

SEPTEMBER
culminating with a day of
fun and curious activities
exploring our senses on
Saturday 28

SENSATION
festival 2013
www.chelmsford.gov.uk/sensation

Chelmsford City Centre
Essex UK

#sensationfestival

Produced by
Chelmsford
City Events

Welcome to Sensation

We all know the words "seeing is believing" but did you know that the rest of the sentence goes "but feeling is the truth"? Well what you're touching now is a visual guide to the multiple sensory experiences at Sensation culminating on Saturday 28th September.

This pilot event takes place across the city centre and explores how your senses gather information about the outside world. Sensation is fundamental to our experience of reality. You can see, hear, taste, smell and touch things and you can also detect pain, pressure, temperature, and the position and movement of your body. All these sensations are changed into electrical signals and carried to your brain which then puts all the information together to produce the whole picture. Shaped by many things, the senses mediate between mind and body, idea and object, self and environment.

Sensation festival launches on Saturday 21st with a week of creative activities at The Ideas Hub and also a Sensory Trail across the city. Later that week, we invite you to three evenings of stimulating and amusing talks – The Sensory Sessions – at the university and all for free.

Then, on Saturday 28th, many more sensory experiences are added to the mix, from arts and crafts and sideshows, to pop-up stalls and installations – plus familiar sensory city scenes including the tasty and smelly markets and bright and noisy shops; some with special Sensation promotions.

Sensory Symbols

In this guide, we've added a 'sensory symbol' to each activity to highlight the predominant human sense being explored – either sight, smell, hearing, touch or taste. You'll see that many of them have the 'multi-sensory symbol' either because the primary sense involved is less obvious or another sense, such as movement or temperature, is involved.

Sight Hearing Smell Taste Touch Multisensory

The Sensory Sessions

A series of stimulating talks exploring the senses at Anglia Ruskin University, Bishop Hall Lane, Chelmsford, CM1 1SQ. All four talks are free to attend and suitable for all.

Wednesday 25th September 19.30

How to Speak Essex by Martin Astall

Hear genuine examples of the way ordinary people in Essex spoke in the twentieth century from the Essex Sound & Video Archive. When people think of the language of Essex they are most likely to think of 'Estuary English' rather than a soft and lyrical rural accent akin to that still heard in other parts of East Anglia. Some Essex people have a nostalgic view of the accents used by former generations but this talk will provide an understanding of the language of Essex people born prior to WWII and the diversity of accents heard.

Thursday 26th September

Hug-a-rama: My Son has Sensory Processes Disorder by Peter Clagg 19.00

How many senses have you got? And how many do you use at any one time? What happens when these senses are late or blurred? Peter's son Jimi has Sensory Processing Disorder, and this humorous interactive talk is about him and his family's journey to try and help him deal with the modern world.

Followed by

Laugh with Terri by Terri Sawkins 20.00

Terri brings new insight into the phrase 'seeing is believing'... She's been giving Sensory Awareness Training for about 18 months and, along with other trainers with 170 years of lived experience of sensory impairment between them, has compiled this compelling and highly amusing session that will bring you well into her world.

Friday 27th September 19.30

Food for Thought: Thought for Food by Caroline Hobkinson

Caroline Hobkinson curates food art events forcing diners to reassess the way they eat. Her blog – Stirring with Knives – looks at the world through food; it's history, the ritual how we eat it and the traditions how we prepare it. She's been collaborating with Experimental Food Psychologist Professor Charles Spence looking at how strong a role our senses play when we experience taste – and how we can use this to give us never before experienced taste sensations. Note that this talk includes some food tasting for the audience on a first-come, first-served basis.

www.stirringwithknives.com

Book your free tickets at:
www.anglia.ac.uk/communityevents

All four talks are FREE to attend.

For the latest information check:
www.chelmsford.gov.uk/sensation

Get involved and show and tell us the sensations you feel!

Sensation Festival
@CultEventsTeam
#sensationfestival

The information contained in this leaflet can be made available in alternative formats on request.

Supported by

The Hearing Care Centre will be in town on Saturday 28th September with their new, eye-catching mobile hearing centre, offering free hearing screenings and expert advice on all hearing healthcare matters.

the hearing care centre
THE AUDIOLOGICAL SOLUTION

IDEAS HUB

From Saturday 21st, The Ideas Hub at Market Square hosts 'The Art of the Five Senses' exhibition and a week of participatory activities that celebrate and inspire multi-sensory art practice – playing with everything from colour, dough, dye, dirt, soap, textiles, mosaic and scent to the latest in kinetic technology. There's also a tasty Fairtrade café and full Sensation event info available all week. The Ideas Hub is closed on Sunday 22nd and Monday 23rd September.

