

# SUNRISE FESTIVAL

Thur 22 - Sun 25 May



SCAN ME

**Sams**  
WELLBEING HUB + CAFE

MARINA  
THEATRE  
LOWESTOFT



**Lowestoft, Suffolk**

Poster Competition Winner 2025 Daisy Jayne McComb

powered by **SUNRISE** | part of **access** **50** Years ANNIVERSARY  
STUDIOS | Your Community Your Trust

# Welcome to the 4th Edition

We're looking forward to welcoming you back to Lowestoft's very own Sunrise Film Festival (SFF). This year marks our fourth annual edition and 2025 is our second edition as a BIFA qualifying short film festival.

This year's programme includes a fantastic selection of 187 short films, selected from 690 submissions across our 10 competition categories. Submissions this year spanned across 42 countries from around the world and include 488 submissions from the UK.

This 2025 festival offering has also expanded to include a dedicated 'SFF for Free' offering, as well as VR (Virtual Reality), and the World Premiere of a Lowestoft based online series. We look forward to welcoming many of our nominees and filmmakers behind our selected films to Lowestoft in-person this May, as we continue to grow this celebration of independent film on the East Anglian Coast.

## Founder's Foreword

*Joshua Freemantle*

Joshua Freemantle, Leading Founder

*Patch Johnson*

Patrick Johnson, Co-Founder

We're proud that our festival continues to be affordable to access whilst the cost of living continues to rise, as well as opportunities to access culture becoming ever more inaccessible. More than ever a platform like ours is needed to make the industry more equal and representative of the diversity of those who work within the film industry.

A special mention also goes to our incredible team of dedicated volunteers who make this festival possible from our online screening committee members, judges and festival committee team.

We've fast become one of the UK's largest celebration of diverse stories and underrepresented filmmakers, since inception in 2021 and our festival wouldn't be possible without the incredible support from the following sponsors, grant funders and partners below.

### Main Funder



### Main Funding Contributors



### Main Sponsor



### Volunteer Sponsor



### Sustainability Sponsor



### Sponsors



Sunrise Film Festival is made possible with support of the BFI Film Audience Network, awarding funds from the National Lottery in order to bring this project to more audiences across the UK.

PROGRAMME DESIGNED BY JOSHUA FREEMANTLE | EDITED BY EVA STEENHUIS

# Booking Information

All tickets can be booked online at [sunrisefilmfestival.co.uk](http://sunrisefilmfestival.co.uk), calling **01502 533200** or by popping into the **Marina Theatre Box Office**.

## Ticket pricing

**Can't make the whole festival but still want a taste?**

No problem! You can buy tickets to individual screenings of your choice. Please note each screening duration is different and any screenings at Sams are free and unticketed.

Ticket prices for each screening are structured as follows:

Tickets	Price
<b>Standard Ticket</b>	£6
<b>25 &amp; Under</b>	£3
<b>50+ &amp; Unwaged</b>	£3
<b>CEA Card</b>	Free companion ticket

*\*plus a 95p booking fee per ticket.*

## Ticket bundles

**Want to enjoy more of the festival for less?**

No problem! Our ticket bundles are here for you, allowing you to book tickets for multiple screenings across the festival for less.

Ticket Bundle Discounts	Discount
<b>3 or more tickets</b> <i>Early Bird Discount</i>	25%
<b>3 or more tickets</b> <i>Regular Discount</i>	15%
<b>6 or more tickets</b> <i>Early Bird Discount</i>	40%
<b>6 or more tickets</b> <i>Regular Discount</i>	30%
<b>12 or more tickets</b> <i>Early Bird &amp; Regular Discount</i>	60%

*\* Early Bird bundle discounts end on 30 April.*

## Pre-booking

We strongly encourage and prefer that you pre-book tickets online, over the phone or in-person at the Marina Theatre box office for our ticketed screenings.

As our festival becomes more popular, we can't guarantee access without a pre-booking, and it also allows us to refine our programming for future editions to what screenings you're loving the most.

## Accessibility & CEA Cards

We are proud to create a comfortable and inclusive environment for all visitors. If you have any queries about accessibility at the festival, please contact [comms@sunrisefilmfestival.co.uk](mailto:comms@sunrisefilmfestival.co.uk).

*Our festival is proud to accept the CEA card scheme.*

## Bursaries

We pride ourselves in being an accessible and diverse festival. However, we understand pass and ticket costs may still be a barrier to some audiences. For support please email us at [comms@sunrisefilmfestival.co.uk](mailto:comms@sunrisefilmfestival.co.uk).

## Sunrise Industry Summit

Don't miss our first ever **Sunrise Industry Summit** on Thursday 22 May. If you're looking to build a career in film or meet fellow creatives, this is for you!

Access to the Creative Summit is included in the Festival Pass but non-passholders can book separately via our standalone ticket types. If you're a local group, school, college or university email us at [groups@marinatheatre.co.uk](mailto:groups@marinatheatre.co.uk) for group bookings.

