwide delivery.
Collection by appointment from
south east London

Bar 1 The Juice Shack
theshackrevolution.co.uk
rich@theshackrevolution.co.uk
01885 488325
New Cross Farm, Edwyn Ralph,
Bromyard
HR74NF

94A The Naked Kitchen
nakedkitchen.co.uk
info@nakedkitchen.co.uk
07929483025
Unit 15 Windmill Hill Farm Business
Centre
Bartley Street
Bristol
BS3 4DB

61 The Spotless Leopard
thespotlessleopard.co.uk
info@thespotlessleopard.co.uk
07925 641299

96A The Sunshine Kitchen
thesunshinekitchen.com
info@thesunshinekitchen.com
07949 081 658
124 DORMERS WELLS LANE
SOUTHALL
MIDDLESEX
UB1 3JB

30 The Vegan Society
vegansociety.com
alex@vegansociety.com
0121 523 1735
Donald Watson House
21 Hylton St
Birmingham
B18 6HJ

120 Think Products Europe Ltd
smooze.co.uk
ali@smooze.co.uk
01202 285533
44 Blake Hill Crescent
Poole
Dorset
BH14 8Q5

118 Trinity's Conscious Kitchen Book
trinityskitchen.com
trinity@trinityskitchen.com
01458 830443

122 Unite for the Animals Ethical
Clothing for Animal Lovers
unitefortheanimals.org
info@unitefortheanimals.org
07712835757 / +34 682 104 239
Number 2 Vilar de Ortelles
Lugar Rachelo
Ferreira Pantón
Lugo
Galicia, Spain
27438

67 Van Goffi
vangoffi@hotmail.co.uk
kath_embiling02@hotmail.com
07564854499
Ty Coch
The Court
Coychurch
Bridgend
CF35 5EH

121 Vegan Organic Network
veganorganic.net
info@veganorganic.net
0161 232 7807
Anandavan
58 High Lane
Chorlton
Manchester
M21 9DZ

34 Vegan Tuck Box
vegantuckbox.co.uk
enquiries@vegantuckbox.co.uk
07773 744675

42 Vegetarian Food Studio
vegetarianfoodstudio.co.uk
enquiries@vegetarianfoodstudio.co.uk
02920 238222
SLEEPY HOLLOW
LYNMOUTH DRIVE
SULLY
CF64 5TP

31 Vegetarian Living
vegetarianliving.co.uk
paul@vegmag.co.uk
01202 586848
P.O. Box 6337
Bournemouth
BH1 9EH

1 VegfestUK stall

20 vego Good Food UG
vego-chocolate.com
info@vego-chocolate.de
00491772269573
vego Good Food UG
Lycheer Str.63
10437 Berlin
Germany

65 Vegusto
vegusto.co.uk
vian@vegusto.co.uk
01273 936010
Unit 1 Ashwyn Business Centre
Marchants Way
Burgess Hill
West Sussex
RH15 8QY

125 Vervet Monkey Foundation
vervet.za.org
info@vervet.za.org
0027 834545381
PO Box 415
Tzaneen 0850
South Africa

59, 60 Viva!
viva.org.uk
info@viva.org.uk
017 944 1000
8 York Court, Wilder Street, Bristol
BS2 8QH

29 Vx
vegancross.com
shop@secretsocietyofvegans.co.uk
0207 8332315
73 Caledonian Road
London N1 9BT

95B Wild Futures
wildfutures.org
emma_jawrence@wildfutures.org
01503 262532
Wild Futures
The Monkey Sanctuary
St Martins
Nr Looe
Cornwall
PL13 1NZ

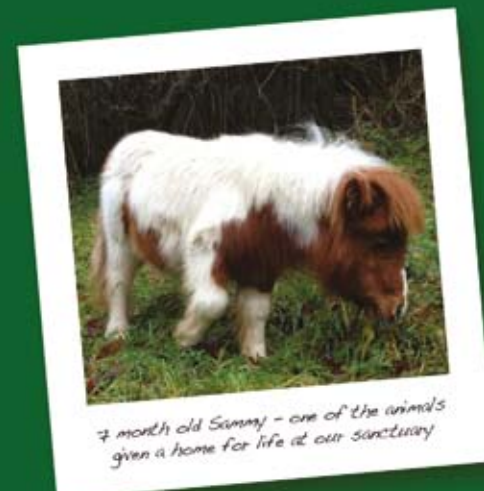
43, 44 Wills Vegan Shoes
wills-vegan-shoes.com
wills@wills-vegan-shoes.com
0207 1839477

2 Yaoh
yaoh.co.uk
info@yaoh.co.uk
0117 9239053
PO Box 333
Bristol
BS99 1NF



Make a positive difference: choose compassionate living

What we buy and the way we live has a direct impact on human & animal welfare. Here at Dean Farm Trust, we like to spread the word about living a sustainable, healthy and cruelty free life.



7 month old Sammy - one of the animals given a home for life at our sanctuary

Come see us at
21a Main Marquee

Many of our everyday items, from shower gel, washing powder and lipstick to food and drink have involved the mistreatment of animals... but it doesn't have to be that way. By providing information on the use of animals in factory farming, intensive breeding & cruel sports, we help people make cruelty free choices and promote wider awareness of issues.

Sanctuary: At Dean Farm Trust, we put our beliefs into action offering a caring home for life for animals who have suffered as a result of the farming industry, or have been let down by people in some other way. We'd love to share their stories with you.

