



PASSION & MOVING MINDS

THE SCOTTISH MENTAL HEALTH ARTS AND FILM FESTIVAL TAKES OVER KELVINGROVE ART GALLERY AND MUSEUM FOR WORLD MENTAL HEALTH DAY – 10th October.

Wellbeing and diversity take centre stage this World Mental Health Day as one of Scotland's most iconic buildings is transformed to mark the beginning of the Scottish Mental Health Arts and Film Festival 2015.

In partnership with VoX Scotland, and programmed with the Maryhill Integration Network, the Festival will take over Kelvingrove Museum for a day of music, theatre, film and workshops to open one of the largest social justice festivals in the world. Launching on World Mental Health Day, over 300 events will take place across Scotland from the 10th – 31st October.

The opening event gives a voice to communities across Glasgow, aiming to promote wellbeing, celebrate diversity and challenge perceptions.

Launch day highlights in this free event at Kelvingrove include:

Romane Cierhenia – Roma stars from Poland perform traditional music and dance

Brina – Music and song from a captivating Jamaican performer

Passion: A Guided Tour – Unique 30 minute tour of specially selected objects from Kelvingrove Museum, designed to explore the Festival theme of Passion

Fashion Show – Maryhill Integration Network will set up a walkway in the main hall, where traditional Eastern and Western fashion and dance come together in a fusion of colour

Tai Chi Workshop – Hong Wo Tai Chi Association will present a Fan Dance before a short open level workshop

Joyous Choir – Maryhill Integration Network's all-female choir will be performing

Animation Demonstration – Captivating stop-motion animation demonstration from Scottish Bafta winner Claire Lamond

Festival Director Lee Knifton (Head of the Mental Health Foundation, Scotland) said

"This event is a spectacular and passionate demonstration of diversity, inclusion and wellbeing. We are proud to work with such a range of organisations and individuals to bring you such an impressive programme of events to one of Glasgow's most iconic venues."

-Ends-

To arrange interviews, images and for the launch or any tickets for other Festival events, please contact Sophie Crabb, Press and Marketing Officer: SMHAFFMedia@mentalhealth.org.uk, 0141 226 9846 or 07766 072266, www.mhfestival.com

10 EVENTS FOR WORLD MENTAL HEALTH DAY:

Opening Day with Moving Minds, 10am-4pm, Kelvingrove Art Gallery and Museum, Glasgow

This fun family event celebrating diversity, wellbeing and creativity in our communities returns for a seventh year, taking over Kelvingrove for World Mental Health Day.

Turntable, 12.30-4pm, Scottish Storytelling Centre, Edinburgh

Led by musician and theatre composer Michael John McCarthy, Turntable explores how music can enrich our lives and help us to connect with people.

The Last Yankee, 2.30-4pm and 7.30-9pm, Perth Studio Theatre, Perth

To celebrate Arthur Miller's centenary, Rapture Theatre's humorous and uplifting production depicts a couple battling to overcome depression and estrangement.

Headspace Launch Event, 4-10pm, Platform, Glasgow

Headspace's Launch Event features SMHAFF Film Award winning screenings, stand-up from Universal Comedy and music from Burkina Faso's Baba Commandant.

In Her Shadows, 7.30-8.20pm, The Lemon Tree, Aberdeen

Directed by Cora Bissett (Glasgow Girls, Roadkill) In Her Shadows is a striking new piece of aerial and physical theatre, depicting a young woman's experiences with depression.

Postcards From..., 11am-5pm, The Gallery on the Corner, Edinburgh

A unique multimedia exhibition of over 200 postcard sized artworks, created by artists in response to the Festival theme of passion.

#TheSoloFilter, 10am-5pm, Suttie Arts Space, Aberdeen Royal Infirmary, Aberdeen

A chance to participate in Cultured Mongrel Dance Theatre's unique choreographic process #TheSoloFilter, inviting you to remake a five minute performance into the piece you wish you had seen.

Loom With A View , 11am-4pm, Auld Kirk Museum, Kirkintilloch

Try something completely different in this weaving workshop for beginners, taking place in a tranquil and historic setting.

Paisley Poetry Trail, Various Times and Locations, Paisley

Pick up a map and follow the trail through Paisley town centre, uncovering over 20 interactive works of public art along the way. #poetrytrail15

Creative Passion on the Isle of Skye, 11am-3pm, Kyleakin Community Hall, Isle of Skye

Spend the day at this diverse family event on the Isle of Skye, featuring a range of creative workshops and entertainment for all ages.

Editor's Notes:

1) Now in its ninth year, the **SCOTTISH MENTAL HEALTH ARTS AND FILM FESTIVAL** is one of Scotland's most striking and provocative cultural events, encompassing music, film, visual art, theatre, dance, and literature. The annual Festival takes place in venues across Scotland throughout October, aiming to support the arts and challenge preconceived ideas about mental health. By engaging artists, connecting with communities and forming collaborations, the Festival celebrates the artistic achievements of people with experience of mental health issues, exploring the relationship between creativity and the mind, and promotes positive mental health and well-being.

www.mhfestival.com

2) **VOX** (Voices of eXperience) is a National Mental Health Service User Led organisation, we work in partnership with mental health and related services to ensure that service users get every opportunity to contribute positively to changes in the services that serve them and wider society. www.voxscotland.org.uk

3) The **MENTAL HEALTH FOUNDATION** is a leading UK mental health charity that conducts robust research, provides practical solutions to help everyone lead mentally healthier lives, and works to raise public awareness and improve mental health services for the entire population. The Mental Health Foundation is proud of the vital role it plays in hosting, developing and managing the Scottish Mental Health Arts and Film Festival www.mentalhealth.org.uk

4) **MARYHILL INTEGRATION NETWORK** brings communities together through, art, social, cultural and educational groups and projects, offering people a chance to learn new skills, meet new people, share experiences and take part in worthwhile activities to improve their communities. www.maryhillintegration.org.uk

5) **PARTNERS:** The Festival is led by The Mental Health Foundation in association with the following national partners: Creative Scotland (a new partner in 2015), See Me, Scotland's programme to end mental health stigma, NHS Health Scotland, NHS Greater Glasgow and Clyde, NHS Lothian, The Royal College of Psychiatrists, Lanarkshire Recovery Network, Voices of Experience, Healthier Scotland Scottish Government, University of Strathclyde and Bipolar Scotland. The Festival is also supported by hundreds of arts, community and public organisations across Scotland. These groups programme events in their own towns and cities on behalf of the festival, in partnership with local artists and activists.