

# FEEDBACK

[WWW.MHFESTIVAL.COM](http://WWW.MHFESTIVAL.COM) | [RESPONSE.MHFEST@GMAIL.COM](mailto:RESPONSE.MHFEST@GMAIL.COM)

We need your views! Please take a moment to let us know what you think about the Festival. Tell us what you enjoyed seeing or doing, or what you didn't!

Let us know what we could do better and get yourself on the mailing list for next time, or express your interest in being a volunteer.

All suggestions and comments help make sure that the Scottish Mental Health Arts & Film Festival improves every year and provides events that are entertaining, educating, thought provoking and involving.

Post a comment on the website, email us, or drop us a line. Even better, remember to use the response info at individual events.

The Scottish Mental Health Arts & Film Festival gratefully acknowledges the following partner organisations, all of which have enabled the Festival to flourish!

- 7:84 Theatre company
- Acumen
- African & Caribbean Women's Association
- Artfull
- Artists in Exile
- Atomic
- Bazooka Arts
- Breathing Space
- Cameron Presentations
- Centre for Contemporary Arts
- Chinese Community Development Partnership
- Chinese Healthy Living Centre
- Citizens Theatre
- Clubnet
- Creative Interventions
- Culture and Sport Glasgow
- East Kilbride Arts Centre
- Equals Advocacy Partnership
- Mental Health and Dementia
- G12 Gilmorehill
- GGC
- Glasgow Anti-Racist Alliance (GARA)
- Glasgow Association for Mental Health
- Glasgow City Council
- Glasgow Film Theatre (GFT)
- Glasgow Girls
- Glasgow Media Access Centre (GMAC)
- Glasgow Older People's Welfare Association
- Glasgow University
- Glasgow Women's Library
- Grosvenor Cinema
- Heer Productions
- Hidden Gardens
- Highland User Group (HUG)
- John Moore Photography
- Lanarkshire Association for Mental Health
- Lanarkshire Links
- Lapidus
- LGBT Youth
- Maryhill Community Central Hall
- Mel Milaap
- Mental Health Foundation
- Mental Health Media
- Mental Health Network
- Motherwell Theatre
- NCH San Jai Project
- NHS Greater Glasgow & Clyde
- NHS Lanarkshire
- North Lanarkshire Council
- NRCEMH
- Out of the Dark Theatre Co.
- Penumbra
- Platform
- Polyphony
- Positive Mental Attitudes Programme
- Project Ability
- Ricefield Arts and Cultural Centre
- Rutherglen Town Hall
- Scottish Academy for Asian Arts
- Scottish Arts Council
- Scottish Recovery Network
- Scottish Refugee Council
- 'see me'
- Shante Bhavan
- South Lanarkshire Council
- Spoken Word - Glasgow Caledonian University
- STEPS
- The Loft
- The Vogue
- Universal Comedy
- Virgin Megastores
- Volic Fictions
- Voices Of eXperience
- Voluntary Arts Scotland
- West of Scotland Seniors Forum
- Woodside Halls
- Youth Counselling Services Agency

## SPECIAL THANKS

To all the staff, volunteers, individuals, artists and supporters of The Scottish Mental Health Arts & Film Festival - thank you for your time, energy, dedication and skills!

SCOTTISH  
MENTAL  
HEALTH  
ARTS & FILM  
FESTIVAL

WWW.MHFESTIVAL.COM

# GLASGOW

OCTOBER 4 - 19, 2007

**FILM** DEBATES THEATRE COMEDY MUSIC  
DRAMA STORIES MEDIA EVENTS  
EXHIBITIONS POETRY & MORE

PLATFORM THE GROSVENOR  
CITIZENS THEATRE GFT CCA & OTHERS



Organised by: **Mental Health** Foundation

**see me**...  
LET'S STOP THE STIGMA OF MENTAL ILL HEALTH

**NHS**  
Greater Glasgow  
and Clyde

and lots of others.

## SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

# INTRODUCTION

Dear Festival Goer,

Welcome to the first national arts and film festival about mental health in Scotland.

The festival sets out to celebrate, explore, and tackle the myths surrounding mental health – something we **all** have; it's worth remembering that one in four of us will develop mental ill-health at some point.

Our core themes this year are: the history of mental health; stigma, discrimination and rights; mental health and creativity; and community perspectives. By promoting these aspects of mental health, we believe that this festival will go on to become a major annual cultural event in Scotland.

