SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

1-24 OCTOBER 2012

WALK IN MY SHOES

mhfestival.com
THE SCOTTISH MENTAL HEALTH ARTS AND FILM FESTIVAL IS HOSTED BY THE MENTAL HEALTH FOUNDATION IN ASSOCIATION WITH NATIONAL PARTNERS

IF YOU WOULD LIKE TO KNOW MORE ABOUT THE DESIGNERS BEHIND THIS YEAR’S BROCHURE, VISIT WWW.OSTREET.CO.UK
WELCOME TO THE 2012 FESTIVAL

This year’s festival theme, ‘walk in my shoes’, was suggested by Dr Peter Byrne, our research lead who helped create the festival back in 2007. For some, it might bring to mind Atticus Finch, the lawyer described in Harper Lee’s celebrated novel To Kill A Mockingbird, whose daughter noted, ‘Atticus was right. One time he said you never really know a man until you stand in his shoes and walk around in them.’ Understanding, rather than judging, is the key to the Atticus Finch philosophy. Half a century later, these themes of empathy and understanding continue to resonate with our festival partners, programmers and artists.

Now in our sixth year, we have grown to be one of the largest international arts and social justice festivals, yet we have striven to retain our collaborative programming model, which brings together artists and community groups to create affordable and accessible programmes. We are delighted that this year we have events not only in the central belt areas of Greater Glasgow, Edinburgh and Lothian and Lanarkshire but throughout the Highlands and Islands, Aberdeen, Moray, Argyll and Bute, Dundee, Fife, Ayrshire, Dumfries and Forth Valley.

The theme of our festival has been chosen to draw together a wide spectrum of artistic endeavour. We wanted to create a programme which would celebrate diversity, add to our understanding of other people, and therefore increase our understanding of ourselves. The result, we hope, is a stimulating collection of events, reflecting the diversity, passion and values of those involved. Our selection of nationwide events for 2012 includes film, theatre, music, dance, comedy, literature and visual arts. And this year, we’ve also reached out into new and exciting areas such as video-games, circus and opera, reflecting the festival’s desire to reach out to and engage fresh audiences.

Whilst we have celebrated artists performing in iconic arts venues across Scotland, we have ensured that community groups and artists also get this opportunity. And we are also doing outreach events in community centres, pubs, prisons, and taking film on the road.

We aim to move and challenge you, to provoke discussions and debate. But, most importantly, the festival team and partners hope that you have a good time.

Lee Knifton
Festival Director
**MINDREEL**

The Institute for Research and Innovation in Social Services (IRISS) and Strathclyde University are collaborating to develop MINDREEL, a fantastic website making available over 100 valuable and engaging films about mental health. These films, and accompanying resources, are being shared on an open source basis for use by individuals, communities and formal educators. To find out more visit www.mindreel.org.uk

**INTERNATIONAL FILM AWARDS 2012**

The Scottish Mental Health Arts & Film Festival open film submission returns for its sixth year, bringing together from all over the world film-makers whose work explores the subject of mental health.

Since their inception, the awards have aimed to provide a platform for film-makers to share their ideas with a new audience, challenging perceptions about mental health issues and connecting with like-minded individuals. This year’s competition saw a diverse range of submissions from Scottish, British and European artists, as well as entries from as far afield as Canada, Australia and India. The very best of these films will be honoured at this awards ceremony, promoting greater understanding of mental illness and encouraging the examination of social justice issues through the arts.

Wed 24 Oct  
5.45 – 8pm  
Filmhouse, 88 Lothian Road, Edinburgh EH3 9BZ  
Free / Booking required  
Booking: 0131 228 2688 www.filmhousecinema.com

**TAKING FILM ‘ON THE ROAD’ WITH THE SCREEN MACHINE**

Walter Salles, USA, 2012, 137m, TBC  
Cast: Garrett Hedlund, Kristen Stewart, Sam Riley  
To make sure that audiences across Scotland get a chance to see part of the film programme, Screen Machine and Icon have teamed up to take On the Road, the much anticipated adaptation of Jack Kerouac’s novel, on the road to a series of Scottish destinations. See Dean, Sal and Marylou take a cross-country journey as they embody the hopes and dreams of the Beat generation.

On The Road will screen at Screen Machine across Scotland in October and November.

For details of times and dates, see www.screenmachine.co.uk
CONTENTS
04 GLASGOW
13 EDINBURGH AND LOTHIAN
21 LANARKSHIRE
25 RENFREWSHIRE
29 EAST RENFREWSHIRE
30 EAST DUNBARTONSHIRE
31 INVERCLYDE
33 FORTH VALLEY
35 FIFE
39 DUNDEE
40 ABERDEEN
41 MORAY
45 HIGHLANDS AND ISLANDS
47 ARGYLL AND BUTE
48 AYRSHIRE AND ARRAN
48 DUMFRIES AND GALLOWAY
49 DAILY DIARY
GLASGOW

THE ABSTINENT MINDS
A heart-warming new black comedy theatre piece looking at addiction, relationships and mental well-being. Paul is struggling with his mental health. Lorraine, his long-suffering wife, also wants him to address his drug habit and how it affects their marriage.

Wed 3 Oct
7.30 – 9.30pm
The Portal, 978 Govan Road,
Glasgow G51 3AJ
Free / No booking required
Information: 07722 807 194

MY SISTER BY SCANDAL THEATRE
Two sisters. One terrible secret that could destroy a family. When one threatens to tell, can the other keep her quiet? This physical theatre piece is presented by Scandal Theatre, a Glasgow-based international touring company who focus on social justice issues.

Wed 3 Oct
8 – 9pm
The Old Hairdressers, opposite Stereo,
Renfield Lane, Glasgow G2 6PH
£3
Booking: tickets@scandaltheatre.com

TIME OUT: EXHIBITION OF ARTWORKS
An exhibition of bespoke artwork produced by the Time Out arts group. Set up by the South West Arts and Well-being Network for the 2008 festival, the Time Out Project is a year-round programme of inclusive art workshops, focusing on maintaining positive mental health through creative and social interaction.

Launch: Thu 4 Oct
Exhibition: 4 – 24 Oct
1 – 3pm
Gallery 966, 966 Govan Road,
Glasgow G51 3AJ
Free / No booking required
Information: www.plantation.org.uk

WALKING, TALKING, WRITING: A LITERARY WEEKEND WITH LAPIDUS SCOTLAND
Lapidus Scotland have been festival partners since 2007. This year’s project is a weekend of writing events in and around the Kelvingrove Art Gallery and Museum featuring well-known writers as well as citizens from disadvantages areas who have been using creative words to explore the meaning of health and well-being in their local area.
Suite 1 & 2, Campbell Hunter Education Wing, LG, Kelvingrove Art Gallery and Museum, Argyle Street, Glasgow G3 8AG
Free / No booking required
Information: lapidus.scotland@yahoo.co.uk

STREET PERFORMANCE AS ART AND REALITY
James King, performance artist and sound poet, leads writers performing readings outdoors and in Kelvingrove Art Gallery and Museum.

Sat 6 Oct
3.30pm

ENLIVEN YOUR COMMUNITY
Join us for this showcase of exhibitions, films, readings and workshops, this afternoon event includes displays of exciting mental health and arts projects from across Scotland, a flâneuring workshop using owl vision gathering impressions inspired by the museum, plus readings and an open space session with well-known and community writers, including Scots Makar Liz Lochhead, Professor Stewart Mercer of Glasgow University, and James King as master of ceremonies.