## Latecomers

Latecomers may be admitted up to 15 minutes after a screening has started if seats are available, but may be asked to sit at the back of the auditorium. Standing is not permitted at any of our screenings.

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*This printed festival guide has once again been made possible thanks to the support of Lowestoft Town Council.*

*Printed on FSC certified paper & carbon offset.*

# Venues



## Marina

Marina Theatre, Marina,  
Lowestoft, NR32 1HH

The Marina Theatre will host all of our ticketed screenings. Whilst you're there, why not check out the Marina Cafe and the Marina Lounge upstairs, where you'll find our official festival Merch stand, Micro shorts showcase and VR experience.

## Sams

132 Bevan St East, Lowestoft, NR32 2AQ

Sams, just a five minute walk from the Marina Theatre, will host our free talks and SFF for Free programme. You can also pop in for a coffee or a quick bite to eat, whilst networking with other attendees and filmmakers.



## Travel

Our nearest train station is Lowestoft Central.

*The best way to book train travel to Lowestoft is with our friends at TrainSplit available on your app store or via raileasy.co.uk.*

From here you can walk to the Marina Theatre in six minutes via Lowestoft's town centre on London Road North.

On the way, you'll pass Bevan Street East to the left, which will take you to Sams Cafe (a two minute walk from the station in total).

If you are arriving by car, the nearest car parks are at Clapham Road South or Whapload Road, these can be paid for by RingGo or Pay and Display Car Park.

## Food & Drink

Both our venues serve delicious food and light bite options, as well as hot and cold drinks.

For all of the local food and drink offerings in Lowestoft visit [discoverlowestoft.co.uk](http://discoverlowestoft.co.uk).

## Lowestoft Map



# Our 2025 Selection

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This year, **Sunrise Film Festival** welcomed a record number of short film submissions, equating to just **over 124 hours** of watching. With this spike in submissions came greater diversity in themes, styles and stories than we've ever seen before. We once again recruited a group of volunteer curators, working alongside our festival's founding team, to build a bumper programme that showcases the **incredible talent** and creativity of **emerging filmmakers**. The films you'll see at SFF this year are **bold, enlightening and outrageous**, telling important stories from **across the UK** and for the first time ever in-competition from **across the world**.

## Our Core

Our programme is arranged into **thematic strands**, meaning that whatever you're interested in, we've got it covered. Looking to champion local stories and homegrown talent? Check out **East Anglia on Film**. Want to watch films exploring the myriad of ways to be human? Don't miss **Sharing Our Stories**. If you like to watch by genre, make sure to catch **It's Giving Comedy**, a strand celebrating the breadth of the comedy genre in all its exuberant, bewildering and darkly funny glory, or **Are You Afraid?**, our raucous late night horror strand. Beyond this, **The Next Wave** highlights the work of exceptional filmmakers at the beginning of their careers — And, of course, our powerhouse strands, **Let's Talk Mental Health** and **Break the Stigma**, bring together films which address commonly misunderstood topics and amplify lived experiences.

This only scratches the surface of what's in store for you at the **4th edition** of Sunrise Film Festival. So take a rummage through our programme, unearth some absolute treasures and get lost in the world of **independent film** in **Lowestoft** this **May**.

## New This Year

We are excited to introduce some new strands to our core programme, shaped by the trends we saw in this year's submissions. **A Walk on the Wildside** points the lens towards the ongoing effects of climate change, while **Memento Mori** invites us to contemplate the cycle of life and our complicated relationship with mortality. **Body & Identity** is a truly eclectic mix of films exploring the role our physical selves play in who we are. **Connections** interrogates human relationships and the circumstances which bind us together or tear us apart. And let's not forget the fabulous addition of **Pick 'n' Mix**, where you can get a feel for the whole festival in a single screening.

Plus added offerings, including **VR**, festival wide **Micro Short Movie** showcase & **Sunrise Selects** Screenings.

## Key Stats

Data was taken from responses from our survey sent out to our 187 selected short films.

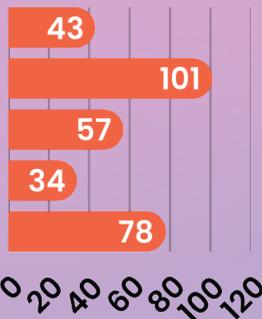
**BAME**

**Female/Non-binary  
Filmmaker**

**LGBTQIA+**

**Disabled and/or  
neurodivergent**

**From a low socioeconomic  
background**



**Happy watching!**

*Chloe Beale*

Lead Programmer, 2025 Festival Committee

# Our 2025 Judges

This year's judging panel brings together Sunrise Film Festival *alumni*, talented *young entrepreneurs*, *award-winning* filmmakers and other *industry professionals*. Each share a passion for *championing* new filmmakers and sharing *great stories*. Members of the panel are responsible for judging their own independent category, as part of our main category awards. *Winners* will be announced at our *Awards Ceremony* on *Saturday 24th May* - and *You're Invited!*



