The Scottish Mental Health Arts and Film Festival is hosted by The Mental Health Foundation who would like to thank our funders, partners, Festival team and supporters, without whom none of this would be possible.

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Welcome to the 2nd annual Scottish Mental Health Arts and Film Festival.

We are proud to present a jam-packed, diverse, entertaining and thought-provoking arts programme. Expect to find film, theatre, music, literature, comedy and visual arts that challenge, engage and explore issues and themes around mental health.

Our unique and affordable programme intends to achieve social change by exploring the relationship between mental health and creativity, celebrating the artistic achievements of people with experience of mental health issues and promoting positive mental health and wellbeing.

We’ve worked hard to produce a cutting edge arts programme like no other, bringing together arts, health and community organisations across Scotland. We hope you enjoy the feast of cultural activities on offer as much as we’ve enjoyed pulling them together.

General correspondence:
The Mental Health Foundation
Merchant’s House, 30 George Sq
Glasgow G2 1EG
0141 357 0125

Some events may be subject to change.
The Festival intends to explore meaning and the views expressed within events are not necessarily held by partner organisations.
MUSIC

Music Like A Vitamin
A Concert Over Two Evenings

We’ve invited, over two consecutive evenings, some of Scotland’s best known and loved musicians to play together. Performing both individually and together, they are sure to create two very special and unique nights. Eager to explore personal and emotional relationships between music, mental health, creativity and recovery all the artists involved are committed to generously contributing to the Festival and its aims.

Vitamin A (Thur 9)
Guitarist Rod Jones (Idlewild) has invited fellow musicians Norman Blake (Teenage Fanclub), Sons and Daughters and Twilight Sad to perform individual sets and collaborate as part of a not to be missed and perhaps never to be seen again ‘supergroup’ with special guests. Weaving in themes from our film events, expect Joy Division or Johnny Cash numbers as part of the mix.

Vitamin B (Fri 10)
From the collective minds of Burnsong collaborators Sushil K Dade (Future Pilot AKA) and Emma Pollock comes our second evening. Inspired by a set of unique musical connections tonight’s lineup features Fence Collective Artist Kenny Anderson (King Creosote), Delgados founding member Emma Pollock, a new sonic experiment from Future Pilot AKA vs Concerto Caledonia featuring Douglas T Stewart (BMX Bandits) and Alasdair Roberts, Jenny Reeve’s Strike the Colours, Protro-Robofolk sextet The Phantom Band and Edinburgh based singer-songwriter Kim Edgar. Anticipate solo sets, collaborations, Daniel Johnston covers and some yet to be conceived surprises...

Local indie hero Douglas T Stewart will MC both gigs.

Thur 9 and Fri 10
6.30pm (both evenings are jam packed so we’ll be kicking off at 6.45pm sharp)
ABC, Sauchiehall St, Glasgow
£3 per night
Booking: 0844 847 2363
www.abcglasgow.com
In person at the ABC Box Office (cash only/no booking fee)

DUNDEE
Music at The Shore
The Shore in partnership with Drug & Alcohol Free Time organises music events and training to promote the message that young people can enjoy themselves in an environment without alcohol or drugs. This live gig for young people (11 – 18 year-olds) will see four bands take to the stage.
Fri 10, 7.30pm – 10pm
The Shore, Dundee
£1 (pay on door)
Information: 01382 435435

Sounds Acoustic & Classical Dance
A rousing feel good finale to Life : Art : Mind : Dundee
This two hour show of acoustic contemporary music and classical dance will feature sitar instrumentalist Paul Wright and singer songwriter Gavin McGinty. There will also be an Indian classical dance performance by students and professionals from Bharatiya Ashram. Other acts to be announced.
Sat 11, 3pm – 5pm
The Steps Theatre, Dundee
FREE (Booking essential)
Booking: 01382 305741

PERTH
Relax: Lunchtime Concert with Thomas Gould
Thomas Gould (violin) and John Reid (piano) play Schubert’s Rondo Brillant in B minor and Webern’s Four Pieces.

Thomas Gould is a brilliant young violinist. He contrasts the showmanship of the Rondo with the concentration and intensity of Webern’s tiny Four Pieces. Part of Schubertiad 2008: a celebration of Schubert in Perth, 10 – 13 October.
Mon 13, 1pm
Perth Concert Hall
£1 (Quote Festival when booking)
Box Office: 01738 621 031
£1 ticket offer not available online

WEST LOTHIAN
Time Out! with Kosmos
Try something different this lunchtime by getting out of the office or the house and eating your lunch to some stunning live music by Kosmos. This innovative ensemble will intoxicate you with their soulful improvisation, leaving you refreshed to face the rest of the day.
Fri 17, 12.30pm – 1.30pm
Regal Community Theatre, Bathgate
FREE (Booking essential)
Booking: 01506 433 634
**Pieces of Me – Stories of Recovery**
From Solar Bear Theatre Company, mental health service users from Esteem and The Flo, with support from The Citizens Theatre.

A series of workshops using drama, action methods and psychodrama techniques with an existing mental health group provide the inspiration and material for this production.

Telling your own story and having it heard is a fundamental part of recovery.

**Pieces of Me** aims to inspire its participants and audience alike.

This event is for people who work in mental health and users of mental health services.

**Tues 7, 7pm**
FREE (not open to the general public)
Citizens Theatre – Circle Studio Rehearsal Room, Glasgow
Reservations: 0141 585 4344, 07886223866

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**The Emotional Life of Furniture**
Written and directed by Mark Westbrook, presented by Spartan.

Saturday’s performance will feature a post-show discussion with writer/director Mark Westbrook and cast members.

It’s one thing to con your way into a psychiatric unit in the name of ‘Art’, it’s something else to get out again. Performance Artist David explores what it means to be ‘sane’ in ‘insane’ places. This abnormal comedy-drama is based on a similar experiment by psychiatrist David Rosenhan in the 1970s that radically divided the psychiatric community.

**Fri 10 – Sun 12, 7.30pm**
£8 (£6)
Tron Theatre, Glasgow
Box Office: 0141 552 4267 www.tron.co.uk

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**Reeling & Writhing presents Hannah and Harvey**
A Journey Across Worlds
A co-production with Platform in association with the Scottish Touring Theatres Consortium.

12 year-old Hannah loves to paint, dream and go on fantastic journeys with her invisible friend Harvey – a 7ft rabbit. As her fantasy world becomes darker and scarier, her dad becomes more and more worried. Until help arrives in a big rabbit shaped package or does it?

‘Brilliant, ground-breaking theatre makes you feel the earth move a little under your feet’
Joyce McMillan, The Scotsman
(on Standing Wave)

Suitable for 10 years and upwards.
www.reelingwrithing.com

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**Helen Nunn**’s beautiful artwork was the inspiration for this play and new illustrations are incorporated into these performances. An exhibition of Helen’s work also feature as part of Headspace at Platform (page 23).

www.helennunn.com
We have selected some of the most intriguing and thought provoking plays for interactive discussion to explore mental health themes, explicit and implicit, led by academics, artists and practitioners.

**‘SLEEP NO MORE! MACBETH DOES MURDER SLEEP’**

**Macbeth pre-show discussion**

Willy Maley, Professor of Renaissance Studies at the University of Glasgow, explores historical depictions of mental health in a one off pre-show discussion introducing the Lyceum’s production of Shakespeare’s Scottish play.

*Pre-show discussion*

Fri 3, 6pm, £3

Lyceum Theatre, Edinburgh

Box Office: 0131 248 4848

*Macbeth* is presented by the Royal Lyceum Theatre and Nottingham Playhouse Theatre Company.

*Macbeth* runs until Sat 11 Oct

7.45pm (Eve) 2.30pm (Mat)

£12 – £26

Lyceum Theatre, Edinburgh

Box Office: 0131 248 4848

www.lyceum.org.uk/macbeth

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**Fleeto post-show discussion**

Join us to explore how ‘knife culture’ affects and is shaped by issues of esteem, inequality and status following this acclaimed production of the Scottish Arts Council funded *Fleeto*, which is currently on tour.

Drawing on Glasgow’s so called ‘knife culture’ *Fleeto* is a hard hitting contemporary Scottish play. Using strong language, it is frightening and deeply moving, provoking much thought and debate on the issue of violence in our communities.

V.AMP Productions presents *Fleeto*, written and directed by Paddy Cunneen.

*Fleeto*

Weds 8, 7.30pm,

post show discussion 8.40pm

£7, £5 conc.

St Bride’s Centre, 10 Orwell Terrace, Edinburgh, EH11 2DY

Box Office 0131 346 1405

Tues 14, 8pm,

post show discussion 9pm

£8.50, £6.50 conc.

