SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

ACROSS SCOTLAND 1-24 OCTOBER

FILM THEATRE MUSIC COMEDY WORDS VISUAL ART

MHFESTIVAL.COM
The Scottish Mental Health Arts and Film Festival is hosted by the Mental Health Foundation in association with National Partners.

If you want to find out more about the designers behind the look of this year’s brochure please visit www.ostreet.co.uk

Music like a medicine. The Old Fruitmarket | Photo by Chris Butler
Welcome to the 4th annual Scottish Mental Health Arts and Film Festival

Now a regular on the arts scene, the 2010 Festival features nearly 200 exciting, affordable events in venues across Scotland. This year’s Festival will focus on childhood and memory, something we can all relate to. So come along and enjoy any of the film, theatre, music, comedy, literary and visual arts events on offer and participate in discussions and workshops.

The Festival gets people thinking and talking about mental health. Through engaging artists, connecting with communities and forming collaborations, we celebrate the artistic achievements of people with experience of mental health issues, explore the relationship between mental health and creativity, and promote positive mental health and well being. By balancing artistic integrity with social purpose, we encourage everyone to recognise the role that both mental health and the arts have to play in our lives.

In this year’s brochure we have grouped events together by area so you can see exactly what’s going on near you and further afield. Please do read the Festival Director’s letter on page 24 and don’t forget to check our website for more detailed information and regular updates.

Festival Team
HOW TO USE THIS BROCHURE...

It couldn’t be easier to find out what events are on in your area or city as part of SMHAF this year. Simply check your area in the contents page (p3) and you can go straight there.

Festival events encompass various art-forms, so if you are especially interested in film screenings, comedy events or music gigs then look out for our nifty genre tags attached to events.

Want to see all the events taking place on a specific date or weekend? Flip to the back of the brochure where you will find a handy Daily Diary (p43).

Don’t forget to visit our website mhfestival.com where you will find more detailed event info, regular news, updates, pictures and everything you need to know about SMHAF.

Finally, you can also follow us on Twitter, join our group on Facebook or be our friend on Myspace!
MUSIC LIKE A VITAMIN:
ROD JONES, EMMA POLLOCK
AND FRIENDS

Leading Scottish musicians, including James Graham (Twilight Sad), Scott Hutchison (Frightened Rabbit), Rod Jones (Idlewild), Jill O’Sullivan (Sparrow and the Workshop), Emma Pollock, Karine Polwart, Jenny Reeve, Alasdair Roberts and James Yorkston have collaborated during the last year to write, produce and record an album of brand new music exploring mental health and well-being. Be amongst the first to hear these new tracks and prepare to be entertained by some more familiar songs.

Limited edition copies of the CD and artwork will be available exclusively at this gig and the Glasgow gig (p18).

Fri 1 Oct
6.30pm (doors), 7pm (start)
HMV Picture House, 31 Lothian Rd, Edinburgh, EH1 2DJ
Tickets: £6
Box Office: 0844 847 1740 (24hr) or through Ticketweb, SEE Tickets, HMV Tickets, Ticket Scotland Edinburgh and Ripping Records Edinburgh

‘SEE ME’ PHOTOGRAPHY COMPETITION AND EXHIBITION

Annual ‘see me’ photography competition and exhibition, now in its 3rd year. Local entries will be exhibited in Edinburgh libraries offering people the chance to take a moment to look, think and perhaps to talk about mental health and the stigma surrounding it. Winners will go forward and be entered into the national competition.

Fri 1 – Sun 24 Oct
Library opening times
Central Library, George IV Bridge, Edinburgh, EH1 1EG
(Wheelchair accessible)
FREE

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In DIALOGUE

This innovative exhibition includes computer generated art, banners and 3D installations. Produced by students from Outlook, which is an adult education project for people living in Edinburgh who access mental health services. This exhibition illustrates personal experiences of living with mental health difficulties.

Fri 1 – Thurs 14 Oct
10am – 5pm (Mon-Sat)
Out Of The Blue, Drill Hall, 36 Dalmeny St, Edinburgh, EH6 8RG
(0131 555 7100)
FREE, no booking required

EQUALLY CONNECTED

Black and minority ethnic (BME) groups have used photography, film and personal mementos to encapsulate experiences. Exhibits include a video installation from international students at Heriot-Watt University, photographic and personal mementos about caring and journeys, through photography and artwork from BME men, women and children. Join us as we launch our exhibition which draws on voices and images from the archive.

Fri 1 – Thurs 14 Oct
10am – 5pm (Mon-Sat)
Out Of The Blue, Drill Hall, 36 Dalmeny St, Edinburgh, EH6 8RG
(0131 555 7100)
FREE, no booking required

OOR MAd HIStory

Supported by Lothian Mental Health and Wellbeing Team, NHS Lothian.

Our Mad History is a unique community project promoting the history of the mental health service user movement in Lothian. Together with service user groups and volunteers we are building a fascinating oral history and paper based archive. Join us as we launch our book about the project and look through our exhibition which draws on voices and images from the archive. Come along and be part of Oor Mad History!

Book Launch: Fri 1 Oct, 2pm
Exhibition: Fri 1 – Thurs 14 Oct
Mon – Sat, 10am – 5pm
Out of The Blue, Drill Hall, 36 Dalmeny St, Edinburgh, EH6 8RG
(0131 555 7100)
FREE, booking required

Book a place: Kirsten MacLean 0131 538 7177

Be part of Oor Mad History!
OPEN TO ALL EXHIBITION

A thought-provoking look at what mental health means to the individual artist. Showcasing the creative talents of people who have personal experience of mental distress, we explore disconnection, spirituality and life’s journey through drawing, print making, painting and film.

Fri 1 – Sat 16 Oct
10am-5pm (Tues-Sat)
The gallery on the corner,
34 Northumberland St,
Edinburgh, EH3 6LS
www.thegalleryonthecorner.org.uk
FREE

MOVING TOWARDS...

Running alongside the Open to All exhibition, these workshops will explore the relationship between the mind and creativity, and how creating art, and even visiting galleries, can promote mental health and well-being. We explore art and recovery through personal stories shared by the Open to All artists with personal experience of mental distress.

Sat 2 & Sat 16 Oct, 10.30am-12.30pm
Tues 12 Oct, 5.30-7.30pm
The gallery on the corner,
34 Northumberland St,
Edinburgh, EH3 6LS
www.thegalleryonthecorner.org.uk
FREE

INSPIRATION IN DALKEITH

Presented by Orchard Centre Services, Health In Mind.

Come and be inspired by this showcase of exhibitions, creative arts and crafts developed to promote inclusion and recovery and tackle stigma. There will be participatory workshops where people can have a chance to get creative. Open to all, refreshments and cakes provided!

Tues 5 Oct
10am-3.30pm
St John’s and Kings Park Church, Dalkeith
FREE, no booking required

ENERGISING LAUGHTER WORKSHOP

Presented by Joyworks, Depression Alliance Scotland and Choose Life.

This workshop creates a feel good factor using ‘laughter yoga’ interspersed with creative play, games, discussion and relaxation. We’ll also look at the links between food and mood.

Weds 6 Oct
2-4.30pm
The Melting Pot, 5 Rose St, Edinburgh, EH2 2PR
FREE, booking required
Book a place: Depression Alliance Scotland
0845 123 2320 (Mon-Fri, 11am-1pm & 2-4pm), info@dascot.org

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WRAP GET-TOGETHER AND ART WORKSHOP

Wellness Recovery Action Planning (WRAP) is a creative process through which we can explore and manage our own well-being. Come along to this free creative workshop and have fun finding out what it’s all about, supported by artists who have developed their own ‘plans’.

Thurs 7 Oct
1.30-4pm
The Melting Pot, 5, Rose St, Edinburgh, EH2 2PR
FREE, booking required
Book a place: 0131 537 6674, Susan.pollock@nhslothian.scot.nhs.uk

INSPiRATION IN PenICUIK

Presented by Orchard Centre Services, Health In Mind.

Come and be inspired by this showcase of exhibitions, creative arts and crafts developed to promote inclusion and recovery and tackle stigma. There will be participatory workshops where people can have a chance to get creative.
Open to all, refreshments and cakes provided!

Weds 13 Oct
10am-3.30pm
Penicuik Town Hall, High St, Penicuik, Midlothian, EH26 8HS
FREE, no booking required

STORYTELLING cAFÉ: HEALTH AND HEALING

An evening of relaxing, healing stories in an informal café setting. Sit back and enjoy – or join in with a tale of your own. Hosted by storyteller Michael Williams this is sure to be an engaging evening for everyone.

Weds 13 Oct
7-9pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh, EH1 1SR
£4
Box office: 0131 556 9579.
In person: at reception desk

POETRY IN MOTION

Presented by Tynepark Multimedia Group.

Join us in a kaleidoscope of art, live music, poetry, dance and photography to celebrate well-being for the day. Compose, listen to or bring along your own poem. Create group artwork, enjoy some live music, or view photography from people who access services... there’s something for everyone!

Weds 13 Oct
10.30am-4pm
Tynepark Resource Centre, Poldrate, Haddington, EH41 4DA
FREE, just come along

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**WELL-BEING MELA**

An event to brighten up your day brings together communities and artists from diverse ethnic groups to promote well-being. A spectacular fusion of performers include bagpipers, drummers and dancers alongside therapies and arts activities for all ages.

Sun 17 Oct
11am-3.30pm
St. Bride Centre, 10 Orwell Terrace,
Edinburgh, EH11 2DZ
FREE, no booking required

**EXPRESS YOURSELF**

This free, drop-in storytelling session is for all the family. Hear and share tales with storytellers Marie Louise Cochrane and Ailie Finlay in our Storytelling Bothy. Then be inspired by our exhibition of traditional Bengali scrolls to create a piece of art to take home.

Mon 18 Oct
12-3pm
Scottish Storytelling Centre,
43-45 High St, Edinburgh, EH1 1SR
FREE, just drop in

**THE ALCHEMY OF ILLNESS**

The eighteenth century was a prolific time for writing to the doctor seeking advice. One young woman was accused of falling ill from reading too much! Medical historian Joanna Paterson draws on original sources to provide fascinating insight into illness narratives over time. Voices are skilfully brought to life through live dramatic re-telling.

Tues 19 Oct
7-8.30pm
Scottish Storytelling Centre,
43-45 High St, Edinburgh, EH1 1SR
FREE, booking required
Box Office: 0131 556 9579. In person: reception desk

**GET INSPIRED WORKSHOP**

A fun and light-hearted workshop using drama techniques to explore how we can support ourselves and each other in maintaining our well-being. No pressure to perform as there will be a variety of creative ways for people to contribute to this inspiring debate.

Thurs 21 Oct
11am-2.30pm
Bonnyrigg Public Hall, 12 Lothian St,
Bonnyrigg, EH19 3AD
FREE, booking essential
Book a place: Emily Steedman, 0131 663 1616
(by Fri 1 Oct, places limited)

**CREATING NEW CONNECTIONS**

For anyone interested in peer support, recovery and learning from experience, this workshop examines creative processes through art, stories and poems. Learn and share with facilitators and small groups of people who have personal experience of recovery.

Thurs 21 Oct
1-4pm
McDonald Road Library, 2-4 McDonald Rd,
Edinburgh, EH7 4LU
FREE, booking required
Book a place: 0131 537 6674,
Susan.pollock@nhslothian.scot.nhs.uk

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Festival 09 | Photo by Ramsay MacFarlane
At the Filmhouse this year we explore how Bill Douglas and Samantha Morton have represented their troubled childhoods on screen, examine both the light and shade of upbringing with Michael Haneke and Nicolas Philibert’s work, and reflect on life’s hopes and journeys in ‘Great Expectations’ and ‘UP’ whilst over at the Cameo the focus is on fitting in and independence in the gentle Norwegian comedy ‘Elling’.

**BILL DOUGLAS TRILOGY**
Bill Douglas  
46m, 55m, 1hr 11min, 15  

Douglas recounts his childhood and adolescence through the experiences of young Jamie, from his home in a poverty-stricken mining town in Scotland to his national service in the Royal Air Force. The lost genius of UK cinema, Bill Douglas produced a trilogy of soul-shattering autobiographical films unlike anything seen before.

