# Comedian Henry Hayes hilariously captures Brighton’s quirky wellness culture



In a vibrant and theatrical portrayal of Brighton's eclectic community, comedian Henry Hayes has turned his comedic lens on the coastal city, drawing in its unique character for his latest satire. Known for his humorous observations of London's boroughs, Hayes dons a distinct outfit—complete with a striped top and denim dungarees—as he dances whimsically along the beach and through the city’s streets, crafting a portrait of Brightonians as “vegan eating, cold water swimming, f\*\*ny felting artist-come-breath practitioners.” His comedic style, characterised by absurd imagery, resonates with the often self-aware, quirky vibe that defines Brighton.

In a recent performance, Hayes artfully mimicked guided meditation and interpretative dance, instructing imaginary participants to embody the “colours of muesli mountain.” This enchanting phrase encapsulates the spirit of wellness and holistic living often celebrated in Brighton, a city steeped in alternative lifestyle choices. His antics become a playful commentary on the region's penchant for health trends, reinforcing how comedy can serve as both a mirror and a critique of contemporary culture.

The video of his performance attracted nearly 3,000 likes and features various humorous references, including a shout-out to local celebrity DJ Fatboy Slim—alias Norman Cook. Hayes jumps in front of the Small Batch Coffee Roasters, a local favourite, to exclaim, “Norman you weapon of choice, how you doing bro?” This interaction illustrates a mutual appreciation between local businesses and entertainers, contributing to a tightly-knit community that thrives on shared creativity and humour.

Small Batch Coffee Roasters responded with their own tongue-in-cheek declaration, inviting their followers to consider a rebranding to “Norman Weapon of Choice Café,” showcasing how local businesses engage with the artistic community. The playful exchange demonstrates how Brighton’s cultural landscape is not just enriched by its artists but is also woven into the fabric of local enterprises.

Hayes’ video elicited a response from Fatboy Slim himself, who remarked, “viva muesli mountain,” a phrase that highlights the camaraderie in Brighton’s cultural scene. In a display of characteristic wit, Hayes replied, “I want to praise Muesli Mountain like I should. Norman you little tinker. Life goal achieved for me,” further emphasising the collaborative spirit that permeates the city.

The playful commentary did not stop there; Hayes also made a cheeky reference to DJ Fatboy Slim's ex-wife, Zoe Ball, by teasingly asking, “Zoe do you mind if I go balls deep into your breath work?” This bold quip reflects the comedian’s ability to balance irreverence with context, blending personal connections with broader cultural undercurrents.

In a broader context, Hayes' antics resonate with the ongoing discourse about mental health and well-being. Within Brighton’s vibrant arts scene, initiatives like Henry Churney’s solo show at the upcoming Brighton Fringe aim to raise awareness about mental health, particularly among young people. By collaborating with charities such as YoungMinds, Churney’s performances underscore the vital role of comedy in addressing serious issues, creating spaces for dialogue and reflection in an entertaining format.

The city's diverse cultural tapestry also includes talents like busker Lewis Floyd Henry, whose fusion of musical genres, involving collaborations with significant figures like the Wu-Tang Clan, further demonstrates Brighton’s rich artistic environment. This eclectic mix of talents and events illustrates how the city simultaneously cherishes its historical roots while embracing contemporary artistic expression, creating a platform ripe for innovation and dialogue.

In this light, Henry Hayes’ burlesque of Brighton is more than mere comedy; it is a celebration of the city’s character, its residents, and the intricate networks of creativity that define the coastal hub. By intertwining humour with local culture, Hayes enhances the dialogue surrounding mental health and community spirit, encapsulating what makes Brighton an intriguing place to both visit and inhabit.

