Available 24 hours at weekends (6pm Friday – 6am Monday) and 6pm – 2am on weekdays (Monday – Thursday) on 0800 83 85 87

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair. 08457 90 90 90

BBC Scotland @ SMHAFF

What makes you smile Edinburgh?
Come and tell us What Makes You Smile. BBC Headroom is hosting an event at the Big Screen in Festival Square offering free interactive games and activities. Life can be full of ups and downs and trying something new, meeting new people and getting active are just some of the simple steps which you can take to help you improve your mental well being. Whatever’s on your mind, BBC Headroom has something for you – and we’d like to put a smile on your face.

Sat 10, All day event, Festival Square, Edinburgh. See bbc.co.uk/headroom for details.

Comedy Portrayal Workshop
BBC Radio Scotland commission a sitcom ‘No Hard Feelings’ where the main character experiences depression after the death of his mother. We try to deal with the issues that arise from this in a comedic but sensitive manner. There will be excerpts from the show followed by a chance for you to tell us if you think our portrayal of these issues was good or bad; how do you think we the BBC should be handling portrayal of such a difficult subject? Discussion / Q&A with the writer, producer and Head of Radio, Scotland.

This is specifically aimed at people who work in mental health and people who have personal experience of mental health issues. An interest in comedy would be advantageous!
Tues 20, 2pm, FREE, BBC Scotland, 40 Pacific Quay, Glasgow. Register with VOX: 0141 572 1663

BBC LAB presents
Creativity and imagination are stirred up at The BBC LAB with an exciting collaboration for the festival, an animation produced with young people from The Sound Lab in East Glasgow, which will be screened alongside ET at the Grosvenor (p22) and viewed at bbc.co.uk/labscotland.

Look out for Festival coverage and discussion on The Radio Café and The Movie Café.
The Festival is hosted by The Mental Health Foundation, but wouldn’t be possible without the support of our fantastic National partners. To find out more about our partners visit mhfestival.com.
Music Matters
We asked people to suggest songs that inspire hope; songs that uplift, provoke thought and stir the heart; songs which have offered hope and encouragement in moments of feeling down as well as songs that encourage empowerment.

The songs suggested, from sad songs to love songs, songs about relationships, war and life, are continually being collated by the Festival team along with some of Scotland’s finest musicians to help inform our music programming.

If you would like to nominate a song please email your suggestions to mhfest@gmail.com telling us what it means to you.

It’s official: MOVIES ARE GOOD FOR YOU!
We asked people to suggest feel-good films from across the whole spectrum of cinema, from musicals and comedies, to thrillers and sci-fi, art house or blockbuster. It’s not always so-called ‘happy’ films which make us feel good, sometimes it’s films in which we see ourselves and our lives reflected, films which challenge and stimulate, and films which make us laugh and cry. Suggestions don’t need to be about mental health, we’re looking for films which make us feel positive, so any film is a contender.

If you would like to nominate a film please email your suggestions to smhaff@gmail.com telling us what the film means to you.

Music has a huge influence on our mental health and well-being. Whether it is the sheer power of lyrics, the beautiful composition of a track, or the exhilaration of a live gig, music can transcend boundaries and communicate messages of understanding. With the generous help of some of Scotland’s finest artists, inspired and influenced by the likes of Ian Curtis, Brian Wilson and Daniel Johnston, we aim to celebrate well-being, and explore the relationship between the mind and creativity.

GLASGOW
The Scottish Mental Health Arts and Film Festival Opening Concert
Music like a Vitamin with Emma Pollock, Karine Polwart, Alasdair Roberts, James Yorkston & Adrian Crowley (performing the songs of Daniel Johnston)

Retaining the home-grown, intimate feel of last year’s shows, this year’s opening concert is curated by two of Scotland’s best loved singer-songwriters, Emma Pollock and Karine Polwart, both performing on the night alongside Alasdair Roberts and James Yorkston. Dublin’s Adrian Crowley will join James on stage to sing the songs of Daniel Johnston. Expect solo sets and unique collaborations as the festival kicks off in style.

Thur 1, 7pm (Doors), 7.30pm start, £5
The Old Fruitmarket, Candleriggs, Glasgow
Box Office: 0141 353 8000 (+50p credit card booking fee)

Don’t miss Indo–Caledonian Pop Artist Sushil K Dade’s latest musical fusion with Polyphony and Ensemble Thing at Café Improv, CCA on page 36.

“A clutch of my songs deal directly or implicitly with mental health issues and as a result I get some really moving confessional emails from folks about how the songs connect with their own experiences. Music can be a great way of opening stuff up like that. But it can also be the main thing that keeps you afloat and makes you feel good. To me, it’s all about making sense of what it is to be alive and be human. The good stuff and the trickier stuff”

Karine Polwart
MUSIC

Music like a Vitamin
with Attic Lights, Rod Jones Solo (Idlewild), Frightened Rabbit, plus Norman Blake and Euros Childs (performing as Jonny)

Idlewild guitarist Rod Jones continues to support the Festival and its aims following last year’s sell out headline gig at Glasgow’s ABC. Focusing on home-grown talent, Rod has pulled in fellow musicians Attic Lights, Frightened Rabbit and Norman Blake who will perform with Euros Childs to create an exciting and unique line up for the Festival.

Wed 21, 6.30pm (Doors), 7pm start, £5
Edinburgh Picturehouse
31 Lothian Road, Edinburgh
Box Office: 0844 847 1740 (24hr)
In person at Box Office: 12pm – 2pm Mon – Fri, 12pm – 4pm Sat (No booking fee)

EDINBURGH

‘Maybe you have to pay a price to tune into a beauty that escapes other people.’
— Duglas T Stewart, BMX Bandits

MUSIC

Lanarkshire Recovery Network presents
Sound Minds
Young People’s Music Event
Organised by young people for young people, this FREE showcase event gives local bands and musicians the opportunity to perform on stage. Come along, have fun and support local talent!

Fri 9, 7pm (Doors), 7.30pm start, FREE (16+)
Motherwell Concert Hall, Civic Centre, Motherwell
Booking: 0800 073 0918 (advance booking) or email: patricia.maguire@samh.org.uk

LANARKSHIRE

Forth Valley

Artlink Central presents
Notes from the Edge
Come along and enjoy some live music at the Tolbooth. The line up features local groups in support of raising mental health awareness including; Gaelic folk group Gleusda and Closer To the Edge – a group of musicians supported by Artlink Central.

Fri 9, 7pm, £3.50
Tolbooth, Jail Wynd, Stirling
To book contact Artlink Central: 01786 450971
New Falkirk music event added!
Check website for details.

FORTH VALLEY

East Renfrewshire Council presents
Sounds Good Feels Good: Band night for young people
Neilston Library will be transformed into a pulsating music venue where young people can come together and share their love of music. Young people can build self esteem and self worth by mingling with musicians and trying keyboards, drums and guitar to release some creativity. Live band to be announced!

Mon 19, 7pm – 10pm, FREE (14+)
Neilston Library, Main Street, Neilston
Booking: 0141 577 3500
reading@eastrenfrewshire.gov.uk or in person at Neilston Library

RENFREWSHIRE

East Renfrewshire Partnership presents
The Parsonage Choir
The Parsonage choir take inspiration from folk, country and blues traditions and update them for 21st century ears, delivering heartfelt renditions of Gram Parsons, Hank Williams, Johnny Cash, Jefferson Airplane and Joy Division. A not to be missed opportunity to see this famous choir, supported by The Hidden Masters and John Rush.

Sat 17, 7pm – 10pm
Students Union, West of Scotland University, Storie Street, Paisley
Booking: 0141 887 1010
www.paisleyfestivalcompany.com
In person: Tourist Information Office, Gilmour Street, Paisley

Mountain Tonic

‘The Night They Drove Old Dixie Down’
by The Band

‘The Band has been a constant in my life since I started writing music. I’m always going back to their records, not only to nab bits and pieces and ideas, but also to get lost in the sheer soulful wholesomeness of it all. This song (especially the incredible live version from The Last Waltz), has one of those chorus lines that could go on forever and I’d still be singing along.’
— Scott, Frightened Rabbit

MUSIC
The House of Bernarda Alba

The National Theatre of Scotland presents The House of Bernarda Alba
In a new version by Rona Munro, Directed by John Tiffany

This major new version of Federico Garcia Lorca’s The House of Bernarda Alba is set in Glasgow’s East End. Following the gangland execution of her husband, the formidable matriarch Bernarda Alba (Siobhan Redmond) will do anything to safeguard her family’s dubious fortune and the future of her five daughters.

(contains strong language, age guide 14+ is suggested)

Post Show Discussions
‘What happens to hearts when they are walled up?’

Join us for post show discussions at the following performances with the key creative minds involved in bringing the production to the stage; looking at relationships, mental health and exploring ‘what happens to hearts when they are walled up?’

Fri 2, 7.30pm, tickets from £10
Citizens Theatre, 119 Gorbals St, Glasgow
Box Office/Information: 0141 429 0022 / www.citz.co.uk

Thur 8, 7.30pm, £16/£13
Dundee Rep Theatre, Tay Square, Dundee
Box Office 01382 223530
www.dundeerep.co.uk

Thur 15, 7.30pm, £14.50/£10
Alhambra Theatre, 33 Canmore Street, Dunfermline
Box Office: 01383 740384
www.alhambradunfermline.com

For full tour details please visit www.nationaltheatrescotland.com

We are delighted to be collaborating with the National Theatre of Scotland on ‘The House of Bernarda Alba’ an edgy modern day drama about women. A contrasting production exploring similar territory about women and mental health is ‘The YelloWing’, an astonishing, multi media interpretation of Gilman’s classic feminist text.

David Benson returns this year as we continue to explore public and personal lives. We also welcome back Tricky Hat using new writing to challenge our assumptions on mental health. Themes of bereavement feature for the first time as part of our Citz programme, whilst the Festival’s first dance production sees a challenging and energetic exploration of bipolar. We look forward to a host of locally grown performances.

Some of the shows will feature post show discussions, so please stick around for an interesting insight into the production.

@ THE CITZ

The Citizens Theatre in Glasgow kicks off the Festival’s theatre season! See also pages 8 & 10.

Citizens Theatre, 119 Gorbals St, Glasgow
Box Office/Information: 0141 429 0022 / www.citz.co.uk

Teatro presents
Leave to Remain
Following their personal experiences of bereavement, leading playwright Jo Clifford and actor Suzanne Dance created Leave To Remain; a show that uses live music, silence, ritual and storytelling to create something uplifting, moving and unique. With the help of cellist Sarah Whiteside, they use theatre to create an experience that addresses mourning and grief in a warm hearted and cathartic evening for the audience.

Thur 1, 7.30pm, £7

Oor Voices presents
Without Permission
In an unpretentious bit of Glasgow’s Southside lives a generations old community. It is close-knit but why does no one speak to Mattie Warriston? Why has no one spoken to her for forty years? And why does it take the invasion of Iraq to uncover the mystery, to restore her reputation, and to return her to the bosom of the community?

Fri 2, 2pm, FREE (book in advance)

The Citizens Theatre and Solar Bear Theatre Company present Out of the Blue... into the Flow
This groundbreaking form of therapeutic theatre for people who use mental health services sees participants’ hopes, fears and dreams explored in a series of psychodrama based workshops. The group find creative ways to share and express themselves. Shaping their experiences into a drama gives sufficient distance and control for them to speak out and be heard by an audience of peers, creating a cathartic bond between them.

This event is for people who work in mental health and people who access mental health services. For further information please call the box office and information line.