Saturday 21st September	Friday 27th September
Soap Modelling 11.00 – 13.00*	Fab Cycling 11.00 – 13.00
Didge Workshop 13.00 – 14.00*	Artists Way 13.00 – 14.00
Natural Foundations	Natural Foundations
Story Trail 14.00 – 15.00*	Natural Play All Day*
Percussion from Scratch 14.00 – 16.00*	Messy Play Painting All Day*
Natural Foundations	Doughtopia All Day*
Natural Play All Day*	
Messy Play Painting All Day*	
Doughtopia All Day*	

Tuesday 24th September	Saturday 28th September
Mosaic Fun workshop 11.00 – 13.00	Sing & Sign 10.30 – 11.00*
Natural Foundations	Seeing through Touch 10.30 – 12.30
Natural Play All Day*	Soap Modelling 11.00 – 13.00*
Messy Play Painting All Day*	Sing & Sign 11.30 – 12.00*
Doughtopia All Day*	Kinnect Digitally
	Interactive Installation 13.00 – 14.00
	Natural Foundations
	Story Trail 14.00 – 15.00*
	Linda Blacker
	Live Photoshoot 15.00 – 17.00
	Natural Foundations
	Natural Play All Day*
	Messy Play Painting All Day*
	Doughtopia All Day*
	Linda Blacker
	Live Photoshoot 18.00 – 19.00
	Art & The Sensory City 19.00 – late

Thursday 26th September

Mogos & Slogan Art 16.00 – 18.00
Biro Club 18.30 – 19.30
Percussion & Acoustic Jam session 20.00 – 22.00
Natural Foundations
Natural Play All Day*
Messy Play Painting All Day*
Doughtopia All Day*

*Children's activities – These will be held in a city centre pop up unit. Venue tbc. Many activities are free but some are subject to a small charge - for specific details pop in to the Ideas Hub and pick up their full September programme or please visit www.ideashubchelmsford.org or www.facebook.com/ideashubchelmsford

Other 'Sensory September' activities

House of Mirrors by Rob Olins & Doug Benford

Centre Square, High Chelmer Shopping Centre
Monday 23rd to Saturday 28th September

The work presents a series of sound pockets which comprises of acoustic mirrors and speakers that are arranged in such a way as to create a sound environment. As the viewer moves about the space the sound changes and any sound that the viewer makes will be amplified and directed. The sound recordings are natural and man-made sounds recorded in Chelmsford revealing a sonic snapshot of the city. The acoustic mirrors are based on First World War aircraft early warning technology, which were very accurately constructed to focus sounds from far away to a single point. www.robolins.com Suitable for Everyone - FREE

The Soundscapes Project by RGBVJ

Monday 23rd to Saturday 28th September
Backnang Square 7.00 to 19.00 (tbc)

This is simply a composition of sounds that create the sensation of experiencing a particular environment, curated by the audio visual artist RGBVJ. As you pass through, there may be noises from animals and natural elements such as the weather, ordinary sounds or musical composition created by humans or even noises of mechanical origin resulting from industrial technology. Sounds familiar, unfamiliar, pleasurable and provocative. Close your eyes and use these sounds to transport you. www.rgbvj.com

Blues in the City

at various locations and times from
Thursday 26th to Sunday 29th September

The blues is of course one of the most sensory of musical forms and the second annual event goes from strength to strength. Money raised goes to charity. www.bluesinthecity.co.uk

'We Are Chelmsford' Yarn Bombing!

Friday 27th September with stalls in the High Street.

As part of the City Council's 'We are Chelmsford' event and to celebrate our city being awarded the Purple Flag Award, knitters and crocheters from Chelmsford and beyond have joined together to create a colourful treat in the city centre, with items popping up from Sunday 22nd September, all knitted and crocheted, in purple. www.chelmsford.gov.uk/wearechelmsford

Chilli Pepper Weekend at RHS Hyde Hall on the

Saturday 28th & Sunday 29th September. 10.00 to 16.00.