Join us: Whether you are looking for ideas on a more compassionate life; want to find out about our animals or take part in one of our campaigns, it would be great to hear from you.

E. info@deanfarmtrust.org.uk
W. www.deanfarmtrust.org.uk



Registered Charity No. 1122303

Join us! To receive our newsletter about our animal sanctuary and compassionate living, please complete your details. Please return to: Dean Farm Trust, Carlson Suite, Vantage Point Business Village, Mitcheldean GL17 0DD.

Name: Address:
Email:
Dean Farm Trust is committed to protecting your privacy, we will never, ever send you spam or share your information with 3rd parties. Postcode:

Acorn Vegetarian Kitchen



Acorn Vegetarian Kitchen offers some of the most innovative vegetarian and vegan food in the UK. Visit their stall to find out more about the restaurant, enter a prize draw to win a meal at the restaurant, pick up some free samples and talk to the team about the philosophy and principles behind the restaurant.

acornvegetariankitchen.co.uk

Ananda Foods



Handmade Marshmallows and our signature Waggon Wheel - 'Round Up!' NEW - Toffee Popcorn, Chocolate Coconut Macarons and Caramel Mallow Lollipops! Visit us for our incredible Chocolate Fountain - Strawberry & Marshmallow kebabs and for a chance to win a giant Round Up! Distributors for Bellissimo Parmesan & Condensed Soya Milk!

anandafoods.co.uk

Barnardo's Fostering and Adoption South West



Barnardo's are looking for foster carers from all backgrounds for long and short term foster placements. They provide excellent training, regular supervision, 24 hour support and generous fees. Come and meet their friendly team to find out more! Tel: 0117 937 5507

barnardos.org.uk/swfosteringadoption

Beech's Chocolate



Beech's has been making luxury chocolates in Preston since 1920. All their chocolates are gluten free and made only with natural ingredients. Many of their products are suitable for Vegans and carry the Vegan Society logo on the pack. Delicious Fruit Creams, Chocolate Brazils, Coffee Creams and more.

beechsfinechocolates.com

BUAV



BUAV leads the campaign to end all animal testing. Their vision is to create a world where nobody

wants or believes we need to experiment on animals. Come to stall no. 9 to get involved in their campaigns and pick up their free Little Book of Cruelty Free shopping guide.

buav.org

Bubble&



A new street food concept dishing up gourmet bubble and squeak - based around a traditional bubble and squeak base, known as a 'bubble', which is shaped into an eye-catching potato cake. It is served with creative, seasonal and locally sourced toppings and fillings. The entire menu is gluten-free.

bubbleand.co.uk

Bute Island Foods



Bute Island Foods are back with their "Sheese" brand of vegan cheese. Melty Red Cheddar and Mild Cheddar Sheese styles are perfect for melting onto pizza, pasta and toast! Also available is the new Vegan Deli range of 7 delicious, 100% vegan mock meats and sausages.

buteisland.com

Essential Trading Co-op



A leading UK organic and Fairtrade product wholesaler, Essential Trading manufacture and distribute sustainable wholefoods, ecological household products and cruelty free body care items across Europe and internationally. Their product portfolio covers over 5000 lines including: convenience, ingredients, vegan & vegetarian, demeter, speciality foods and free from.

essential-trading.coop

Excellart



Excellart is a PR, marketing and design agency, also offering websites, online shops and social media campaigns for businesses and organisations of all sizes. Clients include The Vegan Society, Fry's and VegfestUK. Vegan owned, strong ethical policy, established in 2005. They provide everything you need to promote your business.

excellart.co.uk

Fun Foods 4 All



Fun Foods was set up to fill a gap in the market for children's food. They provide good healthy food that's fun for kids and helps take the stress out of meal times for parents! Fun Foods also aim to engage kids with their favourite characters, like Scooby Doo/Hello Kitty.

funfoods4all.co.uk

Grano e Vita



Italian producers of very complete and balanced plant-based meats, based on the processing of grain and lentils. The intense and particular flavor, different from all specialties, is given by the aromas of flowers, fruits and plants of the Mediterranean coast measured and processed with an ancient wisdom.

muscolodigrano.com

Happy Maki



Happy Maki serves seriously good sushi wraps along with freshly made smoothies and milkshakes all from the Glorious Gloria a vintage Renault Estafette. With emphasis on flavour their Maki rolls are filled with fresh produce, homemade sauces and tasty extras.

happymaki.co.uk

JÄSÖN



JÄSÖN Natural Care are the leading natural family brand in the UK. They've been around since 1959, offering natural care to families for three generations. Products are vegetarian and vegan friendly, and the whole range is BUAV certified.

facebook.com/jasonnaturalcare

Juno Magazine



JUNO magazine offers fresh perspectives in this fast-paced technological world, creating a non-judgemental community for those who are keen to follow "a natural approach to family life". There are columns on home-education, empowered birth, teens and nutrition; interviews, craft, recipes and features on parenting.

junomagazine.com

Koko Dairy Free



One of the best vegan milk alternatives on the market, with an exquisite blend of coconut making this a very tasty drink. It has considerable health properties too, such as the nature of pure coconut. The milk can be used in a variety of recipes that call for milk.

kokodairyfree.com

Komodo



Fairly traded fashion brand Komodo was started in the late 1980s after teenage backpacker, Joe Komodo, returned from his travels around Asia. Now, Komodo is an acclaimed international fashion brand, which hasn't lost sight of the ideals that inspired its creation. Ethically sourced organic and natural fibre fashion.