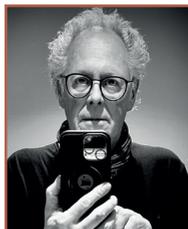
*Lousisa  
Connolly-Burnham*  
**British Short Film**  
Supported by  
Mode Insurance



*James  
Naughton*  
**Animated Short Film**



*Mike  
Liggins*  
**Documentary  
Short Film**



*Bill  
Jackson*  
**Experimental  
Short Film**



*Ella  
Greenwood*  
**UK Student  
Short Film**  
Supported by CSS Cloud



*Callum  
Howard*  
**East Anglian  
Student Short Film**  
Supported by  
Limitless Film & Media



*Chris  
Filip*  
**East Coast  
Short Film**  
Supported by  
Lowestoft Vision



*Beth & Natasha  
Perkin*  
**Micro Short Movie**



*Carrie  
Hajny*  
**Break The Stigma**  
Supported by  
Access Community Trust



*Elijah  
Bertram*  
**International  
Short Film**  
Supported by Film East

## Join Us At The Awards

For the first time in Sunrise history, you're invited too! That's right, for our 4th edition this May, we're opening up our Awards Ceremony to the general public.

Celebrate our 37 nominees with us in style at our Red Carpet celebration, tickets for this are free - however, donations are welcomed to support future editions of the Sunrise Film Festival.

Tickets for our Awards are separate from the rest of our festival programme and can be booked by visiting the link below or scanning the QR Code.

[sunrisefilmfestival.co.uk/awards](https://sunrisefilmfestival.co.uk/awards)

Please note booking will close for our awards on 15th May.



**Louisa** is an award-winning director and screenwriter from Birmingham, who founded Thimble Films in 2019. Louisa's short film *Sister Wives*, starring BAFTA winner Mia McKenna-Bruce, screened at Sunrise Film Festival 2024. The short has been long-listed for Oscar, BIFA and BAFTA awards and is being developed into a feature.

**James** is an IFTA-nominated and award-winning Irish animation filmmaker. His graduate film *Every Other Weekend* screened internationally at festivals including Fantoche, VAF and CINANIMA and won Best Student Film and Best 2D Film at Animation Dingle 2024. He has since worked for Kavaleer Productions, Cardel Entertainment and Distillery Films.

**Mike** has been making films for 40 years, starting by using a big old VHS camera with his mates in the Midlands. He has made 6,000 short films for the BBC and ITV and a number of 30-minute documentaries for the 'Beeb'. He is now a freelance filmmaker.

**Bill** is a photographer, filmmaker and sound designer. He combines all three to create immersive environments for both screen and installation. He sometimes works with musicians to create visuals and recently completed 23 films for Chrysalis Records for the newly released album *The Endless Coloured Ways: The Songs Of Nick Drake*.

**Slla** is a filmmaker and founder of Broken Flames, a Forbes 30 Under 30 production company that focuses on mental health. Her films include *Twofold*, which took part in the Amazon MGM Studios LGBTQ+ Short Film Competition, *Smudged Smile*, starring BAFTA winner Mia McKenna-Bruce, and *Why Wouldn't I be?*, in partnership with mental health charity HUMEN.

**Callum** is the CEO of Limitless Film and Media, one of East Anglia's fastest-growing commercial studios, based here in Lowestoft. Callum and his team use their background in feature film production to tell the stories of brands across the UK, elevating their presence online, on TV, and on social media.

**Chris** works as a Fund Manager for the BFI's UK Global Screen Fund. Before this, Chris worked with Creative England, managing the New Ideas Fund, and their games business support programmes. Chris also co-founded Game Anglia, a not-for-profit community interest company growing the games industry in the East of England.

**Beth** and **Natasha** are sisters and filmmakers who produce under their company, Deathtrash Pictures. Their first short film, *Seeing Read*, was featured at Sunrise Film Festival 2024, and other UK festivals, with Mark Kermode praising it as "very, very funny." Their second short, *So Far, So Good*, is currently being submitted to festivals.

**Carrie** is a London-based director working with brands and artists such as Puma, Vinted, Dua Lipa and M&S. Her first short film *Last Dance* premiered at the 2019 Underwire Film Festival, where it was nominated for Best Under-25 Production. She has curated film screenings at Sarah Kravitz Gallery and Southampton Film Week.

**Slijah** is a passionate pop culture creator dedicated to supporting unsung heroes in the film industry. With his civil engineering background, he combines creativity and technical skills to engage audiences through social media and his platform *The Geeks of the Week*. He's worked with companies like Disney and Marvel, covering film premieres and events.

## Find out more About *Our Nominees*

You can find out more about each nominated film at this year's festival across our 21 award categories, 10 main categories and 11 craft awards.

