

**SCOTTISH  
MENTAL  
HEALTH  
ARTS & FILM  
FESTIVAL**



**1-19  
OCTOBER  
2008**



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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**HELLO**

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 572 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.

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# 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.



Twilight Sad



Rod Jones



Emma Pollock

### 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, Proto-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...

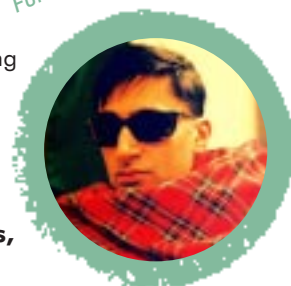
Local indie hero **Douglas T Stewart** will MC both gigs.

**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](http://www.abcglasgow.com)  
In person at the ABC Box Office (cash only/no booking fee)



Kenny Anderson

Future Pilot AKA



# IN YOUR AREA



Gavin McGinty

### DUNDEE

Life : Art : Mind : 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: Littlewing 01382 305741



Sons and Daughters

# MUSIC

### PERTH

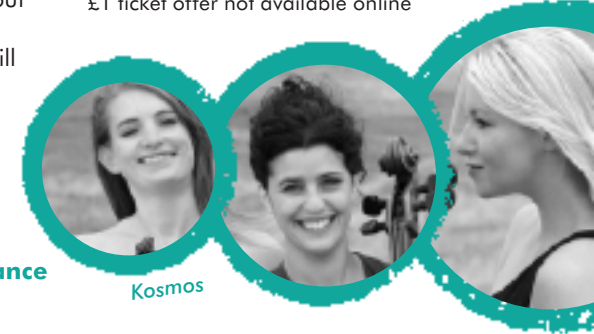
#### Relax: Lunchtime Concert with Thomas Gould

**Thomas Gould** (violin) and **John Reid** (piano) play Schubert's *Rondo Brilliant* 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



Kosmos

### 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

## THEATRE

### **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



*The Emotional Life of Furniture*

### **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](http://www.tron.co.uk)

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](http://www.reelingwrithing.com)



*Hannah and Harvey  
(illustration: Helen Nunn)*

## THEATRE

**Fri 10 – Sat 11, 7.30pm**

(as part of Headspace – page 23)

£8 (£4.50, £3.50)

**Platform, The Bridge, Glasgow**

Box Office: 0141 276 9696 (opt 1)  
[www.platform-online.co.uk](http://www.platform-online.co.uk)

Further tour dates throughout the Festival include:

**Tues 14, 2.30pm**

£5 (buy 3 get 1 free)

**Ryan Centre, Fairhurst Road, Stranraer**

Box Office: 01776 703535  
[www.dumgal.gov.uk](http://www.dumgal.gov.uk)

**Thur 16, 2pm**

£3 per child (accompanying adults free)

**Dalry Primary School,**

**Sharon Street, Dalry**

Box Office: 01294 274 059  
[www.harbourarts.org.uk](http://www.harbourarts.org.uk)

**Fri 17 – Sat 18, 7.30pm**

£14 (£10 – £8)

**Byre Theatre, Abbey Street, St Andrews**

Box Office: 01334 475 000  
[www.byretheatre.com](http://www.byretheatre.com)

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](http://www.helennunn.com)

## THEATRE

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](http://www.lyceum.org.uk/macbeth)

### 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.

**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](http://www.southlanarkshire.gov.uk)

For full tour details visit [www.mhfestival.com](http://www.mhfestival.com)

Fleeto



*Think No Evil of Us*

### 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](http://www.thinknoevil.com)

**Thur 16, 7.30pm, £4 Gilmorehill G12 Theatre, Glasgow**

Booking: 0141 330 5522

## THEATRE

### 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](mailto: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](http://www.strath.ac.uk/culture/ramshorn)

'Unforgettable & inspirational theatre'

Independent on Sunday



## THEATRE

## IN YOUR AREA

## THEATRE

### 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, focussing 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

#### **The Emotional Life of Furniture**

Written and directed by Mark Westbrook, presented by Spartan.