komodo.co.uk

Lavera



Lavera offers award-winning natural organic skincare and cosmetics without synthetic ingredients, paraffin or parabens, with most products certified vegan by the Vegan Society. They have 10 ranges of body, skin and hair care products developed using natural organic plant extracts and oils, thus caring for all skin and hair types.

lavera.co.uk

Living Naturally



Living Naturally Soapnut shells are the only organic detergent that grows on trees! It simply doesn't get greener than this! Very simply, soapnuts are the dried shells or husks from the soapberry tree. Living Naturally soapnut shells are organic, vegan, hypoallergenic, chemical and cruelty free and 100% biodegradable.

soapnuts.co.uk

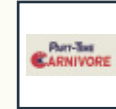
Nakd Wholefoods



Nakd bars are made from fruits & nuts lovingly 'smooshed' together to make a delicious healthy snack 100% vegan and contain no added sugars/syrups. Try their NEW range of Crunch bars and yummy TREK protein flapjacks made with gluten free oats. Nature loves you, baby!

eatnakd.com

Part Time Carnivore



Campaigning for fair, sustainable and healthy eating. Find out how you can help your community cut demand for intensively produced meat with Part-Time Carnivore.

parttimecarnivore.org

Pudology



In the study of the perfect (gluten & dairy free) dessert, Pudology have created beautifully indulgent and delicious puddings without using dairy, gluten or eggs, because Pudology believe no one should miss out just because they don't eat dairy! All their products are registered with the Vegan Society.

pudology.com

Swiis Foster Care



Give a child a chance - Be a Swiis Foster Carer and seize the opportunity to change a child's life and future. Their carers receive excellent weekly payments, 24 hour support and comprehensive training, every step of the way. Come to stand 101 to find out more!

swiisfostercare.co.uk

The Bristol Bakehouse



Coeliacs! If you're looking for the best cakes and chocolate fudge ever, you've come to the right place. The Bristol Bakehouse specialises in vegan treats without gluten, wheat, egg and dairy. Bring your kids (or just the big kid in you) for their yummy fondant animal toppers.

thebristolbakehouse.com

Vegetarian Living



Vegetarian Living celebrates the food that's in season, with some of the best chefs and food writers in the UK today. It's the market-leading vegetarian magazine, not just because of their recipes, but because of the interesting and insightful features and columns in their magazine, written by and about inspirational vegetarians.

vegetarianliving.co.uk

Vegfam



The Vegfam Stall is by the main entrance outside the Main marquee and will have a tombola plus information about the charity and its work, plus an opportunity to make donations if you wish.

vegfamcharity.org.uk

Vego good food



The "VEGO-Whole Hazelnut Chocolate Bar" is one of the BIGGEST and BEST Tasting Chocolate Bar in the world! It is made of finest Italian Chocolate and whole Hazelnuts. The VEGO Chocolate Bar is VEGAN and GLUTEN-FREE!

vego-chocolate.com

Viva!



Viva! is a Bristol-based animal charity and throughout 2014 they are celebrating their 20th anniversary! Viva! has a long running association with VegfestUK and are delighted and honoured to be charity partner at this year's events in Bristol. Viva! are determined to end cruelty to animals and work for a saner, sustainable future.

viva.org.uk

Yaoh



The UK's original hemp firm, with selection of hemp foods and bodycare available on their stall outside the Main Marquee by the main entrance, all on Buy One Get One Free on both days. Products include hemp protein powder, dehulled hemp seed, hemp oil and their award winning hemp bodycare range

yaoh.co.uk

Find us on -



Brighton review

SIGN UP TODAY AND WIN SOME VEGAN GOODIES

**BE THE HOPE
BE THE VOICE
BE THE CHANGE
THE FUTURE - IT'S IN YOUR HANDS**

JOIN THE TEAM

TEEN VGN ON TOUR



VGN Merchandise

NOW AVAILABLE at the web store & at all attending events!

SIGN UP TO THE UK'S HOTTEST NEW VEGAN GROUP TODAY!



WWW.TEENVGN.COM - THE SOCIAL NETWORK FOR YOUNG VEGETARIANS AND VEGANS!



VegfestUK Brighton celebrated its 6th year of existence on Mother's Day weekend March 29th 30th in style, with over 5,000 people descending upon the Hove Centre and treating themselves to a haven of delicious plant-based foods, information on nutrition and lifestyle, and entertainment.



Highlights of the show included:



- Attendance by many interesting speakers such as ex-Everton FC player Neil Robinson (the world's 1st vegan footballer), Goldblade frontman John Robb, well-renowned nutritionist Gareth Zeal amongst many special guests
- 125 stalls and caterers laden with some great-tasting vegan foods ranging from pad thais, burgers, pies, cakes, canapes, mock meats, cheeses, chocolates, plus many other varieties
- Family Day on Mother's Day Sunday with attention-grabbing kids activities such as hoola hoops, smoothie bikes, face paints, pirate games, pancake-tossing and sushi-making sessions, hosted by Pirate of the Carob Bean Captain James Tea Cook
- dozens of talks, cookery demos, workshops and short films on the benefits of following a plant-based lifestyle
- captivating performances and comedy hours
- a fundraising auction hosted by John Robb, in aid of the Animal Welfare Party's bid to win a seat at the May EU Elections
- a VeggieVision speed-dating session, hosted by the amazing Karin Ridgers, which attracted over 100 people and featured tastings of specialist vegan wines, nibbles with lots of love in the air
- a Vegan Bodybuilding "inverted rows" competition in which every participant won a prize, and this year's record was 46 reps for men and 24 reps for women
- a pullup challenge at the Vegan Bodybuilding stall