Sun 7 Oct
12 – 4.30pm
This year’s Scottish Mental Health Arts & Film Festival breaks new ground with previews of unreleased and previously unseen films, accompanied by unique, live discussion with guests, fans and film-makers alike. In Glasgow, our screenings at the Glasgow Film Theatre feature: a preview of Charlotte Rampling in I, Anna; two screenings with the film-makers in attendance; a vintage example of avant-garde film-making; and a rare piece of surrealist cinema.

**ANTI-CLOCK**

Jane Arden, Jack Bond, UK, 1979, 107m, 18

Cast: Sebastian Saville, Suzan Cameron, Richard Feynman

Finally re-issued after years of unavailability, Jack Bond and Jane Arden’s science fiction film is a challenging, provocative work. Using far-ahead-of-its-time video surveillance footage, Anti-Clock tells the story of Joseph (Sebastian Saville), a young man with the ability to read minds, whose participation in the mysterious Anti-Clock project sends him on a journey of paranoia and self-discovery. Director Jack Bond will attend this screening.

**Tue 9 Oct**

6 – 8.20pm

Glasgow Film Theatre, 12 Rose Street, Glasgow G3 6RB

£7.50 / £6

Booking: 0141 332 6535

www.glasgowfilm.org.uk

**THE SEA THAT THINKS**

Gert de Graaff, Netherlands, 2000, 100m, NC

Cast: Bart Klever, Devika Strooker

The choice of popular Scottish songwriter and performer Malcolm Middleton, The Sea That THINKS is a remarkable piece of experimental film-making previously unseen on these shores. Using a series of eye-popping optical illusions, The Sea That THINKS is a highly radical and original evocation of the complex nature of the artistic creative process. Nominally about a writer struggling to develop a film idea, The Sea That THINKS will strike a chord with anyone who has creative leanings. Both the director and Middleton will attend to contribute to a discussion of the film.

**Tue 9 Oct**

6 – 8.20pm

Glasgow Film Theatre, 12 Rose Street, Glasgow G3 6RB

£7.50 / £6

Booking: 0141 332 6535

www.glasgowfilm.org.uk

**THE ANGELS’ SHARE**

Ken Loach, UK, 2012, 101m, 15

A bittersweet comedy from director Ken Loach. Narrowly avoiding jail, new dad Robbie (Paul Brannigan) vows to turn over a new leaf. A visit to a whisky distillery inspires him and his mates to seek a way out of their hopeless lives - but just what side of the law are they on?

**Tue 9 Oct**

7 - 9.15pm

The Kinning Park Complex (opposite Kinning Park Underground), 40 Cornwall Street, Glasgow G41 1BA

Free / No booking required

Information: www.plantation.org.uk

**I, ANNA**

Barnaby Southcombe, UK 2012, 93m, TBC

Cast: Charlotte Rampling, Gabriel Byrne, Hayley Atwell

An absorbing debut feature from Southcombe, featuring a powerful leading performance from Charlotte Rampling (Blow Up, The Night Porter) as Anna. After meeting a mysterious man at a speed-dating night, Anna finds herself unable to remember the details of her evening. As a dogged policeman (Byrne) closes in on her, Anna struggles to reconcile herself to her activities on the previous evening, and with an event in the past which threatens to catch up with her. I, Anna deals with potentially melodramatic subject matter in a compassionate and intelligent way.

**Tue 23 Oct**

6 – 8.20pm

Glasgow Film Theatre, 12 Rose Street, Glasgow G3 6RB

£7.50 / £6

Booking: 0141 332 6535

www.glasgowfilm.org.uk
HEADSPACE

Headspace is a diverse celebration of health and well-being activities and projects that enrich the North East of Glasgow. The 2012 festival is a partnership between Platform and Positive Mental Attitudes, programming a vibrant collection of exhibitions, workshops and performances, from creative writing to visual art and theatre. All events at Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW unless otherwise specified.

Booking / Information:
0141 276 9696 or 0141 232 0165

ARTSPACE EXHIBITION

Walking in someone else’s shoes involves using imagination to understand another person’s feelings. Taking the shoe as a starting point – from the magical, to the practical and functional – the ARTSpace artists have been delving into different characters to explore aspects of themselves and those around them. The exhibition will be on show throughout Headspace.

Mon 1 – Mon 22 Oct
Mon – Fri 10am – 8pm,
Sat and Sun 10am – 5pm
Free / No booking required

SOUND BYTES

Sound Lab, Write Attitude and Glasgow North Writers have recorded a series of informative, entertaining, amusing or thought-provoking voice recordings encapsulating the theme ‘walking in my shoes’. The clips will be played throughout the Platform building during the festival.

Mon 8 – Sat 13 Oct
Mon – Fri 10am – 8pm
Free / No booking required

DROP IN AND JAM

Join the East End Music Club as they create a musical vibe around the Platform building. The group invite any young people who would like to learn more about their instrument, or even pick one up for the first time, to meet the tutors and other group members. Suitable for ages 12 to 19.

Thu 11 to Sat 13 Oct
6 – 8.30pm
Free / No booking required

DRAMA FEST

Headspace presents an evening of drama performances from four theatre companies: 1 in 100, Mixed Company, Theatre Nemo and Toonspeak Young People’s Theatre, all exploring the theme ‘walking in my shoes’ and interpreting it in different ways.

Tue 9 Oct
6 – 9pm
£3 / £2
FOLLOWING IN THE SHOES…
This workshop is for anyone with an interest in creative writing. It will take you on a creative journey of discovery, exploring the theme of ‘walking in my shoes’ in what promises to be a fun and entertaining afternoon. Refreshments provided. Suitable for ages 16+.

Wed 10 Oct
1 – 4pm
Free / Booking recommended

MUSICAL WORKSHOP OPEN NIGHT
John Wheatley College opens its doors for a drop in session, inviting young people to come and sample what happens in a music education environment, includes music workshops and tours. Suitable for music lovers of all abilities, ages 12 to 19.

Wed 10 Oct 6 – 8pm
John Wheatley College, 1200 Westerhouse Road, Easterhouse G34 9JW
Free / No booking required
Information: musical_workshop@yahoo.co.uk

WHAT’S THE DRAMA WORKSHOP
Mixed Company Drama Group invites adults of any age or experience to come along and to see what happens in one of their drama workshops. The facilitator and group members will help everyone develop a passion for drama in a fun, relaxing and positive way.

Fri 12 Oct
10am – 12pm
Free / No booking required

SPOKEN WORD
The celebratory open mic night returns with an evening which promises fun and laughter in a relaxing atmosphere, and encourages anyone and everyone to come along, soak up the atmosphere and enjoy the entertainment. The event will include a screening of local film My Life 2. A prize–winner at the 2011 SMHAFF awards, Peter McMahon’s film articulately looks at issues to do with disability, bullying and self–esteem. Refreshments provided.

Thu 11 Oct
6 – 8pm
Free / No booking required

YOUTH MUSIC GIG
A chance for young people from North East Glasgow to come together to celebrate their creativity and their love for music. Come and perform yourself, or just watch other local musicians and performers showcase work produced from the youth arts summer sessions in this fun, inclusive night. Refreshments provided. Suitable for ages 12+.

Fri 12 Oct
6 – 9pm
Free / No booking required

WORKS OF ART
ARTSpace invite curious budding artists in the area to produce a piece of unique and original art work of their own. Materials provided. Suitable for all ages but children must be accompanied by an adult.

Fri 12 Oct
2 – 4pm
Free / No booking required

FLAVOURS OF THE FEST
Come along and sample all that Headspace has to offer, with taster sessions, extracts and spontaneous performances. Carole Williams will also premiere her new devised piece of theatre, If The Shoe Fits, whilst The Big Draw sees the Headspace team using a hand–crafted chalk drawing as a backdrop for projections and animation.