Tues 6 and Wed 7, 7.30pm, FREE

We are delighted to be collaborating with the National Theatre of Scotland on ‘The House of Bernarda Alba’ an edgy modern day drama about women. A contrasting production exploring similar territory about women and mental health is ‘The YelloWing’, an astonishing, multi media interpretation of Gilman’s classic feminist text.

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Fri 2, 2pm, FREE (book in advance)
James Seabright presents

**To be Frank: Frankie Howerd and The Secret of Happiness**

Titter Ye Not! Shut yer faces! Not on your Nellie! Frankie Howerd is the subject of the follow up to David Benson’s classic award winning show about Kenneth Williams. Known to millions as Lurcio the Roman slave in *Up Pompeii*, Howerd’s career lurched from despair to triumph and back again. Benson gets under the skin of his subjects, to show them as they really were behind the mask of comedy. Benson will also lead a post show discussion.

**Fri 2 and Sat 3, 7.30pm, £7**

The Circle Studio, Citizens Theatre, 119 Gorbals St, Glasgow
Box Office/Information: 0141 429 0022 / www.citz.co.uk

Friday date added due to popular demand!

James Seabright presents

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

Back by popular demand: 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.

**Sat 17, 7.30pm, £7**

Brunton Theatre, Ladywell Way, Musselburgh
Box Office: 0131 665 2240
(Quote Mental Health Festival when booking by phone or in person for special festival £7 ticket)

PEST and SMHAFF present

**The YelloWing**

Jane is far from home and husband, she has spent her nights locked in a hotel room with incomprehensible wallpaper. Tonight Jane will make a decision that may mean her family never get ‘mummy back like she used to be’.

This highly physical sixty minute solo performance is a contemporary response to feminist short story *The Yellow Wallpaper* by Charlotte Perkins Gilman. The YelloWing interrogates the pervasive culture of prescription and the relationship between mental health and creativity.

Each performance features a post show discussion with creator/performer Julia Taudevin, director Amanda Monfrooe and guests.

**Sat 3, 7.30pm, £7/£5, £16 (4 person group ticket)**

Scottish Storytelling Centre, 43-45 High Street, Edinburgh
Box Office: 0131 556 9579

**Sun 4, 7.30pm, £6.50/£5.50**

One Touch Theatre, Eden Court, Bishops Road, Inverness
Box Office: 01463 234 234
www.eden-court.co.uk

**Tue 13 – Fri 16, 7.30pm, and 1.30pm (Fri 16), £6.50/£5.50**

Thur 15 for post show discussion
CCA, 350 Sauchiehall Street, Glasgow
Box Office: 0141 352 4900

‘Unforgettable and inspirational theatre’
Independent on Sunday
**Black Swan Dance Theatre presents**

**Balance**

Black Swan Dance Theatre are a vibrant new company who aim to create dynamic, thought provoking and breathtaking choreography comprising breakdance, gymnastics and contemporary techniques. Their latest work ‘Balance’ uses recovery from bipolar as inspiration to explore the control we have and can take over our own lives when our mental health tips out of balance.

**Fri 2, 7.30pm, FREE**

*Platform, The Bridge, 1000 Westerhouse Road, Glasgow*

Box Office/Information:
0141 276 9696 / www.platform-online.co.uk

As part of *HeadSpace* in East Glasgow, page 36

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**East Renfrewshire CHCP presents**

**The ‘Cynthia’ Show**

Cynthia invites the audience to consider illness we cannot see. You will meet her guest Flo who lets us into her world. Here we discover more about Flo’s life and the difficulties she faces. A post show discussion will offer the audience a chance to explore how we interact with each other on a day to day basis.

**Wed 14, 7pm – 9pm, FREE**

*Auchenback Resource Centre, 64 Aurs Drive, Barrhead*

Reservations: Marianne Keast
0141 577 3730

**Thur 22, 1pm – 3pm, FREE**

*Thornthwaite Hall, Main Street, Thornliebank*

Reservations: Marianne Keast
0141 577 3730

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**Eastwood Park Theatre, Rouken Glen Road, East Renfrewshire**

Box Office: 0141 577 4970

**Sat 10, 1pm, FREE**

*The Bonar Hall, Dundee University*

Booking / Information: Dundee Voluntary Action 01382 305 744 / 722

**Mon 19, 7.30pm, £8/£6**

Eastwood Park Theatre, Rouken Glen Road, East Renfrewshire

Box Office: 0141 577 4970

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**Ross Mackie & Evelyn Hood present**

**Pieces of a Jigsaw and Someone... Somewhere**

Double bill *Someone... Somewhere* and *Pieces of a Jigsaw* inject humor and reflection into otherwise sensitive subjects by taking a glimpse into the troubled life of psychiatrist Dr Simon Philips. Post-show discussions will explore issues raised by the play around suicide, stigma & recovery.

**Fri 16 and Sat 17, 7.30pm – 9.45pm, £6/£5**

*Harbour Arts Centre, 114-116 Harbour Street, Irvine*

Box Office: 01294 274 059
www.harbourarts.org.uk

**Thur 22, 7.30pm – 9.45pm, £6/£5**

*John Pollock Centre, Mainholm Rd, Ayr*

Information and booking: Ross Mackie 07738 306 259

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**Toonspeak**

**Teenage Sexual Health: The Musical!**

Created by the young people from Toonspeak, this irreverent, informative and touching piece of issue-based theatre provides a valuable insight into the relationship between sexual behaviour and self-esteem as well as taking the audience through the ins and outs of this sometimes sticky subject.

**Tue 20 - thu 22 Oct, 7pm, £4** (or pay what you can)

*Scottish Youth Theatre, The Old Sheriff Court, 105 Brunswick Street, Glasgow*

Box office: 0141 552 0234
info@toonspeak.co.uk

**The Wynd Up Drama Group with Cardonald College present**

**Friends Re-United**

Is staying in touch important? A group of teenagers leave school and meet up periodically as adults at different ages and stages of their separate lives.

**Thur 22, 10.30am – 12pm, FREE** (No booking required)

*The Wynd Centre, 6 School Wynd, Paisley*
The Lanarkshire Festival Team have pulled together five diverse and entertaining theatre events with something for everyone.

The Bookends Theatre group present
**The Two Hander and The Zoo Story**
With support from South Lanarkshire Council
The Bookends Theatre group presents this double bill, dealing with issues of human isolation, loneliness and inequality.

Fri 2 and Sat 3, 8pm, £8.50/£6.50
East Kilbride Arts Centre, 51-53 Old Coach Road, East Mains
Box Office/Information: 01355 261000
ekartscentre@southlanarkshire.gov.uk

**The Memory Quilt and The Hamilton Story**
What triggers our memories? The Memory Quilt explores how memories contribute to who we are. For adults in later life, this event also offers the opportunity to recall Hamilton in days gone by, through ‘The Hamilton Story’ exhibition.

Mon 5, 2pm, FREE (advance booking)
Assembly Room, Low Parks Museum, 129 Muir Street, Hamilton
Booking: 0800 073 0918 or email patricia.maguire@samh.org.uk (exhibition throughout festival)

The Bookends Theatre group presents
**All in the Mind**
With support from South Lanarkshire Council
A woman is waiting for her lover. While waiting, she tells us about how they met and their plans for the future. A harrowing look at how one person’s normality is another’s ‘obsession’. Join us for lunch and high tea!

Sun 11, 1pm (2pm) and 4.30pm (5pm), £8.50 (Adults only)
East Kilbride Arts Centre, 51-53 Old Coach Road, East Mains
Box Office/Information: 01355 261000
ekartscentre@southlanarkshire.gov.uk

**North Lanarkshire Youth Theatre presents The Ugly One**
Jason is the talent behind an upcoming band. With a record deal in sight the manager demotes Jason to backing vocals because he thinks he is too ugly. Is our obsession with how we look making us miss what’s inside?

Wed 21, 7.30pm, £4.50/£3.50 (under 25s/concs)
Sir John Wilson Town Hall, Airdrie
Booking: 01698 403120

**The Ugly One**
NHS Lanarkshire and Coathbridge College presents
**Alice in Wonderland – The Next Generation**
A new interpretation of this eternally classic tale allows us to look at peer pressure and the effects of drugs on an individual and those around them.

Wed 21, 7.30pm Thu 22, 2pm and 7.30pm, FREE (advance booking)
@Home Centre, 2 Clark Street, Airdrie
Booking/Information: 0800 073 0918 or email patricia.maguire@samh.org.uk

**Tricky Hat Productions in association with AttFife present Words are Never Wasted**
Supported by the Scottish Arts Council.
Director: Fiona Miller, Dramaturg: John Binnie

Funny, surprising and very moving, this multi-layered performance features short pieces of diverse and truthful writing, looking at issues affecting people living with a mental health problem on a daily basis. Intimate, visceral, humorous, and poignant, this production will challenge our assumptions about mental health using poems, monologues, dialogues and song.

Mon 19, 2.30pm, £4/£2
Carnegie Hall, East Port, Dunfermline
Box Office/Information: 01383 602302

Tues 20, 7.30pm, £4/£2
Traverse Theatre, 10 Cambridge Street, Edinburgh
Box Office: 0131 228 1404

Wed 21, 2.30pm, FREE
Norrie Miller Suite, Perth Concert Hall, Mill Street, Perth
Advance Booking: Call Plus Perth 01738 626242
In collaboration with PLUS Perth
Thur 22, 1pm, £4/£2
Cowane Centre, Cowane Street, Stirling
Booking: Artlink Central 01786 450971
With support from Artlink Central
Also touring to Platform, Glasgow (Mon 26 Oct) and Lesser Hall, Falkirk (Wed 28 Oct).
Phone 07961 814834 for details.

**Words Are Never Wasted**
No Phones on Planet Pluto
Revealing, touching and amusing tales inspired by the real-life stories and experiences of people who access mental health services, written and performed by WAC Theatre.

Tue 20, 7.30pm, £5
Lemon Tree, 3 West North Street, Aberdeen
Box Office/Information: 01224 641 122
www.boxofficeaberdeen.com

"...each individual brings a vivid, personal resonance to chewy situations we have all experienced. There’s poignancy, rogueish humour, poetic word pictures and wonderful song."

**** The Herald on What If (SMHAFF 2007)
FILM

WELCOME TO OUR FILM PROGRAMME 09

When we started planning for the film festival this year, we had no idea we’d end up with such an incredible selection of features and shorts from across the globe, celebrating and exploring many fascinating, diverse and innovative approaches to articulating mental health in film.

The film programme extends across the country and we’re immensely grateful to all our colleagues and partner organisations for their dedication, imagination and resourcefulness in local programming to bring the film strand together.

We’d like to welcome our new partner this year and say a special thanks to Eden Court Cinema in Inverness, they’ve been working with a local development group to bring us their exciting programme.

Do let us know what you think of this year’s selection, and if you’ve seen something you’d like to see next year, we’d be delighted to hear from you!

Remember, many of our film events will include post-film discussions so check our website for details of our special guests and come along and join the debate.

The SMHAFF Film Competition continues to provide a platform for film-makers who choose to interpret mental health in its broadest sense in their work, and activists and campaigners for change who use film as an effective way of getting their message across. It’s also being experimented with as a way for people to articulate and communicate their own experiences.

We’re committed, and fascinated to see what’s being produced and bringing it to a national and international platform.

So, this year, as well as screening shorts with features at the Filmhouse, we’ll be having two showcase events at the CCA in Glasgow, and our celebrations will culminate at the SMHAFF 09 Awards Ceremony at the Filmhouse.

The SMHAFF competition for 2010 opens on Friday 23 October, and details will be on the website from that date. You can also email us about submitting a film at: smhaff@gmail.com

We look forward to seeing your work!

