



**FOR IMMEDIATE RELEASE**

### **MOVING MINDS IV: A DAY OF DIVERSITY AND MENTAL WELL-BEING**

Moving Minds IV is a full and fascinating day of free events exploring diversity and mental well-being at Kelvingrove Art Gallery and Museum as part of The Scottish Mental Health Arts and Film Festival 2012 on Thursday 18 October, 10.30am - 3.30pm.

Events include performances of world music from Imran Khan, a fashion show where Western and traditional Eastern fashion come together in a fusion of diversity and colour and a life-size game of snakes and ladders.

Exploring this year's Festival theme, 'walk in my shoes', dress and sash making, creative drawing and writing, a photography exhibition and a guided tour of the Glasgow Stories exhibition focusing on migration take place throughout the day, while Yoga and Tai Chi workshops show how to manage stress using techniques from other cultures.

The annual Moving Minds event explores and increases awareness of different aspects of mental health issues that ethnic minorities face in today's Scotland and *Inside Stories* presents a new documentary *Beyond Prejudice* examining mental health and stigma within black and ethnic communities, followed by a Q&A, presentations and poetry. Amal Azzudin, one of the 'Glasgow Girls' instrumental in campaigning against dawn raids on asylum seekers and their families, will also be giving her insights into aspects of mental well-being in Scotland in 2012.

Moving Minds IV is for everyone of all ages and cultures, a great fun day out while learning about different cultures within Scotland's diverse community.

For the full programme and more information see below or at:

[http://www.mhfestival.com/events.php?display=details&event\\_id=85](http://www.mhfestival.com/events.php?display=details&event_id=85)

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#### **NOTES TO EDITORS:**

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**Moving Minds IV:** Thu 18 Oct, 10am - 4pm, Kelvingrove Art Gallery and Museum, Argyle St, Glasgow, G3 8AG. Presented by VOX and Kelvingrove Art Gallery and Museum

A day of events exploring diversity and mental wellbeing throughout the Kelvingrove Art Gallery and Museum, including music, dance, fashion, dress and sash making, creative writing, yoga, tai chi, guided tours, stalls and exhibitions. All events are free but several require advance booking.

Register at the Moving Minds desk in the Main Hall by 10.20am for morning events and 1.30pm for afternoon events

## **PROGRAMME**

**ALL DAY EVENTS, starting at 10.30am, with no booking required:**

### **Romano Lav (Roma Voice) Photography Exhibition**

A photo exhibition made by young Roma people from Slovakia and the Czech Republic living in Govanhill, raising awareness of the Roma people and their culture.

### **Life-size 'Snakes and Ladders' game**

Experience the ups and downs of those with mental health problems. Created by members of The Alma Project as part of their A2A: Artist to Audience project.

### **Amaan Banner Exhibition**

Create your own banner about changes - and migrations, such as moving home - that you have experienced in your life. Your art will be part of our live international exhibition which connects your experiences with those who have migrated to Scotland.

### **Re-capture Exhibition**

A youth-led photography exhibition aiming to inspire people experiencing an eating disorder to fight and recover, and show those supporting young people what recovery means to them.

## **MORNING EVENTS:**

### **Inside Stories II**

See *Beyond Prejudice*, a hard-hitting new documentary examining mental health and stigma with black and minority ethnic communities, with a post-film Q&A, presentations and poetry.

11am - 12.30pm Booking required, places are limited

### **In The Steps of The Ansisters Workshop**

Design and create a sash and rosette with words and phrases relating to mental well-being. Gems, flowers and embellishments will be provided.

11.00am - 12.20pm Booking required, places limited

### **World Music in the Main Auditorium**

Music and song from Imran Khan, 11.30am - 12.30pm No booking required

### **Migration Guided Tour**

Take a 30 minute curator-led tour exploring migration within the Glasgow Stories exhibitions.

11.30am - 12pm No booking required

### **Empathy Dance Performance and Workshop**

Dance artist Satya Dunning explores empathy through communication, creativity and ritual, to help us navigate a complex world. Have you been encouraged to put yourself in other people's shoes? What are the consequences of empathising? How can we enhance our capacities for empathy? Supported by Creative Scotland.

11.30am - 1pm Booking required, places limited

## **AFTERNOON EVENTS**

### **Weaving Across the World: Fashion Show and Dance Performance**

Maryhill Integration Network and AlbScot present *Handmade in Glasgow*, a fashion show and dance performance. Traditional Eastern and Western fashion comes together in a fusion of diversity and colour.

12.30 - 1pm Main Hall, no booking required

### **Walking Creatively in my Shoes**

Join Tamalpa Life/Art practitioner Kate Craik on a two hour journey of self-discovery, creativity and fun using everyday movement, drawing and writing. Explore how it is to walk in your own shoes ... do the shoes still fit, are they comfortable or do you want to take them off for a while, perhaps try on new ones ... what might be your next step be? No arts experience is necessary!

1.30 - 3.30pm Booking required, places limited

### **Make a Multi-Ethnic Costume Dress**

After the afternoon fashion show join us to create a costume dress with women from Maryhill Integration Network.

2 - 4pm Booking required, places limited

### **Yoga workshop**

Come and unwind with an introductory yoga session.

2 - 3pm Booking required, places limited

### **Tai Chi demonstration**

The Hong Wo Tai Chi Association present a fan dance followed by a short workshop.

2.30 - 3.30pm Main Hall, no booking required

**ABOUT SMHAFF:** Now in its sixth year, the Scottish Mental Health Arts and Film Festival is one of Scotland's most diverse 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, we celebrate the artistic achievements of people with experience of mental health issues, exploring the relationship between creativity and the mind, and promoting positive mental health and well-being.

**PARTNERS:** The festival is supported by **The Mental Health Foundation** in association with the following **national partners:** Mental Health Foundation, 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, IRISS, University of Strathclyde.

The festival is also supported by hundreds of arts, voluntary, community and health organisations across Scotland. These groups programme diverse, innovative events in their own towns and cities on behalf of the festival, utilising local talent and creativity.

**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)