

In Our Hands - How to put on a screening

Thank you for putting on a screening of “In Our Hands” - we really appreciate your help in getting the film out into the world.

We hope you have been in touch with the team via inourhandsfilm@gmail.com so that we can help spread the word about your screening and notify our audiences that it’s happening. If you have set up a facebook event - please link to our page at [facebook.com/inourhandsseedingchange](https://www.facebook.com/inourhandsseedingchange) and please do send us any photos you may take of the event! At the end of this document is a poster that you can adapt for your film screening - simply print it out and put the information in the box - where, when, what time it starts and if there is a Q&A.

We’ve also included a sign-up sheet. Once attendees have filled this out, just take a photo of it and pop it in an email to inourhandsfilm@gmail.com. Simple!

This document will help guide you through the things you’ll need to consider before your screening, in order to get the best out of the carefully crafted soundscape and visuals in the film.

Step 1 - Getting Hold of the film

Let’s start with how to get hold of the film itself. There are two methods.

The **first method** is to download the film directly to your computer from a website called Vimeo.

- Go to <https://vimeo.com/239423959>
- The page is password protected - please email inourhandsfilm@gmail.com for the password
- Scroll down the page until you find the download button underneath the film



- You’ll then get the option to decide the quality of film to download. We suggest either the HD 1080p or the Original to get the best results from the film



- When you click the download button the website will ask you where on your computer you would like to store the film. Choose either your desktop or your video library. Somewhere you'll know where to find it after it's downloaded
- The type of file downloaded will be either a .mov or an .mp4 depending whether you're using a Mac or a PC
- Mac's tend to use Quicktime Player to play the video
- On a PC you can use a media player called VLC, downloadable [here](#)
- The files can take between 10 minutes and 1 hour to download, depending on your internet speed
- It is also possible to "stream" the film straight from Vimeo - this means the film is not downloaded to your computer it's just played directly from the Vimeo website - you will need a strong internet connection for this
- If you have a fast stable internet connection this is great but it does run the risk of the film pausing part way through - downloading is probably a more reliable option!

The **second method** is to request a DVD to be posted to you through Royal Mail. Email inourhandsfilm@gmail.com with your postal address and we will get one out to you along with some publicity material. Please allow at least 5 working days for us to get the film to you.

Part 2 - Showing the film

Ok, now we're assuming that you've got the film in your possession either by downloading or by getting an envelope in the post and you've checked that it works by watching it the whole way through ahead of your screening.

When it comes to showing the film there are a few simple things to consider.

- **Lighting.** If you're using a projector then you're going to have to get the room as dark as possible to get the best results. Consider covering over any windows that don't have curtains or blinds.

- **Projector.** If you're borrowing a projector then see if you can get one that is at least 2000 lumens and can do High Definition (HD). It is possible to use a smaller projector it just means you'll really need to have the room completely dark to get the best results.
- **Screen.** The film is shot in 16:9 aspect ratio, so if you can get a 16:9 ratio screen then you're onto a winner. Failing that a white wall or a white sheet pinned up tightly will do the trick.
- **Sound.** Good sound from good speakers is one of the keys to a good screening! Remember to try your speakers out beforehand. Make sure they are big enough and spread out enough to cover the area where the audience are sitting. Remember speakers work best when they are above head height - the sound travels better.
- **DVD.** If you're using a standard DVD player and TV then it's still worth pushing the DVD into the slot and making sure it all works before you've got a load of expectant people in the room!

Part 3 - After the film

Once the applause has died down and the lights have come back on there it's the perfect opportunity to have a discussion about some of the issues highlighted in the film. We've given below a few "Food for Thought" questions that you may want to pose in order to get the discussion started.

- What one thing sticks out for you from the film?
- Why don't we see many food and farming projects like those in the film in our daily lives?
- What does "Food Sovereignty" mean to you?
- What is the relevance of "Food Sovereignty" in a rich country like the UK?
- Is the film advocating 'turning back the clock' in food and farming?
- What does the film say about power in relation to food?
- What can we do as individuals or communities to support these farmers?
- Should food be cheap?

Part 4 - Next steps

There are a number of things you can do as next steps after watching this film.

- Join the Landworkers' alliance as a supporter member, or get involved with some of their lobbying training workshops or other events. Find out more here: <https://landworkersalliance.org.uk/>

- Read some of the LWA policy papers. They present ideas and strategies of how small farms could play a much more important role in food production going forward. Additional .pdf copies can be emailed to you, send a request to inourhandsfilm@gmail.com or download them from the resources section of our website [here](#).
- Set up another screening... get in touch inourhandsfilm@gmail.com so that we can help promote the screening through our network.
- Let us know how it went and do give us any feedback (good and bad) to help us improve spreading the word for In Our Hands.

Thank you for being a part of the farming revolution!

InOurHands.film | facebook.com/inourhandsseedingchange | inourhandsfilm@gmail.com

The inspiring story behind the blood, sweat and tears of the British farmers
seizing the Brexit moment to outgrow the industrial food system

In Our Hands

Seeding Change



produced by HUMPHREY LLOYD and HOLLY BLACK editing JO BARKER
camera JASON BROOKS additional camera NICK STREET and MATTIAS ASHFORD illustrations ROSANNA MORRIS animations TASHINA ALAM
grading JASON BROOKS original score BEN OSBORN sound mix and design GARY FAWLE
directed by JO BARKER and SYLVIE PLANEL

BLACK BARK FILMS





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This film has been produced with the intention of sharing it as a free resource for people across the UK and beyond to set up their own screenings, workshops, discussions and debates. We are also happy to attend screenings if you contact us via **jbci f\ UbXgZ'a 4 [a Uj'Wta** or for further information go to **jbci f\ UbXg"Z'a '**

Please leave your details here for more information on screenings that may be happening in your area, or if you wish to set up your own screening we can offer support, resources and information - and add you to our newsletter informing others of your screening.

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