VegfestUK will be returning to Brighton next year at a different, and better, venue - 2015 dates and location will be announced later this year at brighton.vegfest.co.uk

VegfestUK Brighton was proudly sponsored by: Yaoh, JASON, Cocofina, The Raw Chocolate Company, Living Naturally, Magpie, Fry's Vegetarian UK, Out of Hand, Vegfund, Bute Island Foods, Koko Dairy Free, Suma Wholefoods, and the Animal Welfare Party

Vegan Festival
Newcastle upon Tyne
26th July 2014



CastleGate, Melbourne Street, NE1 2JQ
VeganFestival.co.uk

LONDON VEGAN FESTIVAL
2014

Food, speakers, entertainment, children's activities
Sunday 17th August 11am - 8pm
£2 (under 12 free)

All are welcome!
Organised by CALF

(Campaign Against Leather & Fur)
www.vegancampaigns.org.uk/festival

Sponsors:



Kensington Town Hall
Hornetan Street, London W8 7NX
(Underground: High Street Kensington)

LABL Fair Blackpool
Saturday 13 September 2014
11am - 6pm

Joint event
With
Northern
Vegan
Festival

At
the famous
Winter
Gardens

£2 Entry
Free for
under 12's

200
Stall
Joint Event

Film
Screenings



Talks

100% VEGAN FAIRTRADE
ECOLOGICAL ORGANIC

Please visit:
labl.org.uk, facebook.com/ethics.health
and twitter.com/ethics_health to find out more!
Plus more Events -
Liverpool and Edinburgh

**the north east
vegan festival**



The North East vegan festival
returns in **November 2014**
at **The Stadium of Light, Sunderland**

What's on

A great range of stalls
with food, other vegan
products and great
organisations to meet.
Cookery demos, talks, live
music, & much more!

Tickets on sale at
nevfest.com
soon!

www.facebook.com/northeastveganfestival
www.twitter.com/nevfest

Organised by Farplace Animal Rescue, registered
charity no 1126812 www.farplace.org.uk

Find out more at www.nevfest.com

**Viva!'s Incredible
Vegan Christmas Show**

*ethical
gift
ideas*

Saturday, 29 November, 2014
10.30am to 4pm

**Bristol City Hall, College
Green, Bristol BS1 5TR**

All you could ever want for a
compassionate Christmas.
All welcome! Meat-reducers,
vegetarians and vegans

**Free entry - free food
tastings - free advice**

vegan gift ideas | festive cookery demos
hot and cold food | chocolates | information
competitions | beauty products
help in going veggie or vegan for Christmas and beyond
fashion | stalls | books | campaign news
refreshments | talks

It's a great day out!

Sponsored by

www.frysvegetarian.co.uk
www.buteisland.com
www.vegfest.co.uk
www.moofreechocolates.com
www.needsweets.co.uk
www.hempish.com
www.deanfarmtrust.org.uk



Viva!

For a map/info:
www.viva.org.uk/veganchristmasshow
Or contact: Viva!, 8 York Court,
Wilder Street, Bristol BS2 8QH
E: info@viva.org.uk T: 0117 944 1000



Ideal for summer outdoor eating



Sadly, due to family commitments, we cannot be at the show in person. We wish Tim and his team all the best, and we are proud to sponsor VegfestUK. We hope you enjoy the event.

Best wishes
Lisa, Pat and the team



Chicken Style Strips and Pepper Wrap
(serving suggestion)

Food that speaks for itself...



Available online from Ocado and Goodness Direct

In freezer cabinets at Harvest, Wild Oats, Bristol Sweet Mart, local health stores and Holland & Barrett

Also available to caterers through 3663 and Creed – who supply pubs, cafés, clubs, hotels, schools, colleges, universities, care homes, hospitals and leisure centres

Free from... meat, fish, eggs, dairy products, GM ingredients, hydrogenated fats, cholesterol, artificial colours & preservatives

Further details from Fry's Distribution: 01489 574593 info@frysdistribution.co.uk www.frysvegetarian.co.uk



Fry's



Fry's are truly an inspiration to mankind. Based in South Africa, they produce some of the world's best vegan meat products that are irresistible not only to veggies, vegans and meat reducers, but even the most hardcore carnivores - who after every bite are left bemused as to why they didn't give vegan foods a chance before.

Not to be missed is their sublime chicken burger, a firm favourite in the nation and particularly the VegfestUK office. It won the VegfestUK 2011 award in the 'Best Vegan Meat' category. Its texture and flavour are so incredibly similar to the real thing, that it's tempting to think that we're actually biting into real chicken. And it truly puts their meat-based chicken counterparts to shame - both in terms of taste and ethics.



Thanks to the phenomenal work of Pat and Lisa Drummy from Fry's Distribution UK, Fry's products are now widely available across our nation. They can be found in Ocado and numerous independent health shops as well as Holland and Barrett stores. Fry's UK distribution now reaches the 3663 chain, which means that virtually no one has to miss out, not even the kids in schools or those working in hospitals, prisons and universities. Just go and demand that your workplace stocks these amazing gems!



Also topping many vegan meat charts are their innumerable varieties of meat-free steaks, pies, sausages, rolls, schnitzels, nuggets, and many other sumptuous creations. Their Pepper and Steak Pie in particular has won over numerous discerning taste buds and scooped last year's VegfestUK award in the 'Best veggie meat product' category.