SMHAFF Film Awards 2009

Various, 2h 30m, Cert 18+
Thu 22, 5.45pm, FREE

Our Film Awards ceremony is not to be missed. It was hugely oversubscribed last year, so make sure to reserve your ticket early.

Edinburgh Filmhouse, 88 Lothian Road, Edinburgh
Box Office: 0131 228 2688
www.filmhousecinema.com
(Open daily 12pm – 9pm)

Jury Prize winner 2008, Nick Higgins

Animators from Positive Mental Attitudes with their 4Talent Scotland Award for Innovation
“Hollywood is a place where they’ll pay you a thousand dollars for a kiss and fifty cents for your soul.”

Marilyn Monroe

Our main focus in the Filmhouse this year is on Hollywood women in a season we’ve called Fifty Cents For Your Soul based on Marilyn Monroe’s famous quote – we celebrate the artistic achievement of five of the greatest and most alluring females ever to appear on the silver screen. But we also want to encourage you to look behind the characters they portrayed and see that these were women for whom fame did not mean the answer to everything, in fact it often provided a basis for their complex emotional lives. These women encourage us to re-examine our own lives and contemporary culture, where too often fame is seen as a solution to our woes. As a counterpoint to this we explore the representation of women’s mental health since the golden age of Hollywood through the work of British based actor, writer and director Jane Arden.

FILMHOUSE FEATURES
All tickets £4 (£2)
Edinburgh Filmhouse, 88 Lothian Road, Edinburgh
Box Office: 0131 228 2688
www.filmhousecinema.com
Open daily 12pm – 9pm

The Misfits
John Huston
USA, 1961, 2h 4m, 12A
Cast: Marilyn Monroe, Clark Gable, Eli Wallach, Montgomery Clift
Roslyn’s in Reno waiting to be granted a divorce when she falls for cowboy Gay. At first their life together is idyllic but Gay has something to prove, and he needs money. He winds up in the desert with friend Guido and washed up rodeo star Perce trying to capture wild horses to sell as dog food, with only Roslyn to stop them.

Fri 9, 5.45pm
Edinburgh Filmhouse

A Woman Under the Influence
John Cassavetes
USA, 1974, 2h 35m, 15
Cast: Gena Rowlands, Peter Falk, Matthew Cassel
Mabel and Nick are an all-American blue collar couple; he works hard as a labourer; she minds the house and the kids. But there’s something the matter with Mabel, something Nick can’t understand and help her with, in this intense exploration of a loving marriage punctured by patriarchy.

Sat 10, 1pm
Edinburgh Filmhouse

Morocco
Josef von Sternberg
USA, 1930, 1hr 32m, U
Cast: Marlene Dietrich, Gary Cooper, Adolphe Menjou
Cabaret star Amy Jolly arrives from Paris, and as she takes to the stage in a tuxedo, in a legendary scene, she casts two very different men in her spell. Magistrate Kennington offers her stability but smouldering legionnaire Tom Brown appeals to her adventurous side. She must decide between the two in this Von Sternberg classic.

Sun 11, 1pm
Edinburgh Filmhouse

Boris Rzyh
Aliona Van der Horst
Holland, 2009, 60m, NC, 18+
The Russian poet Boris Rzyh was handsome, gifted and achieved already considerable literary fame. So why did he take his own life at the age of 26? Neighbours, family and friends help piece together a portrait of the passionate and complex life of the poet. Winner of the Documentary Award at EIFF 09.

Accompanied by a screening of last year’s SMHAFF Jury Prize winner ‘Hidden Gifts’ (Nick Higgins, UK 2004, 25m).

Mon 12, 5.45pm
Edinburgh Filmhouse
**Separation**
Jack Bond  
UK, 1968, 1hr 33m, 15  
Cast: Jane Arden, David de Keyser, Ann Lynn  
Separation, scripted by and starring Jane Arden, concerns the inner life of a woman during a period of breakdown – marital, and possibly mental. Her past and (possible?) future are revealed through a fragmented but brilliantly achieved and often humorous narrative set in ‘swinging’ London.  
**Sat 17, 1pm**  
Edinburgh Filmhouse

**The Other Side of the Underneath**
Jane Arden  
UK, 1972, 1hr 36m, 18  
Cast: Sheila Allen, Liz Dancigar, Elaine Donovan  
Jane Arden’s violent and powerful adaptation of her work with the Holocaust women’s theatre troupe looks into the mind of a woman labelled schizophrenic and finds, not madness, but tortured sexual guilt created by the taboos of society.  
**Sun 18, 1pm**  
Edinburgh Filmhouse

**I Could Go On Singing**
Ronald Neame  
UK, USA, 1963, 1hr 41m, U  
Cast: Judy Garland, Dirk Bogarde, Gregory Phillips  
Successful American singer Jenny Bowman is reunited with son Matt, while Matt’s father David is in Rome. He and Jenny enjoy an idyllic few days in the capital, with him blissfully unaware he is bonding with his long lost mother. When his father returns Jenny must fight for his affection in this melodrama of divided loyalties.  
**Wed 14, 5.45pm**  
Edinburgh Filmhouse

**Bringing Up Baby**
Howard Hawks  
USA 1938, 1hr 42m, U  
Cast: Katharine Hepburn, Cary Grant, Charles Ruggles, Walter Catlett  
The elegant but ditzy heiress Susan Vance meets the nerdy but hard-working palaeontologist David Huxley and decides there and then that she will marry him. The problem is he’s due to be married to his assistant Alice the very next day, so she embarks on a campaign to woo him involving a dinosaur bone, a hungry terrier and a leopard who’s arrived in the post. Hepburn’s heady combination of vulnerability, allure and wit delivers a truly captivating performance.  
**Thu 15, 5.45pm**  
Edinburgh Filmhouse

**Grand Hotel**
Edmund Golding  
USA, 1932, 1hr 52m, U  
Cast: Greta Garbo, John Barrymore, Lionel Barrymore, Joan Crawford  
“People come, people go. Nothing ever happens.” So says Dr. Otterschlag perched at the bar of the Grand Hotel in Berlin. Scandal and heartache comes to everyone in this faultless ensemble drama, but it’s Garbo as Grusinkaya who steals the show with her transformation from tortured artist to enraptured goddess.  
**Fri 16, 5.45pm**  
Edinburgh Filmhouse

**Muriel’s Wedding**
PJ Hogan  
Australia, France, 1994, 1hr 45m, 15  
Cast: Toni Collette, Rachel Griffiths, Bill Hunter, Daniel Lapaine  
Muriel yearns to escape her suffocating life, finding temporary solace in the music of Swedish super-group ABBA. When she meets new pal Rhonda and changes her name to ‘Mariel’ it really starts to happen for her, if only her final wish of being a bride were to come true too…  
**Wed 21, 5.45pm**  
Edinburgh Filmhouse
The Grosvenor Cinema in Glasgow hosts our ultimate ‘Feel Good Films.’

We’ve asked people to nominate their ‘Feel Good Films’ to promote cinema-going as a means of maintaining positive mental health. We’ve had a huge response, and will be screening some well-known and much loved titles across the country, starting at the Grosvenor in Glasgow.

GROSVENOR FEATURES
All tickets £4 (£2)
The Grosvenor Cinema, Ashton Lane, Glasgow
Box Office: 0845 166 6002
www.socialanimal.co.uk

Amelie
Jean-Pierre Jeunet
France, 2001, 1hr 56m, 15
Cast: Audrey Tautou, Mathieu Kassovitz
Shy Parisian waitress Amelie begins to commit random acts of kindness and finds that inspiring romance and joy gives her immense fulfilment and helps alleviate her own sense of isolation. When she spies handsome and intriguing Nino she decides it’s time to allow herself some of what everyone else is enjoying.

Thu 1, 6pm
Grosvenor Cinema

ET – The Extra Terrestrial
Steven Spielberg
USA, 1982, 1hr 55m, PG
Cast: Henry Thomas, Drew Barrymore, Dee Wallace.
Elliot is an average kid until one night he meets a little abandoned alien in his garden shed. Deciding to let him stay, and call him ET, Elliot helps build a machine that will help lonely ET to ‘phone home’. But ET is getting sick, and Elliot’s strength is fading too, will they be able to get through before it’s too late?

Plus screening of ‘Uplifting’ from The Sound Lab, produced with BBC L.A.B.
Fri 2, 6pm
Grosvenor Cinema

The Big Lebowski
Joel Coen
USA, 1998, 1hr 57m, 18
Cast: Jeff Bridges, John Goodman, Julianne Moore, Steve Buscemi
When the Dude’s rug is peed on by mistake, he seeks recompense and becomes embroiled in a kidnap plot. In a series of deeply hilarious twists and turns the Dude, alongside friends Walter and Donny, must figure out who to trust, while delivering some of the most quotable lines ever captured in celluloid.

Sat 3, 1pm
Grosvenor Cinema

KES
Ken Loach
UK, 1969, 1hr 50m, PG
Cast: David Bradley, Lynne Perrie, Colin Welland, Brian Glover.
About to leave school, Billy Casper is preparing himself for the inevitable – a job down the mines. Bullied by his brother, neglected by his mother, and tormented and teased at school, Billy’s only respite is the time he spends with his beloved Hawk, Kes. A harsh yet tender classic from our favourite director.

Sun 4, 1pm
Grosvenor Cinema

There’s also an opportunity to come and learn from the masters of feel good cinema, with a Bollywood screening at the Glasgow Film Theatre.

Sholay
Ramesh Sippy
India, 1975, 3hr 8m, PG
Cast: Dharmendra, Sanjeev Kumar, Hema Malini and Amitabh Bachchan
Former police officer Thakur is on a mission to avenge the killing of almost all of his family, and his own serious injury. He employs two local crooks to bring the culprit – Gabbar Singh – back to him, as he vows to fight fire with fire in this exhilarating and beautiful feature.

Wed 14, 11am – 2.30pm,
FREE on day (subject to availability)
The Glasgow Film Theatre, 12 Rose Street, Glasgow
Box Office: 0141 332 6535 / www.gft.org.uk

smhaff presents
FEELGOOD FILMS
At the CCA we’re looking at under-represented groups within the spectrum of mental health.

If you enjoyed Sean Penn’s performance in Milk, you’ll love the documentary on the real man ‘The Times of Harvey Milk’, and we return to a regular SMH AFF theme looking at the emotional health of young people through the Dardenne brothers’ breath-taking ‘Rosetta’.

We are delighted to have last year’s SMH AFF Jury Prize winner Nick Higgins present the film he awarded Best Documentary prize at EIFF 2009, ‘Boris Ryzhy’, which tells the tale of a Russian poet who left a charged poetic legacy behind when he took his own life at the age of 26.

We also have two showcase events at the CCA to screen some of the winning films from this year’s Film Competition, check the website for the programme, as soon as we know, you’ll know!

