

The Path Towards ~~Killing~~ Myself Began When  
I Started Obsessing Over

# "Better Days"



IN ASSOCIATION WITH **PLASTIC PICTURES** • WITH PARTICIPATION FROM **WILD STORIES**  
ORIGINAL SCORE BY **ROSELYND** • SOUND DESIGN & MIX BY **JONNY FIRTH**  
ANIMATIONS BY **YUMI MORISHIMA** • EDITED BY **HAMZA POOL** • VFX BY **DANNY SEYMOUR**  
ASSOCIATE PRODUCERS **VICTORIA GOODALL, SHAHEEN SCHLEIFER, OMAR SHUEB & ROBERTA WILD**  
EXECUTIVE PRODUCER **SARA COOPER** • PRODUCED BY **HAMZA POOL & ROBYN RAINSFORD**  
WRITTEN AND DIRECTED BY **HAMZA POOL**

THIS FILM IS NOT YET RATED



plastic  
pictures

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# INTRODUCTION



## **Synopsis**

Following a suicide attempt, a filmmaker assembles years of home videos and poetry to explore the trauma running through his family, and his distorted memory of the past.

**Production Years:** 2025-2026

**Country of Origin:** UK

**Length:** 59 minutes

**Format:** Feature

**Genre(s):** Documentary, Music, Experimental,

**Aspect Ratio:** 1.19:1

# OVERVIEW

A reflective journey through family trauma, grief, and distorted memory, the film explores how pain echoes through generations and how we retreat into the past when the present becomes unbearable.

Drawing on a lineage of personal and poetic filmmaking, from Chris Marker to Derek Jarman, it ebbs and flows between calm and chaos. Quiet family images sit alongside warped footage, held together by an ambient jazz score and poetry written during the filmmaker's most severe depressive episode. Rather than explaining the cause of this episode, the film focuses on what it feels like to live inside it, depicting the mental loop of depression itself.

As the film progresses, the imagery becomes increasingly lo-fi and the narration more heart-wrenching. Yet what begins as an intimate act of self-reflection gradually unfolds into a wider meditation on repression, resilience, and a rejection of the longing for **“better days”**.



# CREW

Written & Directed by Hamza Pool

*Magpie* (2020)

Winner: EVCOM FOCUS Award 2020

*Jahannam* (2021)

Nominee: BSC Short Film Awards 2021

Official Selection: Aarhus Arab Film Festival, Cornwall Film Festival,  
London Lift-Off Film Fest, South London Film Festival

Produced by Robyn Rainsford

*Cocktale of Love* (2023)

Winner: Best Short - Lift-Off First Time Filmmaker Session  
Best First Time Director, Kosice International Film Festival

*Broken Bird* (2024)

Official Selection: FrightFest, ECU Film Festival  
Nominee: Emerging Raven Award - Trieste Film Festival



Edited by  
Hamza Pool

Music by  
Roselynd

Sound Design  
Jonny Firth

Animations by  
Yumi Morishima

### Executive Producer

Sara Cooper

Co-Founder and  
Executive Producer at  
Plastic Pictures

### Associate Producers

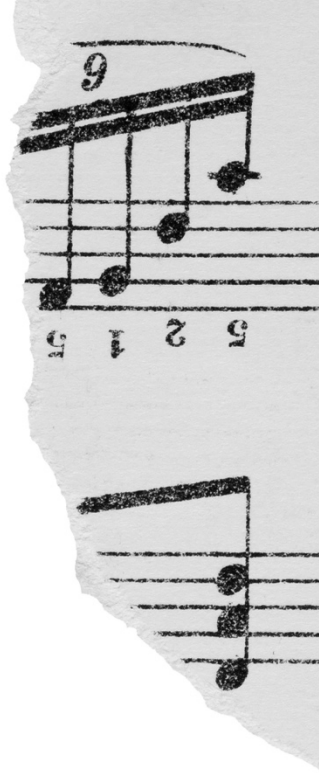
Victoria Goodall

Head of Production at  
Buccaneer Media

Line Producer on;  
*Ken Park* (2002),  
*The Cottage* (2008),  
*The Wedding Guest* (2018)

Shaheen Schleifer

Post-Production Supervisor on;  
*Blue Jean* (2022)  
*Pillion* (2025)  
*My Fathers Shadow* (2025)





Trailer [here](#)

# DIRECTOR

Hamza is a writer, director, and editor whose work explores the intersection of film, music, and new media. From the outset of his career, his practice has focused on examining the relationship between music and image. This thread runs through all of his work, culminating in *Better Days*, which brings together his musical instincts, delicate editing style, and a preference for lo-fi yet emotionally rich imagery.

Hamza has also directed projects that share thematic and emotional links with *Better Days*, including the EVCOM award-winning short *Magpie* (2020). His follow-up, *Jahannam* (2021), was selected at multiple festivals.

He is currently developing a narrative-feature adaptation of the book *Eighteen*, written by author and sociologist Corinna Ferros.