East Kilbride Arts Centre, Old Coach Road, East Kilbride, G74 4DU

Box Office 01355 261000

Web booking www.southlanarkshire.gov.uk

For full tour details visit www.mhfestival.com

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**Think No Evil of Us: My Life with Kenneth Williams**

Written and Performed by David Benson, presented by James Seabright.

This classic one-man show unlocks the character of one of Britain’s best-loved and most-missed entertainers. In this thrilling and hilarious tour de force we see Kenneth Williams at his funniest – and at his most badly behaved. This brilliantly performed semi-autobiographical show also reveals how David’s unusual childhood led to an extraordinary connection with the Carry On star.

‘Unforgettable & inspirational theatre’ Independent on Sunday

www.thinknoevil.com

Thur 16, 7.30pm, £4

Gilmourhill G12 Theatre, Glasgow

Booking: 0141 330 5522

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**CHANGING CONCEPTS OF MENTAL HEALTH**

**One Flew Over the Cuckoo’s Nest post-show discussion**

This one off post-show discussion will explore changing concepts of mental health following the performance of 1960s masterpiece *One Flew Over the Cuckoo’s Nest*.

*Post show discussion*

Fri 17, Following 7.30pm show

FREE

Ramshorn Theatre

An iconic film, a best selling novel, *One Flew Over The Cuckoo’s Nest* will make you laugh and cry in an unforgettable evening. By Dale Wasserman from the Ken Kesey novel, Directed by James Keenan

Thur 9 – Sat 18 (not Sun 12), 7.30pm

Ramshorn Theatre, Glasgow

£6/3 (Mon – Tue) £9/5 (Wed – Sat)

Advance bookings: 0141 548 2558, collinsgallery@strath.ac.uk

(Mon – Fri 10am – 5pm)

27 Sept – 3 Oct all bookings through Ramshorn Theatre, 0141 552 3489

www.strath.ac.uk/culture/ramshorn
DUNDEE

Life : Art : Mind : Dundee

Bazorg & Macara Plays
Two short plays from The Bazorg Group, an over 50’s women’s group, and Macara, a young women’s group, focusing on mental health & wellbeing issues. Workshops will follow bringing actors and audience together to discuss the issues raised.

Tues 7, 1pm – 4pm
FREE – Women only (Booking essential)
Dundee International Women’s Centre, Dundonald Street, Dundee
Booking: 01382 462058

PERTH

Blair Ghost Project
Presented by Tricky Hat Productions and the Tayside Area Forensic Service.

Ghosts, gothic terror and a bit of Shakespeare… the Blair Ghost Project is a collection of connected scenes devised and performed by patients from the Tayside Area Forensic Psychiatry Service. The accompanying exhibition comprises pieces of work produced as part of the Time Out Project.

Fri 3, 2.30pm, FREE
Norrie-Miller Studio, Perth Concert Hall, Mill Street, Perth
Booking: 01738 621 031

LANARKSHIRE

Just a Simple Little Melody
Starring people you probably don’t know – or do you? From Theatre NEMO.

Feel uplifted with songs from Oliver, South Pacific and more! A great example of how the power of music can help create a feeling of wellbeing. Campaigning theatre company, Theatre NEMO, has won many awards for its positive and far reaching work in the community.

www.theatrenemo.org
Tues 7, 2pm, Weds 8, 7.30pm
£5 (£4)
East Kilbride Village Theatre, Maxwell Drive, The Village, East Kilbride
Booking: 01355 248 669 or 01355 261 000

RENFREWSHIRE

Bill’s Day Out
All Bill wants to do is go out on his own for the day down to the seaside. The problem is Bill’s family want to go with him as he hasn’t been very well recently and they are worried about him. On top of that his friends have stopped inviting him to social occasions because they think he doesn’t make enough effort. It seems that he can’t do anything right.

Thu 2, 2pm, FREE
Disability Resource Centre, 74 Love Street, Paisley
Information and booking: 0141 848 1123

4.48 Psychosis by Sarah Kane
A Sweetscar Presentation
In co-production with Tramway and Cumbernauld Theatre.

4.48 Psychosis was Sarah Kane’s last play. She hit headlines at the age of 23 with her controversial play Blasted. Four years later, she killed herself having suffered from severe depression. Prior to 4.48 Psychosis opening at Cumbernauld Theatre, the Festival presents a presentation of extracts and discussion with acclaimed director Adrian Osmond. This event is for people who work in mental health, artists and service user organisations.

www.sweetscar.co.uk
Sun 19, 7pm
FREE (this event is not open to the general public)
Cumbernauld Theatre, Kildrum, Cumbernauld
Booking: 01698 377626, Avril.
Thomson@lanarkshire.scot.nhs.uk

Talk To Me
Talk to Me is a powerful, hard hitting play written and performed by a group of young people. Exploring what it’s like to be a teenager today, it tackles issues such as bullying, self harm, eating disorders, bereavement, drug and alcohol issues. Matthew Topping, 16 said ‘The stories we tell are real, they mean something and most people can relate to one or all of the stories. It’s important we were able to tell the stories in our own words so that other young people understand what mental health is all about’.

A post-show workshop will follow the performance.

Mon 13, 2pm
FREE (Booking essential)
Motherwell Theatre, Civic Centre, Motherwell
Booking: 01698 377626, Avril.
Thomson@lanarkshire.scot.nhs.uk
Community Voices
Facilitated by Lapidus Scotland.

Community Voices is aimed at all writers, writers’ groups, readers, reading groups, singers and songwriters who appreciate the resonance that creative writing contributes towards mental wellbeing. If you are inspired by the possibilities for change and inner restoration that are offered by poems, stories, songs and letters for both individuals and communities then we’d love you to join us.

Fri 17, 10am – 4pm,
FREE (Not ticketed, just turn up)
The Mitchell Library, Burns Room

Are you really listening?
Are you really listening? is a powerful resource which has used storytelling to capture experiences of stigma, discrimination and resilience towards mental health problems amongst black and minority ethnic communities. Individuals from NHS Health Scotland and The Scottish Storytelling Centre discuss the background and the process of this unique project. Emerging Scottish writers Sheila Puri and Leela Soma, who explore mental health and identity in their own work, join them.

10am, Moir Room

Rhyme for a Reason
A workshop for women and facilitated by The Women’s Library exploring how words and poetry can influence our sense of wellbeing.
11.30am, Moir Room, Women only

Opened Up
Opened Up is a booklet and CD that was developed by Lapidus with writers and based upon live performances and workshops from the Words in the World project during Festival 2007.
11.30am, Moir Room

Open Space Session
Leading Scottish poet and playwright Liz Lochead and poet Gerry Loose open this lively and dynamic afternoon debate. We’re looking for local, regional and national groups to share and explore their work about mental health through displays, readings and discussions in what promises to be a memorable occasion.
1pm – 4pm, Burns Room

For further information or if you or your group would like to present, display, sell, or perform your work contact Anna at lapidusscotland@yahoo.co.uk or visit: www.lapidus.org.uk

Writers’ Mind
With University of Glasgow.

Curated and chaired by Professor Willy Maley, an astonishing line-up of leading Scottish based writers whose work touches on mental health unite in a series of afternoon sessions exploring issues of memory, trauma, life-writing, the politics of personality, power, childhood, family, identity, suffering and surviving.

Sat 18, from 12 noon, £3
The Mitchell Library, Burns Room
Booking: In person at The Mitchell
Phone 0141 287 2870 (office hours)
Email lil@csglasgow.org

Writers taking part include:
Alan Bissett writes with energy and directness about the emotional world of working class young men, tackling tricky topics like teenage depression.

Nick Brooks’ My Name is Denise Forrester (2004) is about a feisty troubled girl tackling eating disorders, crushes and family dynamics.

Karen Campbell is the author of The Twilight Time (2008), which draws on her experiences as a former police officer, to journey inside Glasgow’s gritty underbelly.

Denise Mina, author of the award winning Garnethill trilogy and Paddy Meehan series. Mina has created a host of memorable and resilient female characters.

Rachel Seiffert’s latest novel, Afterwards (2007), deals with the after-effects of trauma on two former soldiers trying to understand Post Traumatic Stress.

Zoe Strachan’s first novel Negative Space (2002), is a fierce and vivid story of grief and the search for identity.

Rodge Glass’ most recent project Alasdair Gray: A Secretary’s Biography is every bit as individual as its subject.

Tom Leonard is one of Scotland’s leading and groundbreaking poets and essayists, repeatedly addressing the politics of language and power.

Alison Miller’s Demo (2005), follows the fortunes of a sixteen year old working class Glasgow girl, who becomes involved in the anti-war movement in the run up to the invasion of Iraq.

12 www.mhfestival.com
Stay with us after feature screenings to meet our special guests and participate in post-film discussions, and look out for the winning short films from the SMH AFF Film Competition which will be screened with features. If you’d like to see more of the work submitted from all over the world to the Festival’s Film Competition join us for our gala awards ceremony on Sunday 12th October at 1pm at the Filmhouse.