This abnormal comedy-drama is based on a similar experiment by psychiatrist David Rosenhan in the 1970s that radically divided the psychiatric community.

**Weds 8, 7.30pm**, FREE (Booking essential)

#### **The Little Theatre,**

**58 Victoria Road, Dundee**

Booking: Littlewing 01382 305 741

### 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

10 [www.mhfestival.com](http://www.mhfestival.com)

### 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

#### **You Decide**

Positive Mental Attitudes (PMA) drama group fresh from the Headspace performance in East Glasgow.

Who would you vote for? The 'political' party that promotes individuality and the positivity of being different OR the party concerned with the need to conform and belong to a group. Manifestos will be produced by the creative PMA writers' group as the opposing parties passionately try to drum up support. The ballot box awaits...

**Fri 17, 7pm**, FREE

#### **Perth Studio Theatre, Mill Street, Perth**

Booking: 01738 621 031

Blair Ghost Project



### 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](http://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

#### **In Troubled Times**

Produced by Unheard Voices, the Glasgow Homelessness Network's theatre group.

**In Troubled Times** interweaves the stories of three young people. Dealing with issues around family breakdown, bullying, exploitation, violence and substance misuse, the piece will be followed by a workshop allowing the audience to interact with the performers.

**Fri 10, 2pm**

#### **University of the West of Scotland, Hamilton Campus**

FREE (Booking essential)

Booking: 01698 377626, Avril.

[Thomson@lanarkshire.scot.nhs.uk](mailto: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](mailto:Thomson@lanarkshire.scot.nhs.uk)

#### **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](http://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](mailto:Thomson@lanarkshire.scot.nhs.uk)

## LITERARY

### 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**

'My work is to  
love the world' '

Mary Oliver, Pulitzer  
Prize winning poet

### 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 Lochhead** 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](mailto:lapidusscotland@yahoo.co.uk) or visit: [www.lapidus.org.uk](http://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](mailto: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.

## LITERARY

**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.

**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.

## FILM

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 SMHAFF 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.

### FILMHOUSE SCREENINGS

All tickets £4 (£2)

**Edinburgh Filmhouse**

Box Office 0131 228 2688  
(open daily 12 noon – 9pm)  
www.filmhousecinema.com

#### **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

#### **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**

Little Miss Sunshine



#### **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



## FILM

### **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**

### **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**



Some Voices

### **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**

Also showing: Robert Burns Centre Film Theatre, Thu 9, 7.30pm, Grosvenor Cinema, Mon 13, 6pm.

### **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

### **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**

Cathy Come Home



## FILM

### **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

### **In the Valley of Elah**

(see page 14)

**Grosvenor Cinema, Tue 14, 6pm**

Also showing: Filmhouse, Edinburgh, Fri 3, 5.45pm.

### **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)

In the Valley of Elah



## FILM

### GILMOREHILL G12 SCREENINGS

#### All tickets FREE

Gilmorehill G12 Theatre, Glasgow

Box Office: 0141 330 5522

[www.gilmorehillg12.co.uk](http://www.gilmorehillg12.co.uk)

#### 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.

#### Film

##### 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, 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.

**Gilmorehill G12, Tue 7, 7pm**

#### DIVERSITY FILMS@SMHAFF 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.

**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](mailto:info@plantation.org.uk) **ww**

## FILM

### IN YOUR AREA

#### Celebrating Sanctuary

Event includes poetry, stalls, buffet, debate and film screening:

#### From Congo to Motherwell

BBC Scotland, 30 min

If you had grown up in rural Africa and were forced to run for your life in the midst of a civil war, what would you think when you stepped off a train in Motherwell? By following the journey of two Congolese families who have come to live here, BBC Scotland's sensitive and touching documentary takes a look at Scotland through African eyes.

**Tue 14, 12 noon – 2.30pm, FREE**  
**All Saints Secondary School,**  
**299 Ryehill Road, Glasgow G21 3EN**  
Information and booking: 0141 773 4937, [ravina.mhf@gmail.com](mailto:ravina.mhf@gmail.com)

This event is primarily for asylum seekers, refugees and their families.