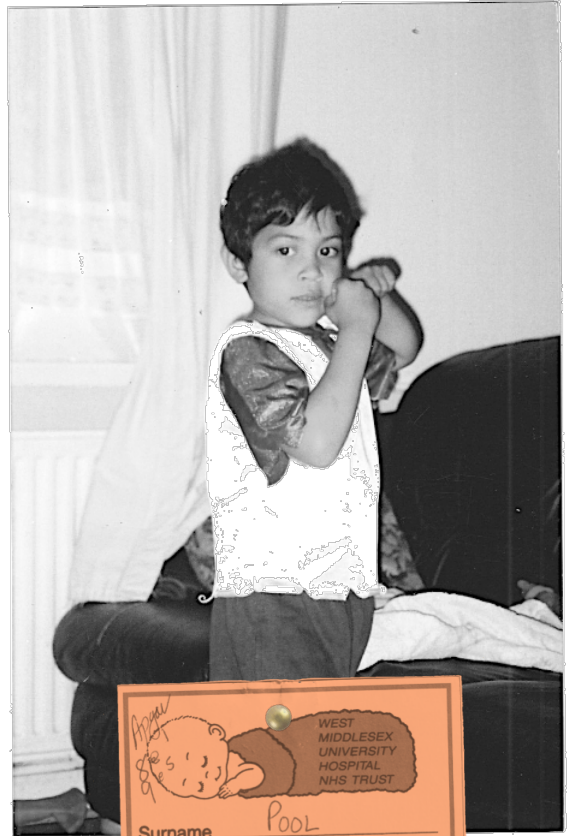
# DIRECTOR STATEMENT

During university, and for several years after, filmmaking was the centre of my life. That changed when a series of personal and family tragedies altered my path, forcing me to step away.

*Better Days* emerged from that period of uncertainty and struggle. I didn't set out to make a polished film. I just needed a way to express and process what I had been going through.

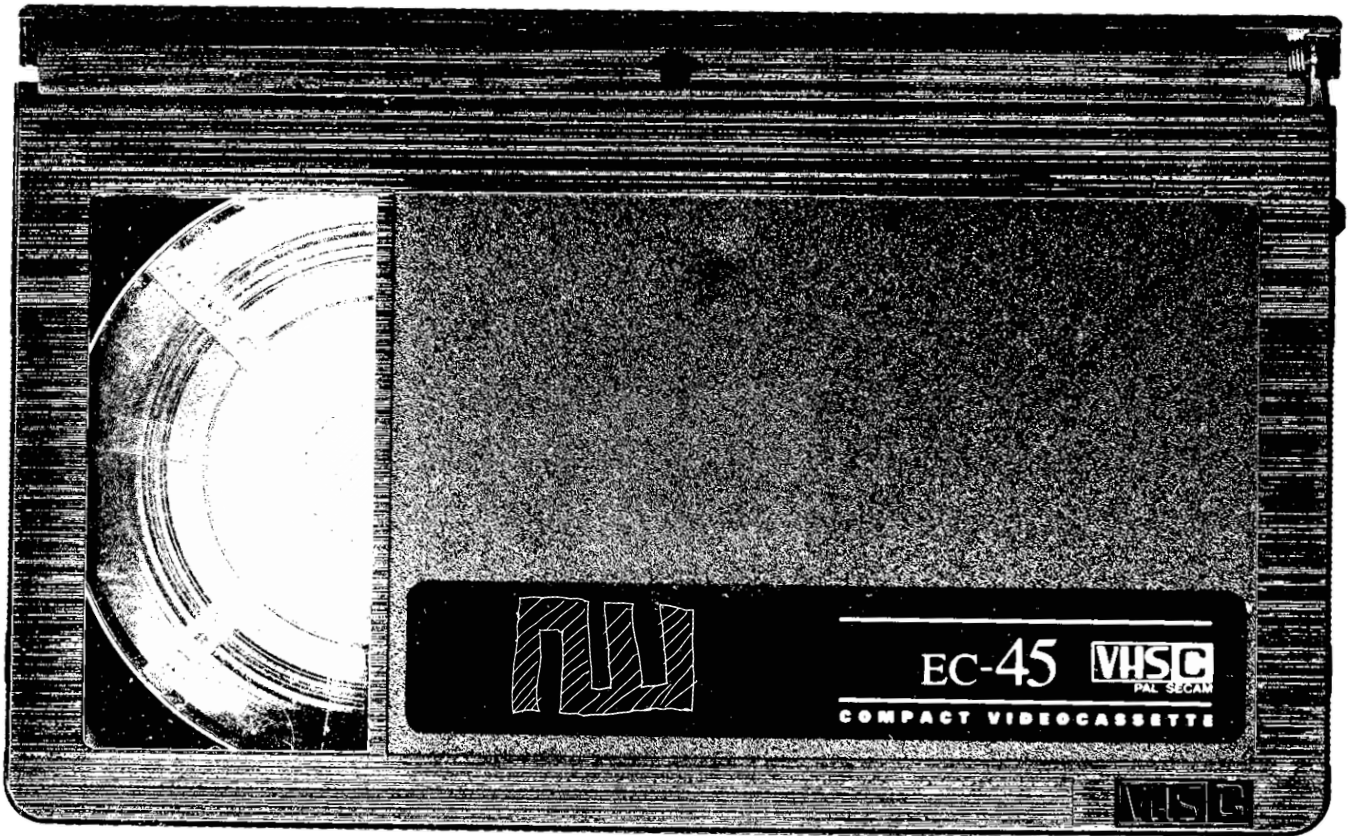
As the project slowly came together, the responses from collaborators and friends made me realise that the feelings behind the film weren't mine alone. The struggles it explores - self-hate, grief, longing - are one's we all share. Through that, I've realised the film is too important to remain private.

Making *Better Days* also helped me rediscover the love my family's always had for me. Through that, I began to rebuild something I had lost for a while: love for myself.



WEST MIDDLESEX UNIVERSITY HOSPITAL NHS TRUST	
Surname	POOL
Baby's name	
Date of delivery	23.1.99.
Time of delivery	11.03
Type of delivery	S.V.D
Birth weight	70310 3.26kg
Length	51cm
H.Circ.	
Temperature	36.8°C
U.M. Vitamin K (Kovariano) SW VMB 1001	

- HAMZA x



## CONTACT

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Hamza Pool

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### **Producer:**

Robyn Rainsford

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## NIGHTWATCH COLLECTIVE

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