**Matti Per Il Calcio** *(Mad About Football)*

* Italy, 2006  
* Volfango De Biasi, Francesco Trento  
* 1hr 42min, Documentary

Featuring a team of players with experience of mental health issues, the Seagull team is in a football league for psychiatric patients. Each player faces the trials of their personal story while working towards their shared dream of winning the championship in this documentary which portrays both the stigma surrounding mental illness and the poetry of the sport.

**Edinburgh Filmhouse, Thur 2, 5.45pm**

**In the Valley of Elah**

* USA, 2008, Paul Haggis  
* 2h 1min, Cert 15  
* Cast: Tommy Lee Jones, Charlize Theron, Susan Sarandon, Jason Patric, Josh Brolin

Retired Army veteran Hank Deerfield (Tommy Lee Jones) receives a call telling him that his son has gone AWOL after returning from a tour of duty in Iraq. Determined to discover the truth, Deerfield, with the help of Detective Emily Sanders (Charlize Theron), uncovers a complex and disturbing story of his son’s fate and the psychological effects of conflict on those returning from Iraq.

**Edinburgh Filmhouse, Fri 3, 5.45pm**  
* Also showing: Grosvenor Cinema, Glasgow, Tue 14, 6pm

**Sweet Sixteen**

* Scotland, 2002, Ken Loach  
* 1hr 46 min, Cert 18  
* Cast: Martin Compston, Annmarie Fulton, William Ruane

Liam is a restless teen awaiting his mother’s release from prison, where she is serving time for a crime that her drug pusher boyfriend Stan committed. Liam is determined to rescue his mother by creating a safe haven far away from Greenock, but first, he’s got to raise the cash. When this proves too difficult, Liam finds himself dangerously out of his depth, yet unable to walk away...

**Edinburgh Filmhouse, Sat 4, 1pm**  
* Also showing: Vogue Cinema, Lanarkshire, Sun 5, 7pm

**Johnny Cash in San Quentin**

* UK, 1969, Michael Darlow, 60 min  
* Documentary

Created for British television in 1969, this film documents The Man in Black’s legendary performance at the maximum-security prison. With concert footage interspersed with interview segments from both guards and inmates, the piece illuminates the intimate, decidedly moving atmosphere created by Cash’s performance, and offers a powerful insight into the American justice system.

**Edinburgh Filmhouse, Sun 5, 1pm**  
* Also showing: Vogue Cinema, Lanarkshire, Sun 5, 7pm

**Little Miss Sunshine**

* USA, 2006, Jonathan Dayton, Valerie Faris  
* 1hr 31min, Cert 15  
* Cast: Greg Kinnear, Steve Carell, Toni Collette, Abigail Breslin, Paul Dano, Alan Arkin

Olive is a little girl with a dream: winning the Little Miss Sunshine pageant. Her family wants her dream to come true, but they are so burdened with their own problems that they can barely make it through a day without some disaster befalling them, and as they travel to the pageant in California, they find that they have embarked on a voyage of self-discovery.

**Edinburgh Filmhouse, Sun 5, 5.45pm**  
* Also showing: Grosvenor Cinema, Glasgow, Wed 15, 6pm

**Lars and the Real Girl,**

* USA, 2007, Craig Gillespie  
* 1hr 36min, Cert 12A  
* Cast: Ryan Gosling, Emily Mortimer, Paul Schneider, Kelli Garner, Patricia Clarkson

Lars Lindstrom (Ryan Gosling) is an awkwardly shy young man who finally brings home the girl of his dreams: the only problem is that she’s a custom-made sex doll. But Lars’ relationship with her is deep and meaningful rather than physical, and this charming, off-beat comedy blossoms as his friends and family go along with this unconventional relationship in support of the sweet-natured boy that they have always loved.

**Edinburgh Filmhouse, Mon 6, 5.45pm**  
* Also showing: Vogue Cinema, Lanarkshire, Wed 1, 7pm, Grosvenor Cinema, Glasgow, Thu 16, 6pm
The Savages
USA, 2007, Tamara Jenkins
1hr 54min, Cert 15
Cast: Laura Linney, Philip Seymour Hoffman, Philip Bosco

Twenty years after ceasing all contact with their less-than-perfect father Lenny, brother and sister Jon and Wendy Savage receive a phone call saying his girlfriend has died and that because he is suffering from dementia, he can no longer look after himself. Feeling duty bound to take him in, they must come to terms with their new and painful responsibilities and confront the psychological demons that he created.

Edinburgh Filmhouse, Thur 9, 5.45pm

Joy Division
UK, 2008, Grant Gee
1hr 33min, Cert 15, Documentary

Gee creates a moving portrait of seminal post-punk band Joy Division, whose story is dubbed one of the last true tales in the cynical, commercialised pop business. Almost thirty years after the death of front man Ian Curtis, his band mates Bernard Sumner, Peter Hook and Stephen Morris speak frankly of their time in the band and their struggle to support their alienated, depressed singer.

Edinburgh Filmhouse, Sat 11, 1pm

Some Voices
UK, 2000, Simon Cellan Jones
1hr 41min, Cert 15
Cast: Daniel Craig, David Morrissey, Kelly Macdonald, Julie Graham

When Ray is discharged from psychiatric care his brother Pete, who runs the greasy spoon eatery they inherited from their Dad, decides to take responsibility for him. He can keep a protective eye over Ray while he’s working at the café, but doesn’t grasp the significance of Ray’s blossoming relationship with Laura and where that will take them both…

Edinburgh Filmhouse, Fri 10, 5.45pm

Cathy Come Home
UK, 1966, Ken Loach, 1hr 17min, Cert PG
Cast: Carol White, Ray Brooks

Happy young couple Cathy and Reg move into a modern home with their young child but when Reg has to stop working and they can’t pay their rent, they are evicted by bailiffs and face a life of poverty, unemployment and something much worse. When originally broadcast by the BBC a quarter of the British population was watching and for the first time they were forced to confront the not-talked-about subjects of homelessness and unemployment.

This event is supported by the Big Issue in Scotland, who will be taking part in the post-film discussion.

Grosvenor Cinema, Sun 12, 3pm

In the Valley of Elah
(see page 14)

Grosvenor Cinema, Mon 13, 6pm
Also showing: Filmhouse, Edinburgh Sat 11, 1pm, Robert Burns Centre Film Theatre, Thu 9, 7.30pm

Little Miss Sunshine
(see page 15)

Grosvenor Cinema, Wed 15, 6pm
Also showing: Filmhouse Edinburgh, Sun 5, 5.45pm.

Lars and the Real Girl
(see page 15)

Grosvenor Cinema, Thur 16, 6pm
Also showing: Filmhouse Edinburgh, Mon 6, 5.45pm

Scottish Mental Health Arts and Film Festival 08 Film Awards Ceremony
Come and join us as we showcase the winning submissions from our Film Competition 08. The competition highlights the work of film-makers from all over the globe who have chosen mental health in its broadest sense as a theme for their productions.

Edinburgh Filmhouse, Sun 12, 1pm
FREE (Ticketed event)

Grosvenor Screenings
All tickets £4 (£2)
Grosvenor Cinema, Glasgow
Box Office 0845 166 6002
www.socialanimal.co.uk

Joy Division
(see page 16)

Grosvenor Cinema, Mon 13, 6pm
Also showing: Filmhouse, Edinburgh Sat 11, 1pm, Robert Burns Centre Film Theatre, Thu 9, 7.30pm

Cathy Come Home
UK, 1966, Ken Loach, 1hr 17min, Cert PG
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Happy young couple Cathy and Reg move into a modern home with their young child but when Reg has to stop working and they can’t pay their rent, they are evicted by bailiffs and face a life of poverty, unemployment and something much worse. When originally broadcast by the BBC a quarter of the British population was watching and for the first time they were forced to confront the not-talked-about subjects of homelessness and unemployment.

This event is supported by the Big Issue in Scotland, who will be taking part in the post-film discussion.

Grosvenor Cinema, Sun 12, 3pm
South Asian Stories
An evening of exploration, discussion and contemplation of South Asian cinematic perspectives on mental health.

Presentation ‘Mad Tales from Bollywood’
Presentation with film clips, by Dinesh Bhugra, President of the Royal College of Psychiatrists, (30mins).

Hindi cinema is a cultural and ideological force with a profound influence on the Indian population’s attitudes, this event will explore the powerful impact it has had on the portrayal of mental illness.

Please note this is a women only event from the Women’s Library film group.

Diversity Films@SMH AFF 08
In collaboration with Document 6 International Human Rights Film Festival, Diversity Films present an evening of films and discussion on mental health and refugee issues.

I for India
UK, 2005, Sandhya Suri, 1hr 10 min, Documentary, English and Hindi, with English subtitles.