We've worked hard to produce a thought-provoking, diverse and entertaining arts programme. With events ranging from debate and multi-media exhibitions to performance and cinema, there's something for everyone. Most events are free or low cost, and we are sure that you will find plenty to talk about and take part in.

We hope that you enjoy your time at the festival. And remember to let us know what you think!

Lee Knifton  
Festival Director



# WHAT'S ON



For 2007, we are privileged to have the **Testimony** multi-media exhibition coming to Glasgow, while the history strand continues with a one-off performance of the excellent play **Did You Used to be RD Laing?** and a rare treat with a screening of **Asylum**. There's a cracking film season, culminating with the new movie **Control**.

For 'livelier' entertainment, head to The Loft for our stand-up comedy night, and don't miss the Gig at the Loft, with some top local names in an unplugged session. There will be other live acts to see too.

Over in Merchant City, Project Ability will be running participation projects, as well as the **Mental Image** exhibition, while in Lanarkshire, there's something of a variety night at the Motherwell Civic Centre, and film screenings in East Kilbride, Cumbernauld and Lanark.

In the East, Platform plays host to a two-day event for all, while, back in the centre of town, the CCA will be the place for a series of events considering community perspectives.

The Festival will also be holding events celebrating diversity – the Chinese Arts and Wellbeing day, Mosaics at Gilmorehill, and the African and Caribbean community event.

Last, but not least, there's the Later Life afternoon, and the Women's Library hosts some not-to-be-missed women-only events.

We can't leave out mention of the open film submission. We asked independent film-makers to submit a film in any format, short or long, that explores mental health, either directly or in a wider context. The entries will be judged and those selected will be shown during the festival in a special screening.

On the following pages, you'll find a full programme listing, while there's a handy calendar towards the back. Have a really good time!

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# REFLECTIONS



## TESTIMONY - INSIDE STORIES OF MENTAL HEALTH CARE

SATURDAY 6TH - FRIDAY 18TH | MULTI-MEDIA EXHIBITION | FREE

Started as a response to the changes taking place within our mental healthcare system, **Testimony** is an audio-visual record of life within institutions. Five commissioned films about past and present mental healthcare approach the subject from very different standpoints. These form part of an exhibition and event series taking place throughout the rest of 2007.

The aim of both the exhibitions and screenings is to engage a range of audiences in debate about possible futures for mental healthcare, using the resulting artworks and films to provide learning opportunities. **Testimony** is specifically designed to link in with other festivals and we are delighted to have the project in Glasgow during the mental health festival.

The Mitchell Library, North Street, Glasgow G3 7DN  
0141 287 2999 | [www.mitchelllibrary.org](http://www.mitchelllibrary.org)



## DID YOU USED TO BE RD LAING?

SATURDAY 6TH | 7:30PM | THEATRE | £8.00

Celebrating the life and work of a Glasgow-born doctor who fought for human rights and civil liberties. **Did You Used to be RD Laing?** is a fully staged dramatic storytelling about the eminent Scottish psychiatrist.

With a jazz score performed by renowned Scottish virtuoso pianist, David Milligan, this play by Mike Maran has recently completed a run in New York and won a Herald Angel at The Edinburgh Fringe.

The play and the panel discussion that follows will explore Laing's contribution to our ideas about rights and recovery. Tickets are limited and available now!

The Citizens Theatre, 119 Gorbals Street, Glasgow G5 9DS  
0141 429 0022 | [www.citz.co.uk](http://www.citz.co.uk)

**SOLD OUT**



## RD LAING - REFLECTIONS; PLUS ASYLUM

SUNDAY 7TH | 2.00PM - 6.00PM | DISCUSSION  
& DOCUMENTARY FILM | FREE - TICKETS LIMITED

On the anniversary of what would have been RD Laing's 80th birthday, the Festival, in conjunction with Glasgow University and G12, are thrilled to be able to bring together film makers, relatives, writers, artists, psychiatrists and academics to reflect upon his life, including son Adrian Laing, psychiatrist and writer Allan Beveridge, author Dr Gavin Miller and film-maker Richard Adams.

Despite critical acclaim when released in 1972, the powerful documentary *Asylum*, which presents a community seeking refuge from a world where isolation, tranquilizers, electroshock, and lobotomies were considered normal practice, has had limited exposure, but acquired something of a legendary status in the mental health community and amongst cinema verité aficionados.

