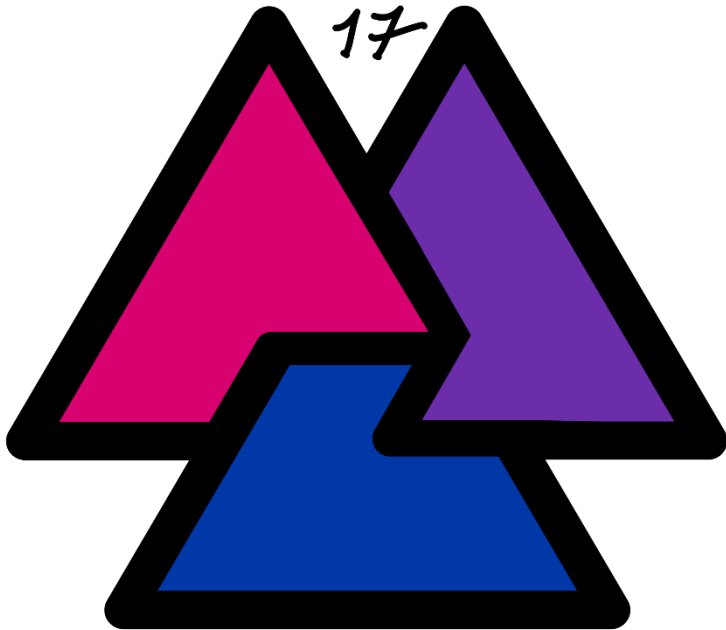


Bicon 2017



Session guide

About the sessions book

This booklet contains descriptions of workshops running this BiCon, along with the name of the presenter/facilitator and any restrictions on attendance. Workshops are listed in alphabetical order.

Your timetable can be found towards the back of the booklet, and is correct at the time of going to press, but there may be some changes over the weekend; Sometimes a workshop will be offered on the day, or may have to be cancelled at short notice. We will therefore try and keep the online version up to date throughout the weekend. It can be found on our website

The biographies provided by workshop presenters are on view in the Student Union and available on the website:

Some workshops, such as safe spaces for particular groups may be run anonymously.

Any restrictions or content notes for the workshops are listed below the workshop description. If there are no restrictions listed, all are welcome to attend.

Please read the Code of Conduct, particularly the sections on Safe Spaces and Confidentiality.

Session Descriptions

Advocate for Bisexual asylum seekers-

**Zeynab
Peyghambarzadeh**

In this workshop, I will talk about the bisexual asylum seekers experiences, with a focus on the ones who are seeking asylum in the European countries or in a transitory country like Turkey with the hope to move to a third country in Europe. Then we will discuss how bisexual groups can become more engaged in supporting bisexual asylum seekers in collaboration with LGBT asylum organisations.

Ace Space - A Safe Discussion Space for Asexuals - Felix

A safe space for asexual beings, and anyone who is questioning if they may be Asexual, grey ace or anywhere on the asexual spectrum , to get together, meet others, and discuss asexuality. This will be a small, safe environment where you can bring up any issues relating to asexuality. Restrictions : Over 18s only, anyone on the Asexual spectrum, or who is questioning if they might be. 15 people maximum, session will be closed after 10 minutes, or when we reach 15 people. Content notes : Probable discussion of sex, possible discussion of sexual abuse.

Bi parenting

Lea Howard

A space to discuss the joys and challenges of parenting whilst bisexual. Restrictions : Parents and carers of children only. Babies in arms very welcome! However, in order to make sure the discussion can be as frank as needed, older children should go to the creche during this session.

Bis of Colour -

Asha

A safe space session for all those who identify as being Black, politically Black or are descended (through one or both parents) from anywhere in Africa, Asia, Latin America, the ordinal inhabitants of Australasia, North America and the islands of the Atlantic, Indian and Pacific Oceans. Mixed race people are explicitly welcome and invited.