In 1965 Yash Pal Suri left India for the UK. For the next forty years he films his new life to share it with those back home. A bitter sweet time capsule of alienation, discovery, racism and belonging, I for India is a chronicle of immigration in sixties Britain and beyond.

Gilmorehill G12, Tue 7, 7pm

Gilmorehill G12, Wed 8, 6.30pm for 7pm

Cheer Up For God’s Sake
A compendium of short films that take a comic look at mental health issues, inspired by the real life experiences of a group of adults.

The accompanying exhibition comprises pieces of work produced as part of the Time Out Project.

Premiere: Fri 3, 7pm – 9pm, Free
Exhibition: Mon 6 – Wed 8, 11am – 4pm
The Portal, 978 Govan Road, Glasgow, G51 3AJ
Information and booking: Angela Ross, 0141 445 1666, info@plantation.org.uk

We’ve Still Got Things To Say
Two short films Aphasia... can we talk about it and See It My Way, made by and about people with Aphasia and Dementia. They show that those with long term conditions can also be empowered through the arts and benefit from enhanced mental wellbeing.

Sat 4, 2pm and 4pm, Free
Conference Room, Wellgate Centre, Dundee
Information: Chris Kelly 01382 423000 ext 24093

Gilmorehill G12, Mon 6, 6pm

View from a Grain of Sand
USA, 2006, Meena Nanji, 1hr 22 min, Documentary, Dari with English subtitles.

Through the eyes of three Afghan women this documentary demonstrates how war, international interference and the rise of political Islam have stripped Afghan women of rights and freedom. With rarely seen archival footage, their powerful stories provide illuminating context for Afghanistan’s current situation and the ongoing battle women face to gain even basic human rights.

Please note this is a women only event from the Women’s Library film group.

Dundee

Life : Art : Mind : Dundee
3 Film Chronicle
Produced by Luna.

Over the last eight years Luna have produced three films which chronicle how changes in mental health care delivery has affected people with mental health problems, their relatives, friends and community. The films are set against the backdrop of the three great 19th century asylums in Tayside; Royal Dundee Liff Hospital, Murray Royal Perth and Sunnyside in Montrose.

Thur 9, 7pm, Free (Booking essential)
The Steps Theatre, Wellgate Centre, Dundee
Booking: Luna 01382 228383

Renfrewshire

Renfrewshire Shorts
An emotive and thought-provoking trilogy of short films and animations which explore themes of isolation, stigma and recovery will be screened with a post film panel discussion with the filmmakers. The films were developed by RAMH Causeway, RAMH Springboard and the BASIS project and were made by different groups of service users.

Fri 3, 7.30pm, £1
Paisley Arts Centre, New Street, Paisley
Booking: 0141 887 1010
LANARKSHIRE SCREENINGS:
All tickets FREE (No booking)
Vogue Cinema
48 Bannatyne Street, Lanark, ML11 7JS
Box office: 01698 265 232
Information: 01698 377626, Avril.
Thomson@lanarkshire.scot.nhs.uk

Lars and the Real Girl
(see page 15)
Vogue Cinema, Wed 1, 7pm
Also showing: Filmhouse
Edinburgh, Mon 6, 5.45pm

Sweet Sixteen
(see page 14)
Vogue Cinema, Sun 5, 7pm
Also showing: Edinburgh
Filmhouse, Mon 6, 5.45pm

On a Clear Day
UK, 2008, Gaby Dellal, 1hr 38mins
Certificate 12A
Cast: Peter Mullan, Brenda Blethyn,
Jamie Sives, Billy Boyd

Frank (Peter Mullan) is a hard-working
55 year old, respected in his local
community, who suddenly finds himself
without a job. For the first time in
his life, Frank is without direction.
When his friend Danny (Billy Boyd)
jokes that on a clear day he could
swim to France, an idea is planted in
Frank’s mind. Concealing his plans
from his loving wife Joan (Brenda
Blethyn) Frank determines to put
his life back together by attempting
the ultimate test of endurance –
to swim the English Channel. In
doing so he cement a broken
relationship with his grown up son.

Vogue Cinema, Sun 12, 7pm

Finding Nemo
USA, 2003 , Walt Disney Pictures
1hr 36mins, Certificate U
Friendship, identity: a hilarious
adventure that takes you into the
breathtaking underwater world
of Australia’s Great Barrier Reef.
When Nemo, a young clownfish, is
unexpectedly carried far from home, his
over protective father, Martin, and Dory,
a friendly regal blue tang fish with short
term memory loss, embark on an epic
journey that leads to encounters with
vegetarian sharks, surfer dude turtles
hypnotic jellyfish and hungry seagulls!
Vogue Cinema, Tue 14, 2pm

High School Musical
USA, 2006 , Kenny Ortega
1hr 38mins, Certificate U
Cast: Zac Efron, Vanessa Anne Hudgens,
Ashley Tisdale, Lucas Grabeel
Gabriella has just transferred to Troy’s
high school, a campus divided into
jocks, cheerleaders, brainiacs, and
skater dudes. After sharing a magical
karaoke song they audition for the
school’s musical. The problem is, Troy
is the star of the basketball team and
Gabrielle is to compete in the scholastic
decathlon. Will they give up their
cliques, or will they Stick to the status
quo? A great film of friendship, peer
pressure and the magic of the arts.
Vogue Cinema, Wed 15, 2pm

After Life
Scotland, 2005, Alison Peebles
1hr 44mins, Certificate 15
Cast: Kevin McKidd, Paula Sage,
Lindsay Duncan, James Laurenson
and Shirley Henderson

On the verge of the breakthrough of
his career, ambitious young journalist
Kenny (Kevin McKidd) learns that
his mother is dying of cancer. The
discovery forces him to re-evaluate his
life and responsibilities – particularly
when he inherits the care of his
younger sister Roberta (Paula Sage)
who has Down’s Syndrome.
Vogue Cinema, Wed 15, 7pm

Madagascar
USA, 2005, Dreamworks Animation
1hr 22mins, Certificate U
At New York’s Central Park Zoo,
Alex the lion, best friend Marty the
zebra, Gloria the hippo and Melman
the hypochondriac giraffe are the
stars of the show. But when one of
the animals escapes in search of
his dream, the others break free to
look for him, only to find themselves
shipwrecked on the exotic island of
Madagascar. The friends, who have
all been raised in captivity, discover it
really is a jungle out there! A roaring
great film of friendship and survival.
Vogue Cinema, Thu 16, 2pm

Lanarkshire Recovery
Network DVD Launch
This event is to launch the Recovery
DVD, a joint venture by the Scottish
Recovery Network and the Lanarkshire
Recovery Network, of local service
users’ journeys of recovery. The
screening will be followed by a Q&A
session with all of the participants
involved in the DVD, and recovery
themed workshops. This event will
be repeated in the evening with
some live music from local musicians
thrown in to celebrate the launch.
Fri 17, 2pm and 6pm, FREE
(Booking essential)
Banqueting Hall, Almada Street, South Lanarkshire Council Building, Hamilton
Information: 01698 265 232,
LRN@lanarkshirelinks.org.uk
**Gartnavel Royal Hospital:**

**Celebrating Art in Our Hospital**

An open evening

This open evening will feature music, drama, displays and information on an exciting new research project, in order to raise awareness of Gartnavel’s arts projects and how these impact on patient care. Plus Lead artist Donald Urquhart will give an overview of future art plans for Gartnavel.

**Thur 2, 5pm – 7pm**

FREE (Booking essential)

Gartnavel Royal Hospital, 1055 Great Western Road, Glasgow

Booking: 0141 232 2001 or caren.bonner@ggc.scot.nhs.uk

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**Relax Baliye – Night of Enlightenment**

An exciting evening full of entertainment; featuring music, bollywood dances, fashion and dinner. Women only event.

**Sun 12, 4pm – 7pm,** £5

Couper Institute, 86 Clarkston Road, Glasgow

Information: ravina.mhf@gmail.com

Booking: 0141 429 0595

Bobby Video, 291 Maxwell Road Pollokshields, Glasgow

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**Away From Her**

Canada, 2007, Sarah Polley, 1h 50m

Cast: Julie Christie, Gordon Pinsent

Married for almost 50 years, Grant and Fiona’s commitment to each other appears unwaivering, until she develops problems with her memory and they can no longer ignore the fact that she is being consumed by Alzheimer’s disease. Now the limits of their love and loyalty must be wrenchingly redefined.

+ short ‘Can’t Stop Breathing’

(Dir Amy Neil, 2004, 12m, starring Lynsey Baxter and Jane Lapotaire)

Made in Dumfries and Galloway, the film explores the relationship between a woman with Alzheimer’s and her daughter, who is also her primary care-giver.

**Robert Burns Centre Film Theatre**

**Thu 2, 10.45am and 7.30pm**

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**Headspace**

Presented by Platform and Positive Mental Attitudes in East Glasgow.