Sat 13 Oct
12 – 2pm
Free / Booking recommended
THE VISITORS PRESENTS: THE OCCUPATION OF HEATHER ROSE

Directed by Nicola McCartney

Wendy Lill’s play follows Heather Rose, a naive optimist currently occupying the nurse’s post in a remote corner of Canada’s unforgiving north country. But when her healthy eating pamphlets and fitness regimens fail to solve the problems faced by the rural community, Heather is sucked into a world of emotional and cultural isolation.

Sun 7 – Tue 9 Oct
7.45 – 8.45pm
The Arches, 253 Argyle Street, Glasgow G2 8DL

£6 / £3
Booking: 0141 565 1000
www.thearches.co.uk

PIECE OF MIND

This documentary dance theatre work is back after a sell–out show at last year’s festival, rhythmically blending and bringing to life verbatim interviews with 15 to 25 year olds diagnosed with bipolar. Surprising, funny and captivating, this fusion piece will transform your perceptions about bipolar.

Supported by Creative Scotland

Tue 9 and Thu 11 Oct
8 – 9pm
CCA, 350 Sauchiehall Street, Glasgow G2 3JD

£4 / £2
Booking: 0141 352 4900
www.cca–glasgow.com

PLAYWRIGHTS’ STUDIO PRESENTS: STAGE TO PAGE

Hosted by Donna Franceschild

Special festival edition of the monthly Playwrights’ Studio workshop, exploring in–development play scenes with an opportunity for informal networking. Playwrights at any stage in their career can bring scenes to work on and network with other people involved in theatre. Visit www.playwrightsstudio.co.uk for more information.

Wed 10 Oct
7 – 10pm
CCA, 350 Sauchiehall Street, Glasgow G2 3JD

£3 (includes tea and coffee)
Information: www.cca–glasgow.com

LAUGH? I NEARLY DIED

This stand–up comedy show in HMP Barlinnie involves prisoners and a top line–up of Scots comedians, concluding a series of workshops and performances which use comedy to explore coping on the inside.

Mon 8 Oct
7.30 – 9.30pm
HMP Barlinnie, 81 Lee Avenue, Glasgow G33 2QX

By invitation only
READ FOR YOUR LIFE

Reading can be a great way to learn from the experiences of others, see things from different perspectives and generally improve your well-being. This Glasgow Women’s Library event will have readings and discussions of some inspirational stories and poems from the library collection, including work by Sylvia Plath and Jackie Kay.

Thu 11 Oct
12 – 2pm
Glasgow Women’s Library,
15 Berkeley Street, Glasgow G3 7BW

Free / Booking required
Booking: 0141 248 9969
info@womenslibrary.org.uk

BURLEIGH STREET WRITERS PERFORM

The Burleigh Street Writers’ Group perform extracts from prose and poetry which they have produced at workshops throughout the year at this creative writing showcase.

Thu 11 Oct
1 – 3pm
Gallery 966, 966 Govan Road,
Glasgow G51 3AJ

Free / No booking required
Information: www.plantation.org.uk

GLASGOW EAST WOMEN’S AID (GEWA) AND SAY WOMEN

GEWA and Say Women have been working with Gail McLintock to develop an exciting film and interactive sculptural artwork. The women have been exploring the effects of gender based violence within our current culture. This unique and personal artwork will be exhibited on the steps of the Royal Concert Hall, Buchanan Street.

Launch: Mon 15 Oct
Exhibition: Mon 15 – Wed 24 Oct
Royal Concert Hall Steps, Buchanan Street,
Glasgow G2 3NY

Free / No booking required
Information: Pamela McElhinney
pamela.mcelhinney@gewa.org.uk

WALKTHROUGH

Three speakers from some of Scotland’s most successful video games companies talk about and play through their creations in this event organised in association with the Scottish Games website.

Mon 15 Oct
6.30 – 8pm
Cineworld, 7 Renfrew Street,
Glasgow G2 3AB

Free / Booking required
Booking: www.walkthrough.eventbrite.com

SCOTTISH OPERA AND SHELTER SUPPORT SERVICES PRESENT: THE MAGIC BOOT

Join us for a one-off performance of a new community opera written and performed by families affected by homelessness. Parents and children have been working together, with help from composer Jason Staddon and a team from Scottish Opera, to create this unique performance piece celebrating family, creativity and well-being. In partnership with Shelter Scotland.

Wed 17 Oct
4 – 5pm
Maryhill Burgh Halls, 24 Gairbraid Avenue,
Glasgow G20 8YE

Free / Booking required
Booking: www.themagicboot.eventbrite.com
MOVING MINDS IV

PRESENTED BY VOX AND KELVINGROVE ART GALLERY AND MUSEUM

Join our Museum–wide day of events exploring diversity and mental well–being. Events include music, dance, dress making, creative writing, yoga, tai chi, guided tours, stalls and exhibitions. All events are free but some require advance booking.

Thu 18 Oct
10am – 4pm
Kelvingrove Art Gallery and Museum, Argyle Street, Glasgow G3 8AG

Please register in the Main Hall by 10.20am for morning events and 1.30pm for afternoon events

Booking: VOX 0141 572 1663 jsteel@mhf.org.uk (before Wed 17 Oct 2pm)

ROMANO LAV (ROMA VOICE)
A photo exhibition made by young Roma people from Slovakia and the Czech Republic now living in Govanhill.

LIFE–SIZE SNAKES AND LADDERS GAME
Experience the ups and downs of those with mental health problems. Created by members of The Alma Project.

AMAAN EXHIBITION
Your banner illustrating changes in your life will be part of a live international exhibition which connects your experiences with those of individuals who have migrated to Scotland.

RE–CAPTURE EXHIBITION
A youth–led photography exhibition which inspires people experiencing an eating disorder and those supporting them to a better understanding of recovery.

Morning Events

MIGRATION GUIDED TOUR
Take a 30–minute curator–led tour exploring the theme of migration within the Glasgow Stories exhibitions.

11.30am – 12pm
No booking required

INSIDE STORIES
Beyond Prejudice, a new documentary examining mental health and stigma with black and minority ethnic communities, with a post–film Q&A, presentations and poetry.

11am – 12.30pm
Booking required, places limited

CREATIVE WORKSHOP – IN THE STEPS OF THE ANSISTERS
This workshop provides an opportunity to design and create a sash and rosette with words and phrases relating to mental well–being. Gems, flowers and embellishments will also be provided to decorate the sash.

11 - 12.20pm
Booking required, places limited

EMPATHY
Dance artist Satya Dunning explores empathy through communication, creativity and ritual. Supported by Creative Scotland.