**THE WHITE RIBBON**
Michael Haneke  
2009  
2h 23m, 15  

Cast: Christian Friedel, Ernst Jacobi, Leonie Benesch  

In a village in Protestant northern Germany on the eve of the first world war, children and teenagers of a choir experience a series of strange accidents. Although there are suspicions, it is not obvious who the perpetrators might be and what their motives are in this Palme D’Or winning contemporary classic.

**ELLING**
Petter Naess  
Norway, 2001  
1hr 29m, 15  

Cast: Per Christian Ellefson, Sven Nordin, Marit Pia Jacobsen  

Elling, a sensitive, would-be poet, is sent to live in a state institution. There he meets Kjell Bjarne, a gentle giant. After two years, the men are released and provided with a state-funded apartment. Through a friendship born of desperate dependence, they discover they can thrive. Norwegian, with English subtitles.

**THE UNLOVED**
Samantha Morton  
UK 2009  
1hr 46m, 15  

Cast: Molly Windsor, Lauren Socha, Robert Carlyle, Susan Lynch  

Lucy lives with an unstable, sometimes violent father. She soon leaves the chaos of her family for the uncertain dangers of a care home, learning to observe the shifting winds of her reality rather than daring to react. Ethereally beautiful, achingly sad, and with autobiographical overtones – a stunning directorial debut from Samantha Morton.

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**Sat 9 Oct, Trilogy 1pm**  
**Filmhouse, 88 Lothian Road, Edinburgh, EH3 9BZ**  
£4/2 concessions  
Box Office: 0131 228 2688 (open daily 12 noon - 9pm)  
www.filmhousecinema.com

**Sun 10 Oct, 1pm**  
**Filmhouse, 88 Lothian Road, Edinburgh, EH3 9BZ**  
£4/2 concessions  
Box Office: 0131 228 2688 (open daily 12 noon - 9pm)  
www.filmhousecinema.com

**Tues 12 Oct, 6-8pm**  
**Cameo Cinema, 38 Home St, Tollcross, Edinburgh, EH3 9LZ**  
£4/£2 concessions  
Cinema Booking Line: 08717 042052

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**Wed 13 Oct, 5.45pm**  
**Filmhouse, 88 Lothian Road, Edinburgh, EH3 9BZ**  
£4/2 concessions  
Box Office: 0131 228 2688 (open daily 12 noon - 9pm)  
www.filmhousecinema.com

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ETRE ET AVOIR
Nicolas Philibert
France 2002
1hr 44m, U

This wonderful film charts six months in the life of Georges Lopez and the infant and junior pupils he teaches at a single-class school in the Auvergne. A warm, witty, subtle, hugely moving study of dedication, intelligence and downright goodness leaving the desired mark, this gem covers all this and more. French with subtitles.

Thurs 14 Oct, 5.45pm
Filmhouse, 88 Lothian Road, Edinburgh, EH3 9BZ
£4/2 concessions
Box Office: 0131 228 2688 (open daily 12 noon - 9pm)
www.filmhousecinema.com

GREAT EXPECTATIONS
David Lean
UK 1946
1hr 43m, PG

Cast: John Mills, Tony Wager, Valerie Hobson

Follow Pip a humble orphan who grows up in the company of the bitter Mrs Havisham and the beautiful but cruel Estella, only to become a gentlemen of means and great expectation through a mysterious benefactor. Pip learns about happiness, self-worth and who he really is in this award winning adaptation of the classic Charles Dickens novel.

Sat 16 Oct, 1pm
Filmhouse, 88 Lothian Road, Edinburgh, EH3 9BZ
£4/2 concessions
Box Office: 0131 228 2688 (open daily 12 noon - 9pm)
www.filmhousecinema.com

SMHAFF FILM AWARDS CEREMONY 2010
This year’s winning films about mental health are fantastic. Our Film Awards ceremony is not to be missed. It was hugely over-subscribed last year, so make sure to reserve your ticket early.

Mon 18 Oct, 6pm
Filmhouse, 88 Lothian Road, Edinburgh, EH3 9BZ
Free, booking required
Box Office: 0131 228 2688 (open daily 12 noon - 9pm)
www.filmhousecinema.com

FIREFLY ARTS WEEK
This exciting opportunity for young people (8-14yrs) features a jam packed week of workshops exploring drama techniques and an array of creative skills focusing on coming together and feeling good. Participants will document the week using photography and film with a final performance for friends and family.

Mon 18 – Fri 22 Oct
10am-4pm (Mon-Thurs),
10am-6.30pm (Fri)
Howden Park Centre, Howden,
West Lothian, EH54 6AE
Information: Firefly Arts 01506 773883,
info@firefly-arts.co.uk

UP
Pete Docter and Bob Peterson
USA, 2009
1hr 36m, PG

Feisty 78 year-old Carl ties thousands of balloons to his home in order to take off and fulfil a lifelong dream, only to discover he has a stowaway in tow. Disney/Pixar’s fantasy hovers between the human world of hopes dashed and realised and cartoon action in this soaring, touching, funny and all together buoyant movie.

Sun 17 Oct, 1pm
Filmhouse, 88 Lothian Road, Edinburgh, EH3 9BZ
£4/2 concessions
Box Office: 0131 228 2688 (open daily 12 noon - 9pm)
www.filmhousecinema.com
**DOUBLE BILL FILM SCREENING: ADDICTION RECOVERY STORIES AND THAT’S NOT ME**

Premiere of two films. Produced in Lanarkshire and created by groups of people who have accessed services, ‘Addiction Recovery Stories’ traces six local alcohol and drug stories. They aim to raise awareness, create hope and demonstrate what recovery means to them. ‘That’s Not Me’ was produced in the Borders investigating suicide and young people.

Screenings will be followed by a panel discussion.

**Mon 4 Oct**  
1.30-3pm  
Showcase Cinema, Barrbridge Leisure Centre, Baillieston, Lanarkshire, G69 7TZ  
FREE  
Book a place: 0800 073 0918 (1-4.30pm), Clubnet@samh.org.uk

**NL STUDIO OPEN DRAMA WORKSHOP**

Interested in drama? Come along and join our thriving all-ability adult drama group for a workshop evening. Learn new skills, meet new people and get involved.

**Thurs 7 Oct**  
7-9pm  
Bellshill Cultural Centre, John St, Bellshill, ML4 1RJ  
£4, booking not required

**INSIDE STORY**

Presented by Bazooka Arts and NL Connections.

Inside Story is the culmination of art and drama workshops based on the personal stories of participants and Carol Ann Duffy’s story ‘The Princess’ Blankets’. The performance celebrates the role that story plays in shaping our inner landscapes from our earliest years to our dying days. Enjoy artwork and theatre performance inspired by stories, poems, places and memories.

**Thurs 7 Oct**  
6.30pm (doors) 7.45pm (start)  
Cumbernauld Theatre, Kildrum, Cumbernauld, G67 2BN  
www.cumbernauldtheatre.co.uk  
FREE, booking required  
Box Office: 01236 732887

**AUTHOR EVENT: AS I LAY ME DOWN TO SLEEP**

After years of struggling with ill-health, adoption and children’s homes, Eileen Munro’s first book ‘As I Lay Me Down To Sleep’ reached number 15 in the UK bestsellers list. Described as a devastating true story of neglect and abuse, it moves you with the power of its testimony. In this intimate evening Eileen will read from her work and answer audience questions.

**Sun 10 Oct**  
7.30pm  
East Kilbride Arts Centre, Old Coach Rd, East Kilbride, G74 4DU  
FREE, booking required  
Book a place: Box Office 01355 261000
SOUND MINDS
2010

An eclectic mix of music, youth and performance. Renowned for quirky marketing campaigns including an impromptu music marathon, Sound Minds 2010 aims to promote positive mental health with young people by showcasing young musical talent in Lanarkshire. The Sound Minds events have been developed by passionate young volunteers and to keep up to date with all the goings-on visit www.soundminds.org.uk

Sun 10 Oct, 7.30pm
Starka, 352 Brandon St, Motherwell, ML1 1XA
(14+ ONLY)

Fri 15 Oct, 7pm
Universal Connections, 150 Main St, Cambuslang, G72 7EL

Fri 22 Oct, 7pm
The @Home Centre, 2 Clark St, Airdrie, ML6 6D

£2, Booking: Reeltime Music 01698 862860

SIZZOR HANDZ

A dark production developed by young people looking at mental health issues. The production looks at how self-harm is responded to by society, and the attention it can attract for some individuals when they just want to disappear. Young people from Cambuslang and Rutherglen perform in this production.

Mon 11 Oct
2-3pm & 7-8pm
Rutherglen Town Hall, 139 Main St, Rutherglen, G73 2JL
(0141 613 5700)
FREE, booking required
Booking: Rutherglen Town Hall 0141 613 5700 or Caroline Dewey 0141 643 3518

LAMHA-E-FIKRIA
(REFLECTING ON A TIME FOR CHANGE)

Presented by Humjolie, Princess Royal Trust Lanarkshire Carers Centre and NHS Lanarkshire.

This play was developed by a group of women from a South Asian background and draws upon their experiences and reflections on culture, creativity and connections. It explores stigma and hidden issues in communities and challenges services.

11.30am-12pm
Weds 13 Oct
John McCormick Community Centre, Motherwell Rd, Motherwell, Lanarkshire, ML1 4GB

11.30am-12pm
Tues 19 Oct
Burnbank Centre, Burnbank, Hamilton, ML3 0NA

FREE, booking required
Book a place: 0800 073 0918 (1-4.30pm)
Information: anila.ansari@lanarkshire.scot.nhs.uk

THE MAN THAT ATE THE SUN

Written and performed by Charles Donnelly.

A fictional account of the last two months in the life of Vincent Van Gogh. Afraid, Vincent had himself committed to a mental asylum in the hope that someone might be able to help him. Manic depression, alcohol abuse, lead poisoning, epilepsy – what do you think? This rehearsed reading of extracts provides a sneak preview of the full performance in 2011.

Thurs 14 Oct
2pm
Sumerlee Heritage Museum, Heritage Way, Coatbridge, ML5 1QD

Wed 20 Oct
7pm
Coatbridge Library, The Buchanan Centre, 126 Main St, Coatbridge, ML5 3BJ

FREE, no booking required
Information: Coatbridge Library 01236 856444
LIZ JENSON: HOW DO I KNOW WHAT I THINK TILL I SEE WHAT I SAY?

Liz is the author of a number of critically acclaimed books including ‘The Ninth Life of Louis Drax’ and ‘The Rapture’ (voted Channel 4 Book Club Best Read 2010). Liz will be reading from her latest book and discussing the mental health themes throughout her work.

**Thurs 14 Oct**
7pm
Wishaw Library, Kenilworth Avenue, Wishaw, ML2 7LP
FREE, no booking required
Information: Wishaw Library 01698 372325

TAG PRESENT THE MONSTER IN THE HALL

By David Greig, Directed by Guy Hollands.

A day in the life of Duck Macatarsney who cares for her biker dad, the Duke, whose MS is getting increasingly bad. The two of them are just about surviving when one morning the Duke wakes up blind and the Duck hears that the Social Services are coming to take her away. The play follows Duck’s increasingly byzantine lies as she tries to protect her world from the terrifying prospect of change. An indie comedy musical about a girl on the verge of a nervous breakdown played out by four actors and a big fat motorbike which goes vrooommm. (Suitable for ages 14+)

This is Greig’s first commission for TAG since the award-winning ‘Yellow Moon’ (Best Show for Children and Young People TMA Awards 2007). “a masterclass in how theatre can create whole worlds using only words, light, music and pure acting skill.” ★★★★★ The Scotsman (on ‘Yellow Moon’)

**Thurs 14 Oct**
7.30pm (80mins)
The Town House, 102 Cadzow St, Hamilton, ML3 6HH
£5
Box Office: 01698 452299

**Schools performance:**
**Mon 18 Oct**
1.30pm (80mins)
Rutherglen Town Hall, 139 Main St, Rutherglen, G73 2JJ
£5
Box Office: 0141 613 5700

SPARKLESHARK

Written by Philip Ridley.