Visit [sunrisefilmfestival.co.uk/25nominees](https://sunrisefilmfestival.co.uk/25nominees) to find out more or scan the QR code.



# Thursday

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## Sunrise Industry Summit

The Sunrise Industry Summit is designed to inspire, educate, and support young people in pursuing careers in film and cinema exhibition. This event features expert panels, exclusive screenings and open discussions with industry professionals who have carved their paths in filmmaking, festival programming, and cinema exhibition. For more information on speakers and topics, **see page 12.**



## Pick 'n' Mix (15)

This diverse selection of short films captures what makes our festival so special. From gripping dramas to experimental gems, this screening is a true sampler of the creativity, passion and storytelling excellence that defines Sunrise.

## Oska Bright present Women in Focus (15)

In partnership with Oska Bright Film Festival, this screening showcases films created by and featuring learning-disabled and autistic women. With less than 5% of disabled people working in the UK film industry, Oska Bright Film Festival is driven to make change happen. These genre-spanning films offer authentic representation, exploring identity, resilience, and the complexities of navigating a world that can be inaccessible or misunderstood.

## Sunrise Selects Time Travelling With Myself World Premiere + Q&A (PG)

An apathetic schoolboy must fight for his future when he realises his adventurous time-bending companion seeks to control his destiny. Time Travelling With Myself is a short-form family sci-fi adventure set and shot in East Suffolk. The project was developed to allow early-career East Anglian filmmakers and local teenagers to take their first steps into the independent film industry.

## East Anglia on Film + Q&A (15) *presented by Mode Insurance*

Experience the rich storytelling and creative talent of our locals with East Anglia on Film. This collection highlights the voices, landscapes and stories that define our region, offering a unique glimpse into the artistry and passion of East Anglian creatives.



Sunrise Industry Summit



Pick 'n' Mix



Women in Focus



Time Travelling With Myself



East Anglia on Film

For full details on all events in our programme, including film listings, visit our website. For event timings, **see page 17.**

Top right image: Buffing The Walking Men, Screening in East Anglia on Film

# Friday

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## Stories Unfiltered (15)

Real stories. Raw emotions. Unfiltered truth. Stories Unfiltered is a compelling documentary strand, bringing powerful, real-life narratives to the big screen. From deeply personal journeys to eye-opening social issues, these films offer an unfiltered look at the world around us.

## Connections (15)

Some connections last a lifetime, while others are fleeting, but all have the power to shape us. Connections is a heartfelt strand, featuring a collection of short films that explore the many ways we connect with one another.

## Romance is a Funny Thing (15)

Love is unpredictable, messy, hilarious, and sometimes downright complicated. Romance Is A Funny Thing is a charming and heartfelt strand, featuring a mix of short films that explore the highs, lows and unexpected twists of romance.

## Break The Stigma + Q&A (15)

Mental health affects us all, yet stigma and misunderstanding still surround it. Break The Stigma is a powerful strand, showcasing a collection of progressive short films that challenge misconceptions, open up conversations and shed light on the realities of mental health.

## Are you afraid? Late Night Horrors + Thrillers (18)

Prepare for a night of chills, thrills and unexpected laughs! Are You Afraid? Is a wickedly fun strand, showcasing a collection of short films that blend horror, thriller and dark comedy in the most twisted and entertaining ways.



Stories  
Unfiltered



Connections



Romance is a  
Funny Thing



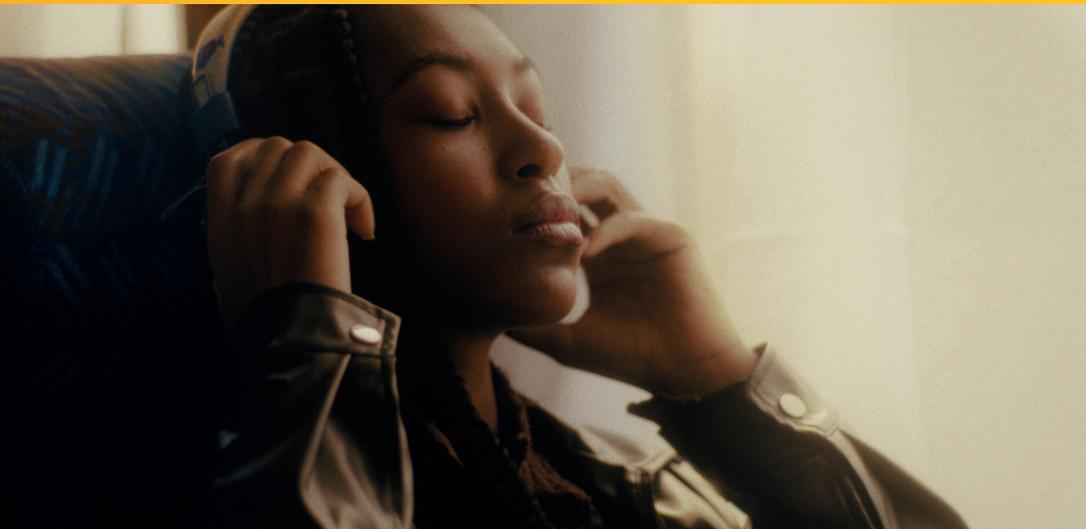
Are you afraid?  
Late Night Horrors

## Looking for the events in Sams part of SFF for Free?

For more information on the free events and screenings taking place in Sams throughout the duration of the festival, **please see pages 14 - 15.**