#### 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 film-makers. 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

#### 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

##### 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

## FILM

### 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 cements 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, Tues 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

## FILM

Sweet Sixteen



Lars and the Real Girl



## FILM

### 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

### 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 unwavering, 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**

### 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

Joy Division



### 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

### 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



Headspace: You Decide

## MULTI ARTS

### 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**

## MULTI ARTS

### 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@  
renver-pct.scot.nhs.uk

#### 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 223023

## IN YOUR AREA

### 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.

**Weds 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](http://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](http://www.westlothian.gov.uk)

**Sat 11, 12 noon – 4pm**, FREE  
**Regal Community Theatre,  
24 – 34 North Bridge Street, Bathgate**  
Information: 01506 433 634

## MULTI ARTS

### WEST DUNBARTONSHIRE

#### Connecting at Connect

A number of West Dunbartonshire groups including The Making Friends Project, Ask Clyde, and Caos in Clydebank all come together for a night of music, comedy, and drama, featuring the debut drama production of Stamp Out Stigma from service user and carer support group Mental Health – Who Cares? The event will also feature artwork, photography, poetry, prose and film from local groups.

**Fri 10, 7pm – 10pm**, FREE  
(Booking essential)

**Café Connect, 3 Bruce  
Street, Dumbarton**

Booking: 0141 951 6245, isobel.  
plunkett@west-dunbarton.gov.uk

### 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](http://www.rnw.org.uk)

For dates, further information or  
workshop requests contact:  
07956 493596, Shirley.Crawley@fife.gov.uk

## VISUAL ARTS

### **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

### **Our Green Space**

Presented by Branching Out.

Brought to you by Forestry Commission Scotland, Glasgow Centre for Population Health & GCV Green Network, NHS Greater Glasgow and Clyde and Glasgow City Council.

This project explores the relationship between greenspace, conservation and mental health. Artwork will be showcased at the museum during the Festival.

**Running throughout Festival**  
Check opening times with venue  
**National Museum of Rural Life,  
Wester Kattochside, Philipshill  
Road, East Kilbride, G76 9HR**  
0131 247 4377

### **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

IN  
YOUR  
AREA

### **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

## VISUAL ARTS

### **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 423000 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

## 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 ranter' (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



Laff Yer Heid Aff: Raymond Mearns

## 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**

FREE (18+)

**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

IN  
YOUR  
AREA

#### Life at Work

Brought to you by UNISON, Choose Life and Glasgow Caledonian University.

An exploration of mental health, discrimination and social justice using political song with GCU Research Collections, followed by a workshop on suicide awareness with Choose Life.

**Thur 16, 1pm – 4pm**  
**Council Building, Hamilton**

**Fri 17, 1pm – 4pm**  
**The Mitchell Library, Glasgow**

FREE

Information: dawn.burns@health.scot.nhs.uk

#### Creative Confident Children – Family Music Day

Brought to you by NHS Greater Glasgow & Clyde and Glasgow's Concert Halls.

This event invites the parents and carers of children involved in emotional literacy workshops to share and celebrate learning through music.

**Fri 17, 11am – 1pm**  
**Studio 2, City Halls, Glasgow**

FREE

(This event is not open to the general public)