All tickets FREE
(available on day of screening)
The CCA,
350 Sauchiehall Street, Glasgow
Box Office: 0141 352 4900
www.cca-glasgow.com

Boris Ryzhy
(see page 19)
Accompanied by a screening of last year’s SMH AFF Jury Prize winner ‘Hidden Gifts’ (Nick Higgins, UK 2004, 25m)
**Fri 2, 6pm
The CCA**

Rosetta
Jean-Pierre Dardenne, Luc Dardenne
France, Belgium, 1999, 1hr 34m, 15 Cast: Émilie Dequenne, Fabrizio Rongione, Anne Yernaux
Rosetta exists rather than lives. All she wants is a normal life, a friend, a job. And it’s this last dream that keeps slipping away from her as she, often literally, fights her way from one employ to another. Local boy Riquet offers her tender friendship, but she’s unable to reciprocate in this outstanding Palme D’Or drama from the brothers Dardenne.
**Sat 3, 1pm
The CCA**

Mad for Dance
Commissioned by Arts Council England
Presented by Dance House
UK, 2009
30mins, 16+
5 individuals who have experienced mental distress highlight the restorative powers of dance. Followed by a Q&A with featured dancers.
**Sun 4, 2pm, FREE
The CCA**

Touch the Sound
Thomas Riedelsheimer
Germany, UK 2004, 1hr 30m, U Documentary
While still a student, Evelyn Glennie learned that she was going deaf. Rather than abandon her study of music, she instead turned toward percussion instruments and developed her ability to feel the sound through her body. A stunning work, offering insights into the nature of music and the ways in which we experience it.
**Sun 4, 4pm, FREE
The CCA**

The Times of Harvey Milk
Rob Epstein
USA, 1984, 1hr 30m, 15, Documentary
Harvey Milk was the first openly gay man to be elected to office in the United States, but he was assassinated by his fellow supervisor Dan White in November, 1978. Though White’s actions may have been an attempt to silence Harvey, here we see that they helped establish a legacy, with Milk as the figurehead of a wider LGBT and human rights movement.
**Wed 7, 6pm
The CCA**

**SMH AFF Film Submission Showcase**
Various
2h 30m, N/C 18+
Join us for exclusive screenings of some of the winning films at the festival this year. For the full programme, please see mhaffestival.com.
**Tue 6, 6pm and Thu 08, 2-4.30pm
The CCA**

**The Times of Harvey Milk**
Rob Epstein
USA, 1984, 1hr 30m, 15, Documentary
Harvey Milk was the first openly gay man to be elected to office in the United States, but he was assassinated by his fellow supervisor Dan White in November, 1978. Though White’s actions may have been an attempt to silence Harvey, here we see that they helped establish a legacy, with Milk as the figurehead of a wider LGBT and human rights movement.
**Wed 7, 6pm
The CCA**
Renfrewshire Council Arts and Museums present four well known, diverse and touching movies at Paisley Arts Centre.

All tickets £4
Paisley Arts Centre, New Street, Paisley
Box Office/Information: 0141 887 1010

Orphans
Peter Mullan
UK 1997, 1hr 41m, 18
Cast: Douglas Henshall, Gary Lewis, Stephen McCole

Raw, funny, grim and hopeful, Peter Mullan’s debut feature film explores the effects of bereavement on four siblings. A post film discussion offers the opportunity to explore and respond to issues of loss.

Tues 13, 7pm
Paisley Arts Centre

The Fisher King
Terry Gilliam
USA 1991, 2hr 11m, 15
Cast: Robin Williams, Jeff Bridges, Mercedes Ruehl, Amanda Plummer

The Fisher King is a dramatic comedy about one man’s attempt to redeem himself from a life of fatal cynicism and features a beautiful representation of traumatic psychosis. Unsettling, touching, often hilarious, this modern fairytale is surprisingly enchanting.

Wed 14, 2pm
Paisley Arts Centre

The Sound of Music
USA 1965, 2hr 54m, U
Cast: Julie Andrews, Christopher Plummer, Eleanor Parker

This classic warm hearted tale of love, war and the ultimate musical family will be presented to you with some audience participation and musical surprises!

Wed 14, 7pm
Paisley Arts Centre

Edward Scissorhands
Tim Burton
USA 1990, 1hr 40m, 12
Cast: Johnny Depp, Winona Ryder, Dianne Wiest, Anthony Michael Hall

Edward lived alone in the darkness until a kind lady took him home to live with her family; and so begins a teenage fantastical fairytale from the winning partnership of Tim Burton and Johnny Depp. The movie is an opportunity to explore the concepts of compassion, conformity, and rejection. A post film discussion will explore the many issues young people face in today’s world.

Thu 15, 7pm
Paisley Arts Centre

The Sound of Music
USA 1965, 2hr 54m, U
Cast: Julie Andrews, Christopher Plummer, Eleanor Parker

The Robert Burns Centre Film Theatre present two contrasting films.

Robert Burns Centre Film Theatre, Mill Road, Dumfries
Box Office: 01387 264 808
www.rbcft.co.uk

The Blues Brothers
John Landis
USA, 1980, 2hr 12m, 15
Cast: John Belushi, Dan Aykroyd, James Brown, Cab Calloway, Aretha Franklin

How far would you go for redemption? Brothers Jake and Elwood reform their band to raise funds for the threatened orphanage that was their childhood home, avoiding arrest and would-be assassins in this rollocking feel good classic.

Sat 3, 7.30pm and Mon 5, 6.30pm
£5.50/£4.10

The Black Stuff
Jim Goddard
UK, 1980, 1hr 30m, 15
Cast: Jonny Lee Miller, Billy Boyd, Brian Cox, Laura Fraser, Sean Brown, Joseph Carney

Playwright Alan Bleasdale’s hard hitting black comedy, ‘The Black Stuff’, is set against the harsh backdrop of poverty and hopefully bleak unemployment in the Liverpool of Thatcher’s Britain. The acclaimed play about a group of tarmac layers led to the commissioning of the TV series ‘Boys from The Black Stuff’.

Introduced and followed by a Q&A with Darren Connor, film lecturer at the University of Cumbria.

Mon 19, 6.30pm, £6/£4.60

The Flying Scotsman
Douglas Mackinnon
UK, 2006, 1hr 38min, 15
Cast: Jonny Lee Miller, Billy Boyd, Brian Cox, Laura Fraser, Sean Brown, Joseph Carney

An extraordinary story of how Scottish cyclist Graeme Obree battled depression to reach the pinnacle of his cycling career. After being stripped of his world record title, severe depression sets in from which, with the support of those close to him, he once again comes back and triumphs.

This screening is part of Waterfront Workshops: Arts activities in Inverclyde on page 41.

Sat 3, 10am, FREE on day (subject to availability)
Waterfront Cinema, 10 Custom House Way, Greenock
Information: 01475 501 226
Five truly inspired feature films ensures there is something for everyone in Inverness.

All ticket: £4 (£2)
Eden Court, Bishops Road, Inverness
Box office: 01463 234 234
www.eden-court.co.uk

The Misfits
(see page 18)
Thu 1, 8.30pm

The Dresser
Peter Yates
UK, 1983, 1hr 58m, PG
Cast: Albert Finney, Tom Courtenay, Edward Fox

Now in his twilight years, a once famous Shakespearian actor (who must be referred to as ‘Sir’) is still treading the boards, supported by his loyal dresser Norman. Norman’s love and devotion are pushed to the limit by Sir’s increasingly challenging behaviour in this multi-Oscar nominated British drama.

Sun 11, 7.15pm

Being John Malkovich
Spike Jonze
USA, 1999, 1hr 48m, 15
Cast: John Cusack, Cameron Diaz, Catherine Keener, John Malkovich

While working in an office, puppeteer Craig discovers a portal into the mind of John Malkovich. This impresses office siren Maxine who sees the business, and personal potential up for grabs, but when Craig’s wife Lotte gets involved things don’t go exactly as Craig imagined they would.

Sun 18, 7.45pm

Midnight Cowboy
John Schlesinger
USA, 1969, 1hr 48m,18
Cast: Dustin Hoffman, Jon Voight

Arriving in New York City from a small Texan town, Joe Buck aims to make money from the city’s wealthy women. When he meets Ratso, a sickly but streetwise thief, they work together and become friends. But soon Joe has to decide where his real responsibilities lie in this unmissable Oscar winning drama.

Wed 21, 7.30pm

Brazil
Terry Gilliam
UK, 1985, 2h 16m, 15
Cast: Jonathan Pryce, Robert De Niro, Katherine Helmond, Michael Palin

Civil servant Sam Lowry keeps dreaming of a beautiful woman when one day his own bureaucratic error means he meets her face to face. When he changes her ‘status’ to deceased to save her life, he gets labelled as a terrorist and must fight to keep one step ahead of bureaucracy in this dystopian nightmare.

Thu 8, 8.15pm

The Viewpoints Feel–Good Film
The Viewpoints film group have established a regular night at the movies to bring people together to socialise and enjoy the cinema experience within their own community. Tonight’s film will have been specially selected from local audience nominations for their own ‘Feel–Good Movie’.

Mon 5, 6.30pm,
£2 (or pay what you can)
The Pearce Institute, Conference Suite, 840 Govan Road, Glasgow
Booking at Plantation Productions: 0141 445 1666

Keeping it Reel Film Project Premiere
The Keeping it Reel project was set up to make a film which was written, researched and produced by people who have had an insight into the issues, concerns, hopes and experiences surrounding mental health. This exciting premiere of the film will be screened alongside other locally made films which also explore these themes.

Thu 8, 7pm – 9pm, FREE
Plantation Productions, The Portal, 978 Govan Road, Glasgow
Information: 0141 445 1666

Project Ability presents Moving to Skye House
Young people from the child and adolescent psychiatric units at Gartnavel Hospital have recently relocated to Skye House in Stobhill Hospital. Building on a programme of creative activities the young people have created a film documenting their physical and emotional journey in moving premises. This will be screened in the hospital with a DVD of the film for all those who attend.

If you would be interested in attending a screening please contact Alex Wilde at Project Ability for more information on create@project-ability.co.uk or 0141 552 2822.

Renfrewshire Choose Life presents Sarah’s Story
‘Sarah’s Story’ is a moving account of a teenager’s experience of self harm. The audience will have an opportunity to chat to Sarah herself and Rosemary Mullan, Choose Life Service Co-ordinator for Renfrewshire.

Mon 12, 2pm – 4pm, £1/50p
Paisley Arts Centre, New Street, Paisley
Box Office/Information: 0141 887 1010

mhfestival.com
FILM

Lanarkshire Short Film Festival presents

Film: North
‘Heavy Load’, ‘Sarah’s Story’, ‘Reflections on Recovery Stories’ and ‘The Great Escape’ will be screened throughout the day. Hang around to meet some cast and crew or join in a workshop!

**Tues 13, 12pm – 5pm, FREE (11yrs+)**
@Home Centre, 2 Clark Street, Airdrie
Booking: 0800 073 0918 or email patricia.maguire@samh.org.uk (to book workshop)

Lothian Mental Health and Well-being Team present

Working Like Crazy and Hope
A double bill featuring, ‘Working Like Crazy’, looking at work as a process that rebuilds people’s connection with each other plus short drama ‘Hope’.

**Tues 13, 6pm – 8pm, £2**
Cameo Cinema, 38 Home Street, Edinburgh
Booking: 08717 042052

Renfrewshire Council presents

Renfrewshire Shorts
This multi-media event is an opportunity to be amazed at the creative talent of Renfrewshire’s young people, including graphic novels and an animation by a group of young carers called ‘Bob’s day’.

**Thu 15, 2pm – 4.30pm, FREE**
Paisley Arts Centre, New Street, Paisley
Box Office/Information: 0141 887 1010

Lanarkshire Short Film Festival presents

Film: South
A screening of interesting and entertaining short films featuring young people and older people from arts projects throughout Lanarkshire with free workshops for those interested in film and animation.

**Mon 19, 10am – 4pm, FREE**
(drop in any time)
Rutherglen Town Hall, 139 Main Street, Rutherglen

RAMH Causeway in East Renfrewshire presents

‘3’
An emotive and thought-provoking trilogy of short animated films, depicting themes of isolation, stigma, inclusion and recovery.

**Tues 20, 11.15am – 12.30pm, FREE**
Eastwood Park Theatre, Rouken Glen Road
Box Office/Information: 0141 577 4970

Lothian Mental Health and Well-being Team present

Scottish Women Speak
Drawing on a series of short films to explore themes of body image, life transitions and the ageing process, the focus of this event will be what feelings and forces shape the lives of Scottish women today?