11.30am – 1pm
Booking required, places limited

URDU, PUNJABI, AND HINDI TRADITIONAL MUSIC AND SONG
11.30am – 12.30pm
No booking required
WEAVING ACROSS THE WORLD
Maryhill Integration Network and AlbScot present Handmade in Glasgow, a fashion show and dance performance which fuses traditional Eastern and Western fashion.
12.30 – 1pm
Main Hall, no booking required

WALKING CREATIVELY IN MY SHOES
Join Tamalpa Life/Art practitioner Kate Craik on a two–hour journey of self–discovery, creativity and fun. Use everyday movement, drawing and writing to explore what it’s like to walk in your own shoes.
1.30 – 3.30pm
Booking required, places limited

MAKE A MULTI–ETHNIC COSTUME DRESS
Create a costume dress with women from Maryhill Integration Network, with inspiration from the Weaving across the World fashion show in the Main Hall.
2 – 4pm
Booking required, places limited

YOGA WORKSHOP
Come and unwind with an introductory yoga session.
2 – 3pm
Booking required, places limited

TAI CHI DEMONSTRATION
The Hong Wo Tai Chi Association present a fan dance, followed by a short workshop.
2.30 – 3.30pm
Main Hall, no booking required

LIFE IS A CABARET
An evening of live music and banter at the Pearce Institute. Events include a performance from The Govan Allsorts, a community choir formed by members who were inspired by what they saw at last year’s festival.
Fri 19 Oct
7.30 – 11pm
The Pearce Institute (McLeod Hall), 866 Govan Road, Glasgow G51 3UU
Free / No booking required
Information: 0141 445 6007

IN THE STEPS OF THE ANSISTERS
Walk in the shoes of your ‘ansisters’ on this women’s heritage walk, developed by female historians at Glasgow Women’s Library. Revealing a hidden history of Glasgow’s West End, this is an intriguing, inspiring insight into the hitherto unsung women who made the city what it is, from pipe–smoking forewomen to revolting schoolmistresses. Meeting details will be given when booking.
Sat 20 Oct
2 – 4pm
Starts at Kelvingrove Art Gallery and Museum, Argyle Street, Glasgow G3 8AG
Free / Booking required
Booking: 0141 248 9969
info@womenslibrary.org.uk

ROMA YOUTH PHOTOGRAPHY PROJECT
Young people from the Govanhill Roma community have worked with a professional artist and photographer to capture images of their lives. Their fantastic photographs will be exhibited in Govanhill Baths during the festival, with a special launch event for all the family on Sat 20 Oct.
Sat 20 – Sun 21 Oct
10am – 4pm
Govanhill Baths, 99 Calder Street, Govanhill, Glasgow G42 7RA
Free / No booking required
Information: Sofi Taylor 0141 314 6206
CONNECT

This retrospective exhibition marks the 16-year history of Project Ability’s Connect Programme, its successes and all the artists who have taken part throughout the years. The exhibiting artists were invited to make a piece of work in a set size to represent what Connect meant to them. Opening event takes place on Sat 20 Oct.

Sat 20 Oct – Wed 24 Nov
9am – 5pm (exhibition)
2 – 4pm (opening event)
Project Ability Gallery, 1st Floor Trongate 103, Glasgow G1 5HD

Free / No booking required
Information: 0141 552 2822

YOU’VE GOTTA LAUGH: COMEDY SKETCH SCREENING

They say laughter is the best medicine – and this screening of comedy sketches from the Time Out film group proves that is the case. Sketches interpreting this year’s festival theme, ‘walk in my shoes’, will be premiered alongside the Seniors Film Club offering, Comedy Bytes.

Tue 23 Oct
7 – 8.30pm
The Pearce Institute (McLeod Hall), 866 Govan Road, Glasgow G51 3UU

Free / No booking required
Information: 0141 445 6007

LENNOX CASTLE STORIES

Lennox Castle Stories, an interactive exhibition of objects, images and stories as told by people who were resident in Lennox Castle Hospital before its closure in 2003.

Tue 23 – Sat 27 Oct
9am – 5pm (Tue 23 Oct from 10am)
Enterance Foyer, Trongate 103, Glasgow G1 5HD

Free / No booking required
Information: 0141 552 2822

FESTIVAL PLUS

INSIDE, OUTSIDE, IN OUR STRIDE

Solar Bear are teaming up with Project Ability to create this pioneering therapeutic theatre stage performance enriched by visual art. Developed for, with and by individuals who experience long term mental health difficulties, this event explores the internal and external landscapes of wellness, illness and recovery, sharing experiences and stories of lives real and imagined! Presented by Solar Bear and Project Ability, who have supported the festival since 2007. A valuable event for people who work in mental health and/or access mental health services.

Thu 25 and Fri 26 Oct
7.30 – 8.30pm
The Arches Studio Theatre, 253 Argyle Street, Glasgow G2 8DL

Free / Booking recommended
Booking: 0141 565 1000
www.thearches.co.uk
JOURNEY & POSTCARDS FROM...
Journey is an exhibition of work from eight artists affected by mental health conditions. The show features a variety of art which explores memories and personal journeys experienced by each artist, aiming to promote awareness, inspiration, recovery and well-being.

For Postcards From... 200 artists were provided with wooden postcards and asked to create a response to a brief entitled Your Journey. The result is an exciting array of works made from different materials, using varied techniques and styles.

Fri 28 Sep – Sat 3 Nov
Tue – Sat 10.30am – 6pm
The Gallery on the Corner, 34 Northumberland Street, Edinburgh EH3 6LS
Free / No booking required
Information: 0131 557 8969

WALK IN MY SHOES AND REMEMBER ME
Leith Youth Services Network partnership will offer all members of the community in Leith the opportunity to partake in a range of multi-media events over the coming months to celebrate their own multi-layered identities and lives in this community. Artwork can range from film to painting, performance, photography and sculpture.

Exhibition opening: Mon 1 Oct 6 – 9pm
Prize giving ceremony: Fri 5 Oct 2 – 5pm
Upper Hall, Leith Acorn Centre YMCA, Junction Place, Edinburgh EH6 5JA
Free / Booking required
Booking: Nigel Chipps 0131 555 3940 nigel.chipps@lgbtyouth.org.uk

MEMORY LANE
An online compilation of poems and extracts of writing which can be used by libraries, outreach programmes and care workers with groups of older people who have limited mobility. Discover new writing, or rediscover some of your best-loved poetry. Free to download, premiered during the festival and available indefinitely.

Mon 1 – Wed 24 Oct
Scottish Poetry Library, 5 Crichton’s Close, Canongate, Edinburgh EH8 8DT
Free / No booking required
Information: www.scottishpoetrylibrary.org.uk/learn

OOR MAD HISTORY PRESENTS: WALK WITH US
An exhibition celebrating mental health service user history, activism and creativity. Featuring archive material from the Oor Mad History community history project and a range of multi-media artwork by people involved with CAPS Advocacy, the LGBT Centre for Health and Wellbeing and the Penumbra Self Harm Project.

Launch: Mon 1 Oct
Exhibition: Mon 1 – Thu 25 Oct
Mon – Fri 10am – 4pm (exhibition)
12.30 – 2pm (launch)
Edinburgh University Chaplaincy Centre, 1 Bristo Square, Edinburgh EH8 9AL
Free / Booking required for launch only
Booking: Edinburgh University Chaplaincy Centre 0131 650 2590 or Kirsten Maclean 0131 538 7177 kirsten@capsadvocacy.org
YOUR SHOES
Local young people have worked with an artist on the theme of ‘your shoes’ to create artwork that will be displayed in the Howden Park Centre. The project is designed to encourage participation from visitors to the Centre, as well as providing a stimulus for an on-going project in conjunction with Firefly Arts.

Mon 1 – Wed 31 Oct
Mon – Fri 9am – 5pm, Sat 10am – 5pm, Sun 11am – 5pm
Howden Park Centre, Livingston EH54 6AE
Free / No booking required
Information: 08447 744 496 admin@firefly–arts.co.uk

WE HAVE WON THE LAND
A bilingual physical theatre performance highlighting the significance of community land ownership in Scotland today, focusing on our sense of belonging and sense of community. This humorous English / Gaelic performance tells the sometimes controversial story of community land buy out from the people’s perspective, exploring issues of rural living, tradition, heritage and how communities can take control of their own destiny.

Tue 2 and Wed 3 Oct
7.30 – 9.30pm
Scottish Storytelling Centre, 43 – 45 High Street, Edinburgh EH11 1SR
£10 / £8
Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk

MEMORY AND WELL–BEING
This workshop uses a mixture of story sharing, reminiscence and cognitive behavioural therapy techniques. Participants will explore the idea that reconnection with uplifting, positive memories can promote well–being. Open to SEASONS members only.