Explore the spicier side of vegetable growing with colourful plant displays, food stalls, growing advice and chilli tasting - a true feast for your senses. Normal garden admission applies. Booking not required. www.rhs.org.uk/WhatsOn/Gardens/hydehall/

The Sensory Trail

As part of the Essex Summer of Art from Saturday 21 September, in selected locations from the top to the bottom of the city, the public are invited to follow a Sensory Trail curated by artist Elaine Tribley.

The Sensory Trail is an art journey which invites people to touch, smell, listen and feel the art through a series of interventions created by 8 contemporary artists from Chelmsford and surrounding areas. Extending from the Anglian Ruskin University to Chelmsford Museum trail seekers will have their senses provoked, unnerved and teased.

- 1. Anglia Ruskin University Rivermead Gallery: 'Vibe Cube' by Damien Robinson & Stuart Bowditch**
Vibe³ (Vibe Cube) is a sound installation incorporating collected, donated and archive sounds expressing "spirit of place". A virtual sound tour of Essex, 'Four Towns Mix' was created from submitted recordings and ideas from the public. Artists Stuart Bowditch and Damien Robinson collected and redeveloped these into an ever-changing sound mix via the Vibe Cube.
- 2. Chelmsford Cathedral Gardens: 'The Grave of the Unknown Sweet Maker' by Amanda Westbury**
An edible installation created from 'sweet flowers' mysteriously growing from the ground. 'The Grave of the Unknown Sweet Maker' celebrates a fictitious person from Chelmsford who once made the most delicious sweets, famous far and wide, but who took the legendary recipe for these confectioneries to his grave.
- 3. Meadows Shopping Centre: 'Concentric III' by Janie Townshend**
Exploring nature's curves, Janie Townshend uses wood to create an abstract organic form that exploits the structural qualities of her materials. Exhibited on a plinth, Townshend invites the passer by to touch and feel the sculpture normally adorned with the label 'Do not touch'.
- 4. The Stone Bridge: 'I Advance Masked' by Lisa Temple Cox**
Within the fine tradition of casting faces of notables, Lisa Temple Cox uses her own face and fellow artists faces to create uncanny life masks that watch you with closed eyes.
- 5. Parkway Crossing: 'Sensory Squares' by Natasha Carsberg**
Natasha Carsberg combines her skills in sculpture and garden design to create sensory sculptures. Using simple forms she encourages people to interpret their environment in different ways through smell, texture, colour and sounds.
- 6. Telephone Boxes in front of St John's Church, Moulsham Street: Organic Booths by Amy Mountney**
Local artist, Amy, transforms the urban telephone box into a tantalising organic experiment to set taste buds racing and encourage you to consider the value of the 'smelly' in decision making. Will you leave smelling of roses or savoury savvy?
- 7. Chelmsford Museum Lawn and Benches: 'Picnics and Pillows' by Jacqueline Davies**
Surface pattern artist Jacqueline Davies transforms the lawn at Oakland's Park with temporary grass stencilled picnic blankets in pastel shades. Throw off your shoes and socks and feel the grass on your toes, pack a hamper and enjoy her playful artwork with a picnic. Davies has also created unique tactile pillows for all weathers, adorning the seating areas in the park with pattern and performance.

Happening All Day

1 Arts & Crafts by Creation Station
Bell Meadow (behind M & S)
15 minute sessions every half hour from 12noon until 17.30
 The Creation Station provides arts & crafts classes for both boys and girls up to age 11. Especially for Sensation, these creative sessions will focus on visually stimulating and tactile activities.
www.thecreationstation.co.uk
Suitable for under 11s - FREE

2 As Strange A Maze
by Anna Morrissey
Market Square
12noon - 18.00
 Have you ever watched dancers on stage and wondered what it would feel like to move your body like that? As Strange A Maze is a private journey of discovery that will take you by the hand and lead you through a moving sequence allowing you to discover new sensations and perhaps discover a new aspect of yourself?
Suitable for Everyone - FREE

3 audiObscura Drains
by Stuff and Things
City Centre (various locations)
12noon - 16.00
 Take a peek beyond the ordinary and unwrap the riddle of the workaday world as audiObscura pops the lid on the conventional. A surrealist, absurdist, and highly quizzical take on the everyday, audiObscura will tantalise its audience with possibilities - expect the unexpected, and keep your ears peeled! These small audio installations will be dotted about the High Street and surrounding streets. Keep your ears to the ground!
www.stuffandthings.co.uk
Suitable for Everyone - FREE

Shopping Sensations

Experience a sensory explosion and come visit the market stalls full of hot & cold food, flowers, fish and plenty more regularly in the High Street and also at the indoor market next to Bell Meadow. Seek out special Sensation shopping promotions dotted about the city - including surprising toppings from the Walls ice cream vendor located at Half Moon Square.