# Saturday

You are **half way** through the **4th** edition of Sunrise Film Festival and it's **Awards day**, and for the first time you are **invited** too! **See page 6 for more details.**



## **Cinematic Queens + Q&A (15)** *presented by Rianne Pictures*

Celebrating bold stories, powerful performances, and the incredible artistry of women in film, Cinematic Queens is a dynamic strand, showcasing a collection of female-led drama short films. These gripping, thought-provoking and inspiring stories centre on women, whether behind the camera, in front of it, or both.

## **The Next Wave (18)**

Discover the future of filmmaking with The Next Wave, a thrilling strand showcasing an exciting collection of short films created by the next generation of UK filmmakers. These student-made films highlight bold storytelling, fresh perspectives, and innovative creativity, proving that the future of cinema is in great hands.

## **Out and Proud (15)**

Bold, heartfelt and unapologetically authentic, Out and Proud is a vibrant strand showcasing a powerful collection of LGBTQ+ short films. These films celebrate identity, love, resilience and the diverse experiences within the LGBTQ+ community, offering a mix of moving dramas, joyful romances and compelling personal narratives.



**Cinematic  
Queens**



**The Next  
Wave**



**Out and  
Proud**

# Sunday

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## **A Walk on the Wildside (12)** *presented by Norfolk Rivers Trust*

Step into the beauty, power and fragility of the natural world with A Walk on the Wildside, a thought-provoking strand dedicated to environmental storytelling. This collection of short films explores our relationship with nature, the impact of climate change and the urgent need for conservation.

## **Sharing our Stories (15)**

Stories have the power to connect us, inspire us and remind us of our shared humanity. Sharing Our Stories is a heartfelt strand showcasing short films that celebrate personal, cultural and universal narratives. These films offer a window into different lives, experiences and perspectives, told with honesty, creativity and emotion.

## **Memento Mori (15)**

Life is fleeting, and Memento Mori serves as a cinematic reflection of its beauty, fragility and inevitable end. This thought-provoking strand presents a collection of short films that explore the profound themes of life, death and everything in between.

## **Sunrise Selects Memoir of A Snail (15)**

Our feature film screening this year is Memoir of a Snail. This is the bittersweet tale of Grace Pudel who learns through the telling of her autobiography, that the worst cages are the ones we create for ourselves and that life can only be understood backwards, but we have to live it forwards.

## **Winning Film Screenings (15)**

Celebrate the very best of this year's Sunrise Film Festival with a special screening of our award-winning short films! Showcasing the standout entries from our main competition categories, this event highlights the most powerful, innovative, and captivating storytelling from emerging and established filmmakers alike.



**A Walk on The  
Wildside**



**Sharing Our  
Stories**



**Memento  
Mori**



**Memoir of  
A Snail**



**Winning Film  
Screenings**

Top right image: Memoir of A Snail

# Sunrise Industry Summit

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The **Sunrise Industry Summit** is our first ever dedicated event designed to **inspire, educate, and support** young people in pursuing **careers** in the **film industry** and **cinema exhibition**. Whether you're a budding filmmaker, an aspiring festival curator, or passionate about community cinema, this summit will provide invaluable insights into making it in the industry — especially in our region.

This two-part event features expert panels, exclusive screenings, and open discussions with industry professionals who have carved their paths in filmmaking, festival programming, and cinema exhibition.



## **Session 1 (11:00 AM – 1:00 PM)**

### ***Presented by Young Film Network South***

A look at the BFI Film Academy and Young Film Network South East, offering young creatives opportunities to break into the industry.

#### **Special Screenings:**

Showcase of Young Film Network South East films supported through the Short Cut Film Fund, and short films screened created by our guest speakers Sarah Leigh and Makenna Guyler.

#### **Panel Discussion — Accessibility Behind the Scenes:**

A deep dive into inclusivity in film production, career accessibility, and breaking barriers behind the scenes. How do we create an industry that works for everyone?

**Speakers:** Sarah Leigh and Makenna Guyler

**Chaired by:** Gina Stock, young creative and Sunrise committee volunteer

## **Session 2 (1:15 PM – 2:15 PM)**

A panel discussion exploring different career paths, such as setting up a successful production company in the region, creating short films and independent productions, and working on film festivals, with all panellists having a local connection to East Anglia.