Wed 3 Oct
6.30 – 8pm
Lochend House, 33–35 Lochend Road, South Edinburgh EH7 6BR
Free / No booking required
Information: Jane Mather 07831 091 412

OUTLOOK PROJECT: TWENTY YEARS OF ADULT EDUCATION
An event celebrating the two decades that the Outlook Project has been delivering adult education courses to people who access mental health services in Edinburgh, displaying creative works by students and examples of the Project’s achievements.

Mon 1 – Fri 12 Oct
Mon – Fri 10am – 2pm, Sat 10am – 2pm
St Brides Centre, 10 Orwell Terrace, Edinburgh EH11 2DZ
Free / No booking required
Information: 0131 537 7571

THE JOURNEY WITHIN
Exhibition to showcase some of the artwork produced by Living Well North Edinburgh members, giving people the opportunity to take part in taster sessions for mental health arts workshops.

Tue 2 Oct – Fri 2 Nov
10am – 4pm
North Edinburgh Arts Centre, 15a Pennywell Court, Edinburgh EH4 4TZ
Free / No booking required
Information: www.northedinburgharts.co.uk

BRAINSTORM
Conceived as part of the cultural initiatives that CQTC Branding Talent and the Spanish Consulate in Edinburgh are developing in Scotland, Brainstorm is an exhibition of posters inspired by themes of mental illness. Graphic Designers and artists from different fields and nationalities collaborate to raise awareness and understanding of concepts of mental health and distress, to grasp and recognise causes, signs and symptoms, and create a dialogue within the international creative community and beyond.

Fri 5 – Wed 31 Oct
Mon 8.30am – 9pm, Sat 10am – 4pm, Sun 9am – 2pm
Tollcross Community Centre, Tolcross Primary School, Edinburgh EH3 9QG
Free / No booking required
Information: 07895 618 689

THESEUS AND THE MINOTAUR: A LOVE STORY
Breaking news! Modern TV meets ancient myth in a riveting ‘kill or be killed’ battle of wits between man and monster, reason and lust. Set to the fiery rhythms of flamenco music and dance, the struggle of man and beast reveals the very heart of human identity. Includes post–performance Q&A with Elements Theatre, long–term partners of the festival.

Fri 5 – Sat 6 Oct
Mon – Fri 7.30 – 9pm, Sat 3 – 4.30pm
Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH11 1SR
£6 / £4
Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk
FILM AT THE FILMHOUSE

This year’s Scottish Mental Health Arts & Film Festival breaks new ground with previews of unreleased and previously rare films, accompanied by unique, live discussion with guests, fans and film-makers alike. In Edinburgh, our screenings at the Filmhouse include a visit from Jack Bond with the film he made with Salvador Dali, BMX Bandit Duglas Stewart in Serious Drugs, Hugh Hudson’s thoughtful documentary about his wife, Maryam D’abo’s recovery from a brain injury, and Charlotte Rampling in a preview of psychological thriller I, Anna.

Filmhouse, 88 Lothian Road, Edinburgh EH 3 9BZ

Booking: 0131 228 2688
www.filmhousecinema.com

DALI IN NEW YORK

Jack Bond, UK/USA, 1966, 59m, NC

Cast: Salvador Dali, Jack Bond, Jane Arden

Jack Bond discusses his film about his relationship with one of the world’s most celebrated artists, Salvador Dali, is a remarkable reflection of the creative process. In his record of a series of meetings in New York around Christmas 1965, Bond creates a wry and amusing portrait of an artist torn between the forces which drive him and the pressures of modern living.

Mon 8 Oct
8.30 - 10.30pm
£4 / £2

SERIOUS DRUGS

Jim Burns, UK, 2011, 97m, NC

Cast: Duglas T Stewart, Norman Blake

Twenty five years of pure popular music greatness, seen through the eyes of BMX Bandit Duglas T Stewart. Serious Drugs deals frankly, but with enormous humour and goodwill, with the difficulties of being a cult pop star. Jim Burns’ film is likely to appeal to fans of Stewart’s music, and features informed comments from his friends and family. It’s a genuine insight into the creative process and vision behind some of pop’s most fiercely adored tunes, and both Jim and Duglas will attend the screening.

Tue 9 Oct
5.45 - 7.45pm
£4 / £2

RUPTURE: A MATTER OF LIFE OR DEATH

Hugh Hudson, UK, 2012, 69m, NC

Cast: Maryam D’Abo

Chariots of Fire director Hugh Hudson directs this moving documentary. Hudson’s wife is Maryam D’Abo, star of the James Bond film The Living Daylights. She suffered a subarachnoid haemorrhage in 2007, and her experience inspired this film, in which individuals who have suffered from brain injuries discuss how it affected them and the long road to recovery.

Wed 10 Oct
5.45 - 7.45pm
£4 / £2

I, ANNA

Barnaby Southcombe, UK 2012, 93m, TBC

Cast: Charlotte Rampling, Gabriel Byrne, Hayley Atwell

An absorbing debut feature from Southcombe, featuring a powerful leading performance from Charlotte Rampling (Blow Up, The Night Porter) as Anna. After meeting a mysterious man at a speed-dating night, Anna finds herself unable to remember the details of her evening. As a dogged policeman (Byrne) closes in on her, Anna struggles to reconcile herself to her activities on the previous evening, and with an event in the past which threatens to catch up with her. I, Anna deals with potentially melodramatic subject matter in a compassionate and intelligent way.

Mon 22 Oct
5.45 - 7.45pm
£7.50 / £6

THE NORTHERN LIGHTS FILM PROJECT – EXPLORING THE PROCESS

As part of the Year of Creative Scotland 2012, the Northern Lights project has invited people from all over Scotland to contribute to a unique feature length documentary film. Led by creative director Nick Higgins, a celebrated documentary maker in his own right, the Northern Lights project is a mass participation scheme. For this special event, Nick will show excerpts from the edited feature documentary and discuss the film-making process alongside some of the project’s many participants.

Wed 24 Oct
3.30 - 5pm
Free / Booking required
LIVING MEMORY: THE ARTS OF REMINISCENCE

Behind story, song and poetry is a common theme – memory. This is a practical day of workshops and resource-sharing for those concerned with living memories and how they can be sustained for individual and communal well-being, and channelled into identity and art.

Sat 6 Oct
10.30am – 4.30pm
Scottish Storytelling Centre,
43–45 High Street, Edinburgh EH11 1SR
£36 / £30
Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk

ANIMAL ALPHABOAT WITH JOHN HEGLEY

Poetic fun for all the family with writer and comedian John Hegley, in conjunction with UNESCO. Expect animals of all shapes and sizes, songs, potatoes, spectacles and more.

Sat 6 Oct
2.30 – 5pm
St Columba’s-by-the-Castle,
14 Johnston Terrace, Edinburgh EH1 2PW
£4 / £2
Booking: www.animalalphaboat.eventbrite.com

LIVING WITH LABELS – FILM SCREENING AND DRAMA WORKSHOP (IMAGE 7)

‘Living with Labels’ is a short film made by people with experience of mental health issues, funded by ‘see me’ and produced by CAPS. Film screening will be followed by a drama workshop looking at what it’s like to be labelled and to label.

Wed 10 Oct
1 – 4.30pm
Bonnyrigg Public Hall, 12 Lothian Street,
Bonnyrigg EH19 3AD
Free / Booking required
Booking: Emily Steedman 0131 663 1616 emilysteedman@orchardcentreservices.org.uk

THESE AREN’T MY SHOES

Watch and discuss a programme of short films, produced by local people in Lothian, with the common theme of stereotype and stigma.