**Tues 20, 6pm – 8pm, £2**
Cameo Cinema, 38 Home Street
Booking: 08717 042052
Across Scotland, groups have developed literary events to celebrate creativity and stimulate debate.

**GLASGOW**

Glasgow South West Peer Support Development Group presents

**Cutting the Dash Book Launch**
Join the launch of Cutting the Dash – a book about stigma in the workplace researched, written, and produced by people who have accessed mental health services.

**Fri 9, 2pm – 4pm, FREE**
Scotland In Europe, 966-968 Govan Road, Glasgow
Booking: Call Margaret Park on 0141 445 5044

PlatForum presents

**Rhyme and Reason Poetry Reading**
Meeting together regularly the Rhyme and Reason Poetry Group discuss the poetry that inspires them. This will be their first public event showcasing their own creative writing and talented performance skills.

**Wed 14, 2pm – 4pm, FREE**
Scotland In Europe, 966-968 Govan Road, Glasgow
Booking: 0141 440 2233

Culture & Sport Glasgow presents

**Laugh in the Library**
Comic novelist Ian Macpherson leads a night of literary laughs. Take part in a comic writing workshop or just come and see a hilarious short performance by ‘One of the most creative and intelligent comedians I’ve ever seen’ The Guardian.

**Thu 15, 6pm – 8pm, FREE**
Maryhill Library, 1508 Maryhill Road, Glasgow
Booking: 0141 276 0715
This unique two–day event at the Mitchell Library in Glasgow will challenge assumptions, stimulate debate, celebrate our diversity and inspire new writing.

Curators Rachel Clive and Willy Maley explore the spaces between writing and personal experience, raising questions of voice, stereotype, conformity, gender, language, representation and role.

Writing Experience
Stalls, exhibitions and sharing. A chance to sample some of Scotland’s most exciting emerging writing and meet people who share an interest in writing. Facilitated by Lapidus Scotland.

Fri 16, From 10am, FREE
Moir/Dyer Room

Freedom and Belonging
We invite you to join a seminar and readings that explore writing, journeys and recovery – including a sharing of work from writing workshops especially commissioned by VOX (Voices of Experience) and facilitated by Lapidus Scotland.

Fri 16, 11am – 12.30pm, FREE (places limited to 15, advance booking required)
Simpson Room

Liz Lochhead and Jackie Kay: Voice
A one-off sizzling double-act exclusively for the Scottish Mental Health Arts and Film Festival. Be prepared for anything with performances, readings and questions with eminently experienced Scottish writers Liz Lochhead and Jackie Kay – both wonderful performers of their work. Chaired by Rachel Clive.

Fri 16, 7pm – 8.30pm, £3/£2
The Mitchell Theatre

Mish Gorecki goes Missing: An Exclusive Performance by Skye Loneragan
Mish, a dance-obsessed nine year old from a chaotic family, goes missing to be noticed. Performance excerpts by the dazzling Australian playwright-performer, Skye Loneragan. For anyone aged 8–80+ who dares to dream.

Sat 17, 11am, £3/2, children FREE
The Mitchell Theatre

Writing, Experience and Performance

Sat 17, 1pm FREE (places limited to 15, advance booking required)
Simpson Room

Denise Mina and Alan Bissett
Writing and/as experience. A chance to find out how it’s done, with two of Scotland’s leading literary fiction writers. Chaired by Professor Willy Maley.

Sat 17, 2.30pm – 4pm, £3/2
The Mitchell Theatre

Zoe Strachan and Louise Welsh: Diverse City
A Unique Performance Event Celebrating the Written Word
Headlined by Zoe Strachan and Louise Welsh, with a host of talented writers and performers. If you would like to perform there will be three Open Mic slots available to be picked from a hat on the day. MC: ‘Voice & Violin’ (aka James King and Caroline Murphy).

Sat 17, 5pm – 7pm, £3/2
The Mitchell Theatre
Contact Rachel on lapidusscotland@yahoo.co.uk if you would like to perform in this event.

Zoe Strachan and Louise Welsh: Diverse City
A Unique Performance Event Celebrating the Written Word
Headlined by Zoe Strachan and Louise Welsh, with a host of talented writers and performers. If you would like to perform there will be three Open Mic slots available to be picked from a hat on the day. MC: ‘Voice & Violin’ (aka James King and Caroline Murphy).

Sat 17, 5pm – 7pm, £3/2
The Mitchell Theatre
Contact Rachel on lapidusscotland@yahoo.co.uk if you would like to perform in this event.

Contact Rachel on lapidusscotland@yahoo.co.uk if you would like to perform in this event.

Booking for all events at: 0141 287 2999 or email lili@csglasgow.org
In person at the Mitchell Library Information Desk at Granville Street
Please check the website or box office for any changes to timings and lineups.
If you or your group would like to display your work, please contact Rachel at lapidusscotland@yahoo.co.uk
Renfrewshire Festival Team present a truly imaginative and engaging programme of storytelling, talks, readings and poetry for all ages.

**Storytelling – The Huge Bag of Worries**
Informal storytelling event for families and children. Morna has a huge bag of worries – find out how she gets rid of them. Fun storytelling for adults with children aged up to 10 yrs approx. Take away a free goodie bag.

**Mon 5 and Tues 6, 2pm – 3pm, FREE Central Library, High Street, Paisley**

Advance Booking: 0141 887 3672

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**Phil Hanlon on ‘Feel Good Films’**
During this time of global recession Prof Phil Hanlon gives entertaining reflections on films that lift the spirit and explore the dynamic of the feel-good factor. Join us for a reception buffet at 7pm.

**Tues 6, 7pm, £5 Abercorn Conference Centre, Reid Kerr College, Renfrew Road, Paisley**
Booking: 0141 587 3372 or email ReidKerr.ac.uk

**An Evening with Denise Mina**
Denise Mina’s fiction is peopled with strong female characters who have survived addiction, childhood abuse and mental illness. Don’t miss a truly imaginative and engaging event with well known author and Sunday Herald columnist Fiona Gibson. Aimed primarily at young mothers and featuring a children’s activity.

**Thu 8, 7pm – 9pm, £1/50p (Free to performers) Glenburn Learning Centre, Glenburn Library, Fairway Avenue, Paisley**
Booking: Glenburn Library 0141 884 2874

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**EAST RENFREWSHIRE**

East Renfrewshire Council presents

**Mummy Said the F Word**
The trials and tribulations of parenting will be brought to life in this hilarious and heartwarming event with well known author and Sunday Herald columnist Fiona Gibson. Aimed primarily at young mothers and featuring a children’s activity.

**Thu 22, 1.30pm – 2.30pm, FREE Neilston Library, Main Street, East Renfrewshire**
Booking: 0141 577 3500 or email reading@eastrenfrewshire.gov.uk

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**Read, Relax, Recycle**
Letting literature loose on a voyage of discovery

Pick up a book when you least expect it; as 50 titles are randomly placed in venues across East Renfrewshire. Discovering a free, fantastic book in an unexpected place is a feel good experience, whether it be comedy, thriller or romance!

**1 – 22, FREE (no booking required)**

**Venues throughout East Renfrewshire**

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**RENFREWSHIRE**

Robin Cairns compères performances from local writers who have found new confidence through creative writing.

Renfrewshire based writers are invited to book a performance slot. Call Janis McIntyre 0141 884 2874.

**Thu 6, 7pm – 9pm, £1/50p (Free to performers)**

**Scottish Storytelling Centre presents**

**Tales to Relax By**
Escape to the light and airy space of the Scottish Storytelling Centre for a day of relaxing and revitalising stories and activities for all ages. Hearing live tales is a great way to get away from the bustle of everyday life, recharge your batteries and refresh your imagination.

**Fri 2, 10am – 4.30pm, FREE Scottish Storytelling Centre, 43-45 High St, Edinburgh**
Booking: 0131 556 9579

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**Scottish Storytelling Centre presents**

**Storytelling and Mental Health**
Join storytellers, professional staff and carers in a special day event exploring storytelling across a range of health and wellbeing contexts. Share and discover storytelling ideas, best practice examples and innovative and exciting approaches to stories and story-making with children, young people, adults and older people.

**Sat 3, 10am – 4.30pm, £32 (£26 Scottish Storytelling Network Members, £10 special Festival rate for low income/unwaged) Scottish Storytelling Centre, 43-45 High St, Edinburgh**
Booking: 0131 556 9579

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**The Lothian Festival Team focus upon exploring the art of storytelling and promoting well-being within the literary strand of the Festival.**

Scottish Storytelling Centre presents

**Poetry is Good for the Soul**
A joyous celebratory event with three talented Scottish female poets; Helen Lamb, Liz Niven and Anita Goven. Focusing on well-being, the event will use poetry to explore dimensions of mental health and reflect on our understandings of ourselves and our lives. Come along and enjoy engaging readings on a delightful, interesting topic.

**Sat 17, 5pm – 6.30pm, £3 Scottish Poetry Library, Canongate, 5 Crichtons Close, Edinburgh**
Booking: Cerin Richardson 0131 469 3956

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**Lothian**

**ALSO IN EDINBURGH**

Royal College of Psychiatrists and Edinburgh University present

**Elder Brother in the Muse – 250 Years of Burns, Ferguson and Scottish Psychiatry**
It is 250 years since Robert Burns was born and 200 years year since the foundation stone was laid at the Royal Edinburgh Hospital after Andrew Duncan witnessed Ferguson suffering in the local Bedlam. We will mark these events with a reading of Ferguson and a talk about Burns.

**Wed 14, 3pm – 5pm, FREE Small lecture theatre, Kennedy Tower, Royal Edinburgh Hospital, Morningside**
Advance booking: please email s.lawrie@ed.ac.uk
The next few pages host an exciting fusion of unique collaborations specially conceived for the Festival for those of us who like to mix up film, music, dance, literature and visual arts!

**GLASGOW**

Platform and Positive Mental Attitudes (PMA) present
**HeadSpace – A Two Day Extravaganza**
Suport from Live Literature Scotland

Soak up entertaining drama and stunning visual arts from the creative PMA arts groups, get inspired with spoken word featuring ground-breaking poet Tom Leonard, or enjoy energetic dance production exploring bipolar, ‘Balance’. There’s also feel good theatrical fun, with special ticket prices, for Lung Ha’s Theatre Company’s ‘Dangereously Yours’ and Licketyspit’s ‘Hare and Tortoise’ for the young ones.

*Thu 1 – Fri 2, times vary, FREE*
Platform, The Bridge, 1000 Westerhouse Road, Easterhouse
Box Office: 0141 276 9696, www.platform-online.co.uk
Pick up a programme from Platform

Polyphony with Sushil K Dade, Dance House and SMHAFF present
**Café Improv @ CCA – A Fusion of Music, Dance and Film**
Curated by Indo-Caledonian Pop Artist Sushil K Dade (Future Pilot AKA)
this exciting event includes screenings of ‘Mad For Dance’ introduced by dancers, and ‘Touch The Sound’ profiling Evelyn Glennie and Fred Frith interspersed with workshops by Dance House and Prof. Raymond MacDonald, and culminating in the world premiere of ‘InReach’ composition with Ensemble Thing and Polyphony.

*Sun 4, 2pm – 7pm, FREE (booking required)*
The CCA, 350 Sauchiehall Street, Glasgow
Booking/Information: 0141 276 9696 or email skdade@shanti.org.uk

Black History Month and SMHAFF present
**She Settles in the Shields: Narratives**
This inspired exhibition from women runs from 1–15 Oct, about the impact of migration to Scotland. It offers an intimate insight into feelings of isolation, intergenerational differences, family, food and fashion! Join us for a discussion and stories drawing upon experience.