### Reference Map

1. Paragraph 1: [[1]](https://www.theargus.co.uk/news/25158937.comedian-says-brighton-residents-sauna-crazed/?ref=rss), [[2]](https://www.theargus.co.uk/news/25158937.comedian-says-brighton-residents-sauna-crazed/?ref=rss)
2. Paragraph 2: [[1]](https://www.theargus.co.uk/news/25158937.comedian-says-brighton-residents-sauna-crazed/?ref=rss), [[3]](https://www.sussexexpress.co.uk/arts-and-culture/theatre-and-stage/comedy-for-mental-health-at-the-brighton-fringe-3252620)
3. Paragraph 3: [[1]](https://www.theargus.co.uk/news/25158937.comedian-says-brighton-residents-sauna-crazed/?ref=rss), [[2]](https://www.theargus.co.uk/news/25158937.comedian-says-brighton-residents-sauna-crazed/?ref=rss)
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7. Paragraph 7: [[3]](https://www.sussexexpress.co.uk/arts-and-culture/theatre-and-stage/comedy-for-mental-health-at-the-brighton-fringe-3252620), [[5]](https://www.sussexexpress.co.uk/arts-and-culture/theatre-and-stage/comedy-for-mental-health-at-the-brighton-fringe-3252620)
8. Paragraph 8: [[4]](https://magazine.brighton.co.uk/Clubs-%26-Music/Reviews/Lewis_Floyd_Henry_Brighton_Busker_Breaks_Out_With_A_Little_Help_From_The_Wu_Tang_Clan/21_45_3980), [[6]](https://www.sussexexpress.co.uk/arts-and-culture/theatre-and-stage/comedy-for-mental-health-at-the-brighton-fringe-3252620)

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2. <https://www.theargus.co.uk/news/25158937.comedian-says-brighton-residents-sauna-crazed/?ref=rss> - Comedian Henry Hayes, known for his parodies of London boroughs, has extended his satire to Brighton. In a recent video, Hayes, dressed in a striped top and denim dungarees, humorously portrays Brighton residents as 'vegan eating, cold water swimming, f\*\*ny felting artist-come-breath practitioners.' He performs an exaggerated guided meditation and interpretative dance on the beach, instructing imaginary participants to 'become the colours of muesli mountain.' The video includes a playful nod to DJ Fatboy Slim, referencing his café in Portslade, and even features a cheeky remark about Zoe Ball, Fatboy Slim's ex-wife. The video has garnered nearly 3,000 likes and sparked interactions with local figures and businesses. ([sussexexpress.co.uk](https://www.sussexexpress.co.uk/arts-and-culture/theatre-and-stage/comedy-for-mental-health-at-the-brighton-fringe-3252620?utm_source=openai))
3. <https://www.sussexexpress.co.uk/arts-and-culture/theatre-and-stage/comedy-for-mental-health-at-the-brighton-fringe-3252620> - Henry Churney, a Liverpool-based stand-up comedian performing under the stage name Henry Churniavsky, is bringing his solo show 'Lockdown Diaries 2020-2021…Any End?' to the Brighton Fringe. The show focuses on mental health awareness, particularly among young people, and is presented in collaboration with the charity YoungMinds. Churney's personal connection to the cause stems from a tragic incident involving his best friend's son, Oliver, who attempted suicide in 2020 and now lives with irreversible brain damage. The show runs from June 7-13 and aims to raise funds for mental health initiatives. ([sussexexpress.co.uk](https://www.sussexexpress.co.uk/arts-and-culture/theatre-and-stage/comedy-for-mental-health-at-the-brighton-fringe-3252620?utm_source=openai))
4. <https://magazine.brighton.co.uk/Clubs-%26-Music/Reviews/Lewis_Floyd_Henry_Brighton_Busker_Breaks_Out_With_A_Little_Help_From_The_Wu_Tang_Clan/21_45_3980> - Lewis Floyd Henry, a Brighton-based busker, has gained attention for his unique musical performances that blend rock and hip-hop influences. In a recent event, he collaborated with members of the Wu-Tang Clan, showcasing his versatility and the fusion of genres. The performance took place at a local venue in Brighton, drawing a diverse crowd and highlighting the city's vibrant music scene. This collaboration underscores the growing recognition of local talent and the dynamic cultural landscape of Brighton. ([magazine.brighton.co.uk](https://magazine.brighton.co.uk/Clubs-%26-Music/Reviews/Lewis_Floyd_Henry_Brighton_Busker_Breaks_Out_With_A_Little_Help_From_The_Wu_Tang_Clan/21_45_3980?utm_source=openai))
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