

	<b>Cookery Demos</b>	<b>Talks - Light Veganism</b>	<b>Talks - Deep Veganism</b>	<b>Health Summit (SAT) Activists Workshops (SUN)</b>	<b>Mature Zone</b>	<b>Kids Area</b>	<b>Performances</b>
<b>Sponsors</b>	Koko Dairy Free	Bute Island Foods	Yaoh	The Flying Duck	Vegetarian for Life	Foods for Life	VeggieVision
<b>Saturday</b>							
<b>11:00 am</b>						Pirates of The Carob Bean Treasure Hunt	
<b>11:30 am</b>						The VegfestUK Smoothie Bike Cranks up and meet the Pirate Q&A  Christine McLaughlin Children's Author	
<b>12:30 pm</b>	Martin Fell - Exploring the Spectrum of Teas	Elizabeth King (Vegan Lifestyle Association) - 10 Steps to a Vegan Lifestyle	Dr. Roger Yates - In Defence of Deep Veganism	Heather Russell RD (The Vegan Society) - 20 most common vegan health questions	Maggie Lister (Vegetarian for Life) - Waste not want not	Live Cookery Workshop- 5 a Day Rainbow Sushi (all ages)	The Swizzle Sisters
<b>12:30 pm</b>							
<b>1:00 pm</b>	Mel Rogers - Mel's Kindness Kitchen Vegan Cheese Demonstration	David Evans - What all Vegans & Plant Based Eaters Need to Know About Nutrition & Health!	Fiona Oakes – from child to champion	Lisa Murphy BSc.(hons), PG Dip. Couns - Are you being hypnotised to eat junkfood?	Linda Anderson, Age Scotland – Optimal ageing	Live Pancake Tossing Competition (all ages) with Capt JTC	State Schools
<b>1:30 pm</b>							
<b>2:00 pm</b>	Kathryn Veroni (Kind Crusts) - Succulent Steik	Clive Lindsay - From Fringe to Mainstream? An examination of vegans in the media	Sandra Higgins - Uncompromising Veganism	Dr. Emilie Courbet - Iodine insufficiency and seaweed	Shona Barr, Affinity IFA – Raising awareness of ethical investment – value as well as values	Live: Mr Potato Pet Head Teenage Lobotomy with Capt JTC	The Mermaids
<b>2:20 pm</b>					Alec Cameron, Planning Matters (UK) Limited – Estate planning – if you leave nothing to chance, you chance nothing		
<b>3:00 pm</b>							

	<b>Cookery Demos</b>	<b>Talks - Light Veganism</b>	<b>Talks - Deep Veganism</b>	<b>Health Summit (SAT) Activists Workshops (SUN)</b>	<b>Mature Zone</b>	<b>Kids Area</b>	<b>Performances</b>
<b>3:30 pm</b>	Fran Stockley - Let the natural foods do the talking!	Glauce Lucas - Raising Vegan Children: We're Doing It Right	Dr. Richard Twine - Understanding Vegan Transition	Sue Culm RHN - Is the popularity of the Vegan Diet undermining a key benefit?	Barbara Chalmers, Final Fling - Funerals & stuff	Live Cookery Workshop Whole Food Chocolate Carrot Cake Pirate High Protein Cannon Ball snacks with Capt JTC POTCB	Will Johnstone
<b>4:00 pm</b>	Laurianne's Raw Cakes - Easy Raw Cake and Snack from Laurianne's Raw Cakes	Manuela Atzori - raw vegan and development of consciousness	Fiona Oakes – a life for the animals	Yvonne Bishop-Weston BSc DiplON mBANT CHNC - Vegan Parents & Safe Optimum Vegan Diets for Babies and Children	Amanda Woodvine (Vegetarian for Life) - What real vegans eat... and effortless ways to make your diet even healthier	Science workshop - Battery Farmed Electric Bananas, make your own Lemonade and other sugar free fun and how green is your spit? with Capt. JTC POTCB	Tarantism Acoustic
<b>4:30 pm</b>						Christine McLaughlin Children's Author (All Ages)	
<b>5:00 pm</b>	n/a	n/a	n/a	Keith Robertson (Herbalist) - Cruelty Free Health Care?	Erin Kenny – Open yoga (all levels)	Last chance of the day to cycle yourself a fresh fruity smoothie (subject to availability) Selfies , Q&A and joke swapping with the Pirate	John Mcfarlane
<b>5:30 pm</b>							
<b>Sunday</b>							
<b>10:00 am</b>						Pirates of The Carob Bean Treasure Hunt	
<b>10:30 am</b>						The VegfestUK Smoothie Bike Cranks up and meet the Pirate Q&A  Christine McLaughlin Children's Author	
<b>11:00 am</b>							