The support that we have received from these guys cannot be understated. Since our shows began 11 years ago, Fry's UK have given us extremely loyal and generous backing, even during the not so good times. Our shows would never have taken off the way they have now without Fry's behind us. So all our heartfelt gratitude must go to this tremendous brand and also to Pat and Lisa.

frysvegetarian.co.uk

Going Against the Grain

GLUTEN FREE. MADE FROM THE ROOT NOT THE GRAIN

Essential Yeast Extract B-VITAMINS

www.essential-trading.coop

LOOE

MUSIC FESTIVAL 2014

CORNWALL

19th-21st SEPTEMBER

90 BANDS / 5 STAGES / 3 DAYS
SEE YOU ON THE BEACH

BUY TICKETS NOW WWW.LOOEMUSIC.CO.UK

ADULT WEEKEND TICKET £67.50 UNDER 18s WEEKEND TICKET £18.50 UNDER 5s WEEKEND TICKET £1

Bute Island Foods



Bute Island have recently entered the vegan meat market with a bang - check out the new Vegan Deli range of 7 delicious continental mock meats and sausages that are 100% Vegan. These healthy, animal-free alternatives will totally wow your taste buds and give your favourite dishes a more authentic taste! All of the Vegan Deli range can be enjoyed cold and is ideal for making your sandwiches more exciting, or used in cooking to pep up your stews and pasta sauces with Mortadela and spicy Chorizo sausages.

For more information on these products please contact Guy or Mark Crichton on 01700 505357.

www.buteisland.com



Bute Island Foods are the distinguished makers of "Sheese" - an award-winning brand of 100% vegan cheese that will leave not only vegans, but dairy lovers salivating for more with every bite. They produce 9 delicious flavours of Vegan hard "Sheese", including Smoked, Strong and Medium Cheddar Styles, Mozzarella, Cheshire and tasty Blue Style.

The award-winning Creamy Sheese comes in 6 mouth-watering flavours: Garlic & Herb, Chives, Cheddar Style Spread, Original, Sweet Chilli style and Spring Onion & Black Pepper.

Their most recent invention is a Melty range of Sheese - Red Cheddar and Mild Cheddar styles, perfect for melting onto pizza, pasta and of course Sheese toasties! Red Cheddar style has a wonderful, medium strength, "cheesy" tang, coupled with the eye appeal of that attractive red colour. Strong Cheddar & Smoked Cheddar styles will be added to the range this spring with more to follow very soon.

Their entirely vegan range is Kosher certified, gluten free and lactose-free. And their Sheese as nominated for last year's VegfestUK awards in the 'Best Dairy Free Product' category. So whether for a lifestyle choice, because you're suffering from milk allergies - or just love animals - smile and say "Sheese!"

www.vegfest.co.uk



Natural, Organic & Fairtrade
Wholefoods,
Supplements &
Ethical Living Store



9-11 Lower Redland Road, Bristol BS6 6TB
0117 973 1967
enquiries@wild-oats.co.uk www.wild-oats.co.uk

THE SPOTLESS LEOPARD

SERVING HEALTHY WRAPS, TARTS & SALADS, DECADENT CAKES, TEAS, COFFEES & PLENTY MORE!

TUESDAYS, WEDNESDAYS & THURSDAYS - ALMA ROAD, CLIFTON.
SATURDAYS - GLOUCESTER ROAD.

ALSO AVAILABLE FOR:
FESTIVALS, EVENTS, POP-UP RESTAURANTS & COMMISSIONS.

CONTACT LOUISE ON 07925 641299
OR E-MAIL INFO@THESPOTLESSLEOPARD.CO.UK

FOR DETAILS OF UPCOMING EVENTS & LOCATIONS VISIT:
THESPOTLESSLEOPARD.CO.UK

[FACEBOOK.COM/THESPOTLESSLEOPARDUK](https://www.facebook.com/thespotlessleoparduk)
[TWITTER.COM/THESPOTLESSLEOP](https://twitter.com/thespotlessleopard)

VegfestUK | 51

3 GENERATIONS OF NATURAL CARE



VISIT US AT STAND
26-27



JASÖN
www.jasonnaturalcare.co.uk

VEGETARIAN AND VEGAN FRIENDLY BEAUTY PRODUCTS
FOR ALL THE FAMILY

NO PETROLATUM, SODIUM LAURYL/LAURETH SULFATES, PARABENS OR PHTHALATES

JASÖN



JASÖN Natural Care are the leading natural family brand in the UK. They've been around since 1959, offering natural care to families for three generations. Products include pure and natural products for skin, body, hair and oral health for the whole family - giving consumers effective, environmentally-friendly alternatives to mass-produced, synthetic chemical products. Their Cocoa Butter Moisturiser was nominated for "Best Beauty Product" in the VegfestUK 2013 Awards.

All products are vegetarian and vegan friendly, and the whole range is BUAV certified. Their range is made following the JASÖN Code of Honour

- select safe, wholesome, natural ingredients
- rigorously test every formula to ensure safety and efficacy
- never test on animals
- constantly innovate and improve

[facebook.com/jasonnaturalcare](https://www.facebook.com/jasonnaturalcare)
[Twitter @jason_natural](https://twitter.com/jason_natural)





Award Winning Organic Handmade Beers

Proud to be serving our fine ales at Bristol Vegfest 2014. Come and see us in the blue beer tent!

