

**PRESS RELEASE: LIFE-AFFIRMING & EMPOWERING *High Flying JADE*  
MAKES U.K. PREMIERE AT INDIE-LINCS INTERNATIONAL FILM FEST**

U.K PREMIERE of award-winning documentary short -- an engaging aerialist tackles her bipolar and personality disorders while performing dangerous routines at a Vietnamese circus.

FOR IMMEDIATE RELEASE  
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Premiere: **Saturday, February 15, 2020**

Time: **15:30- 17:15 (short film block #6)**

**TICKETS:** [https://lpac.co.uk/book-tickets/?event\\_id=133647](https://lpac.co.uk/book-tickets/?event_id=133647)

Location: **Lincoln Performing Arts Center**

at the University of Lincoln

University of Lincoln Brayford Pool,

Lincoln LN6 7TS, United Kingdom

*High Flying Jade* is a complex portrait of Jade White -- a complicated, female protagonist navigating the borders of her personality disorders and suicidal inclinations while flying through the air in a Vietnamese circus. A lifelong adventurer, Jade reconciles her high-pressured past life as an air traffic controller and overcomes the rigorous demands of training for the opening night. She actively uses mindfulness techniques to not only overcome her Bipolar and Personality Disorder diagnoses but to redefine them on her own terms.

Director Katherine Sweetman utilizes unrestricted access to her subject and locations to present a mental-health positive, anti-suicidal film built through nuanced story structure and emotive visual effects-enhanced imagery.

This film delves into mental health disorders, suicidal ideation and tendencies and the scope of their destructive power. Ultimately, however, *High Flying Jade* delivers a hopeful message of validation to all of us in overcoming our external and internal struggles. This film shows us that life can be celebrated and affirmed through the smallest of gestures or the craziest of ideas like running away to a circus in Vietnam.

We humbly invite you to come watch the UK premiere of this award-winning, 20-minute documentary film as part of the Saturday afternoon block of short films at the Indie-Lincs International Film Festival.

Film Trailer: <https://vimeo.com/297424495>

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Website: <http://highflyingjadefilm.com>

Instagram: [https://www.instagram.com/hfj\\_film/](https://www.instagram.com/hfj_film/)