Board Games

Alex Addams

Rising Above Risk: Board games have entered something a golden age and there are now so many great games out there. Whether you've never played before, or you can beat every Pandemic, come along and play some board games! All ages and abilities welcome.

Ball room/Balfolk dancing

**Pascale
Van Der Put**

The session will be mainly about partner dancing and include some solo dancing. The partner dancing will be one dance from ballroom dancing and one dance from balfolk dancing.

For the solo dancing I can select from country line, ballroom, balfolk, salsa or even belly dance

Bisexuality and mental health services

Danne

In this participatory workshop we will discuss how bi people navigate the mental health system and learn to take care of ourselves by considering the following questions: What factors cause us suffering so that we end up in treatment in the first place? Does the mental health system help bi people resolve our issues, or is bisexuality misunderstood? And finally, what resources do we use in order to find relief and a sense of wellbeing? By sharing the obstacles we have encountered as well as what we have found helpful, we will reflect on the best ways for us to make it through difficult times.

Bisexual Humour

Mandar Speilmacher

The session will adopt storytelling and journal reading formats, given their growing popularity (and obvious awesomeness). Facilitator Mandar Spielmacher will break the ice by sharing a few minutes of stories of growing up (and being grown up) bisexual. And believe you me, they have curated a truly impressive collection of bisexual mortifications—making grace and laughter all the more essential for survival. Yes, after these horrific tales, the ice will be thoroughly broken...

Stories will likely contain adult themes 18+

Bi welfare rights

Lizzie Furber

A discussion about how we can support members of our community who are impacted by austerity, welfare cuts etc

Bicon continuity general meeting

Karen

Meeting for members of BCL to elect trustees and make other decisions. BCL was incorporated inS 2011 to look after BiCon's money and became a charity in 2014. Restrictions : Formal meeting, very boring for children.

Bi Carers Meet up

Emily W

A carer is anyone who cares for a friend or family member who cannot cope without their support due to illness, disability, a mental health problem or an addiction. People care for partners, friends, family, children, parents and neighbours. Caring may involve practical, physical or emotional support and some carers also receive care themselves. This session is open to any BiCon attendees who provide or receive care. This includes carers of all kinds and people with all kinds of care needs. It aims to provide a space to talk, listen and support each other.

Bi Photo casebooks

Ian Watters

I suspect most people have seen 'photo casebooks' - I'm showing my age by saying I first saw them in Jackie magazine - but in four or five photos with speech / thought bubbles, a reader's problem is set up ready for someone to propose a solution.

We might not have Shirley Manson, Fiona Bruce, or Hugh Grant attend (all of whom appeared in Jackie ones!) but we can come up with a few for use on social media etc.

Bdsm 101

Richard

An introduction to BDSM for anyone with little or no experience. Covering language, activities, consent, safety, some hints and tips, along with hopefully answering any questions you have.

Restrictions : 18+, beginners only

Breathing to ecstasy

Mark Sutton

We are going to explore the potential of breath and energy in a relaxed, fun and respectful atmosphere. Such breath techniques form the basis of Tantric and Taoist processes as well as the modern therapy work of Wilhelm Reich and Alexander Lowen. They are enjoyable and fun and their effects can be profound and healing as well as hugely pleasurable. We invite you to expand your ecstatic potential, to drop your expectations and in a sense of play and enquiry, to explore the power of breath, awareness, energy, movement and sound and then experience is a powerful technique for harnessing and moving your sexual energy through the body and out through the crown of your head. Loose clothing and yoga matts recommended (restrictions 18+)

Burdened with Glorious Purpose

Tanya

In this session we will have a look at the giant and semi-god Loki as a character in Marvel films, as well as in the old Nordic mythology. Nordic textual sources hint at Loki as a bisexual being. This fits with ideas of him as someone who crosses borders: He is ambivalent, unreliable, and dangerous, yet gorgeous, and clever. Does this remind of biphobic opinions? It sure does!