Mon 8 Oct
6 – 8pm
Cameo Cinema, 38 Home Street,
Edinburgh EH3 9LZ
£2
Booking: 0871 902 5723
www.picturehouses.co.uk/cinema/Cameo_Picturehouse

MAD PEOPLE’S HISTORY: TAKIN’ OVER THE ASYLUM AND THE UNIVERSITY

An event showcasing Mad People’s History, an online course offered by Ryerson University, Toronto. Turning history on its head, it places service user and survivor knowledge, experience and activism firmly at the centre of the curriculum. Find out more about this exciting course and the work Oor Mad History project is doing around it.

Tue 9 Oct
1 – 3pm
Seminar Room 1, Chrystal Macmillan Building, Edinburgh University,
15a George Square, Edinburgh EH8 9LD
Free / Booking required
Booking: Kirsten Maclean 0131 538 7177 kirsten@capsadvocacy.org
CAFÉ VOICES: TAKE A WALK IN MY SHOES

Celebrate the traditions of Scottish Gypsy/Travellers through storytelling, music and poetry. An open-floor evening hosted by author Jess Smith.

Wed 10 Oct
7 – 9pm
Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH11 1SR
£5 Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk

WALK ON THE WILD SIDE

An interactive, visual arts exhibition exploring the ups and downs of living with a mental health issue, and the challenge of managing the baggage we all carry.

Wed 10 – Sat 13 Oct
10am – 5pm
Out of the Blue, 36 Dalmeny Street, Leith, Edinburgh EH6 8RG
Free / No booking required
Information: 07703 639 334

RIDERS ON THE STORM: A CREATION MYTH FOR SCOTLAND

Storytellers David Campbell and Janis Mackay, and piper Alan Macdonald, tell in moving words and haunting music the evocative tale of how Scotland was created, helping us walk in the shoes of our ancestors. Celebrate the mythic shaping of a nation, where extremes meet in the mighty figures of the Cailleach, Bride and Angus Og.

Thu 11 Oct
7.30 – 9.30pm
Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH11 1SR
£6 / £4 Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk

A PICTURE IN MIND

Now more than ever pictures play an important role in the way we document our lives and express ourselves. This workshop will explore the connections between photography, well-being and mental health. Organised by the Mental Health Foundation and CAPS, featuring a presentation from Joe Tree, the founder of Scottish photo-journaling site blipfoto.com.

Thu 11 Oct 1 – 3pm
University of Edinburgh,
Godfrey Thomson Hall, Thomson’s Land, Holyrood, Edinburgh EH8 8AQ
Free / Booking required
Booking: 0131 243 3800

MELANCHOLY AND CREATIVITY

Supported by The University of Edinburgh

Melancholy – more commonly known as depression since the late 19th century – is a condition as old as humanity itself. Since antiquity, writers, thinkers, doctors, artists, men and women of religion have all pondered the causes and cure for the experience of prolonged and often inexplicable sadness. Since Aristotle, melancholy has been linked with artistic creativity, an idea that resurfaced in the Renaissance and again during the Romantic movement of the 19th century. What do we think about the connection between depression and creativity today? How can creative self-expression help us through periods of illness, both mental and physical?

Fri Oct 12
The Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL
£1 / Booking required
Booking: Emma Giles
Emma.Giles@ed.ac.uk 0131 650 9370

FEELING BLUE: REFLECTIONS ON THE COLOUR OF MELANCHOLY

3.30 – 4.30pm
(Chair: Mary Cosgrove, Commentators: Linda Shortt, psychotherapist June Campbell)
Writers Angelika Overath and Manfred Koch read excerpts from famous texts on the colour blue as a creative expression of melancholy in literature and art. Followed by general Q&A session.

CREATIVITY AND CURE: A READING AND PAINTINGS BY EVE WATSON

5 – 6pm
(Chair: Mary Cosgrove, Commentator: Linda Shortt)
Artist Eve Watson reads from her therapy diary and talks the audience through the paintings she created as part of her therapeutic response to a cancer diagnosis in 1983. Followed by general Q&A session.
THE MAD HATTER’S TEA PARTY
A kaleidoscope of art, drama, dance, live music and complementary therapies, all in the name of well-being. Watch a light-hearted drama reflecting the comical side of mental health, or express yourself through artwork, have a relaxing massage, or learn new dance steps at this family-friendly event.

Sat 13 Oct
10.30am – 4pm
The Town House, Haddington, East Lothian EH41 3EN
Free / No booking required
Information: 07903 159 320

THE STORY
KIST: INCLUSIVE STORYTELLING
Come and enjoy some cheerful stories of little heroes overcoming adversity and long, long journeys in these lively children’s tales told by Ailie Finlay and Marie Louise Cochrane. Multi-sensory stories and games with props and puppets, windy moors, spooky towers, brave deeds and plenty of sheep! Open to all, particularly targeted at children with additional needs and their families.

Sat 13 Oct
11am – 12pm
Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH11 1SR
£5 / £3
Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk

MOVING MINDS EDINBURGH
In conjunction with MECOPP, a group supporting minority ethnic carers, this is an informal and interactive afternoon of art and workshops to promote equality and understanding. View the exhibitions, read poetry, try your hand at traditional crafts and hear directly from Gypsy/Travellers about the issues they face in Scotland today.

Sat 13 Oct
1 – 4pm
Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH11 1SR
Free / Booking recommended
Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk

WALK THIS WAY…
Young people from local schools work together using visual arts and performance skills to explore issues of choice, dilemma and lifestyle.

Mon 15 – Fri 19 Oct
10am – 4pm daily
Firefly Arts, Howden Park Centre, Livingston EH54 6AE
£10 per day
Booking: 08447 744 496
admin@firefly-arts.co.uk

MAGICAL MEMORY LANE
You are invited to take a guided walk on our magical memory lane, through a labyrinth and a beautifully lit wild garden. Art and shadow puppetry will be used to share stories and poems before moving indoors to finish with traditional entertainment and home-made ‘memory soup’. Funded by Sport Relief.

Wed 17 Oct
Walk 1 5.30pm, Walk 2 6pm,
Walk 3 6.30pm, Finish 7.30pm
Lochend House, 33–35 Lochend Rd, South Edinburgh EH7 6BR
Free / Booking recommended
Booking: Jane Mather 07831 091 412
STRANGE THEATRE PRESENTS COULDN’T CARE LESS

The development of a new play exploring the relationship between a carer and the person cared for. Former dance teacher Elspeth has Alzheimer’s. She and her daughter Lilly, a reluctant carer, take the first steps on a journey filled with frustration, humour and, ultimately, love as Lilly learns to dance with the person her mother is now, not who she used to be.

Research Workshop Wed 17 Oct 2 – 4pm
Work In Progress Sharing Fri 26 Oct 6 – 7pm
North Edinburgh Arts Centre, 15a Pennywell Court, Edinburgh EH4 4TZ

Free / Booking required for workshop
Booking: 0131 315 2151
admin@northedinburgharts.co.uk

SHINE

Shine is a positively-minded short film about being yourself, regardless of whatever other people might think of you. A teenage boy with musical ability hears about a talent competition from his teacher but when he tells his mother, she doesn’t seem interested and he also faces problems at school. Regardless of all of this, the boy decides to enter the competition, overcoming the negativity which surrounds him.

Thu 18 Oct
7 – 9pm
Artspace, 11 Harewood Road, Craigmillar, Edinburgh EH16 4NT
Free / Booking required
Booking: 07585 447 430

MY SHOES

As part of Penumbra’s Self Harm project, this art exhibition looks at how the shoes we each wear can reflect our mood and feelings, encouraging all of us to think about what it would be like to walk in someone else’s brogues.

