

Little Episodes....



Press Release

20 October 2010

***Little Episodes* launches *Brainstorms* anthology**

Little Episodes, the organisation that promotes the arts as a therapeutic tool and platform to incite empathy and understanding, is launching *Brainstorms* at the Monto Water Rats, in Kings Cross, on 28 October 2010.

Brainstorms is the second in a series of six anthologies from the 'expression of depression' series. It features work from Sadie Frost, Melvin Burgess and Todd Swift as well as emerging artists and writers wanting to provide empathy for people experiencing isolation and mental struggles.

The evening of music, readings and theatrical performance will see a new play, written and directed by Emma Jones and featuring Sadie Frost, Carl Prekopp and Lucie Barât, founder of *Little Episodes*, premiered. In addition to this, the evening will see live performances from Kieran Leonard and the Horses, The Langley Sisters and The Harrison Brothers.

Lucie Barât, founder of *Little Episodes*, said: "If you flirt with the glamorised dark side of depression, contrary to popular belief, you will not discover a font of creative inspiration. You will discover quite the opposite, a dull, flat hell land.

"The launch of our second anthology is a statement of intent. We aim to de-stigmatise depression and promote compassion and understanding rather than fear and embarrassment. The opportunity to create and subsequently publish art will give people a sense of wellbeing which could aid in their recovery."

Sadie Frost, a contributor to *Little Episodes*, said: "The opportunity to write with and perform alongside emerging talent is always a privilege and *Little Episodes* brings together people who have enjoyed successful careers with talent that may not have yet had that lucky break. This is why I want to stand up on stage and perform and contribute to the *Little Episodes* anthologies."

The event starts at 7pm, with tickets priced at £5 or free for *Little Episodes* members. You can purchase tickets, a copy of the *Little Episodes* anthologies, find out more about *Little Episodes* and become a member at <http://www.littleepisodes.org>

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Notes to editors

To arrange interviews with Lucie Barât or other performers and contributors contact: dominic@littleepisodes.org

For further information on *Little Episodes* please visit: <http://www.littleepisodes.org>