

## Sunday 6th August

**10:00-11:00**

**Continuity At BiCon** with BiCon Continuity Trustees - Panel & Discussion  
**HYBRID** [2-3 spoons]

**Yoga** with Sophie - Activity [3 spoons]

**Creative Writing** with Tradescantia Press - Workshop [1-3 spoons]

- 5 minute free-writing warm-up.
- “Snapshots of BiCon”: An observational form of writing, where participants will use all their senses to ground themselves to focus their writing on the here and now or choose a snapshot of BiCon as they’ve experienced it to produce a short piece of prose or poetry.

**Queer Representation In Video Games** with Fern (she/they) - Informal Chat/Discussion **ONLINE ONLY** [1-2 spoons]

- An informal chat about video games.
- Share your favourites and make recommendations.
- Discuss queer representation in video games and why it is important to us.

**11:15-12:15**

**Bi-Questioning Quiz!** with the BiCon 2023 Team - Quiz/Activity [1-2 spoons]

**Affirmations: A Crafting Workshop** with Gem (they/them) of Selfcare Backpack - Workshop/Activity [1-2 spoons]

- A short talk from Gem about how affirmations/complimenting yourself can be used to help negate negative self talk and help you learn to be kind to yourself.
- Then make up your own affirmations and decorate a postcard with them as a reminder when you need it!

**Drop In Clothes/Book/Stuff Swap!** (11:15-12:45)

**13:00-13:15**

**CLOSING CEREMONY** by the BiCon 2023 Organisers