Gilmorehill G12, 9 University Avenue, Glasgow G12 8QQ  
Bookings: 0141 330 5522 | [boxoffice@gilmorehillg12.co.uk](mailto:boxoffice@gilmorehillg12.co.uk)



## NARRATIVES AND RECOVERY

WEDNESDAY 10TH | 3:00PM | FORUM DISCUSSION  
FREE RESERVATION

Narratives are being used more and more to promote mental health and well being, address stigma and discrimination and promote recovery. This forum aims to bring together a range of people who have an interest in using personal narratives in this way, including service users, academics and practitioners.

A range of national and local organisations will be involved, including the Scottish Recovery Network, Positive Mental Attitudes programme, Highland Users Group and the 'see me' campaign. There will be a presentation on the use of narratives and a panel discussion. Examples of DVD narratives will feature too.

Centre for Contemporary Arts (CCA), 350 Sauchiehall Street  
Glasgow G2 3JD | Bookings via PMA: 0141 773 4937

# FILM SEASON

Throughout the Festival, we'll be showing a series of films and shorts, including some produced specially for the film submission. Remember to stay with us afterwards for film-chat with special guests.

GLASGOW FILM THEATRE 12 ROSE STREET, GLASGOW G3 6RB | 0141 332 8128



## WILBUR WANTS TO KILL HIMSELF

SUNDAY 7TH OCTOBER | 6.00PM | FILM | FREE (TICKETED)

Two brothers struggle with running the Glasgow bookshop they've inherited from their father, and with Wilbur's frequent attempts to end his own life, in this warm, human comedy.

Dir: Lone Scherfig; Denmark/UK/Sweden/France 2002; 111 mins; Cert 15; Starring: James Sives; Adrian Rawlins; Shirley Henderson.

THE GROSVENOR CINEMA ASHTON LANE, GLASGOW G12 8SJ | 0141 339 8444



## MY NAME IS JOE

MONDAY 8TH | 6.00PM | FILM | FREE (TICKETED)

Recovering alcoholic Joe is torn between the woman he loves and the past he struggles to leave behind in this outstanding work of compassion and humanity.

Dir: Ken Loach; UK 1998; 105 mins; Cert 15; Starring: Peter Mullan; Louise Goodall.



## FESTIVAL FILM SHOWCASE

TUESDAY 9TH | 6.00PM | FILM | FREE (TICKETED)

Join us and our special guests for the premiere of three short films produced specially for the Festival by local community groups, plus a selection of the winning entries from the Festival Film Competition, and maybe even a few surprises too!



## DONNIE DARKO (DIRECTOR'S CUT)

WEDNESDAY 10TH | 6:00PM | FILM | FREE (TICKETED)

'Why are you wearing that stupid man suit?' Teenager Donny begins to do the bidding of Frank, a six-foot rabbit who tells him the world will end in 28 days, 6 hours, 42 minutes and 12 seconds.

Dir: Richard Kelly; USA 2001; 133 mins; Cert 15;

Starring: Jake Gyllenhaal; Holmes Osborne; Maggie Gyllenhaal.



## THE DEVIL AND DANIEL JOHNSTON

THURSDAY 11TH | 6:00PM | FILM | FREE (TICKETED)

Original, engrossing, and sometimes painful portrait of the singer, songwriter and artist, whose unrequited love for a school friend inspired, literally, a thousand love songs.

Dir: Jeff Feuerzeig; USA 2005; 110 mins; Cert 12;

Starring: Daniel Johnston, his friends and family.



## CONTROL

FRI 12TH | 6:00PM | FILM | £7.00 & £6.00

Photographer Anton Corbijn's directorial debut is an atmospheric homage to troubled post-punk legend Ian Curtis, lead singer of Joy Division, who took his own life at the age of 23.

Dir: Anton Corbijn; UK/USA 2007; 122 mins; Cert 15;

Starring: Sam Riley, Samantha Morton; Craig Parkinson

GLASGOW WOMEN'S LIBRARY 81 PARNIE STREET, GLASGOW G1 5RH | 0141 552 8345



## THE HOURS

THURSDAY 18TH | 6:30PM | FILM | FREE (TICKETED)

PLEASE NOTE THAT THIS IS A WOMEN ONLY EVENT.

Laura Brown, a pregnant housewife, is planning a party for her husband, but she can't stop reading the novel **Mrs Dalloway**. Clarissa Vaughn is throwing a party for her friend Richard, a famous author dying of AIDS. These two stories are simultaneously linked to the life of author Virginia Woolf.