Fri 19 Oct
10am – 4pm
North Edinburgh Arts Centre, 15a Pennywell Court, Edinburgh EH4 4TZ
Free / No booking required
Information: www.northedinburgharts.co.uk

LOONEY TUNES

An eclectic evening of guitar music, playing a mixture of blues, jazz, rock and acoustic pieces from musician and CAPS volunteer Ralph Turner.

Fri 19 Oct
8 – 10pm
St Brides Centre, 10 Orwell Terrace, Edinburgh EH11 2DZ
Free / Booking required
Booking: Kirsten Maclean 0131 538 7177 kirsten@capsadvocacy.org
A WALK IN MY BOOTS: VETERANS FIRST POINT ART OPEN DAY

An exhibition displaying visual and written artwork exploring the experiences of veterans and their families, and showing how art has allowed veterans to express themselves. Veterans First Point’s art therapist will also be facilitating an interactive piece of artwork on the day.

Sat 20 Oct
12 – 4pm
Veterans First Point, 5th Floor, 2 South Charlotte Street, Edinburgh EH2 4AW

Free / No booking required
Information: 0131 220 9920

I WOZ HERE, DALKEITH

I Woz Here, Dalkeith is a new public art project forming part of a planned Dalkeith Heritage Trail. Unusual, personal memories have been collected from the Midlothian public and some of these will be marked with plaques across Dalkeith. This guided walk around central Dalkeith will finish at St Nicholas Church Café.

Sat 20 Oct
Walk 2 – 3pm

Free / Booking required
Booking: Emily Steedman 0131 663 1616 emilysteedman@orchardcentreservices.org.uk

WELL–BEING MELA

A fun family day in partnership with Edinburgh’s black and minority ethnic communities, celebrating diversity and promoting positive mental health and well–being through music, dance and entertainment.

Sun 21 Oct
2 – 5pm
St Brides Centre, 10 Orwell Terrace, Edinburgh EH11 2DZ

Free / No booking required
Information: Michelle Lloyd 0131 467 2994 or Kirsten Maclean 0131 538 7177

SHORT FILM SCREENING AND DISCUSSION – LIVING WITH LABELS & POWERED BY PEOPLE

Living with Labels is a short film made by people with experience of mental health issues, funded by ‘see me’ and produced by CAPS. Powered by People, made by Lothian Recovery Network, lets us into the personal journeys of people recovering from mental health difficulties. Film screenings will be followed by a discussion.

Mon 22 Oct
2 – 4pm
Brunton Theatre, Ladywell Way, Musselburgh EH21 6AA

Free / Booking required
Booking: Brunton Theatre Box Office 0131 665 2240

FESTIVAL PLUS

MUSIC LIKE A VITAMIN

Back by popular demand, the festival is again teaming up with the Fruit Tree Foundation to bring you leading Scottish musicians, performing live at the Picturehouse in Edinburgh. Expect solo sets and unique collaborations from a line–up which includes Fatherson, The Birthday Suit, featuring Rod Jones of Idlewild, Withered Hand (solo) and Sparrow and The Workshop. Check www.mhfestival.com for latest details.

Thu 25 Oct
6.30pm (doors), 7pm (start)
HMV Picturehouse, 31 Lothian Road, Edinburgh EH1 2DJ

£5
Box Office: 0844 847 1740 (24 hr) or through Ticketweb, SEE Tickets, HMV Tickets, Ticket Scotland Edinburgh, and Ripping Records Edinburgh

STOMP OUT STIGMA CEILIDH

CAPS and LGBT Centre for Health and Well–being present the sensational Stomp Out Stigma Ceilidh – a unique musical event with great tunes and dancing. All you poets, musicians and songwriters, get in touch to book an open mic spot.

Fri 26 Oct
7.30pm – 12am
St Brides Centre, 10 Orwell Terrace, Edinburgh EH11 2DZ

Free / Booking required
Booking: Kirsten Maclean 0131 538 7177 kirsten@capsadvocacy.org or Alison Wren 0131 652 3283 alison@lgbthealth.org.uk
IN PURSUIT OF BEAUTY
What’s your idea of beauty and how far would you go to achieve it? This exhibition investigates the concept of human beauty and body image, taking in historical perspectives, diverse cultural attitudes and contemporary fads and trends.

Mon 1 – Sun 21 Oct
Mon – Sat 10am – 5pm
North Lanarkshire Heritage Centre, High Road, Motherwell ML1 3HU
Free / No booking required
Information: 01698 274 590

THE MAN WHO ATE THE SUN
A rehearsed reading of the first act of the play, The Man Who Ate the Sun. The reading will be followed by a forum theatre workshop where members of the audience will be invited to direct the actors in some scenes.

Wed 3 Oct
7.30 – 10.30pm
East Kilbride Arts Centre, 51–53 Old Coach Road, East Kilbride G74 4DU
Free / Booking required
Booking: 01355 261 000

FAT BOY SWIM
Award-winning author Catherine Forde will be talking about her gritty novel Fat Boy Swim. Jimmy is bullied for his size and inability to perform at sport. But he has inner strengths. One is his secret gift for cooking and the other he discovers when he learns to swim. He is not just a good swimmer, he is phenomenal! But will that be enough to stop the others from bullying him?

Wed 3 and Thu 4 Oct
9.30 – 10.30am and 1.30 – 2.30pm
Open to schools in South Lanarkshire
Not open to the public
Free / Booking required
For a performance in your school, apply at www.scottishbooktrust.com/learning/schools–events–programme

THE ADVENTURES OF BUTTERFLY BOY
A young boy finds a tiny egg, which soon comes to life as a greedy caterpillar. As the caterpillar begins its transformation into a butterfly, our adventurer begins his own journey and soon realises that growing up can be a mighty battle. A Pucko Company production, directed and choreographed by Christine Devaney.

Thu 4 Oct
11am – 1pm
Motherwell Theatre, Civic Centre, Motherwell ML1 1AB
£5
Booking: 01698 403 120
www.northlanarkshire.gov.uk

OPEN MIC
Celebrate the work of local writing groups ClubNet, Men With Pens and Pen Pals in this relaxed event on National Poetry Day. You may even feel inspired to share some of your writing on the night. Strong language and adult themes may be present during some of the readings.

Thu 4 Oct
7 – 9pm
Airdrie Library Observatory, Wellwynd, Airdrie ML6 0AG (no disabled access)
Free / Booking recommended
Booking: 01236 758 070
THE SPACE BETWEEN
Lyre Productions present The Space Between as part of their Scottish tour. Shot on a tiny budget over 17 days in glorious summer, the film follows two strangers brought together and given a chance to turn their lives around. Writer/director Tim Barrow will present the film and take part in a post-screening Q&A.

Thu 4 Oct
8 – 10pm
East Kilbride Arts Centre, 51–53 Old Coach Road, East Kilbride G74 4DU
£5 / £4
Booking: 01355 261 000
www.sllcboxoffice.co.uk

THE LARAMIE PROJECT BY MOISES KAUFMAN
A thought-provoking piece of theatre, based on a true story. In 1998, a 21-year-old student at the University of Wyoming was kidnapped, beaten and left to die, tied to a fence outside Laramie, Wyoming. Through a series of gripping and emotional accounts, we find out who this student was and just why he died in such horrific circumstances.