*Thu 15, 2.30-3.30pm, FREE*
Glasgow University Chapel, University of Glasgow

**ARTISTIC COLLABORATIONS**

VOX and Kelvingrove Art Gallery and Museum present
**Journeys of Experience – Moving People Moving Minds**
An exploration of diversity and mental health focusing around the themes of migration and gender. Join us for guided tours of the Glasgow Stories exhibitions exploring experiences of women and migration. Followed by screening of ‘Sanctuary-Inside Stories’, about mental health in new communities with debate and discussions, culminating in poetry, music and song in the main hall.

*Thu 15, 10am – 1.30pm, FREE*
Kelvingrove Art Gallery & Museum, Argyle Street, Glasgow
Booking/Information: VOX 0141 572 1663 or email jsteel@mhf.org.uk

**ARTISTIC COLLABORATIONS**

This joint multicultural event, presented by Shanti Bhavan and Mel Milaap, celebrates Older People’s Week & Diwali with fun and laughter featuring drama, poetry, song and dance. Aimed at older people in the Asian community these events explore isolation, depression and recovery in mental health.

*Thu 22, 11am – 1pm, FREE*
Woodside Halls, Glenfarg Street, Maryhill

Madhur Muskaan (Sweet Smile)
Information: Shanti Bhavan
0141 276 8491 or email kavita.aggarwal@sw.glasgow.gov.uk

Sadabahar (Evergreen)
Information: Mel Milaap
0141 222 2287 or email kuldeep.sharda@glasgow.gov.uk

Please note these events are only open to members of the Shanti Bhavan and Mel Milaap groups and their carers and supporters. For more information contact groups directly.

**Platform and Positive Mental Attitudes (PMA) present**
**HeadSpace – A Two Day Extravaganza**
Suport from Live Literature Scotland

Soak up entertaining drama and stunning visual arts from the creative PMA arts groups, get inspired with spoken word featuring ground-breaking poet Tom Leonard, or enjoy energetic dance production exploring bipolar, ‘Balance’. There’s also feel good theatrical fun, with special ticket prices, for Lung Ha’s Theatre Company’s ‘Dangereously Yours’ and Licketyspit’s ‘Hare and Tortoise’ for the young ones.

*Thu 1 – Fri 2, times vary, FREE*
Platform, The Bridge, 1000 Westerhouse Road, Easterhouse
Box Office: 0141 276 9696, www.platform-online.co.uk
Pick up a programme from Platform

Polyphony with Sushil K Dade, Dance House and SMHAFF present
**Café Improv @ CCA – A Fusion of Music, Dance and Film**
Curated by Indo-Caledonian Pop Artist Sushil K Dade (Future Pilot AKA)
this exciting event includes screenings of ‘Mad For Dance’ introduced by dancers, and ‘Touch The Sound’ profiling Evelyn Glennie and Fred Frith interspersed with workshops by Dance House and Prof. Raymond MacDonald, and culminating in the world premiere of ‘InReach’ composition with Ensemble Thing and Polyphony.

*Sun 4, 2pm – 7pm, FREE (booking required)*
The CCA, 350 Sauchiehall Street, Glasgow
Booking/Information: 0141 276 9696 or email skdade@shanti.org.uk

Black History Month and SMHAFF present
**She Settles in the Shields: Narratives**
This inspired exhibition from women runs from 1–15 Oct, about the impact of migration to Scotland. It offers an intimate insight into feelings of isolation, intergenerational differences, family, food and fashion! Join us for a discussion and stories drawing upon experience.

*Thu 15, 2.30-3.30pm, FREE*
Glasgow University Chapel, University of Glasgow

**ARTISTIC COLLABORATIONS**

VOX and Kelvingrove Art Gallery and Museum present
**Journeys of Experience – Moving People Moving Minds**
An exploration of diversity and mental health focusing around the themes of migration and gender. Join us for guided tours of the Glasgow Stories exhibitions exploring experiences of women and migration. Followed by screening of ‘Sanctuary-Inside Stories’, about mental health in new communities with debate and discussions, culminating in poetry, music and song in the main hall.

*Thu 15, 10am – 1.30pm, FREE*
Kelvingrove Art Gallery & Museum, Argyle Street, Glasgow
Booking/Information: VOX 0141 572 1663 or email jsteel@mhf.org.uk

**ARTISTIC COLLABORATIONS**

This joint multicultural event, presented by Shanti Bhavan and Mel Milaap, celebrates Older People’s Week & Diwali with fun and laughter featuring drama, poetry, song and dance. Aimed at older people in the Asian community these events explore isolation, depression and recovery in mental health.

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**LANARKSHIRE**

Lanarkshire Recovery Network present

**Lanarkshire Festival Launch**

The Lanarkshire programme of events will be launched this year with some live music and the introduction of a recovery CD.

**Thu 1, 7.30pm**, FREE (booking required)

Rutherglen Town Hall, 139 Main Street

Booking: 0800 073 0918 or email: patricia.mcguire@samh.org.uk

Lanarkshire Recovery Network present

**The Well Factor…**

**Mother of All Events 2 – A Variety Event for All**

The Well Factor will showcase comedy, art, drama, dance and music to celebrate positive mental health and wellbeing in Lanarkshire. Hosted by comedian Des Clark, featuring performances by local people, displaying how the arts can help improve well-being and support recovery.

**Wed 21, 7pm – 10.30pm**, FREE (booking required)

Motherwell Concert Hall, Civic Centre, Motherwell

Booking: 0800 073 0918 or email: patricia.mcguire@samh.org.uk

**Remembering Robert Tannahill**

It’s understood that Tannahill took his own life because he had been told his work was worthless. This event celebrates his life and work through art, drama, poetry, creative writing, photography and storytelling (includes a small lunchtime reception).

**Thu 1, 11am – 3pm**, FREE (booking essential)

Tannahill Centre, 76 Blackstoun Road, Paisley

Booking: Maggi Boyd 01505 821 362

**Positive About Mental Health at Reid Kerr College**

‘Reflections on Recovery’ four short films inspiring hope and recovery accompany students’ art work from ‘Steps’ and ‘Choices’ classes at this information day.

**Fri 2, 11am – 3pm**, FREE

Reid Kerr College, Renfrew Road, Paisley

No booking required – just pop in!

**FAF About in Renfrewshire**

This fun-filled day of activities for all features Heather Reid (aka Heather the Weather) and Britain’s Got Talent stars Drum’s ‘n Roses. Take part or just be entertained! Plus there will also be a songwriting workshop with Carol Laula for those who book in advance.

**Sat 3, 11am – 4pm**, FREE (no booking required)

Songwriting workshop £5, call Reuben Millward at RAMH Tel: 0141 842 3400

Paisley Town Hall, Abbey Close, Paisley

Choose Life and Loudnproud School of Rock present

**Renfrewshire Rocks!!!**

Proving Renfrewshire’s got talent, this high octane event for young people is guaranteed to raise your mood. An opportunity to experience the feel good factor by participating in the arts or simply watching. Come and be entertained by live music, drama and dance performances from local teenagers.

**Fri 16, 7pm – 9.30pm**, FREE

Methodist Centre Hall, 2 Smithhill St, Paisley

No booking required.

**Occupational Therapy Service at Dykebar Hospital present**

**The Arts Experiment**

Singing, drama, dance & drums with in-patients at Dykebar Hospital.

**Wed 21, 7pm – 9pm**, Invite only

Dykebar Hospital Recreation Hall, Grahamston Road, Paisley

For in-patients and invited guests only.
ARTISTIC COLLABORATIONS

THISTLE

The Lothian Festival Team focus on promoting positive mental health and well-being, fusing various art forms together and encouraging participation in local venues.

Tynepark Resource Centre and Tynepark Multimedia Group present
The Feel Good Festival
Brand new drama performance 'Stigma; Jimmy's Journey' will premiere alongside a host of arts activities. Bring your dancin' shoes! Refresh yourself with teas, coffees and snacks. Come together at this 'feel good' event. All welcome.

Wed 7, 10.30am – 4pm,
FREE (please confirm attendance)
Tynepark Resource Centre, Haddington
Booking/Information: 01620 822 444

West Lothian Council Arts
Services present
Survivarts Taster and Feel Good Festival
A FREE inspirational day of creative workshops, drama and films to introduce professionals working in mental health and people who access mental health services to the benefits of the arts.

Tues 13, 9.30am – 4pm,
FREE (please confirm attendance)
Howden Park Centre, Livingston
Booking/Information: 01506 773870 or email survivarts@westlothian.gov.uk

Orchard Centre Services and Health in Mind present
Inspiration
Come and be inspired by our showcase of creative arts and activities including; theatre, dance, music, fine art and contributions from CAP’s ‘Oor Mad History’ project. Workshops will give people a chance to try new skills or take part in a creative event.

Thu 15, 10am – 4pm,
FREE (please confirm attendance)
Loanhead Miners Club, 74 The Loan, Loanhead
Booking/Information:
0131 663 1616 or email emilysteedman@orchardservices.org.uk

ABERDEEN

Dundee Voluntary Action presents
Life:Art:Mind:Dundee – Festival of arts and community well-being
A day of entertainment and personal development; enjoy visual arts, music, readings, interactive workshops and an energetic dance performance 'Balance' from Edinburgh’s Black Swan Dance Theatre (see page 12). This event will have a family focus, with something for everyone, so bring along your children, granny, friends and neighbours!

Sat 10, 10am – 4pm,
FREE
The Bonar Hall, Dundee University
Booking/Information: Dundee Voluntary Action 01382 305 744 / 722

Inverclyde

Waterfront Workshops
Arts Activities in Inverclyde
This jam packed, fun filled day of activities in Inverclyde features taster sessions on creative writing, drumming and drama workshops plus an art exhibition. Join us in the morning for a screening of ‘triumph over adversity’ film The Flying Scotsman at the Waterfront Cinema (see page 27 for cinema booking details).

Sat 3, from 10am, FREE
James Watt College, Waterfront Campus, Custom House Way, Greenock (arts activities)
Booking/Information: 01475 501226

Dundee

Dundee Voluntary Action presents
Life:Art:Mind:Dundee – Festival of arts and community well-being
A day of entertainment and personal development; enjoy visual arts, music, readings, interactive workshops and an energetic dance performance 'Balance' from Edinburgh’s Black Swan Dance Theatre (see page 12). This event will have a family focus, with something for everyone, so bring along your children, granny, friends and neighbours!

Sat 10, 10am – 4pm,
FREE
The Bonar Hall, Dundee University
Booking/Information: Dundee Voluntary Action 01382 305 744 / 722

ABERDEEN

Dead Good Poets presents
Putting it Right – Poetry, Songs and Music of Struggle and Healing
Poets, singers and musicians exploring sadness, resilience and tragedies within the context of human courage and healing.