BiCon Write in

Meiks

A fun, relaxed atmosphere for both established and beginner writers to meet, discuss their work and LGBTQIA characters in fiction. This session will give participants the opportunity to share writing and editing tips, iron out some plot bunnies, take part in writing games and enjoy some short writing sprints. Please feel free to bring your own laptops, tablets writing utensils, napkins, anything you can scribble your ideas down on. Restriction: 20 people maximum.

CaBiRet Lite

On Friday night we're bringing BiCon an evening of the bisexual variety - it's the CaBiRet Lite Night! CaBiRet is a very successful bisexual variety night that runs twice a year in London. Hosted by Marcus Morgan, it has featured bisexual poetry, bisexual comedy, bisexual music, and bisexual magic. You don't see all of those every day!

Doors will open at 8:15, it's curtain up at 8:30 and the show will last one hour. Keep an eye out for our posters around BiCon letting you know who's performing. There's no extra ticket needed, but we hope the space fills up quickly.

CaBiRet is back home next month for their birthday party on September 24th at The Cavendish Arms in Stockwell. <http://mischiefmental.co.uk/cabiret/>

Clothes Swap

Katy Harrad

All genders welcome, We will have different tables sorted by size, come and have a look and get yourself some new clothes.

Corset making

Carol

Ever fancied making your own corset? This workshop will show you how to use black bags and parcel tape to make a custom fit pattern, or you can wear it as it is for a cheap party outfit.

Coping with Distress

James Whitehouse

From time to time we all become stressed or distressed. Mostly this is a feeling that happens and then passes without our thinking too hard about how it has happened. In this session we will use some basic DBT techniques to explore the relationships between our basic interactions with the world around us and the way this interacts with our mood. There will be the opportunity to discover how simple things like posture can significantly impact on our ability to deal with our feelings as well as looking at some strategies for rapidly regaining our composure when we are distressed.

Restrictions: 16+,

Content Notice some consideration of personally distressing subjects.

Communication skills

Carol

Games and exercises designed to help you understand and improve your communication style making it easier to deal with conflicts and negotiations.

Community Organising (BECAUSE)

Camille

Community organizing in the U.S. is very different then the U.K. Funding, academic culture, community history, geography, and political systems all contribute to different community organizing skills and experiences. Visiting BECAUSE Conference Chairs Camille and Colleen will discuss the current state of LGBT as well as bi organizing in the U.S. then invite participants to share experiences they think would benefit the U.S. community.

Disability and sex

Olli

At BiCon there are quite a few people with disabilities, mental health issues, chronic illnesses and/or neurodiverse people. This session will provide an open, facilitated discussion about the way in which any of these affect (or don't affect) our sex lives (and vice versa).

Depending on how many people show up, breaking the discussion down into subgroups are possible. If there is anything you need in order to be able to participate in this session, please do not hesitate to get in touch!

Restriction: 18+ Content note: discussion of sex.

Decision Making meeting

Fred Langridge

BiCon's decision-making meeting: please see the article in the BiCon handbook.

Fighting Fair

Calum and Cat

It's not always possible to be rational, calm and logical when resolving disagreements in a relationship. Sometimes, emotions flare up, and that's not a bad thing. Our feelings are helpful and useful guides, we shouldn't push them aside - but rather work with them, and make a space where it's safe and positive to express and address them.

What makes a bad fight, and a fair fight? How can we make space to allow those intense disagreements to happen, in a safe way - so that they make things better, not worse.

The workshop will be facilitated round-table discussion of relationship arguments, how they happen, and how to keep them positive.

Finding the words for MY identity

Colleen and Camille

As soon as we use them, labels fail us. When we come out it invites the question "What does that mean?" and so we may hesitate to start important conversations. Even worse, the person may believe they understand and not ask! How you understand your orientation is intensely personal. Being able to

express it is a vital tool for personal affirmation as well as advocacy work. This workshop will help you develop a brief, concise way to describe your label of choice. Participants should be prepared to let go of preconceived notions of orientation and be ready to explore identity.

Fun and games

Alex Addams

Come and play some ice breaker games. Open to all ages and abilities. Some games may involve running around, but we can adapt to fit many accessibility requirements.