19 Smoking Cocktails & Woodsmoke
Sampling by Alchemist Dreams
Backnang Square 12noon - 18.00
 Alchemist Dreams, a member of the Experimental Food Society, demonstrate how to smoke a cocktail with their mad scientist set-up. They invite you to smell the difference between pine, oak and mesquite and watch the magic happen or taste the finished cocktail which has been smoked before your eyes. To accompany the cocktails and get you in the festival mood, DJ sounds are presented by Bassment, the new Chelmsford bar and lounge opening soon.
www.alchemisdreams.co.uk
Cocktails from £5 for over 18s only.

20 The Forgotten Sense
by Fifth Sense
High Chelmer Shopping Centre
12noon - 18.00
 The sense of smell plays a huge role in so many aspects of life, but this gets missed by most people. It's really something that you don't know you've got until it's gone! Fifth Sense is the first organisation to raise awareness of smell and taste disorders and will be highlighting some of the ways in which the sense of smell plays a crucial role in our lives through interactive demonstrations, whilst providing advice to anyone affected by a problem with their sense of smell and taste.
www.fifthsense.org.uk
Suitable for Everyone - FREE

21 The Sweet Smell of Success
with the MARILIN
by The Bureau of Silly Ideas
Market Square 12noon - 18.00
 The Sweet Smell of Success is a digital and performance project designed to enable the discovery and celebration of moments of success from around the nation. Audiences will have the opportunity to test their 'success genes', contribute their success to a digital archive of Britain and get a free 'success-upload' experience in our state-of-the-art M.A.R.I.L.I.N - Success Transmission Device.
www.bureauofsillyideas.com
Suitable for Everyone - FREE

4 The Laser Arch by Thomas Freer
Centre Point,
Meadows Shopping Centre
10.00 - 18.00
 An interactive sculpture which combines technology and art, designed to be intuitive, tactile and to reward curiosity. The Arch houses 12 horizontal lasers, using electronics, when any of the beams are broken, a different sound is emitted so you can play the Laser Arch just like a harp!
www.thomasfreer.co.uk/laserarch
Suitable for Everyone - FREE

5 Bittersuite by Bittersuite,
People Pile & Tessa Sillar
Shop opposite indoor market, Cornhill,
High Chelmer Shopping Centre
14.00 - 18.00
 You're invited to experience classical music through every sense. To be delighted by these curiosities where music comes to life before your eyes. Designed by Tessa Sillar, BitterSuite will open your ears, eyes and taste buds to classical music.
www.bittersuite.org.uk
Suitable for Everyone - FREE

6 Children of the Groove by
Glastonbabies
Top of High Street (outside Saracens)
12noon - 18.00
 An interactive music event for the whole family where the audience becomes part of the groove - playing shakers, djembes, congas, bongos and features the tuned pipe percussion instruments developed by the event leader, Adam Amor. He's a dynamic professional saxophonist who creates an infectious soundscape that you'll want to jump into and play along with.
Suitable for Everyone - FREE

22 Touch: The Art of Massage
by Star Wellbeing City Centre
(various locations) 10.00 - 18.00
 Do you like to relax? Would you like to reduce tension? Would you like to feel and look good? We're guessing the answer is Yes! Star Wellbeing will demonstrate how 'touch' can achieve all this. Their professional team will be delivering different types of massage techniques from all over the world to people all across the city centre. Their taster sessions are designed to uplift, energise and relax.
Suitable for Everyone - Guideline £1 per minute opening soon.

23 Sensory Tunnel Experience
by Guide Dogs
High Street
(near Meadows Shopping Centre)
12noon - 18.00
 Take a walk into the pitch black tunnel and investigate the sensation of various textures through your hands and feet as you navigate the darkness. Then under blindfold take the challenge of a sighted guide walk and experience guessing the object in the feely, smelly box. You may even meet some guide dogs and puppies as well!
www.guidedogs.org.uk
Suitable for Everyone - FREE

24 Unsynchronized by Eloise Fouquet
Top of the High Street
(empty shop opposite Specsavers)
12noon - 18.00
 Step inside for a video experience unlike your usual trip to the cinema or Friday night on the sofa at home. In this curious world, timing has a different meaning and sounds are less than predictable. Prepare to stretch your brain to its limits. Many thanks to Aquila Holdings for the use of this shop.
Suitable for Everyone - FREE