Draught beers available:



Pitfield Brewery is available to run festival and event bars anywhere in the UK. Come and talk to Andy or Spud in the beer tent, or contact us as below



pitfieldbrewery.com info@pitfieldbrewery.com Telephone 01277 890 580

THE BUAV LEADS THE CAMPAIGN TO END ALL ANIMAL TESTING

WWW.BUAV.ORG



COME AND SEE US AT STALL 9 IN THE MAIN MARQUEE

- Get involved in our campaigns
- Find out how we are ending animal testing
- Get your FREE cruelty-free shopping guide
- Pick up a campaign t-shirt



THE GLOBAL CAMPAIGN TO END ANIMAL TESTING FOR COSMETICS AND CONSUMER PRODUCTS

WWW.CRUELTYFREEINTERNATIONAL.ORG

Lavera

lavera

NATURAL COSMETICS

Many of their products are suitable for all skin types with the Basis Sensitive range suitable for the whole family to enjoy while the Neutral range is suitable for those with sensitive to highly sensitive skins. The fragrance free Neutral range calms the skin with Organic Aloe Vera Extract, Evening Primrose Oil and Jojoba Oil while helping to soothe red irritated skin and deeply protecting and moisturising the inner skins surface.



Lavera's vegan products include the New Hair Care range of Shampoos and Conditioners with 12 new organic Hair Shampoos and Conditioners to cleanse and nourish all hair types creating bouncy shiny hair. For extra care Lavera have introduced two new innovative hair care products including a Leave In Spray, for extra conditioning, volume and bounce and New Hair Serum to help protect split ends, taming flyaway hairs and adding extra shine to every strand.



lavera.co.uk

Lavera offers award-winning natural and organic skincare and cosmetics with no synthetic ingredients, paraffin or parabens added. They have 10 ranges of body, skin and hair care products, with none tested on animals. All products have been organically or naturally certified by NaTrue with many certified vegan by the Vegan Society.

Vegan Tuck Box

- ✓ UK's first vegan subscription box
- ✓ Buy a single box or subscribe monthly
- ✓ Makes the perfect gift
- ✓ Be the first to try new products



www.vegantuckbox.co.uk

Please #ChangeYourPlate

The NHS, Public Health England, British Heart Foundation Eatwell Plate advises 34% saturated fat rich foods including 'should eat' 7% cake and coke



Please sign the petition to the UK Government

facebook.com/changeyourplate



"We need an eatwell plate that features at least 50% brightly coloured veg, with protein and calcium sources rich in essential fats, not factory farmed saturated animal fats. This would benefit not just health but the planet too!"

Yvonne Bishop-Weston
Nutritionist

foodsforlife Health & Nutrition
E: clinic@foodsforlife.co.uk

3for2
BRISTOL VEGEFEST

Natural. Effective. Beautiful.

ORGANIC

25 YEARS

www.lavera.co.uk

Moisturising creams, cleansers, body lotions, toothpaste, shower gel, shampoo, deodorants, liquid soaps, hand cream, - Not tested on animals, no synthetic ingredients (like parabens), natural aromas only from essential oils, and no mineral oils - we only use the best plant oils that nurture the skin for the best possible results. We offer a complete range delivered direct to you www.lavera.co.uk (free postage) or from our key outlets in the region: Bath - Lifestyle Pharmacy, Harvest, Bristol - Buxton & Grant, Wild Oats, Better Food Company, Southville Deli, Harvest, Penny Brohn Cancer Shop, Health Unlimited, Cheltenham - Natural Grocery Store, Wholefoods Market, Chew Magna - The Valley Trading Post, Corsham - Green Ginger, Glastonbury - Natural Earthling, Stroud - Sunshine Health, Portishead - Mother Nature, Taunton - Naturalife Foods and selected Holland & Barrett stores nationwide.

WHOLEFOOD REVOLUTION



**FRUIT & NUTS SMOOSHED TOGETHER!
1 OF 5 A DAY, NO ADDED SUGAR OR SYRUPS
HEALTHY MADE YUMMY!**

20% OFF ENTER CODE 'SHOW14'
EATNAKD.COM

FIND ME IN THE FREE FROM & CEREAL BAR AISLES OF ALL MAJOR RETAILERS, PLUS THE BEST HEALTHFOOD & INDEPENDENT SHOPS.

Terms & Conditions: Online voucher code expires 30.06.14 and cannot be used in conjunction with any other offers.

Nakd Wholefoods



Nakd Wholefoods produce some of the world's most irresistible snack bars. Their products are 100% vegan, at least 95% raw, and free of gluten, wheat and added sugar, with a nice combination of healthy fats providing ample fuel to busy individuals and sportspeople throughout the day. They have 4 different varieties in their repertoire: smooch bars, flavoured raisins, oatie bars, and crunch bars.

The smooch bars consist of 100% raw natural ingredients such as nuts, dates and fruits smooched together, with no added sugar, syrup or other artificials. These bars come in 9 different flavours: Cocoa Mint, Cocoa Orange, Cocoa Delight, Caffe Mocha, Rhubarb & Custard, Cashew Cookie, Ginger Bread, Pecan Pie and Berry Delights. These snack bars won last year's VegfestUK award in the 'Best Raw Product' category.