	<b>Cookery Demos</b>	<b>Talks - Light Veganism</b>	<b>Talks - Deep Veganism</b>	<b>Health Summit (SAT) Activists Workshops (SUN)</b>	<b>Mature Zone</b>	<b>Kids Area</b>	<b>Performances</b>
<b>11:30 am</b>	Maggie Lister (Roving Chef from Vegetarian for Life) - quick vegan cooking on a budget	Audrey Lee - Why You And Everyone You Know Need Minerals...	Jan Deckers - Animal (De)liberation: Should the Consumption of Animal Products Be Banned?	Panel - Business Networking session	Rose Goodenough, InnerSpace Meditation Centre – Conscious eating and meditation	Live Cookery Workshop- 5 a Day Rainbow Sushi (all ages)  Live Cookery Workshop Polenta Instant Pizzarette with Capt. JTC	Pig Freud Sunday morning chillout
<b>12:00 pm</b>	Lilian Nassuna Muirhead - Delicious and nourishing vegan savoury	Fiona Oakes – an extra mile for the animals	Vegan Geezer - YouTube Your Passion!	David Scott - Equality Act - The Force is With Us	Kim Stringer (Vegetarian for Life) – Positively vegan for life	Live Pancake Tossing Competition (all ages) with Capt JTC	Pig Freud Sunday morning chillout
<b>12:30 pm</b>				Scotland Earthlings Experience - Sharing The Earthlings Experience		Christine McLaughlin Children's Author (All Ages)	
<b>1:00 pm</b>	Mel Rogers - Mel's Kindness Kitchen Vegan Cheese Demonstration	Ben Shaberman - My Vegan Girlfriend Loves Her Cats More Than Me (But It's OK)	Dr. Roger Yates - Mainstream Vegan Blues: A Whiter (and Shallower) Shade of Pale	Manuela Atzori (Scotland Pig Save) - pig save movement	Anne McWhinnie, Dementia Friends – If I get dementia, will they serve me meat?	Live: Mr Potato Pet Head Teenage Lobotomy with Capt JTC	Barbara Helen
<b>1:30 pm</b>				Vegan Geezer - become a Youtube activist		Live Cookery Workshop Pieces of 8 a day - Rainbow fruit and veg kebabs with chocolate or cheese sauce with Capt JTC and his potty parrot	
<b>2:00 pm</b>	Nives Arosio - Hendersons Vegan: Nives Arosio makes Veganmisu	Martin Stepek - Vegan Mindfulness	David Scott - Vegan in a Suit, Situational Activism in the Corporate Community	Dr. Roger Yates - gazebo info point	Amanda Woodvine (Vegetarian for Life) - Cheat your way to 5 (or more) a day	Live Cookery Workshop Whole Food Chocolate Carrot Cake Pirate High Protein Cannon Ball snacks with Capt JTC POTCB	Anabrese Neuman
<b>2:30 pm</b>				Alex Douglas (The Vegan Society) - Activism for everyone: getting involved in creating a vegan community			

	<b>Cookery Demos</b>	<b>Talks - Light Veganism</b>	<b>Talks - Deep Veganism</b>	<b>Health Summit (SAT) Activists Workshops (SUN)</b>	<b>Mature Zone</b>	<b>Kids Area</b>	<b>Performances</b>
<b>3:00 pm</b>	Lilian Nassuna Muirhead - Delicious and nourishing vegan desserts	Tim Shieff - Change your Water, Change your Life.	Barbara Bolton (Go Vgean Scotland) - No Baby Steps! Clear Vegan Advocacy, What it is and Why it Works.	Sandra Higgins - Go Vegan World Public Advertising Campaign	Maggie Lister (Vegetarian for Life) - Creative simple meals	Science workshop - Battery Farmed Electric Bananas, make your own Lemonade and other sugar free fun and how green is your spit? with Capt. JTC POTCB	Kirtan Scotland
<b>3:30 pm</b>				Ben Shaberman - Telling and Writing Vegan Stories to Reach the Masses		Christine McLaughlin Children's Author (All Ages)	
<b>4:00 pm</b>	n/a	n/a	Barbara Bolton (Go Vgean Scotland) - Use Your Vegan Voice Every Day - Vegan Advocacy Workshop	Amanda Woodvine (VfL, Eat Green) - Activism through food: a case study in Greater Manchester	Rachel Smith – Yoga (all levels)	Last chance of the day to cycle yourself a fresh fruity smoothie (2 for 1 subject to availability) Selfies , Q&A and joke swapping with the Pirate	VeggieVision Vegan Speed Dating
<b>4:30 pm</b>			n/a	n/a			