Sensory Fun at Oaklands Park, Moulsham Street

Echo Sensory Garden: This small sensory space was designed with local school children from Mildmay Infant School and Beehive Lane Primary School and built in 2004. They worked with Tom Grimsey, a metal work artist to help create the three sculptures in the garden. The theme of the garden is based on the Greek legend of Echo, the talkative nymph who annoyed the Goddess Hera so much she was condemned to repeat only what she last heard. The theme set in the Mediterranean landscape and climate gave them the opportunity to create a self-sustaining dry garden. www.chelmsford.gov.uk/oaklands-park-0

7 Contours by Footprints Theatre
Springfield Road (outside Next)
12noon - 18.00
 This local theatre company offer a trail of different sensory experiences in a specific place - namely on Springfield Road. The trail will consist of movement, art and drama and will touch and challenge the audience's senses in many different ways.
www.footprintstheatrecompany.co.uk
Suitable for Everyone - FREE

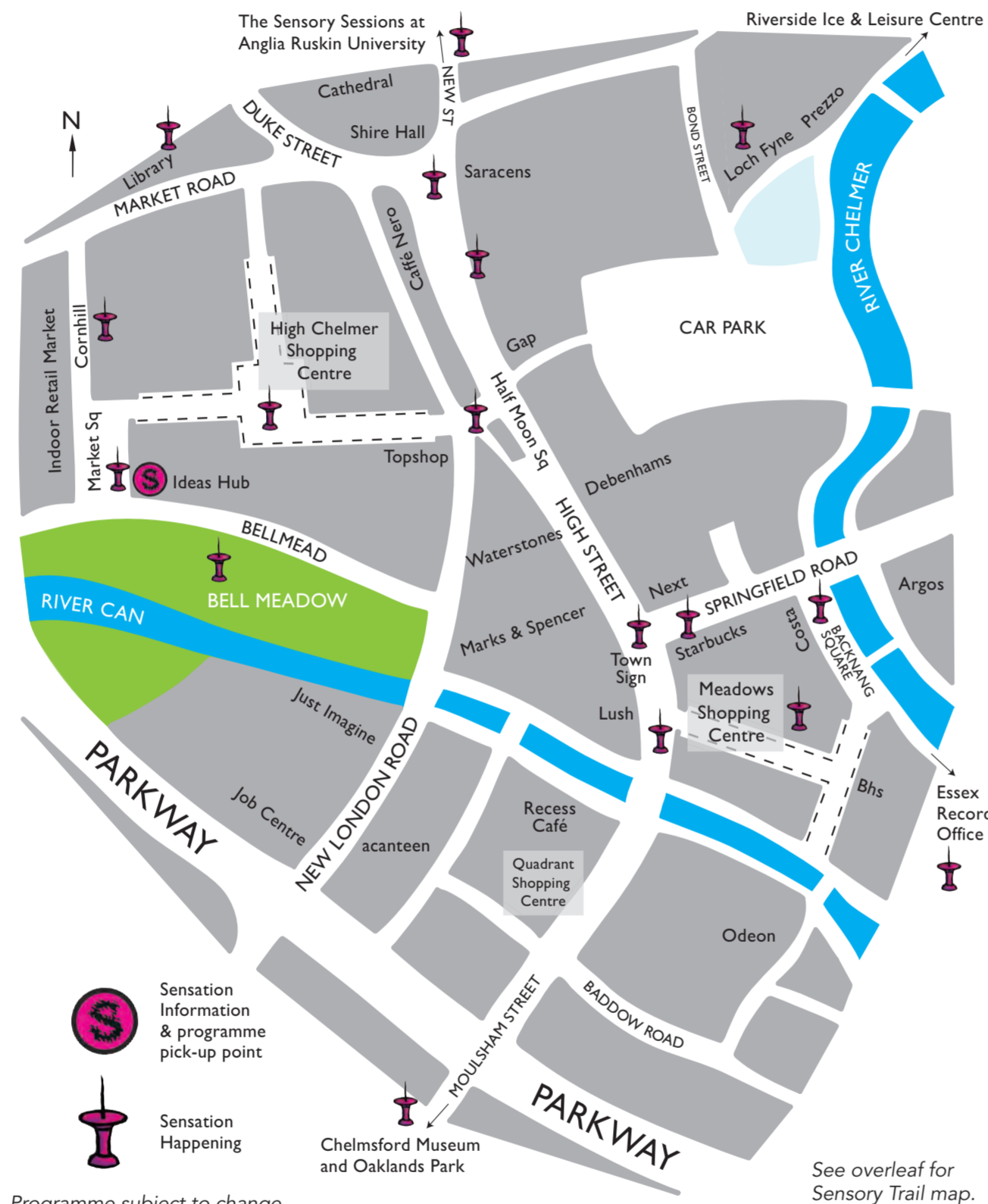
8 Feely Patchwork Crochet by
Let's Crochet UK - Bell Meadow
(behind M & S) 12noon - 18.00
 Come and crochet with unusual materials down at a tent in the beautiful Bell Meadow. Get inspired by the trees, flowers and insects that surround you. Tutoring is provided if you need it but whatever you do, be part of a collective piece of art.
www.facebook.com/LetsCrochetUK
Suitable for Everyone - FREE