Presented by North Lanarkshire Youth Theatre. We meet a group of girls at high school facing the usual teenage problems; power struggles, who’s the prettiest, cleverest, most popular. But one of the girls writes magical and fantastic stories in secret and when the others find out - they all want to be part of the drama. Join them to see how the starring roles unfold with mystery, danger, love and the final encounter with Sparkleshark.

**Sat 16 Oct**
7pm
Bellshill Cultural Centre, John St, Bellshill, ML4 1RJ
£5/£4.50 concessions/child
Booking: 01698 403120
Mind Yer Heid: Camglen Connections

Join us in the creative collaboration of the year, bringing people and communities together to create canvas art that portrays individual and community perceptions of mental health. A number of workshops will take place across Cambuslang and Rutherglen throughout October. Let’s chat, share, create, and learn together. The final canvas will be showcased at Whitlawburn Community Centre on Saturday 23rd October.

Launch: Sun 3 Oct, 2-4pm
Closing: Sat 23 Oct, 2-4pm
Whitlawburn Community Centre, Belmont Road, Cambuslang, G72 8PG
FREE
Information: Alison 0141 641 5236, alison@happynhealthy.org.uk

Lunchtime/High Tea Theatre: Once Too Often

Tom’s relationship with Katie got off to a bad start and raced downhill from there. Punctured by deceit, ruined by jealousy and torn apart by violence of paranoia, suspicion and irrational self belief. She made the excuses, he got away with murder. It is only a matter of time before their luck runs out. A story exploring the nature of strained relationships and possible consequences.

Sun 17 Oct
1pm (lunch) 2pm (performance),
4.30pm (high tea) 5pm (performance)
East Kilbride Arts Centre, Old Coach Rd, East Kilbride, G74 4DU
£8.50 (includes lunch/tea), advance booking essential
Book a place: 01355 261000

Anna Rexsik

A group of teenagers are terrified of inviting their friend Anna along to anything because she makes them feel fat. But Anna is a fictional character inside their heads. Anna Rexsik is based around eating disorders and looks to ways to battle them. Young people from the local Cambuslang and Rutherglen area perform in this production.

Mon 18 Oct
7-8pm
Universal Connections, 150 Main St, Cambuslang, G72 7EL
FREE, booking required
Booking: Caroline Dewey 0141 643 3518

Inside Story Exhibition

This exhibition of artwork and photographs documents the creative process of participant involvement in the NL Connection Project and the Festival over the past four years. There will be an exhibition opening on Thursday 14th October at 2pm accompanied by a joint reading from the play ‘The Man That Ate the Sun’.

Thurs 14 – Sun 24 Oct
10am-5pm
Sumerlee Heritage Museum, Heritage Way, Coatbridge, ML5 1QD
FREE, no booking required

LyS Stevens

Surrounded by the Scottish landscape, Lys is excited, calmed, always moved by a transient mood and is compelled to celebrate her involvement visually. How does nature inspire and impact on your mental health? Lys paints in acrylics and sometimes incorporates other materials sympathetic to the piece.

Fri 15 – Sun 31 Oct
10am-8pm
East Kilbride Arts Centre, Old Coach Rd, East Kilbride, G74 4DU (01355 261000)
FREE
The CCA is a melting pot of creative organisations and artists pushing boundaries and exploring ideas. We are therefore delighted to present an opening weekend of events exploring themes of childhood, growing up and memories.

**Sat 2 & Sun 3 Oct, The CCA, 350 Sauchiehall St, Glasgow, 0141 352 4900**

All events are FREE, booking required See Festival website or www.cca-glasgow.com for full details about each event.

**SHARE AND SHOWCASE**

With VOX, Lapidus Scotland and Glasgow University. Throughout the day browse stalls and join our spoken word sessions where writers, creative writing students and others share their work on the theme ‘Growing Pains: Writing The Road To Adulthood’.

**Sat 2, 1-6pm, CCA Bar**

**YOU READ TO FEEL THAT YOU ARE NOT ALONE**

Presented by Alison Ryan with Women’s Aid and Lapidus Scotland.

No matter how bad you feel, there’s a world inside books which you can enter and explore, and then focus on something other than your own problems. This workshop involves reading, discussion and creative writing.

**Sat 2, 12-1pm, CCA Bar**

**IMPRINTS – A PREMIERE**

Supported by Dance Base, Dance House, Poorboy Playroom and The Life Care Club.

Maite Delafín of Nux Dance Company has collaborated with actor Simon Conlon, musician Poppy Ackroyd and sound designer John Lemke; telling the story of how a couple’s lives change as the symptoms of Alzheimer’s disease start to show. Followed by discussion with the cast.

**Sat 2, 2-3pm, CCA5**

**LIFE OF THE MIND: 4 PLAYS**

With support from the Playwrights’ Studio Scotland and the Arches.


**Sat 2, 5-7pm, CCAS (18+)**

**BOYS DON’T CRY**


Presented by The Glasgow Women’s Library (part of the Cinema Feminista series).

Hilary Swank and Chloe Sevigny give powerful performances in this real-life story dealing with issues around gender identity and sexuality.

With a post film discussion exploring how women are represented in film.

**Sat 2, 5-7.30 pm, CCA Cinema**

**FOLLOW THE THREAD**

With Lesley O’Brien and Margaret Smith of Lapidus Scotland.

A workshop interweaving storytelling, creative writing and craft based on Russian fairytale ‘Vasilisa the Wise’, where Vasilisa travels from childhood to womanhood spinning her own destiny.

**Sat 2, 5-7pm, CCA Clubroom (12+)**

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**CAFÉ IMPROV@CCA**

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**Sat 2, 1-6pm, CCA Bar**

**YOU READ TO FEEL THAT YOU ARE NOT ALONE**

Presented by Alison Ryan with Women’s Aid and Lapidus Scotland.

No matter how bad you feel, there’s a world inside books which you can enter and explore, and then focus on something other than your own problems. This workshop involves reading, discussion and creative writing.

**Sat 2, 12-1pm, CCA Bar**

**IMPRINTS – A PREMIERE**

Supported by Dance Base, Dance House, Poorboy Playroom and The Life Care Club.

Maite Delafín of Nux Dance Company has collaborated with actor Simon Conlon, musician Poppy Ackroyd and sound designer John Lemke; telling the story of how a couple’s lives change as the symptoms of Alzheimer’s disease start to show. Followed by discussion with the cast.

**Sat 2, 2-3pm, CCA5**

**LIFE OF THE MIND: 4 PLAYS**

With support from the Playwrights’ Studio Scotland and the Arches.


**Sat 2, 5–7pm, CCAS (18+)**

**BOYS DON’T CRY**


Presented by The Glasgow Women’s Library (part of the Cinema Feminista series).

Hilary Swank and Chloe Sevigny give powerful performances in this real-life story dealing with issues around gender identity and sexuality.

With a post film discussion exploring how women are represented in film.

**Sat 2, 5-7.30 pm, CCA Cinema**

**FOLLOW THE THREAD**

With Lesley O’Brien and Margaret Smith of Lapidus Scotland.

A workshop interweaving storytelling, creative writing and craft based on Russian fairytale ‘Vasilisa the Wise’, where Vasilisa travels from childhood to womanhood spinning her own destiny.

**Sat 2, 5-7pm, CCA Clubroom (12+)**
JANICE GALLOWAY IN CONVERSATION WITH ELIZABETH REEDER
Presented by University of Glasgow and Lapidus Scotland.
Scotland’s most valued writers talk about the challenges of childhood in their work. Galloway has written about memory and trauma and her latest novel ‘This Is Not About Me’ is a searching and subtle exploration of these themes. Reeder will lead the discussion followed by a Q&A.
Sat 2, 7.15-9pm, CCA5

MOVING MEMORIES FILMS
Curated by Dance House, support from Moves International Festival of Movement on Screen.
Ease into Sunday with 3 short films from Australia, Spain and the UK. ‘Like Your Old Man’ shows 6 women imitating their dads’ shameless dancing seeing fathers through the eyes of daughters. ‘5 Memories’ concerns a young woman trying to remember 5 recipe ingredients as she digs through childhood memories. ‘Boy’ is an evocative film about a young boy dancing passionately on the dunes by the sea.
Followed by a Q&A.
Sun 3, 12-1pm, CCA Cinema

MOVING MEMORIES WORKSHOP
Presented by Dance House and Lapidus Scotland.
This unique workshop combines creative writing and movement to recollect and reconnect with our early childhood, progressing towards the first loves and first dances of our teens. Writing and drawing materials provided, wear loose comfortable clothes. With Jane Simpson and Larry Butler.
Sun 3, 1-3pm, CCA Creative Lab (8 Years +)

BERNARD MACLAVERTY
Chaired by Willy Maley, University of Glasgow and Lapidus Scotland.
Bernard MacLaverty has published five collections of short stories and four novels and wrote and directed BAFTA Scotland award winning short film ‘Bye-Child’. His work examines how family, faith and home can both enable and inhibit the development of the individual.
Sun 3, 1-3pm, CCA Cinema

BRAND NEW GOOD STUFF
Presented by Diversity Films.
A screening of short films produced by first-time filmmakers in Glasgow. ‘Making Waves’, ‘The McTrapps’, ‘The Boy Who Hates Books’ and ‘Never Too Late’ explore issues ranging from loss to being a young carer. This event also features the premiere of ‘Letting Go’ about a bereaved widower entering a new relationship.
Sun 3, 3-5pm, CCA Cinema

TRASHING THE MAGS
Glasgow Women’s Library invite young women to trash the mags and get creative. We break down the information that young women are confronted with in the media – the mismatch between images, ideals and real lives, and create our own magazine covers that represent the feelings, passions and interests of young women today.
Sun 3, 3-5pm, CCA Clubroom (16 Years +)
Dirty Paradise

Presented by the Tron Theatre Company.
Maria has had enough of the world – broke, misunderstood and frustrated; she can’t get her magician husband to make the strange sounds in her head disappear. When her car breaks down in the desert, she finds herself in an asylum where the food is free, the drugs are kicking and games are always allowed after 2pm. Written and performed by Leann O’Kasi. Visual art by Arlene Wandera. Inspired by the short story from Gabriel García Márquez. A beautiful, thrilling and sensory experience.

Fri 1 – Sat 9 Oct
7.45pm
Changing House, Tron Theatre, 63 Trongate, Glasgow, G1 5HB
£5 (Fri 1 & Sat 2 previews), £8.50/£6.50
(Tues 5 - Sat 9)
Tron Theatre Box Office: 0141 552 4267

Music Like a Vitamin: Rod Jones, Emma Pollock and Friends

Leading Scottish musicians, including James Graham (Twilight Sad), Scott Hutchison (Frightened Rabbit), Rod Jones (Idlewild), Jill O’Sullivan (Sparrow and the Workshop), Emma Pollock, Karine Polwart, Jenny Reeve, Alasdair Roberts and James Yorkston have collaborated during the last year to write, produce and record an album of brand new music exploring mental health and well-being. Be amongst the first to hear these new tracks and prepare to be entertained by some more familiar songs. Limited edition copies of the CD and artwork will be available exclusively at this gig and at the Edinburgh gig (p5).

Sat 2 Oct
6.30pm (doors), 7pm (start)
O: ABC Glasgow, 300 Sauchiehall St, Glasgow, G2 3JA
Tickets: £6
Box Office: 0844 477 2000 or through Ticketweb, Ticketmaster, Ticket Scotland Glasgow, Ticket Scotland Edinburgh, See Tickets and Gigantic
During Cynthia’s chat show she invites employers and employees to consider how they identify the signs of someone who is struggling to cope at work. Cynthia invites you to explore how work affects mental health. Whilst watching the drama and participating in discussions, take a moment to reflect upon what makes a happy and mentally healthy workplace.

**Mon 4 Oct**
1-2.30pm  
Lecture room 405, Glasgow Metropolitan College, 60 North Hanover St, G1 2BP

**Thurs 7 Oct**
1.15-2.45pm  
Ramshorn Theatre, 98 Ingram St, Glasgow, G1 1EX

FREE, book in advance  
Booking: Liz Donaghy (Health at Work Team) 0141 314 0024

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By David Greig, Directed by Guy Hollands.

