

BUDLEIGH SALTERTON LITERARY FESTIVAL

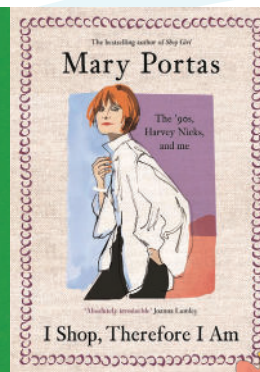
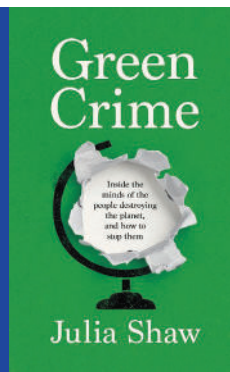
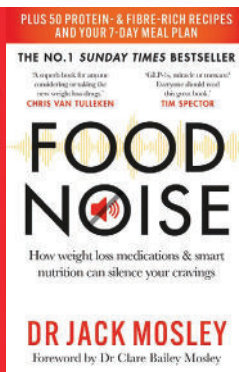
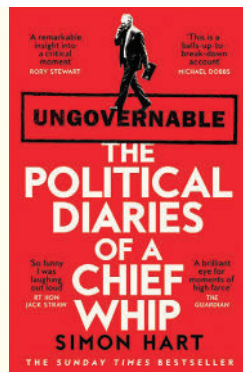
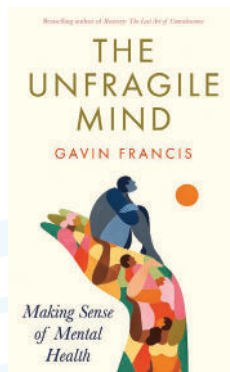
CELEBRATING BOOKS BY THE SEA

Spring WEEKEND

13-14 MARCH 2026

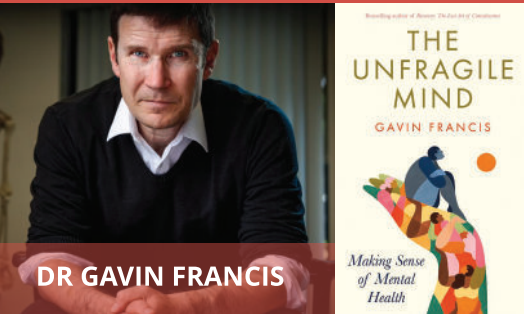


ALL TICKETS £15
ONLINE BOX OFFICE:
budlitfest.org.uk
BY PHONE: 0333 666 3366



ST PETER'S CHURCH, THE LAWN, BUDLEIGH SALTERTON EX9 6LT

FRIDAY 13 MARCH 5-6PM



DR GAVIN FRANCIS

We are more medicated, more diagnosed and more anxious than ever but are our minds really so fragile?

Join bestselling author **Dr Gavin Francis** as he draws on three decades of medical practice to explore the expanding world of psychiatric diagnosis, the limits of rigid protocols, and a more humane, hopeful approach to mental health. In conversation with Festival President **Cathy Rentzenbrink**, he'll discuss mood disorders, trauma, anxiety and addiction, and why he believes the mind is not breakable, but resilient.

In conversation with Cathy Rentzenbrink



"Francis offers hope and a rare and precious quiet form of consolation."

OBSERVER

FRIDAY 13 MARCH 7.30-8.30PM



SIMON HART

From Partygate to Brexit, **Simon Hart** witnessed five of the most turbulent years in modern British politics. He joins us in Budleigh to lift the lid on life as chief whip, overseeing a near-record fifteen Conservative MPs fall by the wayside from Nadine Dorries' disappearing peerage and Lee Anderson's comments about the London Mayor to Matt Hancock's *I'm a Celebrity* appearance.

Add Ukraine, Brexit negotiations and Liz Truss's forty-nine-day premiership, and it's fair to say he's seen it all.

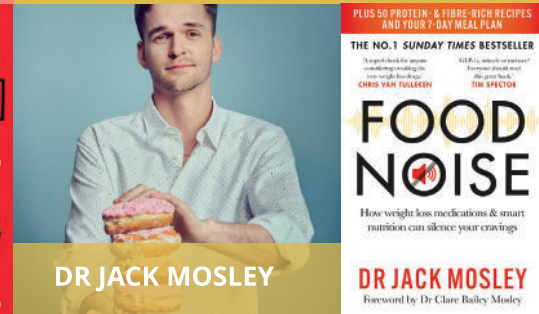
In conversation with Paul Nero



"A remarkable insight into a critical moment."