9 HeadSpace by Kazzum
Bell Meadow (behind M & S)
12noon - 18.00
 Experience the world through another person's eyes, as if you were in someone else's head, for a moment in time. There's a surprise inside these ordinary looking cardboard boxes hanging from the ceiling. Place your head inside and you will discover the sights, sounds and smells of the sensory worlds within. With a 360 degree view of a miniature internal environment, you will be submerged in the sounds and smells of these bizarre and quirky new worlds. You could find yourself at a train station, on the stage at a packed stadium, or in someone else's living room.
www.kazzum.org
Suitable for Everyone - FREE

10 Listening Posts
by the Essex Sound & Audio Archive
Essex Records Office, 10.00 - 16.00
Chelmsford Museum, 10.00 - 17.00
The full content lasts about 15 minutes
 Lifting the headphones will start a selection of recordings relating to Chelmsford including a 1950s auction at the Cattle Market, a speech recorded by Guglielmo Marconi from 1935, Ronald Poole recalling Baddow Road in the 1930s, a song recorded by Mark Shelley & The Deans in the 1960s and Roger Johnson singing at Chelmsford Folk Club in 1985.
Suitable for Everyone - FREE

Is this our city's most Sensory street?

Broomfield Road (between Parkway and Duke Street in the West end) includes a florist, a Gurkha and a Chinese restaurant, beauty shop, music shop, carpet and rug shop, hairdressers, dentist, cosmetic surgeon, chiropractor, bridal shop, sex shop, charity shop, tax advisors, funeral directors, optician, translation business, pet shop, Indian takeaway, a cafe for homeless people and a classic English pub with a watery theme...
What a Sensational street!



Programme subject to change.

See overleaf for Sensory Trail map.

Location	Happening	Number
Library	Sensory Wall	18
Top of High Street	Children of the Groove	6
	Harmony Machine	31
	Sensation Mural	16
Empty Shop (opp Specsavers)	Unsynced Video	24
High Street	Untitled Installation	25
Loch Fyne	Oyster Tasting	15
High Street	Foodies Comedy	30
	Sensory Experience by Lush	12
	Sensory Tunnel Experience	23
	Vive	34
Half Moon Square	Sense the Spice	17
High Chelmer	Ideas Hub for (sm)all people	overleaf
	Miss Murphy's Taste Safari	14
	The Forgotten Sense	20
Empty shop on Cornhill	Bittersuite	5
Market Square	As Strange a Maze	2
	Ideas Hub	overleaf
	Sweet Smell of Success	21
Bell Meadow	Arts & Crafts by Creation Station	1
	Feely Patchwork Crochet	8
	Headspace Installation	9
	Sensory Pottery Workshop	32
	Weaving Loom	27
Outside Next	Contours	7
Meadows Shopping Centre	The Journey	29
	The Laser Arch	4
	Quantum 2 Performance	28
	Sensation at the Meadows	13
	Wax Hand Dipping	26
Backnang Square	Smoking Cocktails	19
Essex Records Office	Listening Post	10
Chelmsford Museum	Listening Post	10

Please see overleaf for details of The Sensory Sessions at Anglia Ruskin University.