Dir: Stephen Daldry; USA/UK 2002; 114 mins; Cert 12A;

Starring: Nicole Kidman; Julianne Moore; Meryl Streep

# COOL SOUNDS & BIG LAUGHS

An important part of creativity and recovery lies with music and laughter. For the Festival, we have arranged a little bit of both! We're pleased to welcome some very big talents from the Scottish comedy and live music circles. Enjoy!



## GIG @ THE LOFT

FRIDAY 12TH | 9:00PM | LIVE MUSIC | £1.00

The Festival is proud to bring you some of Scotland's finest artists in an informal unplugged gig featuring sets from The BMX Bandits, Norman Blake, Beecake and more. Plus special guest DJs! Watch out for further details on [www.mhfestival.com](http://www.mhfestival.com) Produced in association with Breathing Space.

The Loft, Ashton Lane, Glasgow G12 8SJ | 0141 339 8444



## LAFF YER HEID AFF!

WEDNESDAY 10TH | 8:00PM | STAND UP COMEDY | £1.00

Raymond Mearns, The Reverend Obadiah Steppenwolf III, David Kay, Gary Little and others star in an evening of stand up comedy, featuring the launch of the (dead funny bits) of a new mental health DVD produced by STEPS. We promise you will laff yer heid aff!

The Loft, Ashton Lane, Glasgow G12 8SJ | 0141 339 8444

## MORE MUSIC

There's lots more music during the Festival, featuring the likes of Jo Mango, The Hazy Janes and loads more besides. Watch out for Festival promotions at Virgin Megastore, Buchanan Street, and check out [www.mhfestival.com](http://www.mhfestival.com) for all the latest news.

# MENTAL IMAGE



## EXHIBITION & FILM

8TH OCTOBER - 23RD NOVEMBER | WEEKDAYS | FREE

Early in 2007, Project Ability put out a call for submissions of artwork on the theme of mental wellbeing and mental illness. Artists from around the world responded, and this exhibition is the result. The selected works on display will be accompanied by a film that documents the run up to the event and introduces some of the artists involved in the exhibition.

There will be a special preview on Saturday 6th at 4:00pm, featuring a live performance from Polyphony band McNiven.

Project Ability Gallery, 18 Albion Street, Glasgow G1 1LH  
0141 552 2822 | [info@project-ability.co.uk](mailto:info@project-ability.co.uk)



## WORDS IN THE WORLD INTERPRETATION WORKSHOPS

MONDAY 8TH - WEDNESDAY 10TH | 1:30PM - 3:30PM

## READING EVENT

THURSDAY 11TH | 5:30PM

FREE RESERVATIONS

Writers' group Lapidus will present a series of writing workshops in response to the Mental Image exhibition. Workshop participants will be invited to write a piece of poetry that responds to a chosen work. Writers will have an opportunity to present their poems in a reading that will be open to members of the public.

Project Ability, 18 Albion Street, Glasgow G1 1LH  
Bookings via Larry Butler: 0141 946 8096



## IN CONVERSATION WITH THE ARTIST

MONDAY 15TH - WEDNESDAY 17TH | 5.30PM | EXHIBITION  
& TALK | FREE RESERVATIONS

A series of talks will be presented at Project Ability and Glasgow Media Access Centre.

Monday 15th: Aidan Shingler, artist, has worked in the field of visual art for 25 years and campaigns to reform the mental health system. His work is imbued with symbolism and his presentation is an exploration of the spiritual and creative aspects of schizophrenia.

Tuesday 16th: Pum Dunbar, artist, has just completed the MRes Creative Practices course at GSA. Her presentation will focus on her course research as an exploration of the relationship between the collaged image and autistic thinking.

Wednesday 17th: Joyce Laing, art therapist and curator of the Scottish Art Extraordinary Trust collection in Pittenweem, will talk and present the film **Hidden Gifts**, about the life and works of Angus McPhee. Nick Huggins, who directed the film, will also contribute.

There will be an opportunity to view the **Mental Image** exhibition prior to the talks.

Project Ability, 18 Albion Street, Glasgow G1 1LH; 0141 552 2822;  
info@project-ability.co.uk



## 24 HOURS TO MAKE A FILM

SATURDAY 6TH | 5.30PM | FILM-MAKING CHALLENGE  
REGISTRATION FROM 10:00AM; BRIEFING 12:00PM | NO BOOKING  
NECESSARY

Do you think you can script, film, edit and produce a quality short within a day? If you're an aspiring film-maker and you think you can, come along to Glasgow Media Access Centre on the Saturday morning, register, attend the briefing (which will include title and themes), and get rolling! Submission deadline is 12 noon on Sunday 7th. The best films will screened at the CCA on the 11th. See [www.mhfestival.com](http://www.mhfestival.com) for updates.