Information: 0141 531 8306

## WORKSHOPS

### 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



Carol Laula

#### 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

## WORKSHOPS

#### 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

#### Laughter 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

### DUNDEE

Life : Art : Mind : 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



# LISTINGS

Date	Production	Page	Venue	Genre
<b>AYRSHIRE</b>				
Thur 16	Hannah and Harvey	07	Dalry Primary School	Theatre
<b>CLACKMANANSHIRE</b>				
6 – 12	Artivism	27	Various	Visual Arts
<b>DUMFRIES AND GALLOWAY</b>				
Thu 2	Away From Her	22	Robert Burns Centre	Film
Thu 9	Joy Division	22	Robert Burns Centre	Film
Tue 14	Hannah and Harvey	07	Ryan Centre, Stranraer	Theatre
<b>DUNDEE</b>				
Sat 4	EID Dance & Music Celebration	31	Dundee International Women's Centre	Workshops
Sat 4	Public Display & Exhibition	27	Wellgate Centre	Visual Arts
Sat 4	We've Still Got Things to Say	19	Wellgate Centre	Film
6 – 12	ST/ART Shooting Visual Arts Exhibition	27	Tartan Coffeehouse	Visual Arts
Tues 7	Bazorg & Macara Play	10	Dundee International Women's Centre	Theatre
Tues 7	Demon Shoes	24	The Steps Theatre	Multi Arts
Wed 8	The Emotional Life of Furniture	10	The Little Theatre	Theatre
Thur 9	Laughter workshop	31	Wighton Centre	Workshops
Thur 9	3 Film Chronicle – Luna	19	The Steps Theatre	Film
Thur 9	Arts and Crafts Playscheme	31	Dundee International Women's Centre	Workshops
Fri 10	Music At The Shore	05	The Shore	Music
Fri 10	International Women's Photography Exhibition	27	Dundee International Women's Centre	Visual Arts
Sat 11	Belly Dancing Workshop	31	Wighton Centre	Workshops
Sat 11	Card Making Workshop	31	Wighton Centre	Workshops
Sat 11	Family Felt Making	31	Wellgate Music Library	Workshops
Sat 11	Sounds Acoustic & Classical Dance	05	The Steps Theatre	Music
<b>EDINBURGH</b>				
Thur 2	Matti Per Il Calcio (Mad About Football)	14	Filmhouse	Film
Fri 3	Macbeth (+ pre show discussion)	08	Lyceum Theatre	Theatre
Fri 3	In the Valley of Elah	14	Filmhouse	Film
Sat 4	Sweet Sixteen	14	Filmhouse	Film
Sun 5	Little Miss Sunshine	15	Filmhouse	Film
Sun 5	Johnny Cash in San Quentin	15	Filmhouse	Film
Mon 6	Lars and the Real Girl	15	Filmhouse	Film
Wed 8	Fleeto (+ post show discussion)	08	St Bride's Centre	Theatre
Thur 9	The Savages	16	Filmhouse	Film
Fri 10	Some Voices	16	Filmhouse	Film
Sat 11	Joy Division	16	Filmhouse	Film
Sun 12	Film Awards Ceremony	16	Filmhouse	Film
<b>FIFE</b>				
Various	"Who am I?"	25	Various venues	Multi Arts
17 – 18	Hannah and Harvey	07	Byre Theatre, St Andrews	Theatre
<b>GLASGOW</b>				
1 – 19	HOME Exhibition	26	The Tron	Visual Arts
1 – 19	Inside Out / Helen Nunn (Headspace)	26	Platform	Visual Arts
1 – 19	Our Green Space	26	Museum of Rural Life, Killochside	Visual Arts
Thur 2	Celebrating Art in Our Hospital	23	Gartnavel Royal Hospital	Multi Arts
3, 6 – 8	Cheer up for God's Sake!	18	The Portal	Film
Mon 6	South Asian Stories	18	Gilmorehill G12	Film
Tues 7	Pieces of Me – Stories of Recovery	06	Citizens Theatre	Theatre
Tues 7	View from a Grain of Sand	18	Gilmorehill G12	Film
Wed 8	Diversity Films	18	Gilmorehill G12	Film
8 – 11	Headspace	23	Platform	Multi Arts
9 – 18	One Flew Over the Cuckoo's Nest	09	Ramshorn Theatre	Theatre
9 – 10	Music Like A Vitamin – Vitamin A & B	04	ABC	Music
10 – 11	Hannah and Harvey	07	Platform	Theatre