A day in the life of Duck Macatarsney who cares for her biker dad, the Duke, whose MS is getting increasingly bad. The two of them are just about surviving when one morning the Duke wakes up blind and the Duke hears that the Social Services are coming to take her away. The play follows Duck’s increasingly byzantine lies as she tries to protect her world from the terrifying prospect of change. An indie comedy musical about a girl on the verge of a nervous breakdown played out by four actors and a big fat motorbike which goes vrooommm. (Suitable for ages 14+)

This is Greig’s first commission for TAG since the award-winning ‘Yellow Moon’ (Best Show for Children and Young People TMA Awards 2007).

“a masterclass in how theatre can create whole worlds using only words, light, music and pure acting skill.” ★★★★★ The Scotsman (on ‘Yellow Moon’)

**Glasgow tour with Glasgow Life and SMHAF**
All tickets: £3/2 (60mins)

**Thurs 7 Oct, 4.30pm**
Reidvale Neighbourhood Centre, 13 Whitevale St, Dennistoun, Glasgow, G31 1QW  
Booking: 0141 554 5315

**Fri 8 Oct, 7pm**
Pollok Community Centre, 134 Langton Rd, Glasgow, G53 3DP  
Booking: 0141 882 5869

**Weds 20 Oct, 7pm**
Drumchapel Community Centre 320 Kinfuans Drive  
Glasgow, G15 7HA  
Booking: 0141 276 0560

**Thurs 21 Oct, 7pm**
Ruchill Community Centre, 671 Bilsland Drive,  
Glasgow, G20 9NF  
Booking: 0141 946 8161

**Thurs 28 Oct, 7pm**
Castlemilk Community Centre 121 Castlemilk Drive  
Glasgow, G45 9UG  
Booking: 0141 634 2233
**CONNECT SHOWCASE**

Artists from Project Ability’s Connect programme invite you to see the group exhibition and get a sneak preview of the workshops where the creativity takes place. There will be a series of artists’ talks and performances over the course of the evening in this one-day event.

**Thurs 7 Oct**
2-3pm and 6-8.30pm
Project Ability Gallery, First floor,
Trongate 103, Glasgow, G1 5HD
www.project-ability.co.uk
FREE, booking required
Information: 0141 552 2822,
email connect@project-ability.co.uk

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**’...A THOUSAND SHIPS’**

Artists from Project Ability’s Connect programme have created stunning large scale portrait paintings on canvas and are proud to have them on display at The Glasgow School of Art for all to enjoy.

**Preview:** Fri 8 Oct, 5-7pm
**Exhibition:** Mon 11 - Fri 22 Oct
10am-5pm (Mon-Fri)
Newbery Gallery, Newbery Building,
The Glasgow School of Art, 167 Renfrew St,
Glasgow, G3 6RQ
FREE

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**NO-ONE WATCHING**

Artists from Project Ability’s Connect programme have been developing their artistic ability and exploring the relationship between creative process and object/subject using a range of mediums and interpretations in this thought provoking exhibition.

**Preview:** Thurs 7 Oct, 2-3pm, 6-9pm
**Exhibition:** Fri 1 – Sat 30 Oct
Tues-Sat, 10am-5pm
Project Ability Gallery, First floor,
Trongate 103, Glasgow, G1 5HD
FREE

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**THE MIND’S EYE**

This exhibition is about mental health, well-being and growing up. It features work from contemporary artists, both local and international, established as well as newcomers.

**Music and performance art accompanies a special preview event on the 1st at 7pm.**
**Fri 1 – Sun 24 Oct**
7-9pm (Opening & Closing Events)
9am-5pm, Mon-Sat (Exhibition)
The Pentagon Centre, 36 Washington St, Glasgow,
G3 8AZ (0141 221 2123)
FREE

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**FROM POETRY TO PAINTINGS: A PATHWAY TO RECOVERY**

Presented by West Glasgow Mental Health Services, Flourish House, Coachhouse Trust and the Arts in Action group.

Artists who use mental health services explore the role creativity plays in recovery. This exhibition takes place in two West Glasgow libraries featuring: masks, poetry, crafts, and paintings. Stunning cyanotypes (a camera-less photography process) developed during workshops with artist Alexander Hamilton will be on display in the Mitchell Library.

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**Special launch event hosted by Taggart’s James MacPherson on 7th at Hillhead Library**

**Launch:** Thurs 7 Oct, 6-7pm
**Exhibition:** Fri 8 - Sun 24 Oct
Hillhead Library and Learning Centre,
Byres road, Glasgow

Weds 13 - Sun 24 Oct
Mitchell Library, entry via Granville St, Glasgow,
G3 7DN
FREE
Information: Samantha Flower 0141 211 3576,
Samantha.Flower@ggc.scot.nhs.uk
MOViNG MINDS: STORIES oF RESILIENCE AND RECOVERY IN MENTAL HEALTH

Presented by VOX and Kelvingrove Art Gallery and Museum. Join our day of events exploring diversity and mental health in places and spaces throughout the Kelvingrove with Asian drumming, music and songs and a multi-ethnic fashion show. Workshops and talks take place throughout the day. So if you are interested in exploring creative writing, making a dress for the fashion show, hearing from the curators about their exhibitions, or discussing hard hitting film and drama then there’s something for you! We have a dedicated exhibition throughout the festival on people’s stories. Events are free and suitable for individual or group bookings. To receive a full programme detailing the events on offer please call VOX or visit the Festival website for more information.

Thurs 14 Oct
10am–4 pm
Kelvingrove Art Gallery & Museum,
Argyle St, Glasgow, G3 8AG
Free, booking required
Book a place / information:
VOX 0141 572 1663,
jsteel@mhf.org.uk

HEADSPACE

Presented by Platform and Positive Mental Attitudes (PMA). This week-long series of events aims to appeal to the child in all of us as East Glasgow’s annual celebration of mental health adopts a childhood theme for 2010.

With creative contributions from all ages across East Glasgow events will include: a gig from the East End Youth Music Club; hula-hooping, childhood games for big kids and an intergenerational inspired performance. The highlight will be comedy for kids where comedians do their stuff for a younger audience in a proper comedy club!

Drama performances, exhibitions and guided tours from the Positive Mental Attitudes’ Arts Groups ensure a jam packed entertaining programme of events for everyone.

Events are individually priced at low cost or free. To receive a full programme detailing the events on offer please call Platform box office or visit the Festival website for more information.

Fri 15 – Fri 22 Oct
Various times and prices, some free
Platform, The Bridge, 1000 Westerhouse Rd,
Glasgow, G34 9JW
Box Office: 0141 276 9696

MHFESTIVAL.COM
THE ILLUSTRATED MUM

“I think Marigold’s the most bright, beautiful mum in the world. She’s totally covered in tattoos... Most people think she’s a dreadful mother... But I know Marigold loves us and she never means to stay out all night and leave us on our own…”

This free screening and discussion, adapted from the book by acclaimed children’s author Jacqueline Wilson, is only available to young carers and school groups in South West Glasgow.

Weds 6 Oct
10am-1pm
Glasgow Film Theatre,
Cinema 2,
12 Rose St,
Glasgow, G3 6RB
Not open to general public.
Contact venue for more information:
0141 332 6535

PRINZHORN COLLECTION LECTURE

Presented by Glasgow School of Art and the Goethe-Institut.

Doctor and art historian Hans Prinzhorn (1886-1933) collected over 5000 pieces of art created by mental health patients. Curator Dr Thomas Röske joins us from Heidelberg to give insight into this incredible collection and how, through art, people were able to experience common dimensions of humanity.

Fri 8 Oct
11am-12.30pm
Glasgow Film Theatre,
12 Rose St,
Glasgow, G3 6RB
FREE, all welcome
GFT: 0141 332 3565

AS GOOD AS IT GETS

Presented by Viewpoints Film Society.

James L Brooks
USA, 1997,
Running time, 2hr 19m, 15
Cast: Jack Nicholson, Helen Hunt and Greg Kinnear

Compulsive writer Melvin (Jack Nicholson) finds his life turned upside down when neighbouring artist Simon is hospitalised and his dog is entrusted to him. Smart dialogue and superb casting bring an edge to the romantic comedy genre - exploring themes of relationships, mental health, prejudice and modern life.

Mon 11 Oct
Doors open 6.30pm for Food and Refreshments.
Film starts 7.15pm
The Pearce Institute, 840-860 Govan Rd,
Glasgow, G51 3UU
FREE
Information: Plantation Productions 0141 445 1666,
angela@plantation.org.uk

Glasgow Film Theatre, Glasgow, Scotland, UK
**TIME OUT: ARTS SHOWCASE**

Presented by South West Arts and Wellbeing Group.

This new touring exhibition features ‘Playtime’, a film exploring how children’s street-games and songs promote well-being and how we can rekindle a sense of play in our “grown up” world; and ‘Mutter Shutter’, a new photography exhibition and publication.

**Thurs 7 Oct, 7-10pm**  
GMAC and Street Level Gallery, Trongate 103, Glasgow, G1 5HD

**Thurs 14 Oct, 1-7pm**  
Cardonald Library, 1113 Mosspark Drive, Glasgow, G52 3BU

**Thurs 21 Oct, 1-7pm**  
Pollok Civic Realm, 27 Cowglen Rd, Glasgow, G53 2EN

FREE, no booking required

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**HOW LONG HAS THIS BEEN GOING ON?**


Actors with experience of mental health problems create and perform this original and passionate piece of theatre exploring personal and universal challenges of recovery. A groundbreaking example of therapeutic theatre developed through psychodrama workshops with support from the Long Term Conditions Alliance Scotland.

**Weds 20 & Thurs 21 Oct**  
7.30pm  
Stalls Studio, Citizens Theatre, 119 Gorbals St, Glasgow, G5 9DS

For people who work in mental health and/or access mental health services.  
FREE  
Box Office: 0141 429 0022

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**BUILT WITH ART AT ITS HEART**

The West Centre provides health services for local children and young people. Tassy Thompson’s sculptures and Tim Taylor’s artwork, developed with local children in Drumchapel High, have been integrated into the fabric of the building. Join our open day to celebrate the building’s launch with arts activities.

**Thurs 21 Oct**  
10am-6pm  
West Centre, 60 Kinfauns Dr, Drumchapel, Glasgow, G15 7TS

FREE, see mhfestival.com for details

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**LIFE IS A CABARET**

A showcase of comedy, music, art and film that brings the community together to socialise and celebrate achievements. This fun night out for all features stand-up performances from Universal Comedy, and an array of musicians including Stevie Hat, Andy Smith, Dunky Dylan plus special guests

**Fri 22 Oct**  
7.30pm  
The Pearce Institute, 840-860 Govan Road, Glasgow, G51 3UU

FREE, booking required  
Booking: Plantation Productions 0141 445 1666, angela@plantation.org.uk
At this stage I would like to re-affirm our thanks to the hundreds of organisations and individuals who work, often year-round, to make the festival happen: Isabella Goldie and the Mental Health Foundation who host, manage and guide us; Pamela Clarke and the core festival team and volunteers; our national funders; our regional organisers, through to the smallest community mental health group. And we owe much to those individuals who encouraged us at the outset: Peter Byrne for suggesting the festival and continuing to guide it, Richard Bowen, Norman Blake and Duglas T Stewart for creating the first gig, Jeremy Raison and Ruth Donnelly for suggesting and delivering the first play, Larry Butler for leading the first literary event, Belinda Arthur for programming amazing film seasons. And the countless others who we would mention if we had the space, whose passion, intelligence, creativity and integrity drive all that we do.

The Scottish Mental Health Arts and Film festival has developed rapidly since it began in 2007. What began as a weekend of film has truly established itself as a valued national cultural event, recognised across the US, Canada and Europe. We have created hundreds of events attended by tens of thousands of people, in venues across the country. And studies show we reach people from across the social spectrum, engaging emotions as well as minds. What makes our job challenging, but ultimately rewarding, is the very nature of mental health itself. We all have mental health identities – positive and negative – and are all vulnerable to mental health problems at points in our lives. Yet notions of mental health are complex and contested.
The arts provide a unique and powerful way of engaging with mental health issues such as identity, stigma, social justice and happiness! Mental health stimulates artistic creativity, emerging from lived experiences, or as a subject matter. As a festival our core belief is that it is not a matter of balancing artistic value and integrity against social purpose. Instead we feel that they can enhance one another. Neither artist nor activist is more important. This is reflected in our festival model where over 200 artists, arts organisations, venues, activists, public and community organisations form a collective that co-create events ranging from Aberdeen to Ayrshire.