Glasgow Media Access Centre, 34 Albion St, Glasgow G1 1LH  
0141 553 2620

# LANARKSHIRE EVENTS

These events are funded and organised by NHS Lanarkshire, North Lanarkshire Council, South Lanarkshire Council, Lanarkshire Links, Clubnet, Lanarkshire Association for Mental Health, Equal Advocacy Partnership, Bazooka Arts and Universal Comedy.



## SCREAMS, DREAMS AND SCENES

**MONDAY 8TH | 7:00PM | THEATRE, COMEDY AND EXHIBITION  
FREE - TICKETED; ADVANCE BOOKINGS ONLY**

Screams, Dreams and Scenes will use comedy, art, personal narrative and music to celebrate positive mental health. A free exhibition in the foyer will showcase artworks by local people and practitioners on the theme of mental health.

The Motherwell Theatre, Civic Centre, Motherwell ML1 1TW  
Bookings: 01698 377626 (quote 'Mental Health Arts Festival')

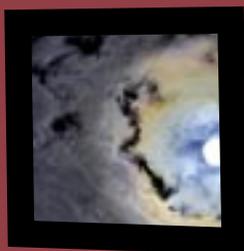


## PERFORMANCE AND WORKSHOP

**TUESDAY 9TH | 1:30PM | SCHOOL EVENT | INVITATION ONLY**

This school's event will use a drama performance and workshops to explore the issue of mental health and the pressures of day-to-day life in relation to young people. Information and advice on how to improve mental well-being will be distributed.

Rutherglen Town Hall



## AFTER LIFE

**WEDNESDAY 10TH | THURSDAY 11TH | 1.30PM | FILM |  
INVITATION ONLY**

Starring Kevin McKidd, Lindsay Duncan and newcomer Paula Sage, this film follows an ambitious journalist who suddenly is summoned home to look after his sister who has Down's Syndrome. The film explores the stresses of caring for a relative, and this issue will be discussed after the screening.

East Kilbride Arts Centre | Cumbernauld Theatre



## FILMS AT THE VOGUE

**MONDAY 8TH - FRIDAY 12TH | EVENINGS**

A selection of films with a mental health interest will be screened in Lanark over the week. Open to all.

The Vogue, 48 Bannatyne Street, Lanark ML11 7JS |  
01698 265 232 | admin@lanarkshirelinks.org.uk

# FESTIVAL AT PLATFORM



## HEADSPACE

THURSDAY 11TH & FRIDAY 12TH | 10:00AM | EXHIBITION,  
PERFORMANCE AND FILM | FREE - TICKETED (ALL DAY)

As part of Scottish Mental Health Week, groups from Positive Mental Attitudes, the nationally acclaimed mental health improvement and anti-stigma project in East Glasgow, have put together an exciting range of arts exhibitions and performances exploring ideas of personal space and home.

Working in partnership with Platform and Creative Interventions, the groups have produced films, an art exhibition and a drama production. These events will take place over two days and there will be an opportunity to chat informally to the artists and groups and discuss the issues raised. See [www.platform-online.co.uk](http://www.platform-online.co.uk) for times, or check [www.mhfestival.com](http://www.mhfestival.com).

Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW  
Bookings: 0141 276 9696



## WHAT IF...?

FRIDAY 12TH | 2:30PM | THEATRE | £6.50; £4.50; £3.50

People's lives are full of those 'What if...' moments. Sometimes planned, but more often by chance or a twist of fate, those decisive moments can change the pattern and course of a life forever. But 'What if...' those stories can have another outcome?

'What if...', the latest Out of the Dark Theatre Company play, presents another take on that dance through life that we all share. It's a process that can make those stories bigger, or shrink them down to a few words, a burst of laughter, or the occasional sigh. These are stories of how it almost was; how it could have been; how it might still be!

Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW  
Bookings: 0141 276 9696

# COMMUNITY PERSPECTIVES



## ART WORKS!

MONDAY 8TH | 10:00AM | WORKSHOPS, DISCUSSION & FILM  
FREE RESERVATION

The arts are an accessible way to explore sensitive issues with young people, as well as a tool for self-expression. To illustrate how the arts work in promoting mental wellbeing, Penumbra, 7:84 Theatre Company, LGBT Youth, Positive Mental Attitudes and Visible Fictions Theatre Company will lead a series of workshops and discussions exploring the challenges and rewards of using the arts in this context.