25 Untitled by Jesc Bunyard
Top of the High Street (empty shop opposite Specsavers) 12noon - 18.00
 Untitled is an immersive installation designed to place the spectator within a chromesthesia environment. Chromesthesia is a type of synesthesia in which heard sounds automatically and involuntarily evoke an experience of color. The images here are formed of photograms (camera-less photography) which slowly transition from one to another, filling the space with colour and absorbing the viewer within the work. Many thanks to Aquila Holdings for the use of this shop.
www.jessicabunyard.com
Suitable for Everyone - FREE

26 Wax Hand Dipping by Dobby
Centre Point
Meadows Shopping Centre
12noon - 18.00
 Dip your hand into the wax and then into iced water and finish with a wax cast of your hand. Looks great, feels weird! The wax is even safe enough for baby feet - so come get creative and touchy-feely with Dobby.
Suitable for Everyone - FREE

27 Weaving Loom
by Nature's Living Willow
Bell Meadow 12noon - 18.00
 Help to bring the artistic and natural world together by weaving vines, grasses, herbs and flowers and creating a giant seasonal canvas. Explore the senses of sight, feel, touch and smell as you go, working in one of Chelmsford's most attractive small green spaces.
www.natureslivingwillow.co.uk
Suitable for Everyone - FREE

Happening once

28 Quantum2
by Jane Turner & Richard Hoadley
Empty shop (opposite Superdrug),
Meadows Shopping Centre 3pm
 Quantum2 combines dance and embodied computing modulating music notations with still and moving images. The piece integrates live art, performance, science, technology and the nature of the unpredictable. Composer Richard Hoadley and choreographer Jane Turner lead the event and Quantum2 is presented in association with Anglia Ruskin University.
Suitable for Everyone - FREE

Sensory Fun at Chelmsford Museum
Feely Box: Try working out what some objects are by feeling them, rather than seeing them. We use our hands to handle things all the time and we rely on our eyesight to identify what we are holding - but it's only when sight is taken away that we must rely on touch alone. **The museum is free to enter**
www.chelmsford.gov.uk/museum

11 Perambulator of Wonder
by Aunty Sarah
Walkabout (various locations)
12noon - 18.00
 Aunty Sarah has a perambulator, a Perambulator of Wonder. You are invited to reach inside and let your sense of touch guide you to choose an object. What you choose will begin a musical journey. The Perambulator of Wonder contains many objects, some smelly, some noisy, some cold, some soft. What will you choose and where will it take you?
Suitable for Everyone - FREE

Look and listen out for two old pianos
 One will be located in High Chelmer and another in the Meadows in the week leading up to and including Sensation. Play whatever you fancy and maybe even have an impromptu sing-a-long with your friends, family - or complete strangers!

12 Sensory Experience
by Lush Cosmetics Outside Lush,
High Street
12noon - 17.30
 See Lush's fun, visual bath bombs, taste their ingredients, feel their products and smell the essential oils that help give Lush its distinctive aroma. Bathbomb-making will also be available for a small charge as well as a free 'bean growing' workshop.
www.lush.co.uk
Suitable for Everyone

13 Sensation at the Meadows
Meadows Shopping Centre
 The Meadows Shopping Centre are joining in the fun of Chelmsford's Sensation Festival and inviting you to come along to put your senses to the test!
Tickle your Taste Buds:
 Visit Millies Cookies and Baskin Robbins to try to guess the flavour of their cookies and ice cream from **12noon - 15.00**
 Pop into BB's Coffee and Muffins to take on the challenge of identifying the flavour of mini muffins while blind folded! **14.00 - 18.00**
 Join the team at Whittard of Chelsea to try their unusual teas and coffee's, see if you can tell what the different tones are. **12noon - 18.00**

Smell Sensations:
 The Perfume Shop is challenging you to test your sense of smell by matching smells with ingredients. Plus you can learn about the different notes used to make perfume. There will be lots of other activities in the Centre to stimulate your senses so make sure you pay them a visit between **12noon - 15.00**
Suitable for Everyone - FREE

14 Miss Murphy's Taste Safari
Centre Square,
High Chelmer Shopping Centre
13.00 - 15.00 and 16.00 - 18.00
 Miss Murphy invites you on a curious 'taste' safari to explore the many tastes, associations and sensations of your mouth. Test your taste buds with intriguing blind tastings. Show her your tongue twisters and tell her your tastiest tales.
www.charliemurphy.co.uk
Suitable for Everyone - FREE

Happening more than once

30 Foodies : A Matter of Taste
by Creature Feature
Automatic Drawing Machine
by Bird&Bee's
Top of the High Street from 12noon with a focal point on the hour, every hour until 17.00
 Harmony is a participatory, interactive, Victorian-era touring 'curio', which explores the boundaries between science and art. This exquisite, mobile contraption draws music before your very eyes! Meet the gentleman inventor and be educated in the dark art of a 'universal law'. Watch the hypnotic pendulums unwind and draw your very own musical masterpiece.
Suitable for Everyone - FREE