This year’s festival has events to excite, amuse, challenge and move you. Our central themes of childhood, growing up and memory run through our gigs, comedy events, drama, film, literature, exhibitions and multi arts programmes. But the range of issues tackled is broad and there really is something for everyone. There are some big names taking part with great new work created for, and premiered at, the festival. But we would encourage you to also check some of our smaller events, where non-professional artists share their mental health experiences with you. And we’ve ensured that costs are kept low and in many cases free so that no-one is excluded.

And as we look forward to the 2011 festival we would encourage arts organisations, venues and film makers to keep an eye on the website. Contact us from November onwards to share and discuss ideas and themes for next year or to enter films into our international film submission and ensure the festival grows and flourishes in challenging times.

Lee Knifton
Festival Director
Join us for the opening of The Festival Hub at The Paisley Centre on 30th September at 3.30pm, where amongst a buzz of activity there will be the judging of the ‘see me’ photography competition, and a song or two from Idlewild’s Rod Jones, plus music from Starlight Youth Theatre.

For the first time the Hub will be open throughout the duration of the festival with stalls, music, dance, poetry and drama. So drop in, pick up a Festival programme and enjoy daily lunch-time performances at 12.45pm.

30 September-22 Oct
The Festival Hub, Paisley Centre,
23 High St, Paisley, PA1 2AQ
FREE, no booking required

Annual ‘see me’ photography competition and exhibition, now in its 3rd year. Pop in and vote for your favourite photograph from all entries to this year’s ‘see me’ photo competition. Entries will be exhibited and winners will go forward as entries in the national competition.

Thurs 30 Sep - Fri 8 Oct
11am-3pm
The Festival Hub, Paisley Centre,
23 High St, Paisley, PA1 2AQ

Mon 11 – Fri 15 Oct
9am-5pm
The Atrium, Renfrewshire House, Cotton St,
Paisley, PA1 1TZ
FREE

Professional artists, members of the public and mental health arts groups will work side by side in Paisley Shopping Centre to develop an extensive canvas mural about mental health. Supported by ‘see me’ it will be displayed for the duration of the festival. So get creative, join in, and help to create change...

Fri 1 & Sat 2 Oct
11am – 3pm
Paisley Shopping Centre, 23 High St,
Paisley, PA1 2AQ
FREE, no booking required
Information for artists to get involved:
Gary Byars 07792 994603,
byars7@hotmail.com

This exhibition presents artwork from local people who want to share their journeys of recovery. This is a unique art exhibition taking place in 6 locations across Paisley including: Paisley Arts Centre; The Lemon Tree; The Sunshine Art Gallery; WRVS café; Charleston Centre and Paisley Shopping Centre. See www.mhfestival.com for locations, or join us for a guided tour at 1pm on Wednesday 6th - starting in The Charleston Centre.

Fri 1 – Fri 22 Oct
Weds 6 (Guided tour),
1pm at The Charleston Centre,
49 Neilston Rd, Paisley, PA2 6LY
FREE, no booking required
We’re planning four evenings of music, poetry and comedy to promote positive mental attitudes in Paisley pubs. Come and be entertained by local artists, poets and comedians and check out your knowledge on positive mental health. All pub events are free and kick off at 8pm.

Fri 1 Oct
The Lemon Tree, 28 High St, Paisley, PA1 2BZ

Sat 2 Oct
Mossvale Lane Bar, 7-9, Mossvale Lane, Paisley, PA3 2LT

Fri 8 Oct
The Old Swan Inn, 20 Smithhills St, Paisley, PA1 1EB

Sat 16 Oct
Hamishes’ Hoose, 42 Old Sneddon St, Paisley, PA3 2AP

Weds 20 Oct
The Tannahill Bar, 100 Neilston Rd, Paisley, PA2 6EN
(Comedy night hosted by local comedian Gary Little)

Enjoy an afternoon of dancing, music, and chatting with friends at Paisley Town Hall. John Findlay will keep you entertained all afternoon playing a series of timeless tunes on the keyboard. Both events will be attended by mental health staff who will be on hand to provide information about mental health and well-being.

Mon 4 & Weds 20 Oct
1-3.30pm
Paisley Town Hall, Abbey Close, Paisley, PA1 1JF
£1.50
Contact: Paisley Arts Centre 0141 887 1010

‘Stretching Out’ by Natasha McClatchie (Paisley), ‘See Me’ 2009 winner
**WRITING WELL**

Presented by Lapidus.

Larry Butler invites you to take part in this workshop which explores the therapeutic benefits of creative writing. No previous experience necessary.

*Mon 4 Oct*
7-9pm
*Glenburn Community Library, Fairway Avenue, Paisley, PA2 8DX*  
(0141 884 2874)
FREE

**PROF. PHIL HANLON ON ‘SCIENCE & THE ARTS’**

‘Integrating what is true (science) with what is beautiful (the arts)’. Learning from the past and preparing for the future. Prof Phil Hanlon will talk and engage the audience in his investigations.

Join us for a buffet reception at 7pm.

*Tues 5 Oct*
7-9pm
*Abercorn Conference Centre, Reid Kerr College, Renfrew Rd, Paisley, PA3 4DR*
£5
Tickets: Paul Kodur 0141 587 3372, pkodur@reidkerr.ac.uk

**NATIONAL POETRY DAY WITH READ RAW LTD**

Read Raw Ltd is a writers’ collective whose sole aim is to promote creative writing in Scotland. The poetry performance will be followed by a creative writing workshop. All are welcome. No experience necessary.

*Thurs 7 Oct*
12.45pm Performance, 1.30pm Workshop
*Festival Hub, Paisley Centre, 23 High St, Paisley, PA1 2AQ*
FREE, no booking required

**AN EVENING WITH KAREN CAMPBELL**

An informal evening with Karen Campbell – the critically acclaimed crime writer. Best New Scottish Writer (Scottish Variety Awards 2009) Karen will be reading from her most recent book ‘After the Fire’ and exploring mental health issues in her work.

Refreshments will be served.

*Weds 13 Oct*
7-8.30pm  
*Glenburn Library, Learning Centre, Fairway Avenue, Paisley, PA2 8DX*  
FREE, no booking required
LUNCHTIME TALKS
AT THE MUSEUM

‘The Forgotten Power of Music’ with Jane Bentley explores the social potential of music. Music that involves participation rather than just listening to, music that is accessible to everyone. Whilst ‘Sunshine Art Gallery’ sees Paisley artist Gary Byars discuss the development of the community art gallery, accompanied by an artist who will paint while he talks.

Weds 6 Oct, Sunshine Art Gallery
Weds 13 Oct, The Forgotten Power of Music
12.30-1.30pm
Paisley Museum, High St,
Paisley, PA1 2BD
FREE, no booking required

LAFF YER HEID AFF

An evening of comedy compered by the Scottish Comedian of the Year 2008, Scott Agnew, and featuring the talents of Jojo Sutherland, Susan Calman and the inimitable Gary Little.

Thurs 7 Oct
8.30pm ‘til late
Paisley Arts Centre, New St,
Paisley, PA1 1EZ
£5
Booking: 0141 848 1692 (Quote ‘festival’)

WHO CANNY SING?

Lots of community groups have been singing in recent weeks and will come together for a community singing event. Come and join us and discover that singing is good for the body and lifts the spirits. Song sheets provided.

Fri 8 Oct
11am-1pm
The Festival Hub, Paisley Shopping Centre,
23 High St, Paisley, PA1 2AQ
FREE, no booking required

CREATE YOUTH OPEN MIC NIGHT

A fun and safe open mic night for local youth artists. Come and enjoy performances from individual musicians and bands who will share their talents in an event that is loud, fun and guaranteed to make you feel good.

Fri 8 Oct
8-11pm
St Matthew’s Church of the Nazarene,
Back Hall, Gordon St, Paisley, PA1 1XL
£1 on entry, no booking required

MHFESTIVAL.COM
PAISLEY CENTRE
SCHOOL OF ARTS

A series of energetic arts workshops for children and young people for the school holiday week. Daily workshops from Starlight Youth Theatre, Right2Dance, Buddy Beat, The Star Project and more are designed to be fun, creative and build confidence. Parents can spend time in the Festival Hub or join in with the children.

Mon 11 - Fri 15 Oct
11am, 1.30pm, 2.30pm
Festival Hub, The Paisley Centre,
23 High St, Paisley, PA1 2AQ
FREE, no booking required

BUDDIES CHOICE FILM:
YOU DECIDE!

You decide the feel good film we’ll screen. Choose from The Goonies, The Philadelphia Story, Calamity Jane or Cars. Register your vote at www.paisleyfilmsociety.com by 28 September.

Tues 12 Oct
2pm
Paisley Arts Centre, New St,
Paisley, PA1 1EZ
£4
Booking: Paisley Arts Centre 0141 887 1010

ARSENIC & OLD LACE

Frank Capra
USA 1944
1hr 58m, PG
Cast: Cary Grant, Josephine Hull and Jean Adair

A classic black comedy to entertain. Two sweet old aunts take it upon themselves to poison lonely old men with nothing to live for, as an act of charity. Their nephew Mortimer (Cary Grant) has just got married, and is trying to negotiate his way around the shenanigans of the house, while trying to keep his new bride from fleeing. The film, while making us laugh, will cause us to consider the changing media portrayal of mental ill health.

Mon 11 Oct
2pm
Paisley Arts Centre, New St,
Paisley, PA1 1EZ
£4
Booking: Paisley Arts Centre 0141 887 1010

THE SOLOIST

Joe Wright
USA 2008
1hr 52mins, 12
Cast: Jamie Foxx & Robert Downey Jr

Jamie Foxx and Robert Downey Jr star in an emotionally soaring drama about the redemptive power of music. Journalist Steve Lopez endeavours to help homeless violin playing Nathaniel Anthony Ayers, forming a unique friendship that transforms both their lives.

Post-film discussion with Psychiatrist Dr Sinead McAree, Mary Weir of the National Schizophrenia Fellowship and Canadian Film Producer Richard Warden.

Mon 11 Oct
7pm
Paisley Arts Centre, New St, Paisley, PA1 1EZ
£4
Booking: Paisley Arts Centre 0141 887 1010
**The Notebook**

Nick Cassavetes  
USA 2004  
1hr 58mins, 12A  
Cast: Ryan Gosling, Rachel McAdams, Gena Rowlands, James Garner

In a modern-day nursing home, an elderly man, Duke, begins to read a love story from his notebook to a female fellow patient Allie. Beautiful and poignant the film traces their love story from 1940, written in a notebook by Allie before dementia has full impact.

Pre film discussion with Linda McAulay of Alzheimer Scotland and Tamasine Spaeth, Dementia Services.

**Tues 12 Oct**  
**7pm**  
**Paisley Arts Centre, New St,**  
**Paisley, PA1 1EZ**  
£4  
Booking: Paisley Arts Centre 0141 887 1010

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**The Cynthia Show**

During Cynthia’s chat show she invites employers and employees to consider how they identify the signs of someone who is struggling to cope at work. Cynthia invites you to explore how work affects mental health. Whilst watching the drama and participating in discussions, take a moment to reflect upon what makes a happy and mentally healthy workplace.

**Tues 19 Oct**  
**3.30-5pm**  
**Abercorn Conference Centre,**  
**Reid Kerr College, Renfrew Rd,**  
**Paisley, PA3 4DR**  
FREE, booking required  
To book a place: Liz Donaghy (Health at Work Team) 0141 314 0 024

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**Shuggy The Paisley Millionaire**

After the huge success of last year’s festival performance ‘Friends Reunited’, the Wynd Up drama group are taking to the stage once again. Together the group have developed a fun and entertaining play, ‘Shuggy the Paisley Millionaire’. Shuggy wins the lottery and discovers he has many old and new ‘friends’. Can money buy him happiness?

**Fri 22 Oct**  
**10.30-11.30am**  
**The Wynd Centre, 6 School Wynd,**  
**Paisley, PA1 2DB (0141 561 1171)**  
FREE, no booking required

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**Festival Family Ceilidh & Closing Celebration**

Celine Donoghue and friends will be performing traditional ceilidh songs, a selection of folk standards and some pop tunes in this closing event in Renfrewshire. Dance or just enjoy the music. For children and adults.