An eclectic mix of stunning exhibitions and thought provoking drama all under one roof!

Platform’s main auditorium will turn into a fantasy world of monsters and dreams with Reeling and Writhing Theatre Company’s Hannah & Harvey, whilst PMA’s art and drama groups will take over the studio theatre with bingo themed performance Eyes Down and the political manifestos of You Decide. No space will be left unturned as Platform’s huge windows will be transformed into a stunning exhibition, Inside Out; and Helen Nunn’s beautiful illustrations will transform the exhibition wall.

**Platform, The Bridge, Glasgow**

Box Office: 0141 276 9696 (opt 1)

www.platform-online.co.uk

**Eyes Down**

**Wed 8, 2.30pm,** FREE

**Studio Theatre**

**You Decide**

**Thur 9, 3.30pm, FREE**

**Studio Theatre**

**Hannah & Harvey**

**Fri 10 & Sat 11, 7.30pm**

£8.00 (£4.50, £3.50)

Auditorium

(page 7 for more information on Hannah & Harvey)

**Inside Out / Helen Nunn**

Running throughout Festival FREE

Main foyer

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**DUMFRIES AND GALLOWAY**

All Tickets £5/£3.60

(Full disabled access)

**Robert Burns Centre Film Theatre**

Mill Road, Dumfries, DG2 7BE

Box Office: 01387 264 808

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**FILM**

**MULTI ARTS**

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**Joy Division**

(see page 16)

Robert Burns Centre Film Theatre, Thu 9, 7.30pm

Also showing: Filmhouse, Edinburgh Sat 11, 1pm. Grosvenor, Glasgow Mon 13, 6pm
RENFREWSHIRE
The Art of the Garden
A walk through the contemplative garden with installations, plus tea and scones
A dedicated team of staff and service users from the RAMH ACTIVE project have renovated a large walled garden into a beautiful area for staff and service users featuring a wonderfully pungent herb garden, a large vegetable plot and some stunning flower beds to boot!
Fri 3, 11am – 1pm, FREE
RAMH, 41 Blackstone Rd, Ferguslie Park, Paisley
Booking: 0141 847 8900, shirley@ramh.org

Open Mic event
Winner performs at Mind ‘n the Arts in Renfrewshire
Sat 4, 2pm – 4pm, FREE
Just turn up
Paisley Arts Centre Theatre, New Street, Paisley
Information: 0141 842 3421 / Mark@ramh.org or 01505 821360 / Maggi.Boyd@ramh.org

Mind ‘n the Arts in Renfrewshire Exhibition
Multi-media performance including film, drama, comedy, drumming, stories, and the winner of the Open Mic will perform. A booklet of recovery stories, Inspirational Journeys of Hope, produced by Recovery Renfrewshire, will also be handed out on the night.
Sat 4, 7.30pm, £2.50
Paisley Arts Centre Theatre, New Street, Paisley
Booking: 0141 887 1010

Positive about Mental Health at Reid Kerr
Drama, music and short films of recovery will be showcased to explore mental health and wellbeing with accompanying stalls of information for students, staff, and the public.
Fri 10, 10am – 3pm, FREE
Reid Kerr College, Renfrew Road & Mile End Campus, Seedhill Rd
Information: Paul Kodur
0141 587 3372, pkodur@reidkerr.ac.uk

Youth Mind ‘n the Arts
Work produced by young people in Renfrewshire on the theme of Mind, Body and Spirit.
Mon 13 – Sun 20
Check opening times with venue
FREE
Paisley Arts Centre Theatre, New Street, Paisley
Information: Rosemarym@ramh.org

DUndee
Life : Art : Mind : Dundee
Demon Shoes
Film, music, poetry and drama hosted by Dundee’s Hearing Voices Network. This event includes the first public screening of new production Demon Shoes which looks at psychosis and self harm followed by The Haven: Stigma Dies which was highly commended at last year’s Scottish Mental Health Arts and Film Festival.
Tues 7, 7pm – 8.30pm
FREE (Booking essential)
The Steps Theatre, Wellgate Centre, Dundee
Booking: Hearing Voices Network 01382 220203

LANARKSHIRE
Well Factor… mother of all events
This event will showcase comedy, art, drama, dance and music to celebrate positive mental health and wellbeing in Lanarkshire. The show will include performances by local people, displaying how the arts can help improve wellbeing and support recovery.
Wed 8, 7pm, FREE (Booking essential)
Motherwell Concert Hall, Civic Centre, Motherwell
Booking: 01698 377626, Avril
Thomson@lanarkshire.scot.nhs.uk

WEST LOThIAN
Regal Tea Dance
For all those who are young at heart we invite you to get your dancing shoes on! Relax over a cup of tea, dance to live music or learn something new. The afternoon is supported by the Generation Arts Association.
www.westlothian.gov.uk
Thur 9, 2pm – 4.30pm
£2.50 (includes refreshments)
Regal Community Theatre, 24 – 34 North Bridge Street, Bathgate
Information: 01506 433 634

Voluntary Arts Showcase
This day brings together the best of West Lothian’s local arts groups to introduce you to new and creative ways in which you can maintain good mental health. With stalls, demonstrations, workshops and performances happening throughout the afternoon be prepared to leave feeling uplifted and inspired.
www.westlothian.gov.uk
Sat 11, 12 noon – 4pm, FREE
Regal Community Theatre, 24 – 34 North Bridge Street, Bathgate
Information: 01506 433 634

FIFE
Roars not Whispers asks: “Who am I?”
Exploring self image, awareness and perception.
Hands-on, expressive art roadshows and workshops take place in the lead up to and during the Festival, with a larger scale event to follow in October – organised by young people for young people! The events set out to explore and understand the one person we all have in our lives 24/7 but maybe don’t know well enough – ourselves!
Roars not Whispers (RnW) is a national youth led project, working in joint partnership with the Scottish Youth Parliament and Oxfam in Scotland.
www.rnw.org.uk
For dates, further information or workshop requests contact: 07956 493596, Shirley.Crawley@fife.gov.uk
Inside Out and Helen Nunn
Presented by Platform and Positive Mental Attitudes in East Glasgow.
Platform’s huge windows will be transformed into stunning stained glass effect montages devised by the creative members of the PMA art group, whilst Helen Nunn’s exhibition showcases the young and emerging artist’s beautiful illustrations.

For more information on Headspace please visit page 23.

Running throughout Festival
Check opening times with venue
Platform, The Bridge, Glasgow
FREE
Box Office: 0141 276 9696 (opt 1)

www.platform-online.co.uk

HOME Exhibition
Presented by Impact Arts.
This exhibition will showcase the work of HOME – a furniture design, restoration and recycling project based in the Gorbals, Glasgow, where young volunteers work with artists and crafts people, sourcing, restoring or redesigning furniture.

Running throughout Festival
Check opening times with venue
The Tron Theatre, Glasgow
FREE (No booking necessary)
Information: 0141 552 4267

A Positive Frame of Mind: National Photo Competition and Exhibitions
Brought to you by ‘see me’
A range of local and regional photography exhibitions will be taking place in local venues across Scotland. Hosted by community organisations, images explore both positive mental health and stigma.

For information please contact Johannes Parkkonen on 0131 624 8945, Johannes.parkkonen@seemescotland.org

LANARKSHIRE
Weaving the Threads
Exhibition of the creative talents of community members from across Lanarkshire.
Wed 1 – Sat 18
Mon – Sat 10am – 5pm
Sun 12 noon – 5pm
FREE
Chatelherault Country Park, Visitor Centre, Court Yard Gallery

A Place to be
Exhibition of the creative talents of community members from across North Lanarkshire.
From Oct 3, 10am – 3pm,
FREE
Upstage Cafe/Bar, Civic Centre, Motherwell
Information: 01698 377626, Avril.Thomson@lanarkshire.scot.nhs.uk

RENFREWSHIRE
Dreamscapes Art Exhibition
Dreamscapes will showcase a range of exhibits from a number of mental health services’ arts groups including; silk paintings, fine art, pastel/watercolors and photography.
Thur 2 – Sun 12,
FREE
Check opening times with venues
Paisley Arts Centre, New Street, Paisley and Charleston Centre, 49 Neilston Road, Paisley
Information: 0141 314 4481, karen.kyle@renfrewshire.gov.uk

DUNDEE
Life : Art : Mind : Dundee
Public Display & Exhibition
This event showcases artworks and craft pieces, produced by groups at Alloway Day Services.
Sat 4, 10am – 4pm,
FREE
Wellgate Shopping Centre, Dundee
Information: 01382 305741

ST/ART Shooting Visual Arts Exhibition
ST/ART Project in partnership with Alzheimer Scotland.
This exhibition showcases the project, which supports people with stroke, acquired brain injury and long term conditions using a variety of visual arts media.
Mon 6 – Sun 12, FREE
Tartan Coffeehouse, 53A Perth Road, Dundee
Information: Chris Kelly 01382 43000 ext 24093

