

Press Release 4/06/2026

FNL Vol 6 - Dying to Meet You – Mental health through the lens of Recovery and Addiction, in aid of West London Mind

- Friday Night Lights Vol 6 - Dying to Meet You, hosted at Fulham Pier on the 10th July 2026 from 6pm – 10:30pm
- FNL Vol 6 explores the complex relationship between mental health and addiction, centring recovery as a journey of resilience, transformation, and hope.
- Short Film Screening by Ava Bounds, the youngest-ever winner of the IMDb New Filmmaker Award with 'Dying to Meet You', the story of what happens on the day Bill Wilson turns down a drink and creates Alcoholics Anonymous, courtesy of Ealing Film Festival
- Pannel Discussion with Ava bounds (Director of Dying to Meet You), Alan Granley (Lived Experience & Ealing Film Festival Cofounder), Matt Main (Motivational Speaker and Author), Scott Oughton-Johnson (The Proper Blokes Club), Amilla Sadhra (Lived Experience & Visual Artist)
- Other incredible artists and performances include spoken word artists Arkadia, Jody and Jules Dobrovsky along with visual artists Anë Chora and Nicholas Elliott and more
- Music by Nu Jazz, Funk, Reggae and world vibes band The Livingroom Collective

On Friday 10th July 2026, West London Mind and Munchie Lunchie Productions present FNL Vol 6 – Dying to Meet You – Mental health Through the Lens of Recovery and Addiction.

This, the 6th instalment of the popular event in aid of mental health, will take place at The Orange Box in Fulham Pier from 6pm – 10:30pm. The night will comprise of art gallery and installations, short film screening, panel discussion, speakers, live performances and music in this state-of-the-art space in aid of West London Mind.

Tickets are on sale now: Student £10, Early Bird £12, General Sale £15, On Door £20. ()

The event theme of addiction and recovery is framed around a surreal, comedy-horror psychological thriller short film about mental health and addiction from the multi-award-winning UK production company, BoundsFilms, that's based on a significant historical event.

Ava Bounds of BoundsFilms is an award-winning filmmaker from Yorkshire known for her bold, surreal shorts. A former West End actor (The Ferryman), she turned to directing during

lockdown with her sci-fi debut *Players*. At 15, she became the youngest-ever winner of the IMDb New Filmmaker Award for *Beth*, a powerful period drama. Her films-like *Hello Frisco* and *Dying to Meet You*-blend dark comedy and emotional depth, earning acclaim at BAFTA- and Oscar-qualifying festivals. She is currently working on her debut feature with the support of Channel 4 Skills.

What goes on in the mind of the alcoholic? How bad does it get before they turn to the drink that they know is going to destroy their lives? *Dying to Meet You* is a true story that takes us into the tormented mind of the brilliant visionary and bankrupt millionaire Bill Wilson, on the day that he hits rock bottom, turns down a drink and creates Alcoholics Anonymous.

Abandoned in a hotel lobby in 1930s America – Bill discovers he is not alone. His conflicted personality splits and he is visited by the demons from his American dream who haunt, dazzle, seduce and entice him to end his life – and have a rollicking good time finishing the job in a film-noir hell.

“We decided to tell this true story of Bill Wilson; it marks the moment where a man we’ve never heard of makes a decision that saves the lives of countless millions of alcoholics going forward. My hope is that this film touches the hearts and minds of those who suffer with addiction and their families who try to understand them.” - **Ava Bounds – Director of *Dying to Meet You***

Ealing Film Festival Co-founder Alan Granley, who is a recovering alcoholic and addict, and passionate about supporting and educating others that there are solutions, is kindly providing the short for screening and will join the panel discussion.

"Addiction is a reality for so many of us. Alcohol, drugs, food, money, sex, gambling - the list goes on, and it doesn't discriminate. Addiction and recovery are words that MUST go together. Not to just stop and rescue a wasting life, but to truly live one. Recovery gave me the ability to help, to trust, to love, and to be kind. To live. I've watched MLP and West London MIND bring those same qualities to life - in a brilliant, varied mix of people, at every event. That's no small thing. And I'm proud to have been asked to be a part of it." - **Alan Granley – Cofounder Ealing Film Festival**

Scott Oughton-Johnson, founder of The Proper Blokes Club will be joining the panel and presenting the club he started in September 2020 during the pandemic after going through a rough patch mentally.