Refreshments and snacks will be provided.

**Fri 22 Oct**  
**7.30-11pm**  
**St Mary’s Hall, 163 George St,**  
**Paisley, PA1 2UN**  
£4 or £10 family ticket  
Booking: Reuben Millward at The Charleston Centre. 49 Neilston Rd, Paisley, PA2 6LY. 0141 842 3421  
Email Reuben@ramh.org

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MHFESTIVAL.COM
RAG TAG IN WONDERLAND FASHION SHOW

Come along to an Alice in Wonderland themed fashion show with a difference! Rag Tag ‘n’ Textile, based in Skye and Wester Ross, work with people who are recovering from mental health problems. This show will present their stunning creations hand-crafted from recycled textiles.

Thurs 7 Oct
7-9pm
The Town House, Inverness, IV1 1JJ
FREE, tickets required
Booking: Rag Tag ‘n’ Textile 01599 566793

GLENGLISH CENTRE EXHIBITION

This celebratory exhibition will feature the artwork and creative writing of people involved in the Glengarry Centre in Fort William Library, which supports people in Lochaber who are experiencing mental health issues. Come along – all welcome.

The Centre will also host a music night on Wednesday 13th at 7.30pm for the artists and visiting musicians and singers.

Mon 11 – Sat 16 Oct
Fort William Library,
Airds Crossing,
Fort William,
Inverness-shire, PH33 6EU
To participate in the music night call Pete Harrop in advance – 01397 700574

HARBELLS IN THE WIND

Presented by HAPIS (Highland ante/perinatal illness support).

This screening of ‘Harbells in the Wind’ explores prenatal depression and the effect it can have on relationships, families and children. Volunteers and professionals, mothers and partners, give vivid accounts in this sensitive film aimed at mothers and families in the Highland area.

Fri 8 Oct
10am-12pm, 2-4pm
Highland Council Debating Chamber,
Highland Council, Glenurquhart Rd,
Inverness, IV3 5NX
FREE, seats can be reserved
Booking: 01463 233378, anne@hapis.org.uk

‘SEE ME’ PHOTOGRAPHY COMPETITION AND EXHIBITION

Annual ‘see me’ photography competition and exhibition, now in its 3rd year. Local entries from the Highlands will be displayed in Eastgate Shopping Centre offering passers by the chance to take a moment to look, to think and perhaps to talk about mental health and the stigma surrounding it. Come and enjoy the exhibition, and vote for the one you like best. Winners will go forward and be entered into the national competition.

Thurs 14 & Fri 15 Oct
10am-5pm
Eastgate Shopping Centre,
Inverness, IV2 3PP
FREE, just come along
Eden Court Theatre in Inverness have programmed 4 truly inspired feature films for the Festival, exploring some of the fascinating ways in which childhood and growing up is explored on screen. Be the first to catch a glimpse of the unmissable ‘Mary and Max’ ahead of its UK release!

UK PRE-SCREENING: **MARY AND MAX**
Adam Elliot
Australia 2009
1h 32m, 12A
Cast: Toni Collette, Philip Seymour Hoffman, Eric Bana, Barry Humphries

‘Mary And Max’ is a simple tale of pen-friendship between two very different people; Mary Dinkle, a chubby lonely eight year old girl living in the suburbs of Melbourne, and Max Horovitz, a 44 year old, severely obese, Jewish man with Asperger’s syndrome living in the chaos of New York. This clayography feature film takes us on a journey that explores friendship, autism, psychiatry, alcoholism, where babies come from, obesity, sexual difference, trust, religious difference and much much more.

Official Selection, Opening Night Film – Sundance Film Festival 2009

**Weds 6 Oct, 7pm**

**THE UNLOVED**
Samantha Morton
UK 2009
1h 46m, 15
Cast: Molly Windsor, Lauren Socha, Robert Carlyle, Susan Lynch

The directorial debut of the Oscar nominated actress Samantha Morton (Morvern Callar, Minority Report) is a powerful drama about a young girl growing up in a children’s home which provides an intimate child’s-eye view of the UK’s care system. Morton based the film on her experiences as a child growing up in the Nottingham care system and has made one of the most important British films of the past 20 years

**Thurs 14 Oct, 7pm**

**ETRE ET AVOIR**
Nicolas Philibert
France 2002
1h 44m, U

Nicolas Philibert’s wonderful documentary is about a single-class French village school, where the handful of pupils, whose ages range from 4-10, are all taught by the same remarkably dedicated and caring teacher, Georges Lopez. Lopez regards it as his duty to prepare his charges for the adult world. They learn how to get along peacefully, their arguments are settled by reasoned discussion, and they are encouraged to express their fears and worries. A true gem of a film. French with subtitles.

**Sun 17 Oct, 3pm**

**MY LIFE AS A DOG**(MITT LIV SOM HUND)
Lasse Hallström
Sweden 1985
1h 41m, PG
Cast: Anton Glanzelius, Melinda Kinnaman, Anki Lidén, Tomas Von Brömssen

Set in 1950’s Sweden, a 12-year-old boy is farmed out to country relatives when his antics prove too much for his ailing mother. Anton Glanzelius gives a performance of remarkable range and maturity, and is one of the greatest performances by a child actor. Witty, touching and perceptive, the film contrasts the rural village with the harsher realities of the city. This charming, bitter-sweet evocation of childhood is a genuine classic. Swedish with subtitles.

**Tues 19 Oct, 7pm**

*Eden Court, Bishops Rd, Inverness*
All tickets £4/£2
Box Office: 01463 234234,
www.eden-court.co.uk
TAG PRESENT THE MONSTER IN THE HALL

By David Greig, Directed by Guy Hollands.

A day in the life of Duck Macatarsney who cares for her biker dad, the Duke, whose MS is getting increasingly bad. The two of them are just about surviving when one morning the Duke wakes up blind and the Duck hears that the Social Services are coming to take her away. The play follows Duck’s increasingly byzantine lies as she tries to protect her world from the terrifying prospect of change. An indie comedy musical about a girl on the verge of a nervous breakdown played out by four actors and a big fat motorbike which goes vrooommm. (Suitable for ages 14+)

Mon 4 Oct
1.30pm & 7.30pm (60mins)
Eastwood Park Theatre, Rouken Glen Rd, Giffnock, G46 6UG
All tickets £3, booking required
Box Office: 0141 577 4970

RECOVERY IN MIND: CREATIVE EXPRESSION EXHIBITION

Presented by Renfrewshire Association for Mental Health.

This open exhibition showcases a variety of visual art, multi-media work, creative writing and photography from local people experiencing mental health difficulties.

Mon 4 – Fri 8 Oct
9am-5pm
UnderCOVER, 50 Kelburn St, Barrhead, G78 1LR
FREE
Information: Clare Elliott 0141 881 8811, clare@ramh.org

THE YELLOWING

Presented by PEST.

Jane is starting to feel like her old self again as she returns to her creative practice. Far from home, surrounded by stimulating artists by day and locked in a hotel room with incomprehensible wallpaper by night, tonight Jane will make a decision that may mean her family never get ‘mummy back like she used to be’.

This highly physical solo performance is a contemporary response to ‘The Yellow Wallpaper’ by Charlotte Perkins Gilman and returns to the Festival after a successful tour in 2009 (★★★★ Herald, Scotsman).

Followed by a post show discussion with creator/performer Julia Taudevin.

Thurs 7 Oct
7.30pm
Eastwood Park Theatre, Rouken Glen Rd, Giffnock, G46 6UG
£5
Box Office: 0141 577 4970
THE CYNTHIA SHOW AT WORK

During Cynthia’s chat show she invites employers and employees to consider how they identify the signs of someone who is struggling to cope at work. Cynthia invites you to explore how work affects mental health. Whilst watching the drama and participating in discussions, take a moment to reflect upon what makes a happy and mentally healthy workplace.

Fri 8 Oct, 11am-1pm
Eastwood Park Theatre, Rouken Glen Rd, Giffnock, G46 6UG
FREE, booking required
Box Office: 0141 577 4970

Thurs 21 Oct, 1-2.15pm
East Renfrewshire Council, Barrhead Offices, Main St, Barrhead, G78 1SY
FREE, booking required
Booking: Marianne Keast 0141 577 3730

SPEAK UP: DEVELOPING CONFIDENCE THROUGH DRAMA

Join us over two evenings as we explore how drama can help increase confidence and self-belief. This workshop offers participants the chance to meet new people and develop creative skills in a relaxed, positive and friendly manner.

Please note participants should attend both workshops.

Tues 12 & Weds 13 Oct
7-9pm
Eastwood Park Theatre, Rouken Glen Rd, Giffnock, G46 6UG
FREE, booking required
Box Office: 0141 577 4970

MUSIC N MIND

What does music mean to you? Through history music has conveyed the thoughts, feelings, expressions and emotions of individuals and communities. ACUMEN invites you to participate and connect as an audience in helping to challenge your perceptions and create the experience of Music n Mind. There will be a wide selection of music by live performers to suit all tastes with the opportunity to take part.

Thurs 14 Oct
1.30-4.30Pm
Auchenback Resource Centre, Aurs Drive, Barrhead, G78 2LW
FREE, booking required
Book a place: Shena Milroy 0141 887 9103
POSITIVE STROKES: CONFIDENCE TO PAINT AND DRAW

A fast and loose painting style will be demonstrated to those who join us at these workshops. Painting styles demonstrated will include landscape in mixed media (Eastwood Park Theatre, 18th) and a portrait in oils (Neilston Library, 20th). Participants can attend either or both sessions, learning in a positive environment while working with experienced artists.

Please note maximum 20 places at each.

Mon 18 Oct, 7-9pm
Eastwood Park Theatre, Rouken Glen Rd, Giffnock, G46 6UG
FREE
Book a place: Theatre Box Office 0141 577 4970

Weds 20 Oct, 7-9pm
Neilston Library, Main St, Neilston, G78 3NN
FREE
Book a place: Janet Forry 0141 577 3679

CREATIVE WRITING: SOMETHING TO SAY WITH MAGI GIBSON

Ever wondered if you could write? Got something you want to say, but not sure how to say it? Magi’s workshop will help you explore your creativity and self-expression. Come along and surprise yourself, and find out just what you’re capable of. A warm, welcoming, fun workshop for writers of all ages and at all stages.

Tues 19 Oct
1-3.15pm
Clarkston Library, Clarkston Rd, Clarkston, G76 8NE
FREE, booking required
Book a place: Clarkston Library 0141 577 4972, reading@eastrenfrewshire.gov.uk

LOCAL VOCAL: EAST RENFREWSHIRE COMMUNITY GOSPEL CHOIR OPEN SESSION

Currently at over 30 members strong – Local Vocal are looking to recruit new members. If you think you’ve got what it takes to sing the Blues, Jazz, Gospel and African styles, and you can imagine yourself on stage at venues ranging from Eastwood Theatre to the Glasgow Royal Concert Hall – then come and join in at this Open Session. If you’d just like to sit and listen – that’s fine too!

Refreshments will be served.

Weds 20 Oct
7-8.30pm
Carlibar Primary School, Carlibar Rd, Barrhead, G78 1BD
FREE
Information: Donald Finlayson 0141 577 3835, donald.finlayson@eastrenfrewshire.gov.uk

COMEDY WORKSHOP

Presented by Universal Comedy and East Renfrewshire CHCP.

Led by a professional comedian – this workshop provides participants with techniques for creating their own funny ideas, and provides them with an opportunity to develop them into a short sketch by the end of the session. A supportive environment and an entertaining afternoon are guaranteed!

Thurs 21 Oct
1-4pm
Auchenback Resource Centre, Aurs Drive, Barrhead, G78 2LW
FREE, booking required
Book a place: Lauren Bolton 0141 577 8480
PLEASE NOTE MAXIMUM OF 10 PLACES AVAILABLE
THE CYNTHIA SHOW AT WORK

During Cynthia’s chat show she invites employers and employees to consider how they identify the signs of someone who is struggling to cope at work. Cynthia invites you to explore how work affects mental health. Whilst watching the drama and participating in discussions, take a moment to reflect upon what makes a happy and mentally healthy workplace.