How to Run a BiCon Session

Calum and Cat

Have you ever wanted to run a BiCon session but don't know where to start? Or have you run sessions and want to share ideas on how to do that better? What can we do to make sessions as accessible as possible for the target audience? Cat and Calum will host a round table discussion on how to choose a good topic for a BiCon workshop, different ways of structuring workshops, communicating about your workshop, preparing for and running it, and learning from what you did afterwards

Improv

Rich Spencer

Improv is a fun and daft way to express your positivity and be more confident! This session will introduce you to some warm up exercises and ridiculous games designed to help you let go and get a taste of what it's like to be an improviser. You don't need any performance experience to take part, only a sense of humour (obligatory), observational skills and comfortable clothing!

Intimacy between men and more masculine people

Grant Denkinson

Informal discussion space to talk about love, lust, friendship, camaraderie or any other form of intimacy between men and/or more masculine people. All welcome though those responsible for children should note that we might discuss sex.

Intimacy and Connection: The Tantric Approach

Mark Sutton

One of the goals of Tantra is to deepen and enhance intimacy between partners. This mini workshop will look at simple techniques you can bring into your life to do just that. In a safe, fun, environment we will be exploring simple techniques to establish a connection, tap into your sexual energy and engage from a heart-centred place. We will be exploring connection through the senses, simple partnered tantric-yoga to open the heart and cultivate surrender, myo-fascial release massage and awakening the energy of the sacrum and how touch, presence and breath can establish a deep sense of intimacy. This workshop will be involving primarily partnered exercises but you do not have to be with a partner they are suitable for individuals: Just turn up, tune in and be curious. Loose clothing and Yoga mats would be useful. (18+)

Introduction To Diversity

Tatenda

Many bi people are also excluded and discriminated against because of a lack of understanding and prejudice against various aspects of our identities, so to make bi spaces more inclusive we need to be more skilled in dealing with equality issues. We will explore top tips for equality and include time for anonymous questions.

Linguistic Inclusion

Job and David

Our community makes an effort to include everyone as much as possible. Barriers relating to, for example, income, (dis)ability and education are acknowledged and tackled as much as possible. However, one major type of exclusion remains in place: the language barrier. At previous Bi events, we noticed that the exclusion of people in our spaces through the use of certain types of language is commonplace – yet rarely discussed. In this session, we will examine and discuss how people are excluded through the use of certain (types of) language(s). How does the use of, for example, English silence certain people? We will also discuss strategies to tear down language barriers, both on a personal and an organizational level. How can academics, for instance, communicate their ideas clearly to audiences with non-academic backgrounds? Multilingual and international BiCon attendees are especially welcome.

Morning Meditation

Fred Langridge

A quiet period at the beginning of the day to reflect, meditate or worship. No previous experience necessary, but please come prepared to spend the session in silence and relative stillness. There will be chairs and if you want to sit on the floor, consider bringing some cushions/pillows and possibly a blanket.

Music Improvisation

Nairmi Rowe

Come join us as we make lots of sound, noise and hopefully music in order to have fun, bond and express ourselves. Facilitated by a qualified music therapist, this session is intended to be safe and inclusive, so will be suitable for those who've never done anything like this before, the non-musical amongst us and/or those with sensory needs.

Numbers are limited due to room size so it will be first come first serve. If you have your own instruments with you at Bicon please bring them with.

Mixed Orientation relationships

Bruce Sharp

A discussion group for bi identified people who are in relationships with non bi identified people.

Very often bi identified people are easily erased as is often noted in writing about bisexuality. This is a meet for those who are in such relationships and often feel their voice is unheard. It is a chance to share experiences, laugh and cry, and, find confidence in mutual support. Straight/gay partners very welcome to attend.

Naked Lunch

Rach

BiCon's clothes-optional picnic; a social get-together, with nudity!

