



Press Release 5/09/2025

Friday Night Lights Vol 4 - Mental Health Through the Neurodiverse Lens

- Friday Night Lights is a monthly immersive series of events blending art, film, theatre, culture and music, all in support of mental health
- FNL Vol 4 Theme - Mental Health Through the Neurodiverse Lens
- Evening will feature a preview screening of Ealing Film Festival winner Matthew Reese's 'How to build a life'.
- Live Performances by R.O.S.Z.A with her live electric harp and Veronia Adaeze blending reggae, neo soul and afrobeats.
- Short performance from creative activist, performer, speaker, and founder of the lived-experience-led collective 'Legally Detained', Hannah Whitfield.
- Visual installations, illustrations, photography and mixed media works by Mia Merridew, Natalia Chorna, Daniela Cezara Nikola, Iroha & Leen from Berryfield Studio.
- Live dramatic performance exploring trauma, identity, and healing by Jody
- Guest speaker Mike Obi , owner of UK's first ever projection painting platform Paints Like a Pro, where users can transform images into a painting through curated art therapy sessions.

On September 19th, 2025, HFEH Mind and Ealing based production company Munchie Lunchie Productions partner for Vol 4 of 'Friday Night Lights' 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 with this Volume taking place in The Foundry Collective in Acton 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.

Vol 4 takes place on the 19th September celebrating and exploring lived experience of neurodivergent communities – including autism, ADHD, dyslexia, dyspraxia, Tourette's, and other forms of neurodiversity. Through personal stories, creative expression, and open dialogue, we'll explore mental health & the neurodiverse experience, identity, self-acceptance & resilience, misunderstandings & myths around neurodiversity, communication, creativity & alternative ways of thinking and advocacy & the importance of



representation in the arts through power of Storytelling, community support and short film screenings.

Tickets are on sale now and are priced at £12 Early Bird, £15 pre-sale or £16 on the door. Student discount is also available for £10.

'How to Build a Life' by Matthew Reese features Louis, a young man with Asperger's, who talks candidly with his older brother about the decade of bullying that nearly ended his life. For the first time, he shares the details of his harrowing journey from the depths of depression, to finding hope through his dog best friend and renewed passion for Lego, in the form of stop-motion.

ROZSA is a genre-blurring artist weaving hypnotic hip-hop, neo-soul, and jazz with a signature twist: live electric harp. Her lyrics dance between desire, femininity, and personal transformation, while her sound remains dark, ethereal, and defiantly original. Her emotionally raw 2023 EP Songs For Myself gained national attention, landing on Spotify's New Music Friday and Fresh Finds playlists, and earning airplay on BBC Music Introducing, 6 Music, Jazz FM, Global Soul Radio, and more.

jodY Nolan-Greenwood is a performance poet and playwright from Shepherd's Bush whose work navigates the raw edges of class, mental health, masculinity, and neurodiversity, sometimes with a wink, laugh, and a sharp comedic twist.

Veronica Adaeze is a 22-year-old multi genre artist from Birmingham. She has been a lover of music since a young girl and started professionally performing her own music at age 16. Since then, Veronica has performed on various stages with audiences stemming from 30 – 10,000 people. Inspired by her Rastafarian and dual heritage upbringing she draws from different parts of the world which is reflected in her music. Blending reggae, neo soul and Afrobeats, Veronica strives to bring a fresh energy to the London music scene and aims to bring people of all cultural backgrounds together to enjoy the universal language of music.

Mia Merridew is an eclectic genre bending artist originally from London, completing her BA in fine art with contemporary cultural theory at University of Leeds. Merridew calls herself a 'Remembrance Artist.' A fashion designer, song writer, producer, creative directress and multi-media artist, Merridew fuses mediums, creating gritty conceptual experiences

Natalia Chorna is a multimedia artist based in London. For her, making art is a process of visually translating the intangible – where emotion, feeling, warmth of a memory, silence and time become form. Seeing the surrounding world through abstract lens, her practice seeks to evoke personal resonance, embracing the idea that each viewer experiences art through their own internal landscape.

Iroha has been practicing shodō since the age of five, blending the traditional art of Japanese calligraphy with a modern, stylish sensibility. Curious to see how people unfamiliar



with this art would react, she moved from Japan to London to experience it firsthand. At this event, she will present a live calligraphy performance. Though brief, the performance brings the movement of ink to life, creating a fleeting yet unforgettable experience that words alone cannot convey.

Chris of SDC has been diagnosed dyslexic and ADHD, and feels he certainly fall somewhere on the autistic spectrum. He was a nuclear engineer who dropped out of his PhD after realising he was more drawn to the human scale of music and nightlife. After which he started making music and running events, and for the past five years has been putting on SDC — a forest rave that's become something of a local institution.

Sara Cerovic is a French emerging artist navigating the ever-shifting terrain of abstraction. Her work is rooted in acrylic, but rarely in the traditional sense. Brushes are optional—more often replaced by palette knives, plastic, wire, cardboard, fabric scraps, or anything else that resists predictability. Drawn to chaos, texture, and the raw energy of misbehaving materials, she lets intuition guide the process.

Leen Kay is a Syrian-British multidisciplinary artist and designer working across visual arts, spatial design, architecture, cultural production, and site-specific projects. Her practice explores the intersections of cultural identity, the natural world, and the built environment, informed by personal and collective narratives shaped by migration and belonging.

Mike Obi is the founder of Paint like a Pro, the UK's first ever projection painting platform which aims to provide an empowering experience where users can transform any image into a painting and have an art therapy session where they can be truly amazed by the results.

Each event will raise awareness, support and funds for mental health in west London along with Vol 4 supporting short film 'Ashes of A Dying Ember', by former Syrian Refugee and now British Citizen Karim Hadaya of Ealing Production Company Munchie Lunchie Productions.

As per during Vol 1 and 2 our community painting project in collaboration with DCN Studio will happen with live painting throughout the evening, which guests can join in with and add a stroke or two or three to the canvas. And to tie everything together there will be live music by local band The Living Room Collective.

Short Film 'Ashes of A Dying Ember' features fictional character Hadi Al-Amaery, a Syrian refugee in London has taken to the woods after being the victim of a corner shop robbery gone wrong. There, under a blanket of stars and in the shadow of a warming fire he faces his past self who experienced the war back in Syria and the persona of the refugee he consequently became after his arrival. The dying embers of Hadi Al-Amaery are newly stoked by the raging fire in his heart.

The room will be filled with an incredible line up of creative minds ranging from authors, singers and actors, to poets, musicians 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

End

Approved Imagery

- [Download Now](#)

Relevant Links

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

Go Fund Me - Ashes of a Dying Ember, by Munchie Lunchie Productions

- [Donation link](#)

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](#)