

Press Release 8/05/2025

‘Friday Night Lights’ Series launches in Acton all in aid of mental health

- Friday Night Lights is a monthly immersive series of events blending art, film, theatre, culture and music, all in support of mental health
- Launch Theme for FNL Vol 1 - ‘Mental Health Through the Female Lens’
- Evening will feature; Short Film Screening of ‘Health is a Privilege’, by Simona Gibejova, a Slovak-born artist and performer based in London
- Exhibiting local Artists include; Susie Heyes, Helen Sabin, Satvir Sihota, Lucas Ross, Daniela Cezara Nikola, and Tamar Geist.
- Live Monologues from ‘Humus’ and ‘S-Bars’ along with a theatrical performance of ‘Butterflies’ by Fellow Ruth O’Callaghan and Crew
- Lived experience guest speakers include Gi Dhanoa and Linda Haysman

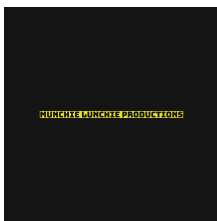
On May 16th, 2025, right in the middle of Mental Health Awareness Week local mental health charity HFEH Mind and Ealing based production company Munchie Lunchie Productions partner to launch ‘Friday Night Lights’.

Friday Night Lights is a monthly immersive series of events carefully blending art, film, theatre, culture and music. It is designed to spotlight vital social themes through bold creative collaborations with local west London creatives, performers, artists and venues.

The Series is hosted in unique venues across West London and brings together emerging and established voices for evenings of storytelling, expression, and community, with proceeds of the night going to support the mental health of west Londoners.

Each event will comprise a mix of live performances, short film screenings, art gallery, guest speakers, and concludes with art sales, networking and live performances from DJ’s and bands.

“Art has the power to challenge stigma and spark real change. Launching Friday Night Lights with a focus on Mental Health Through the Female Lens is our way of opening up space for stories that are often overlooked, stories of resilience, vulnerability, and survival. These conversations are not just important, they are urgent. We’re committed to using creativity and community to shine a light on mental health, especially as experienced by women, and to build platforms where honesty and healing can thrive.” - **Karim Hadaya – Founder of Munchie Lunchie Productions**



Launching on the 16th May at The Foundry Collective in Acton, each Volume in the series is themed starting with; FNL – Vol 1 ‘Mental Health Through the Female Lens’. Tickets are on sale now and are priced at £10 pre-sale or £12 on the door. Student discount is also available.

The launch theme focuses on Mental Health Through the Female Lens via lived experience of trauma and its aftermath, mental health and invisible pain, misunderstanding and stigma, coping and self-destruction, resilience and recovery, liberation and hope.

The organisers are also looking for bold, honest, and powerful visual artists, illustrators, photographers, mixed media creators, speakers and live performers to be part of this incredible series of events moving forward so do get in touch for more details or pop along and see for yourself.

Each event will raise awareness, support and funds for mental health in west London along with Vol 1 supporting short film ‘Health is a Privilege’, by Simona Gibejova.

Short Film ‘Health is a Privilege’ is a raw and deeply personal stage play written and performed by Simonetta, a Slovak-born artist and performer based in London. Inspired by her own lived experience with invisible disabilities, chronic pain, trauma, and the often-overlooked emotional aftermath of survival, the play explores the unseen battles that shape a person from the inside out. A semi-autobiographical narrative that dives into the fragmented psyche of a woman attempting to make sense of her body, her history, and her voice. Haunted by pain with no clear diagnosis, overlooked by systems meant to help, and fighting the constant pull of despair, she meets different parts of herself on stage — the broken, the brave, the numb, the furious.

“It’s crucial that we open honest conversations about mental health, especially from the female perspective, where struggles are so often minimized or misunderstood. Health is a Privilege sheds light on the silent battles many women face, inviting audiences to see the invisible and feel the urgency for change. By sharing these stories, we hope to break stigma, inspire empathy, and create space for real healing.