Weds 6 Oct
12pm (lunch), 1pm (show)
The Saloon, Greenock Town Hall,
Municipal Buildings, Cathcart St,
Greenock, PA15 1DG
FREE, tickets available on the day
Information: Sarah Duncan 01475 502 524

Fri 22 Oct, 12-1.30pm and 2.30-4pm
Town Hall, Clyde Square, Greenock, PA15 1LX
Free, booking required
Book a place: Liz Donaghy, Health at Work: 0141 314 0024

SCHOOLS’ MENTAL HEALTH: POSTER COMPETITION AWARDS CEREMONY

Provost Michael McCormick and leader of Inverclyde Council Stephen McCabe will announce the winners of the Schools’ Mental Health Poster Competition at this year’s Awards Ceremony. The overall winners will be granted a permanent display within the local Health Centre.

Thurs 7 Oct
3pm
Greenock Town Hall, Clyde Sq,
Greenock, PA15 1LZ
FREE

INVERCLYDE’S ‘ARTS BASE’

Come along and be inspired by our showcase of local creative arts! Our exhibition features local collaborations of visual arts and photography projects with young people. There will also be a film screening of local production ‘Cracked’; a hard-hitting, emotional, real-life account of some of the issues faced by today’s carers. The ‘Arts Base’ will have a jam packed week long programme of various participatory activities, with something for everyone!

Mon 11 – Sat 16 Oct
Former Library, 14 King St,
Port Glasgow, PA14 5HZ
FREE
Pick up a programme in local health centres and libraries for more information or call Sarah Duncan 01475 502524

INVERCLYDE FOLK CLUB ENTERTAIN US!

Inverclyde Folk Club aims to promote live performance of traditional music and encourage involvement and participation as a route to positive mental health and wellbeing. Come along and join in or simply sit and enjoy a real live music experience in a relaxed social atmosphere. Witness our local talent at the Oak Mall!

Sat 16 Oct
1-3pm
Oak Mall Shopping Centre,
Hamilton Gate, Greenock,
PA15 1JW
FREE

MHFESTIVAL.COM
FRAMe oF MInd

This exhibition showcases a diverse range of artwork created by adults, all based in Forth Valley, recovering from mental health issues. The majority of the work has been created by participants working with a range of organisations that support mental health and well being in the region.

Fri 1 – Sun 24 Oct
10am-4pm
Lesser Gallery, Falkirk Town Hall, West Bridge St, Falkirk, FK1 5RS
FREE

‘SEE ME’ PHOTOGRAPHY COMPETITION AND EXHIBITION

Presented by Artlink Central.

Annual ‘see me’ photography competition and exhibition, now in its 3rd year. Entries from all over the Forth Valley area will be displayed in the Connection Gallery offering people the chance to take a moment to look, to think and perhaps to talk about mental health and the stigma surrounding it. Come and enjoy a coffee, and vote for the one you like best. Winners will go forward and be entered into the national competition.

Fri 1 – Sun 24 Oct
9am-4pm
Lesser Town Hall Gallery Space, West Bridge Street, Falkirk, FK1 5RS (01324 506177)
FREE

GREENBERG

Noah Baumbach
US 2010
1h 47m, 15
Cast: Ben Stiller, Greta Gerwig, Jennifer Jason Leigh, Rhys Ifans

Presented in association with Penumbra.

Forty year-old Roger Greenberg is having a crisis. Following a nervous breakdown, neurotic New Yorker Greenberg arrives in LA to lick his emotional wounds. Here he is taken under the wing of the family P.A., Florence – whose free-spirited nature Greenberg is drawn towards. He tries to get his life back on track by reconnecting with an old-flame and a long-lost friend, but Greenberg has the tendency to be his own worst enemy…

Weds 20 Oct
7.30pm
Falkirk Town Hall, West Bridge St, Falkirk, FK1 5RS
£3.60/£2.60 concession,
£9.80 family of 4 (1or 2 adults)
Advance booking at the box office 01324 506850
or in person on the day
NOTES FROM THE EDGE
FESTIVAL PLUS*

Presented by Artlink Stirling and in partnership with Stirling Council’s Music Department.

A live gig featuring local bands who all are living and making music in the spirit of our festival. Closer to the Edge are a group of young adults, who are recovering from mental health issues, and write and rehearse their own music together. Fresh from appearances at King Tuts and the Wickerman Festival, acoustic based rock band, Creative Silence complete the line up.

Fri 29 Oct
7pm (doors), 7.30-11pm
The Tolbooth, Jail Wynd,
Stirling, FK8 1D
£5
Booking: The Tolbooth 01786 274000

REMINISCENCE TEA DANCE
FESTIVAL PLUS*

Presented by Artlink Central and in partnership with NHS Forth Valley.

Take a step back in time with Bruce Davies, as he performs some well-known and well-loved songs that evoke memories of days gone by. Previous attendees, who have taken part in Bruce’s workshops, have benefited from these experiences which focus on aiming to improve the lives of people with cognitive impairments. Everyone welcome (including hospital and residential groups).

Tues 2 Nov
1.30-3pm
The Albert Halls, Dumbarton Rd,
Stirling, FK8 2QL
FREE
Booking: The Albert Halls 01786 473544

*Festival Plus activities are events which just manage to creep outside the dates of our official calendar. We think they are so good that we decided to include them as part of the festival.
THIRDTHURSDAY
FOLK SESSION

This monthly session of singing, music, poetry and storytelling adopts a well-being theme for the festival. With workshops from Davie and Maggie Hunter and Rosie Mapplebeck on a mental health and wellbeing theme, please come along to listen, contribute or join in.

Thurs 21 Oct
8-11pm
Market Inn, Castlehill Rd, Ayr, KA7 2HT
FREE, just come along
Information: Graham Charlton 07740 782404

‘SEE ME’ PHOTOGRAPHY
COMPETITION AND
EXHIBITION

Annual ‘see me’ photography competition and exhibition, now in its 3rd year. Local entries will be displayed in North West Kilmarnock Area Centre offering people the chance to take a moment to look, to think and perhaps to talk about mental health and the stigma surrounding it. Winners will go forward and be entered into the national competition.

Fri 1 – Fri 22 Oct
8am-9.30pm (Mon-Fri), 8am-5pm (Sat-Sun)
North West Kilmarnock Area Centre, Western Rd, Kilmarnock, KA3 1NQ
FREE, just come along

ART FOR ALL

This diverse exhibition brings people together featuring paintings, crafts and sculptures from a number of groups including Options for Independence, Arran Art in Mind, and Look Ahead amongst others. Visitors are invited, and encouraged, to try out some hands-on activities including an exciting group mosaic design in the gardens.

Weds 13 & 20 Oct
7-9pm
Options for Independence, 46 Tarryholme Drive, Irvine, KA12 0DR
FREE

‘Be Bold, Be Yourself’ by Jayde Ketchell (Moray) 2009 runner up

‘Nature’ by Louise Erskine (Kirkcaldy), ‘See Me’ 2009 Winner

MHFESTIVAL.COM
THE MOST IMPORTANT PEOPLE IN THE WORLD: HONESTY

Photographer Graham Miller presents a series of dramatic, large-scale portraits taken over the last year featuring workers from Perth’s Walled Garden. The Walled Garden is a community-based project which helps people who are recovering from mental health problems and seeks to challenge the stigma associated with mental ill health. Join us at the launch of this photography exhibition with people at its heart.

Launch: Tues 5 Oct, 7.30-9.30pm
Exhibition: Weds 6 - Sat 9 Oct, 11am-5pm
Studio Theatre, Mill St, Perth
FREE, booking required for launch
Book a place: PLUS Perth 01738 626242

YOU DON’T KNOW ME

By Carolyn McCole.

Patty, a young student nurse, arrives on the ward and struggles to supervise the spectrum of colourful characters developing dementia. A light-hearted play exploring the relationships and power balance of people with dementia, their families and professional carers.

Followed by role play with ‘The Elderflowers’ – A touching insight into the fabulous work of the Elderflowers in lightening the lives of people with dementia through professional clowning techniques.

Fri 8 Oct
1-4pm (with break)
Studio Theatre, Mill St, Perth
FREE, booking required
Book a place: PLUS Perth 01738 626242

‘SEE ME’ PHOTOGRAPHY COMPETITION AND EXHIBITION

For the third year PLUS, a Perth based local charity led by people who have used mental health services, will act as local host of the ‘see me’ photography competition. An exhibition of the work will be displayed in the local shopping centre offering passers by the chance to stop, take a moment to look, to think and perhaps to talk about mental health and the stigma surrounding it.

Thurs 14 & Fri 15 Oct
9.30am-4.30pm
St John’s Shopping Centre,
King Edward St, Perth, PH1 5UB
FREE

OUR MURRAY ROYAL

Built in 1827 the former Royal Asylum will close its doors in 2012 making way for a purpose built ‘campus’ providing psychiatric services. The Murray Royal Hospital and surrounding landscape has always had a special place in local people’s hearts. This exhibition of photographic images by a selection of artists will contribute to the hopes of many that the history and original benevolence of The Murray is preserved for the benefit of generations to come.

Mon 11 – Sat 22 Oct
9.30am-4pm
AK Bell Library, Glasgow Rd, Perth
FREE, just come along
AN AUDIENCE WITH...

Enjoy an eclectic evening of theatre, song and singing... Joining forces for the first time are The Singing Hands Choir and Aberdeen Performing Arts Studio Singers. Expect dramatic moments from Cornhill Community Theatre group, as they present their play ‘Who am I?’. Members of Aberdeen Performance Arts Young Persons Company perform contemporary and classic monologues as part of the evening’s entertainment.

The whole event will be BSL signed.

Tues 5 Oct
7.30pm
The Studio, His Majesty’s Theatre, Aberdeen, AB25 1GL
FREE, no booking required
Aberdeen Box Office: 01224 641122

REMINISCING AND WRITING

Join local author Graeme Milne for a short workshop looking at the elements of childhood. Graeme will be bringing items from the past that will evoke memories of days gone by.

Sat 9 Oct
10.30am
Rosie’s Café, 137 Rosemount Place, Aberdeen, AB25 2YH
FREE, booking required
Booking: Community Learning 01224 611160

FEEL WELL

Come along and indulge in some art in a relaxed atmosphere and pick up information on feeling well, eating healthily and enjoying life!

Tues 12 Oct
10am-3pm
Rosie’s Café, 137 Rosemount Place, Aberdeen, AB25 2YH (01224 626214)
FREE, no booking required

WITH ART IN MIND

An exhibition of imaginative and original paintings and photographs produced in Aberdeen by a variety of groups and agencies including Turning Point, Healthy Minds and Art Therapy.

Fri 1 – Sun 24 Oct
Aberdeen Arts Centre, 33 Kings St, Aberdeen, AB24 5AA (01224 635208)

Fri 1 – Sun 24 Oct
Rosie’s Café, 137 Rosemount Place, Aberdeen, AB25 2YH (01224 626214)
FREE

BURNING RINGS OF FIRE

By Euan Macpherson, presented by WACtheatre.

Writers were asked to submit entries on themes exploring mental health issues with shortlisted plays developed by the WAC team for the Festival. Euan’s play concerns Delia, a young woman who hears voices, including Johnny Cash - who sings to her as she struggles to come to terms with her mother, her psychiatrist and a new relationship that could offer the chance to break free of her past.

Contains strong language of a sexual nature.