Tues 13, 7pm – 8.30pm, £5 on door, concessions free
Aberdeen Arts Centre, 33 King Street
Booking/Information: 01224 635208

ARTISTIC COLLABORATIONS
COMEDY

“If you can laugh at something, maybe you’ll fear it less. People work all week, they’ve got things on their minds, it’s nice to have a laugh and let all those endorphins out. It’s therapeutic.”
Raymond Mearns (writer and stand up comedian)

RENFREWSHIRE
The Renfrewshire Partnership presents
Laff Yer Heid Aff
Compered by Scott Agnew, winner of the Scottish Comedian of the Year 2008, and featuring Gary Little whose hilarious account of his experiences of depression, not to mention his West Coast humour, will ensure a great night for all!
Thu 1, 8.30pm (Doors)
£5 if you quote ‘Festival’
The Haunt Bar, Paisley Arts Centre, New Street, Paisley
Booking: 0141 848 1692

ABERDEEN
The Lemon Tree presents
Phil Kay and Friends
Phil celebrates the cerebral; the super fast workings of the mind and joyously reveals in the way that it is sometimes perfectly sane to be a bit mad in our modern world. Phil will be supported by local comedians in a riotous evening guaranteed to lift the spirits!
Thu 15, 7.30pm (doors), £10/£8
The Lemon Tree Lounge
5 West North Street, Aberdeen
Box Office: 01224 641122

GLASGOW
Glasgow Association for Mental Health presents
Shared Connections
Images of Well-being
Women from diverse backgrounds use influences from Scotland, China, Pakistan, India and beyond to express themselves through creative arts and photography, illustrating themes of well-being, resilience and recovery.
Mon 5, 3pm – 4pm, FREE
The Albany, GCVS, 44 Ashley St, Woodlands, Glasgow

West Glasgow CHCP presents
Differing Worlds
Differing Worlds looks at the relationship between our internal and external worlds, especially how this is expressed symbolically in our paintings, creative writing and photography.
1 – 22, FREE (just come along)
Tea Pots Café, Whiteinch Community Centre, 1 Northinch Court, Glasgow

Glasgow South West Peer Support Development Group presents
Timeout Art Group Exhibition
An intriguing exhibition of work based on the works of Robert Burns, whom experts now believe may have experienced bipolar, in celebration of the 250th anniversary of his birth.
Mon 5 – Fri 16, 2pm – 4pm on Mon 5, open office hours every other day, FREE
Scotland in Europe, 966-968 Govan Road, Glasgow
Scotland in Europe: 0141 440 2233

Across the country we have engaged artists and organisations to create artwork and exhibitions to make you reflect and see things differently.

West Glasgow CHCP presents
Personal Road to Recovery
An open evening followed by a two day exhibition
Join artists and staff at this celebratory open evening featuring screen printed artworks and creative writing projects, from people who access Gartnavel’s mental health services.
Wed 14, 5pm – 7pm (open evening), FREE
Wed 14 – Fri 16 (exhibition)
Gartnavel Royal Hospital, 1055 Great Western Road, Glasgow
Booking required: 0141 211 3657 or email sarah.macintyre@ggc.scot.nhs.uk
maureen.mclaughlin@ggc.scot.nhs.uk

NHS Greater Glasgow and Clyde presents
Leverndale Art Exhibition
An open exhibition allowing people who use Leverndale Hospital to showcase their creative collection of artworks, paintings and sketches.
Mon 5 – Fri 9, 10.30am – 3.30pm, FREE
The Rendezvous, Leverndale Hospital, 510 Crookston Road, Glasgow
Northern Picture: A Visual Arts Exhibition across North Glasgow

**Northern Picture: Persplexed**
An exhibition looking at what goes on inside our heads. Depot Arts worked with local groups of young people and adults to explore what we sometimes keep hidden inside our minds.

1 – 22, FREE
Possil Library,
127 Allander Street, Glasgow

**Northern Picture: Art Tour**
Come on an exciting walking tour featuring video, paintings and site specific installation exploring woodland light and shade from an array of talented artists. This tour is suitable for all.

Wed 7, 14 & 21, 11.30am – 1pm, FREE
Information Hub (main entrance),
New Stobhill Hospital Campus,
133 Balornock Road, Glasgow
(Meeting Point)

Maryhill Integration Network presents **Sharing Experiences and Thoughts**
An exhibition of photography and creative writing from the Maryhill Integration Network, whose work promotes integration of host communities and newcomers, building bridges and overcoming isolation.

1 – 22, FREE
Exhibition Space, Springburn Leisure Centre, Kay Street, Glasgow

Creative Balm presents **The Longboat**
This magical animated story, exploring the concerns, interpreted personal histories and imagination of people who have attended Springpark’s creative art group – will be displayed on a touch screen in the centre’s reception area during the festival.

Mon 12 – Thu 22, FREE
Springpark Resource Centre,
101 Denmark Street, Glasgow
Information: creative-balm@tiscali.co.uk

**LANARKSHIRE**

Lanarkshire Recovery Network presents **A Place To Be...**
Inspired by places that have a special meaning to the artists, this exhibition includes artworks from participants of the NL Connection Project, which promotes connection to the community through arts participation.

Thu 1 – Sun 11, 10am – 10pm, FREE
Cafe Bar, East Kilbride Arts Centre,
51-53 Old Coach Road, East Mains
Fri 2 – Thu 22, 10am – 3pm, FREE
Upstage Cafe/Bar,
Civic Centre, Motherwell

Exhibition of Silk Paintings
An exhibition of silk paintings by artists living within sheltered housing complexes in Lanarkshire. The artworks have been specially created by participants of the NL Connection Project with Bazooka Arts.

1 – 22, 10am – 5pm (Mon – Sat),
12pm – 5pm (Sun), FREE
Visitor Centre, Court Yard Gallery,
Chatelherault Country Park, Hamilton

**EAST RENFREWSHIRE**

RAMH Causeway, ACUMEN and East Renfrewshire Mental Health Forum present **Colours of Recovery**
This open exhibition will showcase photography, creative writing and papermaking exhibits from people who access local mental health services.

Mon 19 – Fri 23, FREE
UnderCOVER, 15 Kelburn Street,
Barrhead

**RENFREWSHIRE**

Renfrewshire CHP presents **Picture Yourself Well**
Three exhibitions over three venues!
Three exhibitions featuring a range of artworks by people who access mental health services in Renfrewshire reflect how art can be used as a vehicle in recovery.

Tues 6 – Mon 19, 9.30am – 4.30pm, FREE
Paisley Arts Centre, New Street, Paisley

1 – 22, 9am – 5pm, FREE
WRVS Cafe, 37 Causewayside Street, Paisley and The Charlton Centre, Neilston Road, Paisley

Walk the Art
A guided tour of all 3 exhibitions leaves from the Charlton Centre
Wed 7, 1pm, FREE

**LOTHIAN**

Health in Mind presents **Arts in Hearts and Minds**
This celebratory exhibition brings a number of pieces of visual art together to create a thought-provoking showcase, developed by a talented and diverse group of agencies.

Mon 5 – Sun 11, FREE
St John’s Church, West End,
Princes Street, Edinburgh

Mon 5 – Thu 22, 10am – 4pm (Mon – Sat) and 1pm – 5pm (Sun), FREE
Candlefish Room, St George’s West Church, Shandwick Place, Edinburgh

Information: 0131 225 8508 or email contactus@health-in-mind.org.uk
The ‘see me’ campaign presents
A Positive Frame of Mind 2009
Be There. Be Yourself.

This exciting photography competition organised by the ‘see me’ campaign aims to challenge the stigma and discrimination surrounding mental ill-health by inspiring creativity through photography.

Local area hosts have held competitions and will exhibit all the entries in a venue near you throughout October, with winners going through to the national final.

Be There. Be Yourself. local exhibitions taking place during the Festival include:

**FORTH VALLEY**

Reachout with Arts in Mind presents
Artivism 2: Arts in Action
Based on personal experiences, this captivating exhibition invites the audience to challenge society’s perceptions and the stigma surrounding mental health, using art to promote social knowledge and change.

1 – 22, 9am – 8.30pm (daily) and 10am – 8.30pm (Sun), FREE
The MacRobert Arts Centre, University of Stirling, Stirling
Information: reachout@tiscali.co.uk

Create Connections – Leave Links
An exhibition of artwork created by the patients, art therapist and staff of Morodun B Ward, in collaboration with PLUS Perth, focusing on connecting people and supporting recovery journeys.

Fri 2 – Fri 9, FREE
Launch: Fri 2, 2pm
Giraffe Shop and Gallery, 51-53 South Street, Perth

Rebuilding the House
In collaboration with Alistair Pacock and PLUS Perth
A photographic exhibition representing the personal story of artist Alistair Pacock, from the beginning of his schizophrenia in 1980.

Mon 12 – Sat 17, FREE
Launch: Mon 12, 2pm
Giraffe Shop and Gallery, 51-53 South Street, Perth

Joining Hands
In collaboration with Walled Garden, Wisecraft and PLUS Perth
This showcase literally uses a hands on approach to bring people together, creating colourful canvases inspired by Aboriginal painting techniques. Local councillor Heather Stewart will launch the exhibition.

Mon 19 – Sat 24, FREE
Giraffe Shop and Gallery, 51-53 South Street, Perth

**SOUTH WEST GLASGOW**

Wed 21, 2pm – 4pm, FREE
Scotland in Europe, 966-968 Govan Road, Glasgow
Contact Scotland in Europe: 0141 440 2233

**HIGHLANDS**

Mon 5 – Thu 8, 9am – 5pm, FREE
Lochaber College, An Aird, Fort William
Information: 01397 704723
Log on to: www.seemescotland.org/photography for a list of local area hosts. Please note the submission deadline for photos is Friday 18th September.

**AYRSHIRE & ARRAN**

Ailsa Hospital
Promoting Mental Well-being Through Creative Activity
This exhibition is an opportunity to exhibit and showcase creative works from talented hospital in-patients featuring photography, clay modelling and ceramic decoration.

Thu 8 – Sat 10, 9.30pm – 5.30pm, FREE
Kyle Shopping Centre, High Street, Ayr

**GRAMPIAN**

Aberdeen City Council presents
With Art in Mind
Take a peep inside someone else’s mind, a truly imaginative art exhibition spread over three venues highlighting the excellent work being produced within mental health services in Aberdeen.

1 – 22, FREE
Lemon Tree, 5 West North Street, Aberdeen
Venue/Information: 01224 337688
Rosie’s Café, 137 Rosemount Place, Aberdeen
Venue/Information: 01224 626214
Rosemount Community Centre, Belgrave Terrace, Aberdeen
Venue/Information: 01224 647594

**PERTH**

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Be There. Be Yourself. local exhibitions taking place during the Festival include:

FORTH VALLEY

**FRONTIDGE**

From Thu 1 Oct, 9am – 6pm (Mon – Sat), FREE
Connections Gallery, Dining Hall, Falkirk Royal Infirmary, Majors Loan, Falkirk
Contact Artlink Central: 01786 450971 or email: info@artlinkcentral.org

EDINBURGH & LOTHIAN

Thu 1 – Wed 7, Oxgangs Library, Oxgangs Road North
Thu 8 – Wed 15, Waverley Hailes Library, West Side Plaza
Thu 15 – Thu 22, Fountainbridge Library, Dundee Street (Mon –Sat)
Contact Health in Mind: 0131 225 8508 or email: contactus@health-in-mind.org.uk

Reachout with Arts in Mind presents
Artivism 2: Arts in Action
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1 – 22, 9am – 8.30pm (daily) and 10am – 8.30pm (Sun), FREE
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This showcase literally uses a hands on approach to bring people together, creating colourful canvases inspired by Aboriginal painting techniques. Local councillor Heather Stewart will launch the exhibition.

Mon 19 – Sat 24, FREE
Giraffe Shop and Gallery, 51-53 South Street, Perth

**SOUTH WEST GLASGOW**

Wed 21, 2pm – 4pm, FREE
Scotland in Europe, 966-968 Govan Road, Glasgow
Contact Scotland in Europe: 0141 440 2233

**HIGHLANDS**

Mon 5 – Thu 8, 9am – 5pm, FREE
Lochaber College, An Aird, Fort William
Information: 01397 704723
Log on to: www.seemescotland.org/photography for a list of local area hosts. Please note the submission deadline for photos is Friday 18th September.

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This showcase literally uses a hands on approach to bring people together, creating colourful canvases inspired by Aboriginal painting techniques. Local councillor Heather Stewart will launch the exhibition.