This event is aimed primarily at those who work with young people and will feature short films by the Youth Counselling Services Agency and Chinese Community Development Partnership, forum theatre performances and the opportunity to take part in workshops providing some practical skills in using the arts with young people.

Centre for Contemporary Arts (CCA), 350 Sauchiehall Street,  
Glasgow G2 3JD | Bookings via Artfull: 0131 226 6051



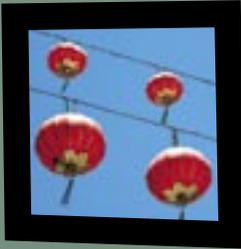
## SANCTUARY

TUESDAY 9TH | 12:00PM - 9.00PM | DISCUSSION, READINGS,  
MUSIC & FILM | FREE RESERVATION

Sanctuary will explore the way in which the arts can address issues around mental health, stigma, discrimination and identity concerning the refugee and asylum-seeking communities in Glasgow.

The event will feature asylum-seeker and refugee artists and activists; mental health researchers; poetry, music and a series of short film screenings. The event will also present recent research into the mental health needs of asylum-seeker and refugee communities.

Centre for Contemporary Arts (CCA), 350 Sauchiehall Street,  
Glasgow G2 3JD | Bookings via PMA: 0141 773 4937



## CHINESE ARTS & WELLBEING

TUESDAY 9TH | 11:00AM | ACTIVITIES, WORKSHOPS,  
DISCUSSION & SOCIAL | FREE RESERVATION (ALL DAY)  
PLEASE NOTE THAT THIS EVENT WILL BE IN CANTONESE/  
MANDARIN.

This event explores the role of the arts in promoting mental health and an understanding of mental ill health within the Chinese Community. The day will involve arts activities and workshops; discussion; lunch and much more! It aims to be fun and is suitable for older people, adults and families. Groups are welcome too.

The day is being arranged on behalf of the Festival by The Chinese Healthy Living Centre, Chinese Community Development Partnership, Ricefield Arts and Cultural Centre, NCH San Jai Chinese Family Project and the Mental Health Foundation.

Woodside Halls, 36 Glenfarg Street, Glasgow G20 7QE  
Bookings via CCDP: 0141 341 0026



## FESTIVAL FILM SHOWCASE

THURSDAY 11TH | 12:00PM - 6.00PM | FILM  
FREE RESERVATION

We asked independent film-makers to submit a film, short or long, that explores mental health, either directly or in a wider context. During this special screening of selected films, you will have an opportunity to see 'the best of' the submitted productions.

In addition, we'll be screening the best entries from the 24-Hour Film-making Challenge, held on the previous weekend (See Page 8).

There will also be opportunities to see some of these films, along with shorts made specially for the Festival, during the Film Season at the Grosvenor.

Centre for Contemporary Arts (CCA), 350 Sauchiehall Street,  
Glasgow G2 3JD | Bookings via MHF: 0141 572 0125



## BEYOND WORDS

THURSDAY 11TH | 7:00PM | FORUM DISCUSSION

FREE (TICKETED)

PLEASE NOTE THAT THIS IS A WOMEN ONLY EVENT.

This unique event is for any women interested in the links between writing, gender and mental health. It will open up a discussion that explores the links between writing and therapy for women.

A forum of women writers and therapists will generate fresh perspectives on what a therapist, therapy itself, or personal experience of mental health, can offer to writers; how writing and reading can be used as a creative therapeutic technique for women; what texts have triggered changes in mental health in writers, therapists and readers.

The panel will include author Linda Gillard, author Alison Miller, therapist Cicely Gill, and therapist Kathleen Rankin.

Glasgow Women's Library, 81 Parnie Street, Glasgow G1 5RH  
0141 552 8345



## HEALTH IN LATER LIFE

TUESDAY 16TH | 12:30PM | DISCUSSION & FILM | INVITATION

Participants will hear Dr Sandra Grant OBE discuss issues relating to mental health and well-being and stimulate thoughts around positive ageing. A showing of the film **Casablanca** will follow Dr Grant's session.

This event is being delivered in partnership with the West of Scotland Seniors' Forum and Glasgow City Older People's Welfare Association and aims to bring older people together to hear about mental health and well-being issues and to provide an opportunity to simply relax in the luxurious surroundings of the Grosvenor cinema and enjoy a classic film.