Some drinks and snacks will be available. Please bring your lunch, and something to use as a picnic blanket (a towel is recommended). Informal, friendly, calm with lots of chill-out space. You don't have to be naked; dress or undress however you are comfortable (there will be some full nudity)."

Non Binary meet up

Fee Grabow

NewBi Workshop

Tijmetje Dieleman

The NewBi workshop is the perfect start if you would like to meet new people in an informal setting and in case you have visited few or no events aimed at bisexuals before. Are you in the process of figuring out what your sexuality is, becoming comfortable and confident with your sexuality and coming-out? Have you (had) only few or no opportunities to discuss this with like-minded people? The goal of the workshop is to offer you that opportunity.

Non Binary gender 101

David Wilson

Come and learn about what it means to identify outside of the Male/Female binary, and how this interplays with what it means to be bi. If you identify outside of the gender binary come along and share your own thoughts, feelings and experiences.

Pathfinder Scenario

Carol

Pathfinder is a fantasy role play game, come along and join in with a game. Games can last a few hours so this will be a long session.

Poetry reading and writing

Geoff Smith

If you are longing to read a poem of your own, to read one of your favourite poems from another author or just to listen and chill out as others read, come along to our poetry reading session for a great time.

Fancy having a go at some Poetry Writing. Come along to this session where you will get a chance to follow some simple exercises to get your creative juices flowing. Suitable for any ability from experienced to absolute beginner.

Poetry and Music Open mic

Alex Esche

You're here and queer and have a song or a poem to share? You want a safe and welcoming space to perform and/or listen to bisexual art?

Come along then for over an hour of fun, love and creativity!

There's no pressure but all the opportunity to let your voice be heard.

A special shout out goes to the participants of the poetry and music improvisation sessions: Come share your creations with us!

An acoustic guitar will be available for all the singer-songwriters among us

Pre decision making meeting-

Fred Langridge

Preparation sessions for BiCon's decision-making meeting: please see the article in the BiCon handbook.

Polyamory/Ethical non monogamy

Vicky Martin

A discussion about bisexuality and polyamory and other forms of ethical non monogamy. There is so much talk about how bisexuals are perfectly capable of monogamy, and whilst that is true it can lead to vilification of those who are ethically non monogamous.

This will be an initial talk from the host , opening it up to the floor for discussion

Please speak Queerly

Jessamy

Please Speak Queerly is continuing on from the 2016 Bicon session Bisexuality and Language. The theme continues with making Linguistics accessible for the non-linguist, with the added thrill of exploring how we express our queer identities and relationships.

The session is interactive, attendees will be encouraged to participate and share, but will be respected if you only want to spectate.

Public Service champion

Unison

UNISON – Public service champions. Come along and find out what public services mean to you and how you can get involved in UNISON. Featuring a short film with Clare Sweeney.

Regenerating momentum for anti-racist work

Natalya

Do you want to meet others committed to reducing racism in bi spaces and making them and BiCon safer, more welcoming, accessible and inclusive to People of Colour?

I am creating this session space at BiCon for people to show up, share ideas and see what we can plan and start to achieve and sustain.

I will bring some ideas and resources with me - please bring things you think might be useful too.

Everyone who wants to help with this work is welcome.

Rope Bondage 201

Dave Dawes

This is a workshop that takes people from a basic to an intermediate level in rope bondage. I will assume that people have some experience of rope bondage and that they know:

Basic rope safety, A single and double column tie

We will cover philosophies of rope bondage, creating deeper connections with your partners and some more advanced techniques. It will also be an opportunity for people to practice their rope bondage and it will end with a peer rope session.

-Over 18's only

Rope Space

Richard

A free rope space for people to come along and practice their shibari, etc. in a relaxed environment.

There won't be any set teaching going on but if you have any questions I'm sure someone will help. Bring your own rope.