International Women’s Photography Exhibition
Women from diverse cultures have come together to explore wellbeing in this inspiring photography exhibition. The photographs will feature audio, text or verbal presentations of each woman’s experience. This is a women only event.
Fri 10, 6.30pm – 8pm
Dundee International Women’s Centre, Dundonald Street
£3 (including refreshments)
Booking: 01382 462058 (Women only)

CLACKMANANSHIRE
Artivism
Reachout with Arts in mind.
This inspiring exhibition from Reachout is led by local artist Emma Scott-Smith and has been developed by local people with experience of mental health problems. This exhibition will be touring throughout Clackmannanshire in ‘The Wee Gallery’ travelling bus in the hillfoot villages of Alva, Menstrie, Tillicoultry, Tullibody, Dollar and Alloa
Mon 6 – Sun 12, 10am – 3pm,
FREE
No booking necessary
Information: 01259 723 666, lesley-reachout@tiscali.co.uk

www.mhfestival.com
**COMEDY**

Laff Yer Heid Aff – Again!
Line up includes: Raymond Mearns, Kevin Bridges, John Ross, plus more. Following last year’s success we promise you will laff yer heid aff in an evening of stand up comedy proving laughter really is the best medicine. Line up includes the ‘ballistic rant’ (List) and Legit star Raymond Mearns, the ‘most exciting talent in Scottish stand-up’ (Herald) Kevin Bridges and the ‘truly surreal’ (List) John Ross.

Lucky audience members will also receive a new, dead funny, mental health & comedy DVD, featuring Raymond Mearns and Des Mclean from STEPS (South-east CHCP, Greater Glasgow and Clyde NHS)

Mon 13, 7.30pm (doors)
The Stand Comedy Club, Glasgow
£3.50
Tickets Scotland, 239 Argyle St, Glasgow 0141 204 5151 / credit card
Bookings: 0870 220 1116
sales@tickets-scotland.com

Think No Evil of Us: My Life with Kenneth Williams
Written and Performed by David Benson, presented by James Seabright.
This classic one-man show unlocks the character of one of Britain’s best-loved and most-missed entertainers. In this thrilling and hilarious tour de force we see Kenneth Williams at his funniest – and at his most badly behaved. This brilliantly performed semi-autobiographical show also reveals how David’s unusual childhood led to an extraordinary connection with the Carry On star.
‘Unforgettable & inspirational theatre’ Independent on Sunday
www.thinknoevil.com

Thur 16, 7.30pm
Gilmorehill G12 Theatre, Glasgow
£4
Booking: 0141 330 5522

And if these don’t tickle your toes you can always try a laughter workshop in Dundee...

Laughter Workshop
Life : Art : Mind : Dundee
Thur 9, 2pm – 4pm
FREE (Booking essential)
Wighton Centre, Wellgate Centre
Booking: Littlewing 01382 305741

**WORKSHOPS**

LANARKSHIRE
Health Issues in the Community – Taster Sessions
Participation and creation, learn how to use the arts to promote health.
Fri 3, Thur 9, Fri 17, 2pm – 4pm
FREE (Booking essential)
Various venues, Lanarkshire
Booking: 01698 332073,
CruickshankL@northlan.gsx.gov.uk

NLStudio – All the Positives!
See what drama can do for you with NLStudio, North Lanarkshire’s own all ability drama company.
Thur 9, 7pm – 9pm
Sir John Wilson Town Hall, Stirling Street, Airdrie
Booking: 01236 607416

PERTH
Feel Good Drama Workshop
From Horsecross Community.
Fun and informal drama techniques that will lift your spirits and have you buzzing with confidence. Open to all ages (18+) and abilities.
Sat 4 & Sun 5, 1.30pm – 3pm
FREE
Norie-Miller Studio, Perth Concert Hall
Booking: 01738 621 031

Feel Good Music Workshop
From Horsecross Community.
Fun and informal drumming and percussion techniques that will lift your spirits and get your toes tapping! Open to all ages (18+) and abilities.
Sat 4 & Sun 5, 3.30pm – 5pm
FREE
Norie-Miller Studio, Perth Concert Hall
Booking: 01738 621 031
RENFREWSHIRE

The Buddy Beat Drumming Workshop
Join ‘The Buddy Beat’ – a friendly and welcoming group particularly aimed at engaging people who are experiencing mental health issues. If you’ve ever wanted to bang a drum, this is the place for you.

Thur 2, 10am – 11.30am
FREE
Paisley Arts Centre Theatre, New Street, Paisley
Booking: 0141 887 1010
Information: 0141 314 4059, jeanette.allan@renver-pct.nhs.uk

Community Drum Circles
Come and join Jane Bentley and ‘The Buddy Beat’ for a community drum circle – where the whole community is invited to join in and create music together.

Thur 2, 1pm – 2pm
2.15pm – 3.15pm
FREE
Paisley Town Hall, Alexander Wilson Suite, Abbey Close
Booking: 0141 887 1010
Information: 0141 314 4059, jeanette.allan@renver-pct.nhs.uk

Altered Images
Art Workshop – A collaborative project contributing towards a group multi-media mosaic.

Thur 2, 2pm – 4pm
FREE
Paisley Arts Centre Theatre, New Street, Paisley
Booking: 0141 887 1010
Information: 0141 314 4481, barbara.phillipsz@renver-pct.scot.nhs.uk

Hit the Beat ‘talk about it’
Young people from 13 – 17 try drama, street dance, graffiti art, video animation, beat boxing, dj-ing and music tuition from this Police led initiative.

Fri 17, 7pm – 9pm
FREE
The Tannahill Centre, 76 Blackstoun Road, Ferguslie, Paisley
Information: Rosemarym@ramh.org

Songwriting workshop with Carol Laula
One of Scotland’s finest female singer-songwriters, Paisley born Carol Laula, whose songs often deal with strength in adversity, leads this songwriting workshop for young people. If you’d like to catch Carol live on stage don’t miss her performance on Saturday 11th October, also at the Paisley Arts Centre (0141 887 1010).

Sat 18, 10am – 12pm
FREE
Paisley Arts Centre Theatre, New Street, Paisley
Information: Rosemarym@ramh.org

DUNDEE

EID Dance & Music Celebration
Open to all women, featuring music, dancing and henna painting to promote mental health, wellbeing and diversity. This is a women only event.

Sat 4, 3pm – 8pm
£3 Adults £2 Children (under 12)
Dundee International Women’s Centre, Dundonald Street
Booking: 01382 462058

Arts and Crafts Playscheme
This arts and crafts workshop for children aims to promote the importance of play and help build confidence, with an emphasis on interaction between children from different cultures.

Thur 9, 1pm – 3pm
£3.50 per child
Dundee International Women’s Centre, Dundonald Street
Booking: 01382 462058

Belly Dancing Workshop
A belly dancing taster for all run by Orbit Approach who promote a holistic approach to mental health and wellbeing.

Sat 11, 11am – 12 noon
FREE (Booking essential)
Wighton Centre, Wellgate Centre
Booking: Jenni Wilson 01382 805071

Card Making Workshop
Come along and try your hand at making cards for all occasions. No experience necessary. The workshop will be run by the Branching Out project.

Sat 11, 12.30pm – 2.30pm
FREE (Booking essential)
Wighton Centre, Wellgate Centre
Booking: Angela Kilby 01382 455656

Family Felt Making & Creative Arts Workshops
Bring the whole family and make your own felt pictures – children under eight must be accompanied by an adult. Or explore a wide range of art materials and ideas in a large scale painting and collage workshop open to adults who like getting messy. Limited places.

Sat 11
11.30am – 1pm (Family Felt Making)
1.30pm – 3pm (Large scale painting)
FREE (Booking advisable)
Play room, Wellgate Music Library, Wellgate Centre
Booking: Art Angel 01382 228383

Launder Workshop
Rediscover the benefits of a good laugh in this laughter workshop run by Margaret McCathie.

Thur 9, 2pm – 4pm
FREE (Booking required)
Wighton Centre, Wellgate Centre
Booking: Littlewing 01382 305741

Family Felt Making & Creative Arts Workshops
Bring the whole family and make your own felt pictures – children under eight must be accompanied by an adult. Or explore a wide range of art materials and ideas in a large scale painting and collage workshop open to adults who like getting messy. Limited places.

Sat 11
11.30am – 1pm (Family Felt Making)
1.30pm – 3pm (Large scale painting)
FREE (Booking advisable)
Play room, Wellgate Music Library, Wellgate Centre
Booking: Art Angel 01382 228383

Launder Workshop
Rediscover the benefits of a good laugh in this laughter workshop run by Margaret McCathie.