‘I created a Facebook page showing videos of me walking around my favourite local spots, talking about the issues I’ve had. I wanted to see if any local lads could resonate with how I was feeling and hopefully get something out of it. I realised I was not alone in this struggle. After the first lockdown, I put the word out on local Facebook groups to see if anyone would like to join me on a walk and talk. One lad turned up. Then another. And it’s been growing ever since. We now run walk and talk groups attended by 100s of men every week’. **Scott Oughton-Johnson - Founder of Proper Blokes Club**

Amilla Sadhra joins the panel as a lived experience London-based visual artist working across painting and mixed media, exploring intimacy, transformation, and quiet observation. Her practice moves between controlled and instinctive processes, using familiar environments and figures as starting points before abstracting them through layering, mark-making, and material experimentation. Amilla is interested in what exists beneath the surface of an image: how emotion, memory, and atmosphere can be held within a scene without being explicitly described.

Anè Chora is an artist of sound and touch, recently graduated MA in Sound Arts from London College of Communication. Her work explores history as the graveyard of the marginalised and unspoken, and political recognition as the belated consolation prize of mass death both social and actual.

Arkadia is a spoken word poet and rapper from London writing and performing his way through life, one poem and rap at a time. His work is fused by the musings of the darkness that has derived from the pits of life's crevices and he turns them into light with rhythmic word form. Drawing from all corners of nature to gather his style, Arkadia has a distinctive sound and structure to his work, capturing each ear that's in the radar of his performance.

Winning poetry slams, headlining events and working alongside poets and artists all across the city of London and beyond, his craft stretched as far a field as Romania, headlining his own show "Planet Arkadia" in the city of Cluj where he also featured at the "Spoken Word Festival". Evolution is a giant part of his process, continuing to work on himself, his craft inevitably follows in the footsteps of the hard work he puts into cleaning out his mind, body and soul. And it shows, As he grows. His will be a deep dive and a rollercoaster of rhymes and rhythm into my mind and life and how it has been affected by addiction good and bad.

Jules Dobrovsky born in Stepney, East London, to an Irish mother and Russian father in 1973, is an actor and medical student, with five years of performance experience spanning a number of different genres from theatre acting, and stand up to musical theatre, the spoken word, poetry and movement. He trained with outside edge, cardboard Citz and Artopia theatre companies and have performed at the Almeida Theatre and in fringe festivals and events. Jules is a recovering alcoholic, with experience of mental illness and homelessness.

'Got Any Change?' is a monologue about begging, it's impact, and how easy it is to fall into homeless and despair. It makes a point of highlighting that all of us are only 3 missed paychecks from begging, and that our situations ain't as secure as we think

Nicholas Elliott is based in London and ordinarily, a secondary school English teacher. After losing touch with his creative side for a number of years, his time in recovery has given him the opportunity to re-engage with the arts. Nic will be exhibiting a small hanging tapestry, piece is composed from hundreds of ink drawings done as part of a daily 'gratitudes' journal and collated into a story about my ongoing recovery process.

jodY Nolan-Greenwood also returns, 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. jodY has sold out The Lyric Theatre, BOXPARK Wembley, and The Hackney Empire, and has been featured on Sky Arts' Life & Rhymes, BT Sport's Sports in Words, and BBC Radio London. Each appearance is an invitation to witness the truth told boldly, sometimes humorously, sometimes devastatingly, always unforgettable.

Matt Main is an author, life coach and speaker who wrote 'A Gold Medal is a Wonderful Thing', a collection of 367 daily meditations, each one sparked by a quote from a film, and will be reading from his book along with discussing his journey with addiction on the panel.

The Living Room Collective, an offspring of jazz-head and multi-instrumentalist Steve Maud with bassist Stephan Chandler, and Bekka Blake on sweet vocals, is a driving blend of deep beats, dub bass ukulele, nu-jazz funk, and improvised electronica who will be holding the evening together with their funky beats.

"FNL Vol. 6 continues our commitment to using film and the arts as a platform for meaningful dialogue around the issues that shape our lives and communities. This edition explores mental health through the lens of recovery and addiction, shining a light on stories that are too often misunderstood, overlooked, or hidden from public view.

Recovery is not a linear journey, nor is addiction defined by a single narrative. Through the work showcased in this programme, we hope to foster empathy, challenge stigma, and create space for honest conversations about resilience, healing, and the strength it takes to rebuild. By bringing together artists, filmmakers, and audiences, FNL Vol. 6 celebrates the power of storytelling to connect us, inspire understanding, and remind us that recovery is not just possible it deserves to be seen, heard, and supported." - **Karim Hadaya Founder of Munchie Lunchie Productions**

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

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Exhibition info and Ticket Sales

- <https://www.wlmind.org.uk/friday-night-lights/>

Approved Imagery

- Download Now

About West London Mind

West London Mind is a Local Mind Association operating across the 5 London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham, Ealing and Hounslow. 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](#)

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