-over 18's only

Sea Shanty Singalong

John Guelke & Rach

Group singing is one of life's truest joys. As is pretending to be a pirate. Yet daily life provides inadequate provision for either. Classic shanties like 'A Drop of Nelson's Blood', 'John Kanaka' and 'Cape Cod Girls' are tremendous fun. No fine musicality needed. No ability to read music. No previous knowledge of the songs. These are songs a crew of rough sailors ought to be able to pick up entirely by ear. Lots of call and response and simple (but rollicking) choruses. We'll bring lyric sheets and sing through as many as fit in an hour and a bit.

Schema Therapy

Simon

Schema Therapy is a development of Cognitive Behavioural Therapy designed to help people break out of unhealthy, repetitive patterns in their life. Its way of thinking about ourselves and its methods of self-care are applicable to everyone. The session will provide an overview of how there can be conflicts between different aspects of ourselves (called "modes"), and how we protect ourselves from what we fear in ways which prevent us from getting what we need. There will be exercises to provide an experiential sense of our "modes" and provide methods for self-care which can be applied in your own life.

Survivors safe space

Lea Howard

A space where survivors can come together, talk if they wish, share what they feel able, n generally be held in mind by others, or can ask for support if BiCon is proving a challenge for them

Stand up comedy for beginners

Sally Wyatt

Ever wanted to try doing stand up?

This is a taster on methods of writing and performing stand up . The session will explore ways of writing jokes and material for stand up and to practice performing material . It aims to give people opportunity The session is suitable for adults and children from 12 years upwards .

Social life blogging with Dreamwidth

Fred Langridge

Would you like to keep your BiCon community bubble going all year round?

Do you love expressing yourself online but want to write more than 140 characters? Do you love sharing thoughts with your friends but wish you could look back at posts from weeks, months or years ago? Do you love writing longer blog posts but want to share them just with a chosen group of friends? Maybe even friends you've made at BiCon? Do you love reading other people's diaries (with permission!)? Do you like online community but like a protective veil of anonymity?

Dreamwidth is an online journal site where you can share your thoughts or your fiction or just bits of your daily life, with as wide or as narrow an audience as you choose for each post. You can join communities (including a BiCon community) and make friends or just stick with people you know.

Steven universe sing along

Alex Addams

Join your other Crystal Gems and enjoy some group singing of the songs from Steven Universe. All abilities and ages welcome. Please make sure you bring plenty of water.

Safer sex and how to negotiate it

Dave Dawes

This is a workshop that covers what safer sex is and isn't and provides information on:

- The difference between safe sex and safer sex
- Sexually Transmitted Diseases
- Barrier methods of protection

It will also be an opportunity for people to share their experiences of negotiating safer sex and will provide practical tools for how to negotiate this better in future.

Stonewall- what's happened and what's next

**Dominic and
Rebecca**

A session looking at the work Stonewall has done to support bi people across the UK since the previous BiCon, as well as a chance for BiCon members to feed into Stonewall's future work.

The Activist toolshed

Marcus Morgan

Many people want to be more involved in bisexual activism, but what stops them is thinking they don't have the needed tools, enough skills, or the right connections. Come along to this session to find out what useful tools you have already, which ones you can borrow from other people, and some ideas about working together.

What makes us Bi?

Sara V

Or straight? Or gay? Is it enough to claim we are? Is it what we do? Is it the attraction we feel? And how do these elements interact? This will be a short talk on the complexity of sexual diversity - bisexuality in particular - followed by open discussion. I will focus on self-identification and relating social stigma from a social sciences point of view. The talk will be based partially on Bi: Notes for a Bisexual Revolution by Shiri Eisner and recent research. No attendance restrictions.

Who is an ally anyway?

Olli

Have you ever had an awesome ally or felt like you are an ally yourself? Did you experience people claiming to be allies, but not living up to it? Are you happy with the idea of 'allies' or do you wish there was another concept? BiCon attracts a very diverse crowd and there are many ways people support each other, whether or not they see themselves as an 'ally'. The idea of the session is to discuss, if and how 'allydom' is a helpful way of thinking about creating inclusion and equality?