RORY STEWART

SATURDAY 14 MARCH 11AM-12PM



DR JACK MOSLEY

Are weight loss drugs the biggest medical breakthrough in decades? What if your cravings aren't about willpower at all? How can we quiet the "food noise" in our brains?

Join **Dr Jack Mosley** in conversation with Festival President **Cathy Rentzenbrink** as they weigh up the pros and cons of GLP-1s (Ozempic, Mounjaro etc). They'll unpack the science behind cravings, hormones, ultra-processed foods, stress, sleep and modern obesity treatments, offering simple strategies to reshape our relationship with food.

In conversation with Cathy Rentzenbrink



"...a superb book for anyone who is considering taking (or talking about) the new weight loss drugs – in other words all of us."

CHRIS VAN TULLEKEN

SATURDAY 14 MARCH 2-3PM



MARINA WHEELER KC

A More
Perfect
Union
THE
EUROPE
WE
NEED
Marina
Wheeler

China's rise, Russian aggression and an unstable US have reshaped global power. Illiberalism is gaining ground. Is Europe once again central to Britain's future?

Join barrister and writer **Marina Wheeler KC** for a timely conversation on sovereignty, Brexit, democracy and cooperation, drawing on her new book and current political developments. Whether you're politically engaged or simply curious about Britain's future, this conversation promises to be illuminating, thought-provoking, and deeply relevant.

In conversation with Ian Muir Cochrane



"Timely, necessary and impeccably researched."

DAILY TELEGRAPH

SATURDAY 14 MARCH 5-6PM



JULIA SHAW

Green
Crime



Julia Shaw

Our planet is a crime scene but can we catch the killers? And who are the scientists, secret agents and vigilantes fighting to bring them to justice?

Join criminal psychologist and bestselling author **Julia Shaw** for a gripping exploration of real-world environmental crime, from the Deepwater Horizon oil spill to Dieselgate and wildlife trafficking. She'll reveal who's committing these crimes, how they operate, and what we can do to stop them.

In conversation with Ian Muir Cochrane



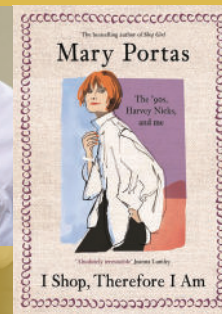
"...will change the way you think about the world."

ROMESH RANGANATHAN

SATURDAY 14 MARCH 7.30-8.30PM



MARY PORTAS



Join acclaimed author, retail pioneer and innovative businesswoman **Mary Portas** as she shares the inspiration behind her bold new memoir, *I Shop, Therefore I Am: The '90s, Harvey Nicks and Me*. With her signature wit and no-holds-barred honesty, Mary charts her transformation of Harvey Nichols from a tired department store into a global brand destination.

She'll revisit the vivid world of '90s retail and the highs and lows of a career that helped reshape the high street, revealing what it taught her about ambition, risk and reinvention.

In conversation with Lizzie Heffer



"Absolutely irresistible."

JOANNA LUMLEY





BUDLEIGH SALTERTON LITERARY FESTIVAL

Spring

WEEKEND



SPRING FESTIVAL 13-14 MARCH 2026: TICKET INFORMATION

Tickets go on sale to *Friends of the Festival* from 9am on Monday 2nd February and will be on general release from 9am Monday 9th February.

You can buy tickets:

Online at budlitfest.org.uk

In person at the Budleigh Information Centre 10.30am to 12.30pm Tuesdays, Wednesdays and Fridays (From the week beginning Monday 16th February)

By telephone on 0333 666 3366

At the ticket desk at the venue (St Peter's church). The desk will open 30 minutes before the event starts (card payments only).

There is a 6.9% booking fee.

There is no charge for emailing tickets.

Postal ticket delivery is an additional £2.50.

*Tickets **cannot** be ordered by email.*

FESTIVAL 23-27 SEPTEMBER 2026

budlitfest.org.uk