10 – 12	The Emotional Life of Furniture	06	The Tron	Theatre
Sun 12	Relax Baliye	23	Couper Institute	Multi Arts
Sun 12	Cathy Come Home	17	Grosvenor	Film
Mon 13	Laff Yer Heid Aff – Again!	28	The Stand	Comedy
Mon 13	Joy Division	17	Grosvenor	Film
Tues 14	In the Valley of Elah	17	Grosvenor	Film
Tue 14	Celebrating Sanctuary	19	All Saints Secondary	Film
Wed 15	Little Miss Sunshine	17	Grosvenor	Film
Thur 16	Lars and the Real Girl	17	Grosvenor	Film
Thur 16	My Life with Kenneth Williams	09	Gilmorehill G12	Theatre
Fri 17	Life at Work	29	The Mitchell	Workshops
Fri 17	Creative Confident Children	29	City Halls	Workshops
Fri 17	Community Voices	12	The Mitchell	Literary
Sat 18	Writers' Mind	13	The Mitchell	Literary
<b>LANARKSHIRE</b>				
Wed 1	Lars and the Real Girl	20	Vogue Cinema	Film
1 – 18	Weaving the Threads	27	Chatelherault Country Park	Visual Arts
Fri 3	A Place to be	27	Upstage Cafe/Bar	Visual Arts
3, 9, 17	Health Issues in the Community	29	Various Venues	Workshops
Sun 5	Sweet Sixteen	20	Vogue Cinema	Film
7 – 8	Just a Simple Little Melody	11	East Kilbride Village Theatre	Theatre
Wed 8	Well Factor... mother of all events	25	Motherwell Concert Hall	Multi Arts
Thur 9	NLStudio – All the Positives!	29	Sir John Wilson Town Hall	Workshops
Fri 10	In Troubled Times	11	University of the West of Scotland	Theatre
Sun 12	On a Clear Day	20	Vogue Cinema	Film
Mon 13	Talk To Me	11	Motherwell Theatre	Theatre
Tues 14	Fleeto (+ post show discussion)	08	East Kilbride Arts Centre	Theatre
Tues 14	Finding Nemo	20	Vogue Cinema	Film
Wed 15	High School Musical	21	Vogue Cinema	Film
Wed 15	After Life	21	Vogue Cinema	Film
Thur 16	Madagascar	21	Vogue Cinema	Film
Thur 16	Life at Work	29	Council Building	Workshops
Fri 17	Lanarkshire Recovery Network DVD Launch	21	South Lanarkshire Council Building	Film
Sat 19	4.48 Psychosis	11	Cumbernauld Theatre	Theatre
<b>PERTH</b>				
Fri 3	Blair Ghost Project	10	Perth Concert Hall	Theatre
4 – 5	'Feel Good' Drama & Music Workshops	29	Perth Studio Theatre	Workshops
Fri 10	One Leaf – One Link Book Launch		AK Bell Library	Literary
Mon 13	Lunchtime concert with Thomas Gould	05	Perth Concert Hall	Music
Fri 17	You Decide	10	Perth Studio Theatre	Theatre
<b>RENFREWSHIRE</b>				
2 – 12	Dreamscape Art Exhibition	27	Paisley Arts Centre/Charleston Centre	Visual Arts
2, 10	The Buddy Beat Drumming workshop	30	Paisley Arts Centre	Workshops
Thur 2	Community Drum Circles	30	Paisley Town Hall	Workshops
Thur 2	Altered Images	30	Paisley Arts Centre	Workshops
Thur 2	Bill's Day Out	10	Disability Resource Centre	Theatre
Fri 3	The Art of the Garden	24	RAMH	Multi Arts
Fri 3	Renfrewshire Shorts	19	Paisley Arts Centre	Film
Sat 4	Open Mic	24	Paisley Arts Centre Theatre	Multi Arts
Sat 4	'Mind 'n the Arts in Renfrewshire'	24	Paisley Arts Centre Theatre	Multi Arts
Fri 10	Positive Mental Health at Reid Kerr	24	Reid Kerr College	Multi Arts
13 – 20	Youth Mind 'n the Arts	24	Paisley Arts Centre	Multi Arts
Fri 17	Hit the Beat 'talk about it'	30	The Tannahill Centre	Workshops
Sat 18	Songwriting workshop with Carol Laula	30	Paisley Arts Centre Theatre	Workshops
<b>WEST DUNBARTONSHIRE</b>				
Fri 10	Connecting at Connect	24	Café Connect	Multi Arts
<b>WEST LOTHIAN</b>				
Thur 9	Regal Tea Dance	24	Regal Community Theatre	Multi Arts
Sat 11	Voluntary Arts Showcase	24	Regal Community Theatre	Multi Arts
Fri 17	Time Out! with Kosmos	05	Regal Community Theatre	Music