A recent addition is the new Crunch bar range - which contain a delicious combination of fruit, nuts and protein crunchies, all smooched together into a handbag friendly bar. With 5.5 grams (18%) of added protein, each bar has a wonderfully crunchy texture, slowly releasing energy for a lasting boost, making the bars perfect for every tummy-rumbling occasion, whether it's at breakfast, mid-morning, during the afternoon, or pre- and post-exercise.

naturalbalancefoods.co.uk



Living Naturally



Living Naturally Soapnut shells are the only organic detergent that grows on trees! It simply doesn't get greener than this! Very simply, soapnuts are the dried shells or husks from the soapberry tree. Living Naturally soapnuts are organic, vegan, hypoallergenic, chemical and cruelty free and 100% biodegradable - great for all temperatures and all fabrics, for energy efficient machines, for allergy sufferers and especially for people who want to reduce their waste, reduce landfill and reduce environmental pollution!



Soapnuts have been featured on the BBC show 'Not Easy Going Green' and BBC Radio 4 as well as many well known websites such as 'Mumsnet' recommending them. In America and in Germany the use of soapnuts is well established as they have been imported there for many years now.

soapnuts.co.uk
[facebook.com/LivingNaturallySoapnuts](https://www.facebook.com/LivingNaturallySoapnuts)
twitter.com/SoapnutShells
[youtube.com/soapnutsuk](https://www.youtube.com/soapnutsuk)



COME AND VISIT US @
STAND 128



www.soapnuts.co.uk 020 3719 6013

yaoh

**YAOH HEMP PRODUCTS
DISCOVER THE POTENTIAL FOR
OPTIMUM NUTRITION**

**BUY ONE
GET ONE FREE
ON ALL OUR PRODUCTS
AT VEGFESTUK BRISTOL
VISIT OUR STALL 2**

WWW.YAOH.CO.UK



YAOH ORGANIC HEMP OIL 250ML & 500ML
YAOH ORGANIC HEMP PROTEIN POWDER 454GM
YAOH ORGANIC DEHULLED HEMP SEED 125GM & 250GM

Providing design and cost effective print solutions for businesses since 1994.

Prices from £19 for 250 matt laminated business cards or £45 for 5,000 A6 full colour, double side flyers, printed and delivered within 3 working days. All print manufactured directly by us in the UK.

Free quotes and free artwork checking service

0117 953 6363

**hello@outofhand.co.uk
www.outofhand.co.uk**



Yaoh

yaoh

Yaoh is the UK's original hemp company, starting life back in 2002. Its product range includes an award-winning bodycare range of sun cream, lip balms, shampoos, liquid soaps among others - which have scooped the prestigious Ethical Consumer Magazine Best Buy Awards no less than a staggering 4 times, placing Yaoh well and above a host of other green and eco-friendly brands.

Yaoh also produces a range of certified organic food products, from dehulled hemp seeds, to protein powder and hemp oils. These are not only absolutely delicious but nutritious, providing the body with plenty of essential omega-3 and a complete profile of amino acids, the building blocks of the much-sought-after protein. All Yaoh products are vegan and cruelty-free.

Yaoh's enormous passion for all things ethical has seen it supporting numerous vegan events up and down the country, including our previous Vegan Fayres and VegfestUK shows, and many others. And long will this continue - Yaoh are sponsoring and supporting many vegan events in 2014.

yaoh.co.uk



Out of Hand



Out of Hand is a Bristol-based design and print team that are responsible for hundreds of thousands of posters, flyers, brochures and programmes for various vegan fayres (including our own) in the South West and beyond. Boasting a top-quality design team, they get your design job done in virtually no time, and their finished products never fail to capture your imagination.

Recently expanding to include a top-notch eco-friendly printing service, Out of Hand is embracing wholeheartedly 21st century eco-living without compromising the quality of their prints. They've supported VegfestUK shows in ways you can never imagine, so a big thanks from all our hearts to the OoH team.

If you have specific print and design jobs in mind, do give OoH a shout, and get some really competitive quotes for their top-quality service! Perfect for the 21st century ethical business.

outofhand.co.uk



VEGUSTO

Swiss 100% plant-based gourmet



Koko Dairy Free

Formerly Kara Dairy Free, Koko Dairy Free produces coconut-based delicious alternative to cow's milk and soya milk. Low in fat (only 2%) and rich in calcium, as well as being cholesterol free, Koko Dairy Free is a fantastic healthy option for people of all dietary persuasions. Additionally, the coconut is not a nut but is actually a fruit, making Koko Dairy Free a nut-free product and therefore suitable for people with nut allergies, which is amazing. At VegfestUK Bristol, you can taste the new Strawberry 'milk' flavoured with real strawberry juice, available in 250 ml packs.

kokodairyfree.com

Suma Wholefoods

Suma is one of the UK's leading supplier of natural and organic food and drink. Today, they remain a workers' cooperative passionate about offering ethical food. They supply a huge range of fairly traded, ethical and organic products, which reflect their commitment to customer satisfaction and quality. From canned foods to recycled paper products, from dried foods to cleaning products - Suma is passionate about offering ethically produced products that their customers can trust. Their product range is carefully selected to promote healthy and sustainable lifestyles, balancing customer needs with the needs of our planet.

suma.coop

Vegusto HOT DOG @ stand #65

HAMPER giveaway!!!

FREE Vegusto Hamper drawn @ Vegusto stand #65 & TeenVegan #116 when sign up for newsletter with Vegusto and TeenVegan.

VEGUSTO - WORLD CLASS SWISS HANDMADE
40+ MEAT ALTERNATIVES & DAIRY FREE CHEESE
100% Natural - Dairy Free - Soya Free - Cholesterol Free - Gluten Free

Discover delicious dairy free, soya free, milk alternatives

SPECIAL SHOW PRICES

Chilled 1L Long Life 1L

www.kokodairyfree.com

Vegan APPROVED

GLUK-14-125

Suma

The natural choice for wholesome, ethical vegetarian products

natural healthy wholefoods
organic vegetarian fairtrade
ethical Suma cooperative

Suma Wholefoods is a workers' cooperative specialising in fairly traded, organic and natural products. We are 100% vegetarian so you can rest assured our goods contain no animal products or derivatives.