Mon 18 Oct
7-9pm
The Lemon Tree, 5 North West St, Aberdeen, AB24 5AT
£5
Box Office: 01224 641122, www.boxofficeaberdeen.com

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<td>Tuesday 5 Oct</td>
<td>Inspiration in Dalkeith</td>
<td>Edinburgh &amp; Lothian</td>
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<td></td>
<td>Dirty Paradise</td>
<td>Glasgow</td>
<td>18</td>
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<td></td>
<td>Prof. Phil Hanlon on ‘Science &amp; the Arts’</td>
<td>Renfrewshire</td>
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<td>Recovery in Mind: Creative Expression Exhibition</td>
<td>East Renfrewshire</td>
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<td></td>
<td>The Most Important People in the World Launch</td>
<td>Perth</td>
<td>41</td>
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<td>An Audience With…</td>
<td>Aberdeen</td>
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<td>The Cynthia Show at Work</td>
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<td>The Most Important People in the World Exhibition</td>
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<td>Wednesday 6 Oct</td>
<td>Energising Laughter Workshop</td>
<td>Edinburgh &amp; Lothian</td>
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<td>Dirty Paradise</td>
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<td>The Illustrated Mum</td>
<td>Glasgow</td>
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<td>Lunchtime Talks at the Museum</td>
<td>Renfrewshire</td>
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<td>Film: Mary and Max</td>
<td>Highlands</td>
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<td>Recovery in Mind: Creative Expression Exhibition</td>
<td>East Renfrewshire</td>
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<td>Thursday 7 October</td>
<td>WRAP Get-Together and Art Workshop</td>
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<td>NL Studio Open Drama Workshop</td>
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<td>Inside Story</td>
<td>Lanarkshire</td>
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<td>The Monster in the Hall</td>
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<td>From Poetry to Paintings: A Pathway to Recovery Launch</td>
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<td>Time Out: Arts Showcase</td>
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<td>National Poetry Day with Read Raw Ltd</td>
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<td>Rag Tag in Wonderland Fashion Show</td>
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<td>Recovery in Mind: Creative Expression Exhibition</td>
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<td>The YelloWing</td>
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<td>Schools’ Mental Health: Poster Competition Awards Ceremony</td>
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<td>Friday 8 October</td>
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<td>The Monster in the Hall</td>
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<td>‘…a thousand ships’ Preview</td>
<td>Glasgow</td>
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<td>Prinzhorn Collection Lecture</td>
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<td>Positive Paisley Pubs</td>
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<td>Who Canny Sing?</td>
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<td>CREATE Youth Open Mic Night</td>
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<td>Harbells in the Wind</td>
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<td>You Don’t Know Me</td>
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<td>Saturday 9 October</td>
<td>Film: Bill Douglas Trilogy</td>
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<td>Reminiscing and Writing</td>
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<td>Sunday 10 October</td>
<td>Film: The Unloved</td>
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<td>Author Event: As I Lay Me Down to Sleep</td>
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<td>Sound Minds 2010</td>
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<td>Monday 11 October</td>
<td>Sizzor Handz</td>
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<td>Film: As Good as it Gets</td>
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<td>Film: Arsenic &amp; Old Lace</td>
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<td>Paisley Centre School of Arts</td>
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<td>Film: The Soloist</td>
<td>Renfrewshire</td>
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<td>Inverclyde’s ‘Arts Base’</td>
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<td>Tuesday 12 October</td>
<td>Moving Towards….</td>
<td>Edinburgh &amp; Lothian</td>
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<td>‘see me’ Photography Competition and Exhibition</td>
<td>Edinburgh &amp; Lothian</td>
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<td>Film: Elling</td>
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<td>Paisley Centre School of Arts</td>
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<td>Buddies Choice Film</td>
<td>Renfrewshire</td>
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<td>Film: The Notebook</td>
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<td>Speak Up: Developing Confidence through Drama</td>
<td>East Renfrewshire</td>
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<td>Inverclyde’s ‘Arts Base’</td>
<td>Inverclyde</td>
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<td>Feel Well</td>
<td>Aberdeen</td>
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<td>Wednesday 13 October</td>
<td>Storytelling Café: Health and Healing</td>
<td>Edinburgh &amp; Lothian</td>
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<td>Inspiration in Penicuik</td>
<td>Edinburgh &amp; Lothian</td>
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<td>Poetry in Motion</td>
<td>Edinburgh &amp; Lothian</td>
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</tbody>
</table>
**Thursday 14 October**

- **Film: The White Ribbon**
  - Edinburgh & Lothian
  - 10

- **Lamha-e-Fikria (Reflecting on a time for change)**
  - Lanarkshire
  - 13

- **Lunchtime Talks at the Museum**
  - Renfrewshire
  - 29

- **An Evening with Karen Campbell**
  - Renfrewshire
  - 28

- **Paisley Centre School of Arts**
  - Renfrewshire
  - 30

- **Speak Up: Developing Confidence through Drama**
  - East Renfrewshire
  - 35

- **Inverclyde’s ‘Arts Base’**
  - Inverclyde
  - 37

- **Art for All**
  - Ayrshire & Arran
  - 40

**Friday 15 October**

- **Sound Minds 2010**
  - Lanarkshire
  - 30

- **HeadSpace**
  - Glasgow
  - 21

- **Paisley Centre School of Arts**
  - Renfrewshire
  - 30

- **‘see me’ Photography Competition and Exhibition**
  - Highlands
  - 32

- **Film: The Unloved**
  - Highlands
  - 33

- **Music n Mind**
  - East Renfrewshire
  - 35

- **Inverclyde’s ‘Arts Base’**
  - Inverclyde
  - 37

- **‘see me’ Photography Competition and Exhibition**
  - Perth
  - 41

**Saturday 16 October**

- **Moving Towards…**
  - Edinburgh & Lothian
  - 7

- **Film: Great Expectations**
  - Edinburgh & Lothian
  - 11

- **Sparkleshark written by Philip Ridley**
  - Lanarkshire
  - 14

- **HeadSpace**
  - Glasgow
  - 21

- **Positive Paisley Pubs**
  - Renfrewshire
  - 27

- **Inverclyde’s ‘Arts Base’**
  - Inverclyde
  - 37

- **Inverclyde Folk Club Entertain Us!**
  - Inverclyde
  - 37

**Sunday 17 October**

- **Film: Up!**
  - Edinburgh & Lothian
  - 11

- **Well-being Mela**
  - Edinburgh & Lothian
  - 9

- **Lunchtime/High Tea Theatre: Once Too Often**
  - Lanarkshire
  - 15

- **HeadSpace**
  - Glasgow
  - 21

- **Film: Etre et Avoir**
  - Highlands
  - 33

**Monday 18 October**

- **SMHFAFF Film Awards Ceremony 2010**
  - Edinburgh & Lothian
  - 11

- **Express Yourself**
  - Edinburgh & Lothian
  - 9

- **Firefly Film Production Workshop**
  - Edinburgh & Lothian
  - 11

- **The Monster in the Hall**
  - Lanarkshire
  - 14

- **Anna Rexsik**
  - Lanarkshire
  - 15

- **HeadSpace**
  - Glasgow
  - 21

- **Positive Strokes: Confidence to Paint and Draw**
  - East Renfrewshire
  - 36

- **Burning Rings of Fire**
  - Aberdeen
  - 42

**Tuesday 19 October**

- **Firefly Film Production Workshop**
  - Edinburgh & Lothian
  - 11

- **The Alchemy of Illness**
  - Edinburgh & Lothian
  - 9

- **Lamha-e-Fikria (Reflecting on a time for change)**
  - Lanarkshire
  - 13

- **HeadSpace**
  - Glasgow
  - 21

- **The Cynthia Show at Work**
  - Renfrewshire
  - 31

- **Film: My Life as a Dog**
  - Highlands
  - 33

- **Creative Writing: Something to say with Magi Gibson**
  - East Renfrewshire
  - 36
<table>
<thead>
<tr>
<th>Wednesday 20 October</th>
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<tbody>
<tr>
<td><strong>Firefly Film Production Workshop</strong></td>
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<td><strong>The Monster in the Hall</strong></td>
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<td><strong>HeadSpace</strong></td>
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<tr>
<td><strong>How long has this been going on?</strong></td>
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<tr>
<td><strong>Positive Paisley Pubs</strong></td>
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<td><strong>Tea Dance</strong></td>
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<td><strong>Positive Strokes: Confidence to Paint and Draw</strong></td>
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<td><strong>Local Vocal: East Renfrewshire Community Gospel Choir Open Session</strong></td>
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<td><strong>Film: Greenberg</strong></td>
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<td><strong>Art for All</strong></td>
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<td><strong>Thursday 21 October</strong></td>
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<td><strong>Firefly Film Production Workshop</strong></td>
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<td><strong>Get Inspired Workshop</strong></td>
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<td><strong>Creating New Connections</strong></td>
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<td><strong>The Monster in the Hall</strong></td>
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<td><strong>HeadSpace</strong></td>
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<td><strong>How long has this been going on?</strong></td>
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<td><strong>Time Out: Arts Showcase</strong></td>
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<td><strong>Built With Art at its Heart</strong></td>
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<td><strong>The Cynthia Show at Work</strong></td>
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<td><strong>Comedy Workshop</strong></td>
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<td><strong>Third Thursday Folk Session</strong></td>
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<td><strong>Friday 22 October</strong></td>
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<tr>
<td><strong>Firefly Film Production Workshop</strong></td>
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<td><strong>Sound Minds 2010</strong></td>
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<td><strong>Life is a Cabaret</strong></td>
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<td><strong>Shuggy the Paisley Millionaire</strong></td>
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<td><strong>Festival Family Ceilidh &amp; Closing Celebration</strong></td>
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<tr>
<td><strong>Saturday 23 October</strong></td>
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<tr>
<td><strong>Mind Yer Heid: Camglen Connections Closing Event</strong></td>
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<th>Sunday 24 October</th>
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<td><strong>The Mind’s Eye Closing Event</strong></td>
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**PLUS**

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<th>Exhibitions running throughout festival</th>
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<tr>
<td><strong>see me’ Photography Competition and Exhibition</strong></td>
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<td><strong>Mind Yer Heid: Camglen Connections</strong></td>
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<td><strong>No-one Watching</strong></td>
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<td><strong>The Mind’s Eye Exhibition</strong></td>
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<td><strong>Changing Perspectives: Art Trail</strong></td>
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<td><strong>Renfrewshire Festival at the Hub</strong></td>
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<td><strong>With Art in Mind</strong></td>
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<th>Exhibitions running from Friday 1 October</th>
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<tr>
<td><strong>Oor Mad History</strong></td>
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<td><strong>Equally Connected</strong></td>
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<td><strong>In Dialogue</strong></td>
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<td><strong>Open to All</strong></td>
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<td><strong>see me’ Photography Competition and Exhibition (until 8th)</strong></td>
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<thead>
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<th>Exhibitions running from Monday 11 October</th>
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<tr>
<td><strong>……a thousand ships’ (until 22nd)</strong></td>
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<td><strong>see me’ Photography Competition and Exhibition (until 15th)</strong></td>
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<td><strong>Glengarry Centre Exhibition (until 16th)</strong></td>
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<td><strong>Our Murray Royal (until 22nd)</strong></td>
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<td><strong>From Poetry to Paintings: A Pathway to Recovery</strong></td>
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<th>Exhibitions running from Thursday 14 - 24 October</th>
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<td><strong>Inside Story Exhibition</strong></td>
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<th>Exhibitions running from Friday 15 - 31 October</th>
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<td><strong>Lys Stevens</strong></td>
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IMMEDIATE HELP

If you are feeling distressed, in a state of despair, suicidal or need emotional support, please contact one of the numbers below:

Samaritans: 08457 90 90 90 (local rate call).
Your call will be confidential and will be taken by a trained volunteer.
The phone line is available 24 hours a day, 7 days a week.

Breathing Space: 0800 83 85 87 (calls are free of charge).
You can speak to a Breathing Space advisor weekdays: Monday to Thursday 6pm-2pm and weekends: Friday 6pm to Monday 6am if you’re depressed or experiencing low mood.

ChildLine: 0800 11 11 (calls are free of charge).
ChildLine is the free helpline for children and young people in the UK.
You can talk with an adviser about any problem 24 hours a day, 7 days a week.

NHS 24: 08454 24 24 24 (local rate call).
Call NHS 24 if you’re ill and it can’t wait until your GP surgery opens.
The phone line is open 8am to 10pm, 7 days a week.

Emergency ambulance: 999 (calls are free of charge).
Dial 999 if you need an emergency ambulance.
International Film Submission for 2011
CALLING ALL FILM-MAKERS
Do you have a film or film project underway that links to mental health?
Films can address specific mental health issues, but we’re also keen to encourage innovative and diverse perspectives.
We will be accepting entries for our international film submission from November 2010.
Please see our website for details, guidelines and previous award winners.

MHFESTIVAL.COM