**The session will end with a Film Screening:** Dial, Directed by Josh Trett.

#### **Speakers:**

Josh Trett – Filmmaker and Managing Director of Trett Films, Director of Dial

Lizzie Banks – Film Festival Creative Director & Accessibility Advocate

Mark Finbow – Film Production and Storytelling

Matilda Green – Film Industry and Audience Engagement

**Chaired by:** Joshua Freemantle, Leading Founder of Sunrise Film Festival and coordinator of social enterprise Sunrise Studios

Our Sunrise Industry Summit has been made possible thanks to support from the Geoffrey Watling Foundation and delivered in partnership with Young Film Network South East, and supported by National Lottery funding.

#### **Who should attend?**

Filmmakers, students and young creatives, as well as anyone interested in pursuing a career in the industry.



# SFF *For Free In Marina Lounge* <sup>13</sup>

## Enjoy the fest without the cost.

We've got a range of brilliant free screenings and events for you to enjoy throughout the festival. Taking place in Sams and in the Marina Lounge upstairs at the Marina Theatre.

### ***Fancy a relaxed start to the festival?***

Try our Thursday afternoon mindfulness workshop.

***Can't get enough of the films?*** Check out our free short film strands, covering a wide range of topics such as mental health, body and identity and romance.

***See full event listings for Sams on page 14 - 15.***



## Micro Short Movie Showcase

### **Got some downtime between screenings?**

Head to the Marina Theatre Lounge upstairs to catch some Micro Short Movies.

These films are less than four minutes long and have been curated in themed collections that will be available throughout the festival for all to enjoy.

See innovative new filmmaking at a time that suits you!

## Free VR Experience

Experience the immersive and creative world of VR (Virtual Reality) for **FREE** at this year's Sunrise Film Festival, our free VR experience will be available throughout the duration of the festival.

Exploring interactive storytelling experiences, immersive films and more experimental VR creations.

**Please note:** VR is not suitable for those who experience motion sickness or nausea.

***See page 17 for timings on the Micro Short Movie Showcase & VR Experience.***



## Thursday

### **Mindfulness Workshop**

Start the festival with positive vibes, and take part in our free mindfulness workshop, and wellbeing tips from friendly and welcoming friends in Sams Wellbeing Hub + Cafe.

### **Let's Talk Mental Health + Q&A (15)**

Mental health matters and stories have the power to spark conversation and build understanding. Let's Talk Mental Health is a compelling strand, showcasing a selection of short films that explore the complexities of mental health through raw, honest, and thought-provoking storytelling.

## Friday

### **The Grove: Reveries of a Village Ghost (12)**

Exploring the reports of a spectral mansion on the outskirts of Rougham, a village in the Eastern county of Suffolk. This film delves into local folklore surrounding these sightings as villagers recount their haunting experiences against the desolate backdrop of rural Britain.

### **Documentary storytelling (Talk)**

Join experienced documentary filmmakers from our festival programme for an insightful session on the genre itself and how to get started as a non-fiction storyteller yourself. Documentaries have the potential to inspire, inform and create real change; this session will strip it all back to the very basics, as well as covering the nuances of both commercial and experimental documentary filmmaking.

### **Everyday Love (15)**

Love isn't always about grand gestures and fairytale endings. Sometimes, it's found in the quiet moments, the small glances, and the everyday connections that shape our lives. Everyday Love is a heartfelt strand.

### **What makes a great scene?**

### **Writing workshop with Sian Evans (workshop)**

In this session, we will be joined by University of East Anglia Lecturer Sian Evans to discover the ingredients of a really great scene. This session will cover the basics of scene structure and allow an opportunity for collaborative and practical work.

### **It's Giving Drama (15)**

Prepare to be captivated by raw emotions, powerful storytelling and unforgettable performances. It's Giving Drama is a compelling strand, showcasing a collection of gripping short films that dive deep into the complexities of life, relationships and the human experience.

## Saturday

### Speed Networking

Join Sunrise for a networking session like no other. We are encouraging young creatives to visit Sam's for an accessible and innovative networking session. You are welcome to come in pairs, groups or alone.

### Experimenta (15)

Step into the world of boundary-pushing cinema with Experimenta, a daring strand showcasing a collection of experimental short films that challenge conventions and redefine storytelling.

### Between Head & Heart (15)

Emotions run deep in Between Head and Heart, a compelling strand showcasing a collection of drama short films that explore the inner struggles, personal conflicts and defining moments that shape our lives.

## Sunday

### A Different Way to Love (15)

Love is a mystery, a dream, a fleeting moment—something both deeply familiar and utterly strange. A Different Way to Love is a mesmerising strand, showcasing a collection of surreal, ephemeral and enigmatic romance short films.

### East Anglian Film: With Suzie Hanna (Talk)

Curious about the interdisciplinary potential of animation? Join Suzie Hanna for a presentation on some haptic processes for creating special effects. Whether a seasoned editor or animator, or just curious about where to start, this session will be an enlightening and informative introduction to some analogue techniques that could enhance the sensory and audio-visual aspects of your next film.