Vegetarianism/veganism and Bisexuality

Job and Timitjie

Many bisexuals are vegan or vegetarian. In this workshop, we will talk about this specific experience. What does it mean to be a vegan or vegetarian bisexual? What difficulties do we face? What, specifically, do vegans and vegetarians have to contribute to the struggle for bi emancipation (and vice versa)? Come and share your experiences!

Working class Bi's

Helen Bowes-Catton

BiCon is a thoroughly middle class event, and it can be hard to feel like you belong here if that's not your background or heritage. This session is an informal discussion space for working-class bi people- it's a chance to discuss your experiences of bisexuality, BiCon, or anything else that comes to mind.

About the facilitator: Full disclosure- I'm of working-class heritage, and passionate about working-class inclusion at BiCon, but I'm not really working-class myself anymore. My role will be to get the session started, and then step back completely and let other people talk.

Friday

Times	Arcade	Bucket	Crab	Sand castle
9-9.20	Opening	Plenery	Lecture	B
9.30-10.45	Who is an ally anyway?	New Bi	Improv	Regenerating momentum for anti-racist work
10.45-11	Break		Break	
11-12.15	What makes us Bi?	Bi Humour	Bisexual Asylum seekers	Steven universe sing along
12.15-1.15	Naked Lunch		Lunch	
1.15-2.30	Continuity Agm	Bi Welfare rights	BDSM 101	Mixed Orientation Relationships
2.30-2.45	Break		Break	
2.45-4.00	Community Organising (BECAUSE)	Disability and sex	Communi cation skills	Stonewall-what happened
4.00-4.15	Break		Break	
4.15-5.30	How to Run a Bicon Session	Pre DMP	Poly and ethical non monogamy	Public Service Champion Unison

Friday

Times	Rock	Ice cream	Lecture B	Craft
9-9.20	Opening	Plenery	Lecture B	
9.30-10.45	Morning meditation	Fun and games		
10.45-11	Break		Break	
11-12.15	Ace space	Negotiating safe sex	Vegan/vegetarian Bisexuals	
12.15-1.15	Lunch		Lunch	
1.15-2.30	Non Binary meet up	Breathing to ecstasy	Music Improv	
2.30-2.45	Break		Break	
2.45-4.00	Poetry writing and reading	Bi's of Colour		
4.00-4.15	Break		Break	
4.15-5.30	Pathfinder scenario	Intimacy between Men and masculine people	Finding the word for MY identity	

Saturday

Time	Arcade	Bucket	Crab	Sand castle
9.30-10.45	Intimacy and connection	Social Life blogging	Non Binary 101	Working Class Bi's
10.45-11				
11-12.15	Ball/Balfolk dancing	Leeds City council	BiCon write in	Please speak Queerly
12.15-1.15	Naked lunch			
1.15-2.30	Board games	Bi Parenting	Activist toolshed	Rope bondage 201
2.30-2.45				
2.45-4.00	Linguistic Inclusion	Bisexuals and mental health	Stand up comedy for beginners	Rope space
4.00-4.15				
4.15-5.30	Decision making meeting			

Saturday

Time	Rock	Ice Cream	Lecture B	Craft
9.30-10.45	Bi Photo casebooks	Schema Therapy	Poetry and music open mic	
10.45-11				
11-12.15	Fighting Fair	Burdened with glorious purpose		
12.15-1.15				
1.15-2.30	Survivors safe space	Intro To diversity		
2.30-2.45				
2.45-4.00	Bi Carers meet up	Coping with Distress		Corset making
4.00-4.15				
4.15-5.30	Decision making meeting			

Sunday

Times	Arcade	Bucket	Crab	Sand castle	Rock
9.40-10.40	Sea Shanty Sing Along	improv			
10.40-11					
11-11.50	Closing address- Lecture Theatre B				

Thursday	7-8.30	Bicon Vintage
	8.30-10	80's songs
	10-12.30am	90's Disco
Friday	5.30pm-6.30pm	Children's disco
	8.30pm-10.00pm	CaBiret
	10.00pm-12.30am	Disco
Saturday	8pm	BiCon Beach Ball