The Grosvenor Cinema, Ashton Lane, Glasgow G12 8SJ



## MOSAICS

WEDNESDAY 17TH | 2:00PM | DISCUSSION & FILM

FREE RESERVATION

PLEASE NOTE THAT THIS EVENT WILL BE IN ENGLISH LANGUAGE.

Recent research across Glasgow has stressed that cultural and artistic engagement is essential if we are to raise awareness about mental health issues within South Asian communities.

We will present findings from local research undertaken by community organisations. Dr. Alina Mirza will then introduce some films from Indian and Pakistani communities that give different portrayals of mental health, and also some short films that can be used to raise awareness.

As part of this event, we will also be screening *Hiding Divya* (Dir: Rehana Mirza; Starring: Madhur Jaffrey, Pooja Kumar, Deep Katdare; USA: 88 mins English, 2006)

A range of community organisations and arts organisations will be attending and there will be opportunities to make creative connections over refreshments. The event will also be of interest to the public, community organisations, arts organisations and practitioners, health and social care staff, students, the voluntary sector and film buffs!

Gilmorehill G12, 9 University Avenue, Glasgow G12 8QQ

Bookings via Nuzhat Mirza: 0141 201 4973

Nuzhat.Mirza@ggc.scot.nhs.uk



## AFRICAN AND CARIBBEAN COMMUNITY

FRIDAY 19TH | 5.30PM - 9.00PM | COMMUNITY EVENT | FREE

The African and Caribbean Women's Association will be presenting an arts and social event dedicated to mental health awareness for the African and Caribbean community in Glasgow. Light refreshments will be available at what is sure to be an enjoyable evening.

Maryhill Community Central Hall, 304 Maryhill Road, Glasgow G20 7YE | Bookings via Harriette Campbell: 0141 942 4849 or Florence Dioka: 0141 564 6195

# HARD FACTS AND USEFUL INFO

## HELP AND SUPPORT

### BREATHING SPACE

If you are feeling low or something is worrying you a lot, you can phone and speak to a Breathing Space advisor between 6:00pm and 2:00am any day of the week on 0800 83 85 87.

### NEED HELP NOW?

If you are feeling distressed, in a state of despair, or are feeling suicidal, contact Samaritans on 08457 90 90 90. Your call will be confidential and will be taken by a trained Samaritans volunteer. The phone line is available 24 hours a day, 7 days a week.

If you are ill, your first port of call is your GP. If it's an emergency, go to your nearest Accident and Emergency unit, or call for an ambulance on 999. For out of hours advice, call NHS 24 on 08454 24 24 24.

**Note that none of the above constitutes medical advice.**

## VENUES AND TICKETING

All ticketing arrangements are the responsibility of the venue and/or the local organiser, the details of which are given in the listings. Please note that all events may be subject to change and the event organisers reserve the right to reschedule events. For up to date information on events see festival website on [www.mhfestival.com](http://www.mhfestival.com)

Tickets purchased in advance cannot be exchanged nor money refunded, except in the event of cancellation. Free tickets can be in great demand and may be limited. If you are unable to use your tickets, please let the organiser know immediately so that they can be reallocated.

Please note that the events will be subject to video recording and photography and will be used by event partners for future marketing and publications. If you do not wish for your picture or video to be taken, please bring it to the attention of festival staff prior to the start of any performances.

## CONTACT

The Scottish Mental Health Arts and Film Festival is an organising body formed from seconded staff and volunteers. The primary organisations involved are: The Mental Health Foundation; NHS Greater Glasgow & Clyde; and 'see me'.

Scottish Mental Health Arts & Film Festival, Mental Health Foundation, Merchants House, 30 George Square, Glasgow G2 1EG

Tel: 0141 572 0125 | E-mail: [enquire.mhfest@gmail.com](mailto:enquire.mhfest@gmail.com) | Web: [www.mhfestival.com](http://www.mhfestival.com)

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## SATURDAY 6TH OCTOBER

- Testimony** | Mitchell Library | 9.00am-5.00pm | Free | Pages 2-3
- Mental Image** | Project Ability | 4.40pm | Free | Pages 7-8
- Did You Used to be RD Laing?** | Citizen's Theatre | 7.30pm | SOLD OUT | Pages 2-3
- 24 Hours to Make a Film** | Glasgow Media Access Centre | 10:00-12:00 | Free | Pages 7-8