Thur 9, 2pm – 4pm
FREE (Booking required)
Wighton Centre, Wellgate Centre
Booking: Littlewing 01382 305741
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<td>Fleeto (+ past show discussion)</td>
<td>08</td>
<td>St Bride’s Centre</td>
<td>Theatre</td>
</tr>
<tr>
<td>Thur 9</td>
<td>The Savages</td>
<td>16</td>
<td>Filmhouse</td>
<td>Film</td>
</tr>
<tr>
<td>Fri 10</td>
<td>Some Voices</td>
<td>16</td>
<td>Filmhouse</td>
<td>Film</td>
</tr>
<tr>
<td>Sat 11</td>
<td>Joy Division</td>
<td>16</td>
<td>Filmhouse</td>
<td>Film</td>
</tr>
<tr>
<td>Sun 12</td>
<td>Film Awards Ceremony</td>
<td>16</td>
<td>Filmhouse</td>
<td>Film</td>
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<tr>
<td><strong>GLASGOW</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Various</td>
<td>“Who am I?”</td>
<td>25</td>
<td>Various venues</td>
<td>Multi Arts</td>
</tr>
<tr>
<td>Thur 16 – 17</td>
<td>Hannah and Harvey</td>
<td>07</td>
<td>Byre Theatre, St Andrews</td>
<td>Theatre</td>
</tr>
<tr>
<td><strong>HAMPDEN</strong></td>
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<tr>
<td>1 – 19</td>
<td>HOME Exhibition</td>
<td>26</td>
<td>The Tron</td>
<td>Visual Arts</td>
</tr>
<tr>
<td>1 – 19</td>
<td>Inside Out / Helen Nunn (Headspace)</td>
<td>26</td>
<td>Platform</td>
<td>Visual Arts</td>
</tr>
<tr>
<td>1 – 19</td>
<td>Our Green Space</td>
<td>26</td>
<td>Museum of Rural Life, Kittoshide</td>
<td>Visual Arts</td>
</tr>
<tr>
<td>Thu 2</td>
<td>Celebrating Art in Our Hospital</td>
<td>23</td>
<td>Garnetval Royal Hospital</td>
<td>Multi Arts</td>
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<tr>
<td>3, 6 – 8</td>
<td>Cheer up for God’s Sake!</td>
<td>18</td>
<td>The Potala</td>
<td>Film</td>
</tr>
<tr>
<td>Mon 6</td>
<td>South Asian Stories</td>
<td>18</td>
<td>Gilmourhead G12</td>
<td>Film</td>
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<tr>
<td>Tues 7</td>
<td>Pieces of Me – Stories of Recovery</td>
<td>06</td>
<td>Citizens Theatre</td>
<td>Theatre</td>
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<tr>
<td>Tues 7</td>
<td>View from a Grain of Sand</td>
<td>18</td>
<td>Gilmourhead G12</td>
<td>Film</td>
</tr>
<tr>
<td>Wed 8</td>
<td>Diversity Films</td>
<td>18</td>
<td>Gilmourhead G12</td>
<td>Film</td>
</tr>
<tr>
<td>8 – 11</td>
<td>Headspace</td>
<td>23</td>
<td>Platform</td>
<td>Multi Arts</td>
</tr>
<tr>
<td>9 – 18</td>
<td>One Flew Over the Cuckoo’s Nest</td>
<td>09</td>
<td>Ramsorn Theatre</td>
<td>Theatre</td>
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<tr>
<td>9 – 10</td>
<td>Music Like A Vitamin – Vitamin A &amp; B</td>
<td>04</td>
<td>ABC</td>
<td>Music</td>
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<tr>
<td>10 – 11</td>
<td>Hannah and Harvey</td>
<td>07</td>
<td>Platform</td>
<td>Theatre</td>
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<tr>
<td>10 – 12</td>
<td>The Emotional Life of Furniture</td>
<td>06</td>
<td>The Tron</td>
<td>Theatre</td>
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<tr>
<td>Sun 12</td>
<td>Regal Baby Show</td>
<td>23</td>
<td>Cooplin Institute</td>
<td>Multi Arts</td>
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<tr>
<td>Sun 12</td>
<td>Cathy Come Home</td>
<td>17</td>
<td>Gilmourhead G12</td>
<td>Film</td>
</tr>
<tr>
<td>Mon 13</td>
<td>Laff Yer Heid Aff – Again!</td>
<td>28</td>
<td>The Stand</td>
<td>Comedy</td>
</tr>
<tr>
<td>Mon 13</td>
<td>Joy Division</td>
<td>17</td>
<td>Gilmourhead G12</td>
<td>Film</td>
</tr>
<tr>
<td>Tues 14</td>
<td>In the Valley of Elah</td>
<td>17</td>
<td>Gilmourhead G12</td>
<td>Film</td>
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<tr>
<td>Thur 14</td>
<td>Celebrating Sanctuary</td>
<td>19</td>
<td>All Saints Secondary</td>
<td>Film</td>
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<tr>
<td>Wed 15</td>
<td>Little Miss Sunshine</td>
<td>17</td>
<td>Gilmourhead G12</td>
<td>Film</td>
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<tr>
<td>Thur 15</td>
<td>Lars and the Real Girl</td>
<td>17</td>
<td>Gilmourhead G12</td>
<td>Film</td>
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<tr>
<td>Thur 16</td>
<td>My Life with Kenneth Williams</td>
<td>09</td>
<td>Gilmourhead G12</td>
<td>Theatre</td>
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<tr>
<td>Fri 17</td>
<td>Life at Work</td>
<td>29</td>
<td>The Mitchell</td>
<td>Workshops</td>
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<td>Fri 17</td>
<td>Creative Confident Children</td>
<td>29</td>
<td>City Halls</td>
<td>Workshops</td>
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<tr>
<td>Fri 17</td>
<td>Community Voices</td>
<td>12</td>
<td>The Mitchell</td>
<td>Literary</td>
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<tr>
<td>Sat 18</td>
<td>Writers’ Mind</td>
<td>13</td>
<td>The Mitchell</td>
<td>Literary</td>
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<tr>
<td><strong>LANARKSHIRE</strong></td>
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<tr>
<td>Wed 1</td>
<td>Lars and the Real Girl</td>
<td>20</td>
<td>Vogue Cinema</td>
<td>Film</td>
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<tr>
<td>1 – 18</td>
<td>Weaving the Threads</td>
<td>27</td>
<td>Chatelherault Country Park</td>
<td>Visual Arts</td>
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<tr>
<td>Fri 3</td>
<td>A Place to be</td>
<td>27</td>
<td>Upstage Cafe/Bar</td>
<td>Visual Arts</td>
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<tr>
<td>3, 17</td>
<td>Health issues in the Community</td>
<td>29</td>
<td>Lanarkshire Council</td>
<td>Workshops</td>
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<tr>
<td>Sun 5</td>
<td>Sweet Sixteen</td>
<td>20</td>
<td>Vogue Cinema</td>
<td>Film</td>
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<tr>
<td>7 – 8</td>
<td>Just a Simple Little Melody</td>
<td>11</td>
<td>East Kilbride Village Theatre</td>
<td>Theatre</td>
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<tr>
<td>Wed 8</td>
<td>Well Factor – mother of all events</td>
<td>25</td>
<td>Motherwell Concert Hall</td>
<td>Multi Arts</td>
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<tr>
<td>Thur 9</td>
<td>NL Studio – All the Positives!</td>
<td>29</td>
<td>Sir John Wilson Town Hall</td>
<td>Workshops</td>
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<tr>
<td>Fri 10</td>
<td>In Troubled Times</td>
<td>11</td>
<td>University of the West of Scotland</td>
<td>Theatre</td>
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<tr>
<td>Sun 12</td>
<td>On a Clear Day</td>
<td>20</td>
<td>Vogue Cinema</td>
<td>Film</td>
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<tr>
<td>Mon 13</td>
<td>Talk To Me</td>
<td>11</td>
<td>Motherwell Theatre</td>
<td>Theatre</td>
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<td>Tues 14</td>
<td>Fringe Festival (past show discussion)</td>
<td>06</td>
<td>East Kilbride Centre</td>
<td>Theatre</td>
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<td>Tues 14</td>
<td>Finding Nemo</td>
<td>20</td>
<td>Vogue Cinema</td>
<td>Film</td>
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<tr>
<td>Wed 15</td>
<td>High School Musical</td>
<td>21</td>
<td>Vogue Cinema</td>
<td>Film</td>
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<tr>
<td>Wed 15</td>
<td>After Life</td>
<td>21</td>
<td>Vogue Cinema</td>
<td>Film</td>
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<tr>
<td>Thur 16</td>
<td>Madagasc</td>
<td>21</td>
<td>Vogue Cinema</td>
<td>Film</td>
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<tr>
<td>Thur 16</td>
<td>Life at Work</td>
<td>21</td>
<td>Council Building</td>
<td>Workshops</td>
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<tr>
<td>Fri 17</td>
<td>Lanarkshire Recovery Network DVD Launch</td>
<td>21</td>
<td>South Lanarkshire Council Building</td>
<td>Film</td>
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<tr>
<td>Sat 19</td>
<td>4.48 Psychosis</td>
<td>11</td>
<td>Cumnorobian Theatre</td>
<td>Theatre</td>
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<tr>
<td><strong>FORTH</strong></td>
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<tr>
<td>Fri 3</td>
<td>Blair Ghost Project</td>
<td>10</td>
<td>Perth Concert Hall</td>
<td>Theatre</td>
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<tr>
<td>4 – 5</td>
<td>‘Feel Good’ Drama &amp; Music Workshops</td>
<td>29</td>
<td>Perth Studio Theatre</td>
<td>Workshops</td>
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<tr>
<td>Fri 10</td>
<td>One Leaf – One Link Book Launch</td>
<td>05</td>
<td>AK Bell Library</td>
<td>Literary</td>
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<tr>
<td>Mon 13</td>
<td>Lunchtime concert with Thomas Gould</td>
<td>05</td>
<td>Perth Concert Hall</td>
<td>Music</td>
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<tr>
<td>Fri 17</td>
<td>You Decide</td>
<td>10</td>
<td>Perth Studio Theatre</td>
<td>Theatre</td>
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<td><strong>RENFREWSHIRE</strong></td>
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<tr>
<td>2 – 12</td>
<td>Dreamscape Art Exhibition</td>
<td>27</td>
<td>Paisley Arts Centre/Charleston Centre</td>
<td>Visual Arts</td>
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<tr>
<td>2, 10</td>
<td>The Buddy Beat Drumming workshop</td>
<td>30</td>
<td>Paisley Arts Centre</td>
<td>Workshops</td>
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<tr>
<td>Thur 2</td>
<td>Community Drum Circles</td>
<td>30</td>
<td>Paisley Town Hall</td>
<td>Workshops</td>
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<td>Thur 2</td>
<td>Altered Images</td>
<td>30</td>
<td>Paisley Arts Centre</td>
<td>Workshops</td>
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<td>Thur 2</td>
<td>Bill’s Day Out</td>
<td>10</td>
<td>Disability Resource Centre</td>
<td>Theatre</td>
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<td>Fri 3</td>
<td>The Art of the Garden</td>
<td>24</td>
<td>RAMH</td>
<td>Multi Arts</td>
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<td>Fri 3</td>
<td>Renfrewshire Shorts</td>
<td>19</td>
<td>Paisley Arts Centre</td>
<td>Film</td>
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<tr>
<td>Sat 4</td>
<td>‘Mind ‘n the Arts in Renfrewshire’</td>
<td>24</td>
<td>Paisley Arts Centre</td>
<td>Film</td>
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<tr>
<td>Fri 10</td>
<td>Positive Mental Health at Reid Kerr</td>
<td>24</td>
<td>Reid Kerr College</td>
<td>Multi Arts</td>
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<tr>
<td>13 – 20</td>
<td>Youth Mind ‘n the Arts</td>
<td>24</td>
<td>Paisley Arts Centre</td>
<td>Multi Arts</td>
</tr>
<tr>
<td>Fri 17</td>
<td>The Beat ‘talk about it’</td>
<td>20</td>
<td>The Tennent Centre</td>
<td>Workshops</td>
</tr>
<tr>
<td>Sat 18</td>
<td>Singswimming workshop with Caral Laula</td>
<td>30</td>
<td>Paisley Arts Centre</td>
<td>Workshops</td>
</tr>
<tr>
<td><strong>WEST DUNbartONSHIRE</strong></td>
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<tr>
<td>Fri 10</td>
<td>Connecting at Connect</td>
<td>24</td>
<td>Cafe Connect</td>
<td>Multi Arts</td>
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<tr>
<td><strong>OTHER LOCALES</strong></td>
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<tr>
<td>Thur 9</td>
<td>Regal Tea Dance</td>
<td>24</td>
<td>Regal Community Theatre</td>
<td>Multi Arts</td>
</tr>
<tr>
<td>Sat 11</td>
<td>Voluntary Arts Showcase</td>
<td>24</td>
<td>Regal Community Theatre</td>
<td>Multi Arts</td>
</tr>
<tr>
<td>Fri 17</td>
<td>Time Out with Kosmas</td>
<td>05</td>
<td>Regal Community Theatre</td>
<td>Music</td>
</tr>
</tbody>
</table>
VENUES