31 Harmony: Spectacular
Automatic Drawing Machine
by Bird&Bee's
Top of the High Street from 12noon with a focal point on the hour, every hour until 17.00
 Harmony is a participatory, interactive, Victorian-era touring 'curio', which explores the boundaries between science and art. This exquisite, mobile contraption draws music before your very eyes! Meet the gentleman inventor and be educated in the dark art of a 'universal law'. Watch the hypnotic pendulums unwind and draw your very own musical masterpiece.
Suitable for Everyone - FREE

32 Sensory Pottery Workshop
by Reachout Essex
Bell Meadow (behind M & S)
12noon - 14.00 and 14.30 - 16.30
 Come and help design a ceramic tile mural based on the theme of the five senses of touch, taste, smell, sight and hearing. It's fun, messy and very arty and all run by a qualified Raku Pottery tutor plus the friendly team from Reachout Essex. You're also invited to make a pot and have it fired and collected at a later date.
www.reachoutessex.org.uk
Suitable for Everyone £2 per person

15 Oyster Tasting
by Loch Fyne, Bond Street
(towards Riverside Ice & Leisure)
11.00 -16.00 (or until stocks run out!)
 Priding themselves on their provenance, quality and sustainability, the Loch Fyne company grow oysters in the clear, fertile waters of Loch Fyne. Their restaurant next to the river is one of Chelmsford's finest and now, demonstrating their commitment to the local community, they are offering tastings of smoked salmon and bradan roast as well as oysters today as part of Sensation.
www.lochfyne.com
Suitable for Everyone - FREE

16 Sensation Mural by Doli Domino
High Street (next to old Spurs shop)
12noon - 18.00
 Can you smell and how do you feel art? Open up your senses to a live mural you'll see being created right in front of your eyes by Doli Domino from 12noon on the culmination day of Sensation on Saturday 28 September. Many thanks to Aquila Holdings for the use of this shop.
Suitable for Everyone - FREE

17 Sense the Spice with Nandos
Half Moon Square, High Street
12noon - 18.00
 Nandos will engage your sense of taste and smell, by making their unique baste in the High Street and allowing you to smell all the ingredients as they are added. They'll also offer tasters of chicken wings at different spice levels to get your taste buds going. Will you be able to guess the spices you can taste?
www.nandos.co.uk
Suitable for Everyone - FREE

18 Sensory Wall
by Chelmsford Library
Library, Market Road 9.00 - 17.30
 The sensory wall is a unique feature at the library and offers an area where all children (big and small) can have fun, play together and learn. It includes an activity panel, a sound activated infinity tunnel, an LED light panel which reacts to touch and noise, animal sounds, mirrors and an exciting interactive video floor.
Suitable for Everyone - FREE

33 Spread the Love
by What's Coming Out of the Box
Walkabout 30 minute
performances at 13.00, 14.00, 15.00 & 16.00
 This is a walkabout piece exploring sensory responses to the question What Is Love? Is it the cheese on the toast, the cherry on the cake, the pink and fluffy and the warm fuzzy feeling inside? What more is it? Here, the love is spread by love machines, two halves of a single heart using all five senses to propose answers to the question.
www.what-box.org
Suitable for Everyone - FREE

34 Vive
Town Sign, High Street
30 minute performances
at 12noon and 14.30
 Vive are a young six part vocal group, who, with the power of their voices alone, recreate a selection of songs with a fresh and contemporary sound. The group's rich and diverse harmonies mix jazz, pop, fusion and spiritual styles of singing together to create a wonderful sound. You can also see Vive perform their full show at the Civic Theatre on Thursday 3rd October (tickets £13.50, concs £10.50).
www.vivevocals.com
Suitable for Everyone - FREE

Sensory Experiences
at Riverside Ice and Leisure Centre
 Collect a voucher (one per person) from the Ideas Hub in Market Square to take advantage of one of the following two sensory experiences:
Skating on Ice: Feel the sensation as the temperature plummet and carve your way through the ice with a free session.
Plunging into Water: Feel the sensation of the water as you submerge into the pool and make waves for a free swim.
www.chelmsford.gov.uk/riverside
Suitable for Everyone - FREE

Vouchers valid until Saturday 30 November 2013