## SUNDAY 7TH OCTOBER

- Reflections/Asylum** | Gilmorehill G12 | 2.00pm - 6.00pm | Free ticketed | Pages 2-3
- Wilbur Wants to Kill Himself** | Glasgow Film Theatre | 6.00pm | Free ticketed | Pages 4-5

## MONDAY 8TH OCTOBER

- Testimony** | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image** | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- Words in the World** | Project Ability | 1:30pm | Free reservations | Pages 7-8
- Art Works!** | CCA | 10:00am | Free reservations | Pages 11-14
- My Name is Joe** | Grosvenor Cinema | 6:00pm | Free ticketed | Pages 4-5
- Screams, Dream & Scenes** | Motherwell Theatre | 7:00pm | Free ticketed | Page 9

## TUESDAY 9TH OCTOBER

- Testimony** | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image** | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- Words in the World** | Project Ability | 1:30pm | Free reservations | Pages 7-8
- Sanctuary** | CCA | 12:00-9:00pm | Free reservations | Pages 11-14
- Chinese Arts & Wellbeing** | Woodside Halls | 11:00am | Free reservations | Pages 11-14
- Schools Drama Workshop** | Rutherglen Town Hall | 1:30pm | Invitation | Page 9
- Festival Film Showcase** | Grosvenor Cinema | 6:00pm | Free ticketed | Pages 4-5

## WEDNESDAY 10TH OCTOBER

- Testimony** | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image** | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- Words in the World** | Project Ability | 1:30pm | Free reservations | Pages 7-8
- Narratives & Recovery** | CCA | 3:00pm | Free reservations | Pages 2-3
- After Life** | East Kilbride Arts Centre | 1:30pm | Invitation | Page 9
- Donnie Darko** | Grosvenor Cinema | 6:00pm | Free ticketed | Pages 4-5
- Laff Yer Heid Aff!** | The Loft | 8:00pm | £1.00 | Page 6

## THURSDAY 11TH OCTOBER

- Testimony** | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image** | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- After Life** | Cumbernauld Theatre | 1:30pm | Invitation | Page 9
- Headspace** | Platform | 10:00-6:00pm | Free ticketed | Page 10

## THURSDAY 11TH OCTOBER, CONTINUED

- Submitted Film Screening | CCA | 12:00pm onwards | Free reservations | Pages 11-14
- The Devil & Daniel Johnson | Grosvenor Cinema | 6:00pm | Free ticketed | Pages 4-5
- Beyond Words | Glasgow Women's Library | 7:00pm | Free ticketed | Pages 11-14
- Words in the World | Project Ability | 5.30pm | Free reservations | Pages 7-8

## FRIDAY 12TH OCTOBER

- Testimony | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- Headspace | Platform | 10:00-6:00pm | Free ticketed | Page 10
- What If? | Platform | 2.30pm | £6.50; £4.50; £3.50 | Page 10
- Control | Grosvenor Cinema | 6:00pm | £7.00/£6.00 | Page 4-5
- Gig at The Loft | The Loft | 9:00pm | £1.00 | Page 6

## SATURDAY 13TH OCTOBER

- Testimony | Mitchell Library | 9:00-5:00pm | Free | Pages 2-3

## MONDAY 15TH OCTOBER

- Testimony | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- In Conversation with... Aidan Shingler | Project Ability | 5:30pm | Free | Pages 7-8

## TUESDAY 16TH OCTOBER

- Testimony | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- Health in Later Life | Grosvenor Cinema | 12:30pm | Invitation | Pages 11-14
- In Conversation with... Pum Dunbar | Project Ability | 5:30pm | Free | Pages 7-8

## WEDNESDAY 17TH OCTOBER

- Testimony | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- Mosaics | Gilmorehill G12 | 2:00pm | Free reservations | Pages 11-14
- In Conversation with... Joyce Laing | Project Ability | 5:30pm | Free | Pages 7-8

## THURSDAY 18TH OCTOBER

- Testimony | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- The Hours | Glasgow Women's Library | 6:30pm | Free ticketed | Pages 4-5

## FRIDAY 19TH OCTOBER

- Testimony | Mitchell Library | 9:00-8:00pm | Free | Pages 2-3
- Mental Image | Project Ability | 10:00-5:00pm | Free | Pages 7-8
- African & Caribbean Community Event | Maryhill Community Central Hall | 5:30-9:00pm | Free reservations | Pages 11-14