



**The Scottish Mental Health Arts and Film Festival announce winners  
of the 2014 International Film Awards**

Three SCOTTISH film makers will be honoured at the SMHAFF 2014 International Film Awards, in a special ceremony held at the Filmhouse, Edinburgh on Thursday.

Twelve winners in total were picked from over 120 entries received from as far afield as Australia, Canada, Iran, Thailand and the United States as well as from Europe, Ireland and the UK.

Chosen by a panel of mental health and film experts, the winning films cover a wide range of issues, from the mental well-being of people living with Down syndrome, or autism, to the mental strain caused by postpartum psychosis, dementia, sexual abuse and war.

SMHAFF Film Curator and film producer Richard Warden said:

"We were impressed by the diversity of entries to this year's film awards, and the honesty on display in the submissions was both moving and inspiring. It was an honour to watch so many brave pieces of filmmaking during the selection process."

Amongst the Scottish winners is Sitar Rose, who tackles the difficult subject of childhood sexual abuse, in her film **Tell Tale Signs**, Highly Commended in the Arts and Mental Health Category. Ilona Kacieja's film **Red Dust**, Highly Commended in the Short Documentary category, looks at the mental effects of the red dust pollution caused by the now closed Ravenscraig Steelworks in Lanarkshire.

Claire Lamond's stop-motion animation, **Sea Front**, is her second winning entry into the Film Awards. With music from Karine Polwart, it is set in Kirkcaldy during WWI and tells the story of the mental damage caused to a local soldier's and his family.

Claire, who was introduced to film making as a mental health service user, inspiring her to study Animation at Edinburgh Collage of Art, said:

"By creating such a fantastic, meaningful programme every year SMHAFF generates a political happening from intimate artistic responses, reflecting and describing real emotional existence. This is art and film at their most powerful."

The awards ceremony will take place on Thursday 16<sup>th</sup> October 6pm until 8pm, where clips of the winning films will be screened to an audience of invited guests and members of the public, who can reserve free tickets through The Filmhouse Box Office: 0131 228 2688 or email [smhaff@mentalhealth.org.uk](mailto:smhaff@mentalhealth.org.uk)

The winnings films will be screened from Friday 17<sup>th</sup> – Sunday 19<sup>th</sup> at the Glasgow School of Art. You can reserve your free tickets at [www.mhfestival.com](http://www.mhfestival.com)

For more information, and to arrange interviews, images and press tickets for the Film Awards or any other Festival event, please contact Clare McBrien, Communications Officer: via [smhaffmedia@mentalhealth.org.uk](mailto:smhaffmedia@mentalhealth.org.uk) , 0141 226 9846 or 07824776030. For more information please visit [www.mhfestival.com](http://www.mhfestival.com)

Notes for Editor:

#### LONG DOCUMENTARY

WINNER

##### **HERE ONE DAY**

**Kathy Leichter, USA, 2012,**

Then filmmaker Kathy Leichter moved back into her childhood home after her mother's suicide, she discovered a hidden box of audiotapes. Sixteen years passed before Kathy had the courage to delve into this trove, where she unearthed details about every aspect of her mother's life, including struggles with bi-polar disorder. The result is an emotional and candid film about the reverberations of suicide for those left behind.

HIGHLY COMMENDED

##### **LES ENFANTS DE SISYPHE (THE CHILDREN OF SISYPHUS)**

**Didier Minne, Belgium, 2011**

In a South Belgian day nursery for children suffering with autism or psychosis, the individuals will be prepared for specialized schools. During one year, the film team follows the children's fancies, fears, developments and regressions.

#### MID-LENGTH DOCUMENTARY

WINNER

##### **TODAY IS MONDAY**

**Owen Davies, UK, 2013**

"Today is Monday" is one of the sentences written on the white board in a specialist Medical and Mental health unit at a UK general hospital. It helps dementia affected patients to remember.

The film was made to support research carried out on the MMHU and has been screened on global academic conferences. Furthermore it wants to raise awareness and debate on how to best care for older people suffering with dementia.

HIGHLY COMMENDED

##### **TELL TALE SIGNS**

**Sitar Rose, UK, 2014** Childhood sexual abuse is a rarely considered subject and almost completely hushed-up by those who experienced it. In several meetings during the filming process, parent survivors gave intimate insight to their challenges to disclose to partners and professionals

#### SHORT DOC

WINNER

##### **PIROS FEHÉR ZÖLD (RED WHITE GREEN)**

**Tarek Raffoul, Hungary, 2013** This unique mother-and-son-story deals with a struggle of a woman in the mid-70ies desperately trying to find an adequate place to stay for her son with Down's syndrome, before it's too late.

HIGHLY COMMENDED

## **RED DUST**

**Ilona Kacieja, UK, 2013** It started with an observation of the Lanarkshire inhabitants' faces. To the film-maker, they looked sad and unhealthy. In fact, a lot of people there suffer from cancer and physical disorders. The film connects it to the so-called Red Dust pollution caused by the now closed Ravenscraig Steelworks in former days.

## ARTS AND MENTAL HEALTH (Joint Winners)

### **IMAGES OF BEDLAM**

**Gareth Rubin, UK, 2013**

Interested in the interaction between mental health and artistic expression, Gareth Rubin takes us to the world's oldest psychiatric institution, the Bethlem Royal hospital in south London. Here, some of its service users describe how creating artworks can free them from their problems.

### **OUT DOOR**

**Stephen Johnston, Edward Summerton, UK, 2014**

A young man lives off the radar in rural Scotland. His problems once guided him to social exclusion, isolation, sedation and detention in a psychiatric hospital. As a plausible alternative to those experiences, he now is active in writing, painting and acting - highlights the importance of involvement in creativity, which can be both life changing and lifesaving.

## DRAMA

WINNER

### **THE HARD DREAM**

**Behrouz Bagheri, Iran, 2013**

<https://vimeo.com/channels/smhaff2014shortlist/91912166>

A well detailed and lovingly animated robot tells us about our struggle in a monotone everyday life that it's, apparently, hard to flee away from. Since Charlie Chaplin's 1936 MODERN TIMES, it is an often reconsidered cinematic subject. In this keen sighted and fairly melancholic modern tale of striving and repression we can see physical problems turning into mental issues and the other way round.

HIGHLY COMMENDED

### **LIZARD GIRL**

**Lynsey Miller, UK, 2013, 15m**

'Lizard Girl' delves into the world of 10-year-old Sam and her daily struggle with Asperger's syndrome. Sam finds it difficult to make friends and would rather spend time with her chameleon than play with other children. But after becoming entranced by Callum and his skateboarding friends she is drawn out of her lonely world.

## ANIMATION

WINNER

### **SEA FRONT**

**Claire Lamond, UK, 2014,**

Settled in a slightly imagined Kirkcaldy during WWI, the calm animation deals with a soldier's family battling with their loss, grieve, longing, and hope on the other shore of the dividing Northern Sea.

HIGHLY COMMENDED

### **UNRAVELLING EVE**

**Joan Molloy, UK, 2014** Unravelling Eve is a unique film, containing nine women's individual experience with Postpartum Psychosis. Exploring new paths of representation, it gives a positive, beautiful film about what is a long, dark, frightening experience for those affected

1) ABOUT SMHAFF: Now in its eighth 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.

2) PARTNERS: The festival is led by The Mental Health Foundation in association with the following national partners: Scotland's anti-stigma campaign 'see me', 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 Bi-Polar 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.

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 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](http://www.mentalhealth.org.uk)