### Body and Identity (18)

Explore the complex interplay between the physical self and personal identity in Body and Identity, a thought-provoking strand. This curated collection of short films delves into themes of self-expression, transformation and the diverse narratives of bodies and identities.

## Your Feedback Is Vital To Enable Future Editions.

*Let us know your thoughts!*

Visit [sunrisefilmfestival.co.uk/survey25](http://sunrisefilmfestival.co.uk/survey25)  
or scan the QR code



**for the latest festival updates!**

# Meet *The Team*

Our grassroots festival is brought to life by our **small team of volunteers**.



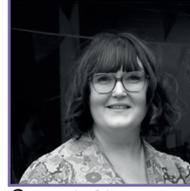
*Joshua Freemantle*  
Founder



*Patch Johnson*  
Founder



*Maya Watts*  
Programming



*Becca Medley*  
Programming



*Chloe Beale*  
Programming



*Joana Daek*  
Programming



*Eva Steenhuis*  
Communications



*Lottie Taylor*  
Communications



*Gina Stock*  
Events & Awards



*Daisy Murphy*  
Events & Awards

You can find out more about all of our festival committee members on our website, as well as expressing your interest in our 2026 edition.

[sunrisefilmfestival.co.uk/committee](http://sunrisefilmfestival.co.uk/committee) or scan the QR code.



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## Thursday 22 May

### Marina Theatre

11:00 – 14:30 Sunrise Industry Summit

14:45 – 16:30 Pick 'n' Mix (15)

17:00 – 18:30 *OSKA BRIGHT* present  
Women in Focus (15)

19:00 – 20:30 *Sunrise Selects*  
Time Travelling With Myself (PG)

21:00 – 22:30 East Anglia on Film + Q&A (15)

### Sams

SFF For Free

13:00 – 14:00 Mindfulness workshop

14:00 – 15:45 Let's Talk Mental Health  
+ Q&A (15)

## Friday 23 May

### Marina Theatre

11:00 – 12:30 Stories Unfiltered (15)

13:00 – 14:15 Connections (15)

14:45 – 16:00 Romance is a Funny Thing (15)

16:30 – 18:15 Break The Stigma + Q&A (15)

18:50 – 20:30 It's Giving Comedy (15)

21:00 – 23:00 Are you afraid? Late Night  
Horror + Thrillers (18)

### Sams

SFF For Free

11:00 – 11:30 The Grove: Reveries of a  
Village Ghost (12A)

11:30 – 12:30 Documentary storytelling (Talk)

12:30 – 13:15 Everyday Love (15)

13:15 – 14:15 What makes a great scene?  
Writing workshop with Sian Evans (workshop)

14:15 – 15:45 It's Giving Drama (15)

## Saturday 24 May

### Marina Theatre

11:00 – 13:00 Cinematic Queens + Q&A (15)

13:30 – 15:15 The Next Wave (18)

15:45 – 17:30 Out and Proud (15)

19:00 – 20:30 Awards Ceremony (see pg. 6  
for info on tickets)

### Sams

SFF For Free

11:30 – 12:30 Speed Networking with Sunrise

13:00 – 14:45 Experimenta (15)

15:30 – 16:00 Between Head and Heart (15)

## Sunday 24 May

### Marina Theatre

11:00 – 12:30 A Walk on the Wild Side (12)

13:00 – 14:45 Sharing our Stories (15)

15:15 – 16:45 Memento Mori (15)

17:15 – 18:45 *Sunrise Selects*  
Memoir of a Snail (15)

19:30 – 21:30 Winning Films Screening (15)

### Sams

SFF For Free

11:00 – 11:45 A different way to Love (15)

12:00 – 13:00 East Anglian Film:  
With Suzie Hanna (Talk)

13:30 – 15:15 Body and Identity (18)

**View our full programme on our  
website [sunrisefilmfestival.co.uk](http://sunrisefilmfestival.co.uk)**

*\*Schedule accurate at the time of printing*

# Across The Festival

## SFF For Free In the Marina Lounge

Thursday 22 – Sunday 25 May, our Micro Short Showcase and VR Experience will be available in the Marina Lounge during the festival daily from 11:00 – 17:00.

Our merchandise stand and raffle, along with film festival postcards to colour in, and other themed arts and crafts will be available throughout the duration of the festival from 11:00am daily.

**Please note:** Due to the age of the building, the Marina Lounge is currently only accessible by stairs, however as part of the Marina Theatre's exciting transformation they are getting a lift installed that will be available for future editions of Sunrise Film Festival.

# Wordsearch

The words and phrases hidden in this grid will give you a flavour of what's in store at **SFF 2025**.