Mon 19 – Sat 24, FREE
Giraffe Shop and Gallery, 51-53 South Street, Perth
Participation and involvement in the arts play a key role in promoting well-being.

GLASGOW
Pollockshields Health Shop and GAMH present
Tandroost Soch, Achi Sehat (positive thinking)
Exploring mental health through film with black and minority ethnic women in Pollockshields with a series of workshop sessions and discussions ranging from meanings to community issues.
Tues 6 & Tues 20, 11am – 1pm, FREE, Pollockshields Health Shop, 423 Shields Road, Pollockshields

FORTH VALLEY
Greetings! Card Making Class
Create your own cards inspired by thoughtful and poetic messages.
Mon 5, 10am – 3pm, FREE, Stirling Council Adult Learning, Cowane Centre, Cowane Street, Stirling
Booking: Adult Learning Team 01786 432360

Lothian
Make Your Own Film!
Create your own film with Firefly Arts. A unique opportunity for young people (8–18 years) to make friends, make a film and see it on the big screen!
Mon 19 – Fri 23, 10am – 4pm, £30 (subsidised places are available)
Howden Park Centre, Howden
Booking: 01506 773 883
anwen@firefly-arts.co.uk

LOTHIAN
That’s A WRAP!
Learning event with film screening focusing on recovery, employment and relationships.
Fri 16, Screening 2pm, FREE
Wighton House, Thistle Centre, Edinburgh
Enquiries: 0131 536 9411

RENFREWSHIRE
Music, Rhythm and Mental Health
An engaging and hands on introduction to integrative musical participation for mental health plus an exploration of music making for older adults in mental health services.
Fri 2, 12.30pm – 1.30pm, RAH Day Hospital, Ward 38
For clinical staff working with older adults in mental health services
Contact: 0141 314 6828, or email Eileen.lmrie@renver-pct.scot.nhs.uk

Songwriting Workshop with Carol Laula
Amazing opportunity to create your own song, working on lyrics and melody with Paisley born singer songwriter Carol Laula.
Sat 3, 11.15am – 1pm (12–18yrs) and 1.45pm – 3.15pm (18+), £5, Paisley Town Hall, Abbey Close, Paisley
Advance booking: Reuben Millward at RAH 0141 842 3400

The Buddy Beat presents
Explore: Arts, Creativity & Recovery
An interactive session exploring creativity, the arts and recovery, featuring inspirational stories of recovery plus the opportunity to make music.
Thu 8, 9.30am – 10.30am, FREE, Dykebar Hospital Seminar Room, Grahamston Road, Paisley

Renfrewshire Council (Arts & Museums), StepUp and right2dance present
Changing Faces
Funky art, music and dance workshops for young people exploring identity, self and emotions. Opportunity to create dance piece for ‘Renfrewshire Rocks!!!’ event (16th Oct).
Mon 12 – Fri 16, 12pm – 4.30pm, FREE (Max. 20 places available), Paisley Museum, High Street, Paisley
Booking essential: 0141 847 6427 or email karen.scott@renfrewshire.gov.uk

Renfrewshire Council (Libraries) present
Say It Like It Is
Writing workshop for young people. Come along, meet other young people and use creative writing to say it like it is!
Wed 14, 1pm – 3pm, FREE, Glenburn Learning Centre, Glenburn Library, Fairway Avenue
Booking/Information: 0141 884 2874

Renfrewshire CHP presents
Drop in ‘n’ Drum with The Buddy Beat
A chance to drop in and see what happens during the regular Thursday sessions of ‘The Buddy Beat’. No experience necessary - just a willingness to get in the groove!
Thu 15, 10am – 12pm, FREE (just come along), Paisley Arts Centre, New Street, Paisley
East Renfrewshire

From Draft to Drama – Screenwriting for Short Films
Become the next generation of Festival film-makers. Learn how to write for film and start on the road to screenwriting success.

Mon 19, 7pm, FREE (come along), University of the West of Scotland
Contact: david.manderson@uws.ac.uk

‘How Full is Your Bucket?’
Based on the book by Tom Rath and Donald Clifton
When our bucket is full we feel great, when it is empty we feel awful. Learn about the importance of having a full bucket, how to get one, and how to prevent it being emptied in this interactive workshop!

Wed 21, 12.30 – 1.30, FREE, Paisley Museum, High Street, Paisley

East Renfrewshire

East Renfrewshire CHCP presents
Words for Wellbeing
A workshop for young people aged 13+ interested in exploring creative writing as a tool for self expression and wellbeing.

Thu 1 - Thu 8, 4pm – 6pm, FREE (come along), Barrhead Health Centre, 201 Main Street Barrhead or Clarkston Clinic, 56 Busby Road, Clarkston

East Renfrewshire CHCP presents
Let’s Get Drumming Showcase
An exciting workshop, particularly aimed at creating camaraderie and reducing feelings of isolation in young people. A celebration event will be held to showcase their work.

Mon 5, Mon 12 and Mon 19, 7pm – 9pm, The Edge, Barrhead Road, Closed Group, (13 years+)

East Renfrewshire Council presents
Written Remedies – Creative Workshop with Carole McKay
Author Carole McKay invites you to play with words to explore self expression and self worth in a relaxed and friendly setting.

Tues 6, 7.30pm - 8.30pm, FREE, Clarkston Library, Clarkston Road
Reserve and collect tickets from Clarkston Library or call 0141 5773500, email reading@eastrenfrewshire.gov.uk

East Renfrewshire Council presents
100 Types of Happy
Hands on drama workshops for youngsters aged 10+, in the lead up to a showcase event. The drama workshops set out to explore the idea of happiness and being happy, and share this with others.

Mon 12 – Fri 16, 9.30am – 12.30pm, Free in receipt of certain benefits or £30
Eastwood Park Theatre, Rouken Glen Road
Box Office: 0141 577 4970, and ERC Customer First: 0141 577 3008

North Ayrshire Choir Workshop
Sing along in the style of the Gaither Choirs of North America.

Tues 6, 2pm – 3.30pm, FREE, Harbour Arts Centre, 114-116 Harbour Street, Irvine
Box Office: 01294 274 059
www.harbourarts.org.uk

Laughter Workshop with Joyworks
By the end of an hour long laughter workshop during which strangers or colleagues simply use laughter to communicate, a remarkable bond is created.

Thu 8, 11.00 - 12.30pm and 2pm – 3pm, £5, Harbour Arts Centre, 114-116 Harbour Street, Irvine
Box Office: 01294 274 059
www.harbourarts.org.uk

Samba Drum Workshop
This noisy, fun filled, drumming workshop will appeal to everyone. By the end of the session everyone will be playing Brazilian grooves, swaying and swinging like old hands!

Sun 11, 2pm – 3.30pm, £5, Harbour Arts Centre, 114-116 Harbour Street, Irvine
Box Office: 01294 274 059
www.harbourarts.org.uk

Third Thursdaysessionayr
A monthly folk session featuring poetry and story-telling focusing on a mental health and well-being theme. Sessions comprise of a singaround allowing anybody to contribute a song or tune.

Thu 15, 6pm – 7pm, FREE (Non ticketed), Market Inn, 2 Castlehill Road, Ayr

Acting Up Drama Workshop
Need a confidence boost? Have great fun while you learn a wide range of drama techniques from improvisation to characterisation, movement and role playing with a professional drama tutor.

Thu 15, £5 Harbour Arts Centre, 114-116 Harbour Street, Irvine
Box Office/Information: 01294 274 059
www.harbourarts.org.uk

Comedy Workshops
Need more laughter in your life? Or fancy increasing your ability to make others laugh? Try this express comedy workshop, hosted by a professional stand up comic.

Thu 22, 11am – 12.30pm, £5, Harbour Arts Centre, 114-116 Harbour Street, Irvine
Box Office: 01294 274 059
www.harbourarts.org.uk

Aberdeen

Aberdeen City Council presents
The Confidence for Comedy
Work on your confidence and practice the art and craft of improvising, writing & performing comedy for stand up and stage.

Wed 7, 6.30pm – 9pm, FREE (booking required)
His Majesty’s Theatre (Studio Space), Rosemount Viaduct
Booking: Community Learning Team 01224 489458
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### Tentative Plan

- **Mon 5**: Viewpoints Feel-Goood Film, Viewpoints Feel-Goood Film
- **Mon 5**: Shared Connections, Shared Connections
- **Mon 5**: Stand By Me, Stand By Me
- **5 to 9**: Leverndale Art Exhibition, Leverndale Art Exhibition
- **5 to 16**: Timeout Art Group Exhibition, Timeout Art Group Exhibition
- **6 & 7**: Out of the Blue… Into the Flow, Out of the Blue… Into the Flow
- **6 & 8**: Film Submission Showcase, Film Submission Showcase
- **6 & 20**: Landroche Sacht, Achi Sehat, Landroche Sacht, Achi Sehat
- **Wed 7**: The Times of Harvey Milk, The Times of Harvey Milk
- **7 & 17**: Comedy workshops, Comedy workshops
- **7, 14, 21**: Northern Picture: Art Tour, Northern Picture: Art Tour
- **Thu 8**: Keeping it Reel, Keeping it Reel
- **Fri 9**: Journeys, Journeys
- **Fri 9**: Cutting the Dash, Cutting the Dash
- **12 to 22**: Longboat, Longboat
- **13 to 16**: The YelloWing, The YelloWing
- **Wed 14**: Sholay, Sholay
- **Wed 14**: Rhyme and Reason Poetry, Rhyme and Reason Poetry
- **14 to 16**: Personal Road to Recovery, Personal Road to Recovery
- **Thu 15**: She Settles in the Shields, She Settles in the Shields
- **Thu 15**: Journeys of Experience, Journeys of Experience
- **Thu 15**: Laugh in the Library, Laugh in the Library
- **Fri 16**: Freedom & Belonging, Freedom & Belonging
- **Fri 16**: Tom Leonard, Tom Leonard
- **Fri 16**: Writing From Memory, Writing From Memory
- **Fri 16**: Liz Lochhead & Jackie Kay, Liz Lochhead & Jackie Kay
- **Fri 16**: Life Is A Cabaret, Life Is A Cabaret
- **Sat 17**: Mish Gorecki Goes Missing, Mish Gorecki Goes Missing
- **Sat 17**: Denise Min & Alan Bissett, Denise Min & Alan Bissett
- **Sat 17**: Zoe Stroachen & Louise Welsh, Zoe Stroachen & Louise Welsh
- **Tues 20**: BBC Comedy Portrayal workshop, BBC Comedy Portrayal workshop
- **20 to 22**: Teenage Sexual Health, Teenage Sexual Health
- **Wed 21**: Be There, Be Yourself, Be There, Be Yourself
- **Thu 22**: Sadabahar & Madhur Muskaan, Sadabahar & Madhur Muskaan
- **Various**: Moving to Skye House, Moving to Skye House
- **Waterfront**: Waterfront Workshops, Waterfront Workshops
- **Sat 3**: The Flying Scotsman, The Flying Scotsman

### Tentative Plan

- **INVERNESS (Highlands)**
- **Thu 1**: The Mishs, The Mishs
- **Sun 4**: The YelloWing, The YelloWing
- **Sun 5**: Be There, Be Yourself, Be There, Be Yourself
- **Thu 8**: The Dresser, The Dresser
- **Sun 11**: Brazil, Brazil
- **Sun 18**: Being John Malkovich, Being John Malkovich
- **Wed 21**: Midnight Cowbey, Midnight Cowbey

### LANARKSHIRE

- **Thu 1**: Lanarkshire Festival Launch, Lanarkshire Festival Launch
- **1 to 11**: A Place to Be…, A Place to Be…