Suma Wholefoods, HXS 908, Tel: +44 (0)1422 313845 www.suma.coop

Vegusto Starter Pack at 45% discount. For more info please visit our website: www.vegusto.co.uk

Media Partners

Gratitudes to all our media partners for promoting this event:

365Bristol

365Bristol.com is the definitive source of information about Bristol including recommended bars, restaurants, attractions, events, things to do and service providers in the City. Whatever you are looking to do in Bristol let 365Bristol point you in the right direction.



eckhoBristol

A community-run, comprehensive and feel-good one-stop website offering you information, news and events to help ensure that you're always up to date and never miss out, from small car boot fairs to large city wide festivals we support and promote any event of any size. eckhobristol.com



Excellart

A vegan-owned marketing and design agency with over 5 years of expertise in the vegan, vegetarian, ethical and organic trade. They specialise in PR, marketing advice, printed design, magazine design and websites. They can get your products into the hands of celebrities, onto television and radio, and into national newspapers and magazines. excellart.co.uk



Foods for life

The brainchild of celebrity vegan cookbook author Tony Bishop Weston, whose recent collection of healthy plant based recipes sold out in record time. Currently featured in Sainsbury's marketing material, Tony and his wife Yvonne, a Harley Street nutritionist and regular TV guest and panellist, may not quite be the Posh and Becks of the Veggie world but they're not far off. foodsforlife.co.uk



Fresh Vegan

Fresh Vegan Magazine started with its debut launch edition on the 1st of December. This online Vegan food magazine uncovers the little known, or seldom heard of, Vegan food gems in the UK and Europe, including cafes, restaurants, street food, private Chefs and recipes. Currently quarterly, Fresh Vegan is going bi-monthly from the summer of 2014. freshvegan.eu



My Green Directory

My Green Directory is an award winning online directory and information source that's dedicated to helping you sustain your world. You'll find 1000's of environment focused companies listed, news from charities and conservation groups, events and festivals to attend, and even some offers and competitions too. mygreendirectory.info



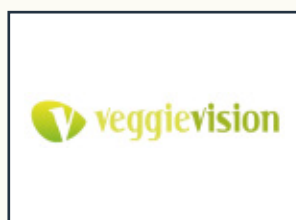
Vegetarian Living

Vegetarian Living celebrates the food that's in season, with some of the best chefs and food writers in the UK today. They provide their readers with an inspiring array of recipes and features every month, underpinned by a passion for embracing a more sustainable and eco-friendly way of life. vegetarianliving.co.uk



VeggieVision

Founded by Karin Ridgers, VeggieVision is an online TV station full of inspirational videos on the veggie lifestyle, ranging from cookery videos to interviews with celebrities. VeggieVision now includes a dating website for veggies too! They are now approved by the Vegetarian Society. veggievision.tv veggievisiondating.com



HEALTHY • SUSTAINABLE • DELICIOUS

vegetarian LIVING



Meet us at VegFest

THE UK'S BEST-SELLING VEGETARIAN MAGAZINE

- A fresh and friendly approach to vegetarianism
- Interviews with high-profile chefs, food writers and celebrities
- Eco-friendly living, advice and products
- Dairy-free ideas and easy-to-follow tips to 'veganise' recipes



Download Vegetarian Living today!

The app is available worldwide on your Apple iOS, Android, Amazon and Windows 8 device – £2.99 per individual issue.

DOWNLOAD NOW AT...

iOS: www.bit.ly/VLMagapp Android: www.bit.ly/VLandroid



MELTY
STRONG CHEDDAR

100% VEGAN Sheese® 100% DAIRY-FREE

CARE FOR ANIMALS - CARE FOR YOUR HEALTH



MELTY
SMOKED CHEDDAR

SHOW SPECIALS - ANY 3 CLASSIC HARD OR CREAMY SHEESE FOR £6 OR 3 MELTY FOR £7



Try the exciting *Vegandeli* range at special show-stopping prices



MELTY
EVEN BETTER!

TASTY MELTY SHEESE PIZZA



CHEESECAKE MADE WITH ORIGINAL CREAMY SHEESE



DELICIOUS VEGANDELI



Why let dairy allergies or animal ethics stop you enjoying and sharing exciting mealtimes? Let our wonderful range of Sheeses add some fun and flavour into your cooking!



Buy from your local HEALTH FOOD shop & online from veggiestuff.com & goodnessdirect.co.uk.

Melty Sheese & Creamy Sheese are also available as part of the **TESCO FREE-FROM CHILLED RANGE!**

Look for Soya Medium, Soya Strong, Soya Smoked, Cheddar Style Spread, Creamy Garlic & Herb, Creamy Original, and Creamy Spring Onion & Black Pepper flavours.



TESCO SOYA MEDIUM



Bute Island Foods
Tel: +44(0)1700 505357

All HARD & CREAMY SHEESE PRODUCTS ARE:
Egg-Free ~ Dairy-Free ~ Lactose-Free ~ Gluten-Free

Best Vegan Product
Best Vegan Cheese
Viva's 15th Anniversary Awards



Find out more at
www.buteisland.com



TESCO CREAMY ORIGINAL