Arts venues: Box office information and addresses

**DUMFRIES & GALLOWAY**

**Robert Burns Centre**
Mill Road
Dumfries
DG2 7BE
01387 264808
www.rbft.co.uk

**EVENBURN**

**Glasgow, G34 9JW**
1000 Westerhouse Rd
The Bridge
Platform
Glasgow, G3 7DN
North St
The Mitchell Library
GLASGOW
0131 346 1405
EH11 2DY
Edinburgh
10 Orwell Terrace
St Bride’s Centre
www.lyceum.org.uk
0131 248 4848
EH3 9AX
Edinburgh
88 Lothian Rd
ABC
www.abcglasgow.com
0844 847 2363
300 Sauchiehall St
ABC
www.abcglasgow.com
0844 847 2363
300 Sauchiehall St
ABC
www.abcglasgow.com
0844 847 2363
300 Sauchiehall St

**LANARKSHIRE**

**Motherwell Theatre/ Concert Hall**
Civic Centre
Motherwell, ML1 1AB
01698 403 120

**Edinburgh**

**Lyceum Theatre**
Grindlay St
Edinburgh
EH1 2YD
0131 246 4848
www.lyceum.org.uk

**Glasgow**

**The Mitchell Library**
North St
Glasgow, G3 7DN
0141 287 2999

**Platform**
The Bridge
1000 Westerhouse Rd
Glasgow, G34 9JW
0141 276 3965
www.platform-online.co.uk

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**Get It On**

BBC Radio Scotland’s Get It On asks you to suggest the songs that never fail to lift your mood. Don’t expect to hear much Leonard Cohen or Morrissey – but what are the songs that make you feel on top of the world?

In the second hour of the show presenter Bryan Burnett gives you the chance to grab some breathing space by picking your favourite chill out tunes. Why not email your suggestions to getit@bbc.co.uk or head to Bryan’s Blog on the BBC Radio Scotland website: www.bbc.co.uk/radioscotland and tune in for an uplifting start to your week:

**Monday 13 October, 6.10pm**

**The Jazz House**
Stephen Duffy presents a special edition of the Sony Award nominated radio programme focusing on mental health issues and the importance of music as an aid to wellbeing and recovery.

Many of the leading players from the world of jazz have experienced mental health problems at some point in their careers including Billie Holiday, Bud Powell, Thelonious Monk, Chet Baker and Albert Ayler. Expect a lively mix of music, chat and analysis.

**Wednesday 8 October, 8pm**

**Music Is The Healing Force of The Universe**
Jazz musician and psychologist Dr. Raymond MacDonald investigates the healing power of music and how its therapeutic qualities have been used throughout history. Featuring musical collaborations with Bill Wells, workshop leaders and a group of patients at Gartnavel Royal Hospital’s Polyphony music project. (28 Mins, Produced by Sushil K Dade)

**Monday 6 October, 11.30am**

BBC Radio Scotland’s brand new multi-media facility, The L.A.B, are keen to offer ‘hands on’ workshops to any groups that are involved in this year’s Festival. Creativity and imagination are stirred up in The L.A.B in the form of film making, animation, news production and podcasting and the end product is then displayed on the BBC website and sent out to the participants on a DVD.

For more information please contact The Lab direct on 0141 422 7896 or thelab@BBC.co.uk

**Wednesday 8 October, 8pm**

**The Lab**

**BBC Scotland’s brand new multi-media facility, The L.A.B.**

**Headroom**

Life is full of ups and downs. So the BBC has created Headroom, a campaign to encourage you to look after your mental wellbeing.

We’ll help you cope with the everyday stresses and strains of life and provide a safe place to start finding answers to more complex problems.

Make the most of the Headroom website to explore how you are feeling right now. Check into Mind Spa and find out how your lifestyle could be affecting your wellbeing.

Register for free at bbc.co.uk/headroom

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We have teamed up with BBC Scotland to present some more thought-provoking, diverse and entertaining programmes and activities.

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We have teamed up with BBC Scotland to present some more thought-provoking, diverse and entertaining programmes and activities.
Breathing Space is a free and confidential phoneline service for any individual who is experiencing low mood or depression.

Available 24 hours at weekends (6pm Friday – 6am Monday) and 6pm – 2am on Weekdays (Monday – Thursday) on 0800 83 85 87 (Minicom: 0800 31 71 60)

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair. 08457 909090