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## **MUSIC LIKE A VITAMIN RETURNS TO SCOTTISH MENTAL HEALTH ARTS AND FILM FESTIVAL WITH EDINBURGH GIG**

Leading Scottish musicians reunite and return by popular demand to play a gig in Edinburgh's HMV Picturehouse on Thursday 25 October. 'Music Like A Vitamin' will celebrate the sixth edition of the Scottish Mental Health Arts and Film Festival and features **Rod Jones (Idlewild), The Birthday Suit, Fatherson, Withered Hand and Sparrow and The Workshop and Chemikal Underground co-founder Emma Pollok.**

The gig is presented by The Fruit Tree Foundation, established by Rod Jones and Emma Pollock in collaboration with SMHAFF and The Mental Health Foundation in 2010, to celebrate music as a positive force in promoting mental well-being and to raise awareness of mental health issues through channelling creative energy. In 2010 The Fruit Tree Foundation invited nine of Scotland's finest singer-songwriters to write and record an album exploring mental health and well-being. The result, *First Edition*, features unique collaborations between the giants of Scotland's indie and folk music scene and was commercially released in 2011 to critical acclaim.

Also in 2011, the Foundation ran a mentoring scheme for young musicians, which it hopes to continue on a monthly basis in the future.

Music Like A Vitamin 2012 is priced at an affordable £5. The running order of the sets is picked at random on the night, so fans are urged to come early so as not to miss their favourites.

ENDS

**Notes to editors:** For interview requests, images and press tickets please contact Alison Young, Media and Communications Coordinator: [alisonsmhaff@gmail.com](mailto:alisonsmhaff@gmail.com) T. 0141 572 1661 M. 07891 038 053

Music Like A Vitamin, Thursday 25 October, 6pm (doors), 7pm (start), HMV Picturehouse, 31 Lothian Road, Edinburgh EH1 2DJ, Tickets: £5 Box Office: 0844 847 1740 (24hr) or through Ticketweb, SEE Tickets, HMV Tickets, Ticket Scotland Edinburgh, and Ripping Records Edinburgh

For more information visit: [www.fruittreefoundation.com](http://www.fruittreefoundation.com) and [http://www.mhfestival.com/events.php?display=details&event\\_id=198](http://www.mhfestival.com/events.php?display=details&event_id=198)

An interview with Rod Jones about Music Like A Vitamin by our SMHAFF reporter Rob Dickie can be found here: [http://www.mhfestival.com/news.php?article\\_id=163](http://www.mhfestival.com/news.php?article_id=163)

**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)