Invisible disabilities are often overlooked, yet they shape the lives of so many people. But now women, whose experiences are too easily dismissed or misunderstood? Health is a Privilege gives voice to these unseen struggles, challenging the silence around mental health and invisible illness. Through this play, we hope to create a space where vulnerability is met with understanding, and where invisible pain is finally seen, heard, and respected.” -

Simonetta Gibejova – Actor, Writer, Producer

The evening schedule is packed and will comprise of a Short Film Screening; Health is a Privilege, by Simona Gibejova, exhibiting Artists including; Helen Sabin, local Ealing sensation Susie Heyes who recently held her first solo exhibition, Satvir Sihota, Lucas Ross, Daniela Cezara Nikola, and Tamar Geist.



Guest will be treated to Live Monologues from Humaira Chuhan aka Humus and S-Bars, a theatrical performance of 'Butterflies' by Ruth O'Callghan and Crew, along with some incredible guest speakers, local business owner Gi Dhanoa and BBC costume designer Linda Haysman, on their lived experience.

"We're proud to be able to support and collaborate with Hammersmith, Fulham, Ealing & Hounslow (HFEH) Mind and Munchie Lunchie Productions on their Friday Night Live (FNL) series starting next Friday 16th May 7pm with us at The Foundry Collective in North Acton.

At The Foundry Collective we strive to connect with the community, support creatives and encourage an open space for all to enrich our community. With FNL's first event focusing on mental health through a female lens we hope to create a platform to facilitate the discussion, experience and expression of female mental health.

The creative mediums from FNL's female-led line-up of artists will give people the opportunity to engage, listen and connect with others through multiple artistic disciplines on female mental health topics that can be overlooked or are infrequently discussed.

We invite everyone to come and join us on Friday 16th May at The Foundry Collective to experience these collaborations and help challenge societal stigmas on the topics being raised." - **Jonathan Brewin Co Founder of The Republic of Park Royal and The Foundry Collective**

The room will be filled with an incredible line up of creative minds ranging from opera and cabaret singers to actors, poets, Fellows and visual artists to name but a few. This inclusive event forms part of HFEH Mind's Thirty for 30K Campaign aimed at driving thirty thousand conversations around mental health across west London.

Please find Boiler Plates, supporting links and downloads for imagery below

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Relevant Links

- Find out more about Friday Night Lights - [Here](#)
- Get Tickets for Friday Night Lights [Here](#)

Go Fund Me - Health is a Privilege, by Simona Gibejova

- [Donation link](#)

Approved Imagery

- [Download Now](#)

About HFEH Mind



Hammersmith, Fulham, Ealing and Hounslow Mind is a Local Mind Association operating across the Tri-borough. Mind operates a federated structure of Local Mind Associations, which are independent charities with their own funding and services. We share the same values as Mind, and we are regularly reviewed to make sure our charity is maintaining local Mind quality standards, so that we are providing local and effective services which meet the needs of our local community. Everyone deserves the help and respect they need to recover. We listen, support recovery, fight stigma, and work with partners to take action on mental health. We provide services for adults, children and young people, and training and consultancy for employers.

Find out more about HFEH Mind [here](#)

Main HFEH Mind Social Media: [FB](#), [Insta](#), [X](#), [LinkedIn](#), [YouTube](#), [TikTok](#)

About Munchie Lunchie Productions

Munchie Lunchie Productions is a young production company run by the next generation of filmmakers in the UK. Their mission is to create equitable and diverse stories that truly represent the mixed tapestry of cultures in the UK and around the world. Their future projects catalog consists of 37 films, tv shows and plays of different genres and themes. The drama short film *Ashes of a Dying Ember*, will usher in their first motion picture to be submitted for national and international festivals.

Find out more about Munchie Lunchie Production [here](#)

Main Munchie Lunchie Productions Social Media: [Insta](#), [YouTube](#)