**Can you find all 16?**

- Sunrise
- Lowestoft
- Marina Theatre
- Sams Cafe
- Industry Summit
- Horror
- Comedy
- Virtual reality
- Micro shorts
- East Anglia
- Documentary
- Break the Stigma
- Animation
- Feature film
- Memoir of a Snail
- Filmmaking

F	E	A	T	U	R	E	F	I	L	M	F	R	T	V	L	K	W
A	J	A	U	X	O	K	F	N	O	L	S	U	D	R	M	D	C
X	M	E	M	O	I	R	O	F	A	S	N	A	I	L	N	O	D
H	B	W	M	B	U	I	L	I	N	Y	K	X	X	T	W	C	B
W	Y	E	M	V	T	Z	O	B	X	E	K	Q	V	V	M	U	P
C	P	P	P	A	S	W	W	J	U	A	Q	B	R	I	I	M	J
V	F	D	M	C	C	P	E	S	M	S	P	M	S	R	C	E	K
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Z	I	M	R	J	I	K	F	X	G	G	C	I	O	L	H	R	E
R	X	N	U	Q	N	J	T	T	C	L	K	J	M	R	O	Y	D
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S	A	M	S	C	A	F	E	C	A	N	C	V	B	L	S	O	X
Z	M	K	M	B	R	E	A	K	T	H	E	S	T	I	G	M	A
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H	O	R	R	O	R	T	I	E	A	Y	F	R	R	Y	Q	Y	B

Answers on page 17

WOMEN X  
FILM FESTIVAL  
2025

September

19 - 21

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# Special thanks

We would like to thank the following people for supporting the 2025 festival:

Will De Ritter, Kim Harvey, David Terry, Fila Mason-Bradshaw, Antonela Vita, Cynthia Nicole Martinez Tamez, Steve Woodcock, Kosi Sessi, Ben Gardener, Sue Medley, Narendra Patel, Naresh Mapari, Liyu Arega, Caoimhe Foran, Mary Munford, Lewis Dunnill, Yolanda Franco, Mark Johnson, Dylan Greenwood, Weronika Jezewska, Emma Tennant, Lucy Wratten, Reaiah Brissett, Jade Guikoume, Lucy Holmes, Kieran Battams, Samantha Withers, William Groucutt, Ryan Brady, Sophie Parea, Becca Medley, Poorva Shukla, Alice Tubby, Anthony Longhurst, Jill Brown, Emma Needham-Jones, Mark piper, Ben Nash, Esme Willis, Shawn Basil Gouveia, Steven Owino, Anjana Sabu, Kaenat Hussain, Ada Padbury, Ksenia Turea, Charlie Robinson, Reihaneh Seidy, Ritik Kapoor, Simone Lewis, Sakura Nakatani, Megan O'Callaghan, Georgia Hudson, Kit Gilby, Sana Hussain, George Guy, Barbara Bargiel, Jacqueline Knight, Grace Langham, Georgia McGee, Melissa Goodwin, Alina Shaukat, Charlotte Pelham, Amelia Cooper, Katie King, Sofia Knowles, Nat Allsopp, Milla-Alexia Gojkovic, Helen Tompson, Oona Bose, Ellen Reade, Lucy Denham, Ksenia Turea, Agne Kaminskaite, Viola Macrelli, Marijana Lucic, Tez Frost, Kristin Burniston, Declan Smith, Natalie Hewis, Mandy Mussett, Sam Vallerius, Lauren Ashley, Gemma Seager, Lauren Gell, Matt Crawford, Claire Pegg, Eddi Sharp, Louise Rogers, Mike Gateshill, Lizzie Banks, Josh Trett, Mark Finbow, Makenna Guylar, Sarah Leigh, Matilda Green, Vladislav Motorichev, Tom Turner, Suzie Hanna, Sian Evans, Kat Haylett, Lily Van Den Broecke, David Williams.

# Merchandise

Check out our 2025 merch range upstairs at the Marina Theatre Lounge. With a wide selection of items available, from limited edition t-shirts to tote bags, you'll have everything you need to represent the festival in style!

It's also a great way to support us. All proceeds made from our merchandise go back into supporting the future of Sunrise.



# Raffle

You've got to be in it to win it!

This year we've got an exciting raffle with some amazing prizes to be won, including a festival pass to Raindance Film Festival 2025 in June, a Lucy and Yak backpack and hat, as well as some other smaller prizes.

Raffle tickets can be purchased from our festival Merch stand in the Marina Lounge, with the winner/s announced on Sunday 25 May.

H	O	R	R	O	R	I	E	A	V	E	F	R	R	I	Y	B
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S	M	A	R	I	N	A	T	H	E	L	T	R	E	B	L	E
H	U	N	F	I	L	M	A	K	I	N	G	J	E	R	L	E
R	X	N	O	N	O	N	T	L	C	K	I	M	R	O	L	D
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V	F	D	M	C	P	S	M	S	P	S	R	C	E	K	E	K
C	F	E	A	S	A	U	A	Q	O	B	R	I	M	J	U	J
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A	J	A	U	X	O	K	E	N	O	S	U	D	R	M	D	C
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