

# FACTSHEET

## KNOW THYSELF

Leeds Beckett University

European Cinema for Active Ageing



LIGHTS,  
CAMERA,  
ACTION!

65+



Title	KNOW THYSELF
Release date	July 2015
Running time	6'02"
Director	Liz Cashden
Producer	Jim Corr
Writer	Ray Brown
Cast	Ian Enters (Henry), Maria Sandle (Nurse), Steven (Male nurse), Jennifer Granville (Min)
Country	United Kindom
Language	English
Subtitles	Portuguese, English, Italian, Slovenian
Plot	Henry has had enough of being treated in hospital by uncaring staff and rather than just gradually just die "in care" decides to take control of his end. He has a final "blast" viewed by his lifetime partner and love of his life Min. After a fond farewell he departs this world on a magnificent red bike.
Active Ageing Competencies	Health; Emotional Wellbeing; Community.