## VENUES

Arts venues:  
Box office information  
and addresses

### DUMFRIES & GALLOWAY

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

### EDINBURGH

**Filmhouse**  
88 Lothian Rd  
Edinburgh  
EH3 9BZ  
0131 228 2688  
www.filmhousecinema.com

### Lyceum Theatre

Grindlay St  
Edinburgh  
EH3 9AX  
0131 248 4848  
www.lyceum.org.uk

### St Bride's Centre

10 Orwell Terrace  
Edinburgh  
EH11 2DY  
0131 346 1405

### GLASGOW

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

### Platform

The Bridge  
1000 Westerhouse Rd  
Glasgow, G34 9JW  
0141 276 9696  
www.platform-online.co.uk

### Tron Theatre

63 Trongate  
Glasgow, G1 5HB  
0141 552 4267  
www.tron.co.uk

### Gilmorehill G12

9 University Ave  
University Of Glasgow  
G12 8QQ  
0141 330 5522  
www.gilmorehillg12.co.uk

### Grosvenor Cinema

24 Ashton Lane  
Hillhead  
Glasgow, G12 8SJ  
0141 339 8444  
www.socialanimal.co.uk

### ABC

300 Sauchiehall St  
Glasgow, G2 3JA  
0844 847 2363  
www.abcglasgow.com

### City Halls

Candleriggs  
Glasgow, G1 1NQ  
0141 353 8000

### The Citizens Theatre

119 Gorbals St  
Glasgow, G5 9DS  
0141 429 0022

### The Stand

333 Woodlands Rd  
Glasgow, G3 6NG  
0870 600 6055  
www.thestand.co.uk

### Ramshorn Theatre

University of Strathclyde  
Drama Centre  
98 Ingram St  
Glasgow, G1 1ES  
0141 552 3489  
www.strath.ac.uk/culture/ramshorn

### LANARKSHIRE

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

### East Kilbride Village Theatre

Maxwell Drive  
The Village  
East Kilbride  
G74 4HG  
01355 248 669/  
01355 261 000

### Vogue Cinema

48 Bannatyne St  
Lanark  
South Lanarkshire  
ML11 7JS

### Cumbernauld Theatre

Kildrum  
Cumbernauld  
G67 2BN  
01236 737235

### PERTH

**Perth Concert Hall/ Studio Theatre**  
Mill St  
Perth, PH1 5HZ  
01738 621 031

### RENFREWSHIRE

**Paisley Arts Centre**  
New St  
Paisley, PA1 1EZ  
0141 887 1010

### WEST LOTHIAN

**Regal Community Theatre**  
24 – 34 North Bridge Street  
Bathgate  
West Lothian  
EH48 4PS  
01506 433 634

**BBC Scotland**

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

### 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 [getiton@bbc.co.uk](mailto:getiton@bbc.co.uk) or head to Bryan's Blog on the BBC Radio Scotland website: [www.bbc.co.uk/radioscotland](http://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  
(Repeat Sunday 12 October, 5pm)**

### 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  
(Repeated Sunday 12 October, 3pm)**

Look out for Festival coverage and discussion on The Radio Café and The Movie Café

### The L.A.B

BBC 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](mailto:thelab@BBC.co.uk)

### 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](http://bbc.co.uk/headroom)**

92 – 95FM & 810MW



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

Open up when you're feeling down

**0800 83 85 87**

[www.breathingspace.scot.nhs.uk](http://www.breathingspace.scot.nhs.uk)



Open up when you're  
feeling down