Wed 10 – Sat 13 Oct
7.30 – 10pm
East Kilbride Arts Centre, 51–53 Old Coach Road, East Kilbride G74 4DU
£9 / £7
Booking: 01355 261 000
www.sllcboxoffice.co.uk

THEATRE NEMO PRESENTS SINGING FOR HEALTH
Singing is fun, but could it actually be good for you? To find out, Theatre Nemo's Gregg Muir will play choir master, delivering both of these workshops and overseeing the Theatre Nemo choir performance on the Saturday evening, singing songs learned during the course.

Workshops Fri 5 and Sat 6 Oct 2 – 4pm
East Kilbride Arts Centre, 51–53 Old Coach Road, East Kilbride G74 4DU
Free / Booking required

Concert Sat 6 Oct 7.30 – 8.30pm
East Kilbride Arts Centre, 51–53 Old Coach Road, East Kilbride G74 4DU
£5 / £4

WALKING CREATIVELY IN MY SHOES
Join Tamalpa Life/Art practitioner Kate Craik on a two-hour journey of self-discovery, creativity and fun. Tap into your inner self using everyday movement, drawing and writing to explore what it’s like to walk in your own shoes – do they still fit your present life? What might your next step be?

Thu 11 Oct
2 – 4pm
Bellshill Cultural Centre, John Street, Bellshill ML4 1RJ
Free / Booking required
Booking: Well Informed 0800 073 0918

RE-CAPTURE
A youth led project portraying what ‘recovery’ from an eating disorder means to young people. Following a national call for submissions, 12 photographs were selected to form part of an exhibition in Lanarkshire.

Mon 8 – Fri 12 Oct
10am – 5pm
Sumerlee Heritage Museum, Heritage Way, Coatbridge ML5 1QD
Free / No booking required
Information: 0800 073 0918
WHEN WORDS DON’T WORK
No Bodies Perfect presents When Words Don’t Work, an exhibition showcasing art and creative work by people affected by eating disorders. Find out more about the disorders and how people have recovered from them, and enjoy an afternoon performance of poetry, song and monologue.
Fri 12 Oct
10.30am – 4pm (exhibition) 1.30pm (performance)
Bellshill Cultural Centre, John Street, Bellshill ML4 1RJ
Free / Booking required
Booking: Well Informed 0800 073 0918

AJ PRODUCTIONS PRESENT SILENT SNOWDROPS
This new play will engage and entertain, presenting a real life drama full of pathos, humour, sentiment and sensitivity. A moving story of the emotional challenges and tragedy we all face in contemporary life.
Thu 18 – Sat 20 Oct
8 – 10pm
East Kilbride Arts Centre,
51–53 Old Coach Road,
East Kilbride G74 4DU
£9 / £7
Booking: 01355 261 000
www.slicboxoffice.co.uk

LAUGHTER YOGA AND DRAMA WORKSHOPS
Join North Lanarkshire’s all–ability drama group to do some laughter yoga and drama in this informal workshop setting, encouraging you to take it easy and think about your well–being.
Thu 18 and Thu 25 Oct
7 – 9pm
Bellshill Cultural Centre, John Street, Bellshill ML4 1RJ
£4 per workshop
Booking: 01236 812 200

LAUGH? I NEARLY DIED
After touring the Highlands and Islands, Scotland’s finest comedy talent drops in to get your weekend off to a flyer. With Keir McAlister, John Scott and Scotland’s favourite MC, Susan Morrison.
Fri 12 Oct
7.30 - 9.30pm
Rutherglen Town Hall, 139 Main Street,
Rutherglen G73 2JJ
£9 / £7
Booking: 0141 613 5700
www.sllcboxoffice.co.uk

THE INVITATION
How much are we caught up in the world of celebrity? Are we all wannabes? North Lanarkshire Youth Theatre explores these issues in this production created by the young people themselves.
Sat 20 Oct
7 – 8pm
Henderson Theatre, Kirk Road,
Shotts ML7 5ET
£5 / £3
Booking: 01698 403 120
www.northlanarkshire.gov.uk/entertainment

MUGHLIA MUSHAIRA: AN EVENING OF URDU POETRY
An evening of Urdu poetry or Mushaira, in conjunction with Encounters 2012 and Bazm-e-Urdu Scotland. This event gives Scottish audiences a flavour of the Mughal court where Mushaira flourished and presents modern and classical verses which sing passionately of ageless themes including loss, displacement and home sickness.
Fri 12 Oct
6.30 – 9pm
Bellshill Cultural Centre, John Street, Bellshill ML4 1RJ
Free / No booking required
Information: 01698 346 770 or 01698 242 649

LAUGH! I NEARLY DIED
After touring the Highlands and Islands, Scotland’s finest comedy talent drops in to get your weekend off to a flyer. With Keir McAlister, John Scott and Scotland’s favourite MC, Susan Morrison.
Fri 12 Oct
7.30 - 9.30pm
Rutherglen Town Hall, 139 Main Street,
Rutherglen G73 2JJ
£9 / £7
Booking: 0141 613 5700
www.slicboxoffice.co.uk

LOL ;–) COMEDY NIGHT
A night of comedy in North Lanarkshire, bringing together a variety of new and familiar faces, and many different takes on the art of stand–up.
Sat 20 Oct
8 – 10pm
Motherwell Theatre, Civic Centre,
Motherwell ML1 1AB
£8.50 / £7.50
Booking: 01698 403 120
www.northlanarkshire.gov.uk

universal comedy live comedy hospital tour
Universal Comedy present live comedy shows in 15 hospitals and care facilities across Scotland. A team of graduates and professional comedians will perform sketches and stand–up, before a Q&A with audience members on the comedians’ work and how this impacts health and well–being.
Wed 17 Oct
2 – 3pm
Lecture Theatre, Hairmyres Hospital, Eaglesham Road, East Kilbride G75 8RG
Free / Booking required
Booking: Well Informed 0800 073 0918
**SINGIN’ I’M NO A BILLY HE’S A TIM**

A Motherwell interpretation of Des Dillon’s classic anti-sectarian comedy, following a Rangers fan and a Celtic fan locked up together in a cell for the duration of an Old Firm match.

Sun 21 and Mon 22 Oct
7.30 – 9.30pm
Motherwell Theatre, Civic Centre,
Motherwell ML1 1AB

£15 / £13.50
Booking: 01698 403 120
www.northlanarkshire.gov.uk

**HOLLYWOOD DREAMS BY THE ALL STARS COMMUNITY THEATRE GROUP**

The All Stars Community Theatre Company, a group of performers with and without disabilities, put on a touching comedy performance, exploring themes of bullying, hopes, dreams and aspirations. The wicked witch still hasn’t learnt her lesson – instead of ruby slippers, it’s a technicolour dreamcoat that she craves, even if that means hurting others along the way.

Tue 23 Oct
6.30 – 8pm
Motherwell Theatre, Civic Centre,
Motherwell ML1 1AB

Free / Booking required
Booking: Well Informed 0800 073 0918

**MARK WILSON**

A reading from Mark Wilson, author of Bobby’s Boy and Paddy’s Daddy. Paddy’s Daddy is a collection of short stories, describing Mark’s recovery from 25 years of depression. Bobby’s Boy follows the life of happy-go-lucky orphan Tom Kinsella from childhood through to his late twenties, from the small town of Bellshill to a massive tour across America and Europe.

Tue 23 Oct
7 – 8pm
Motherwell Library, 35 Hamilton Road,
Motherwell ML1 3BZ

Free / Booking required
Booking: 01698 332 626

**SOUNDMINDS**

Youth. Live Music. Creativity. Mental Health. That’s what Soundminds – a group who organise events for young people, by young people – is all about. Acts and dates are secret until a few weeks before the gig, so keep up to date with the Soundminds team at www.facebook.com/soundmindsofficial.

Date tbc
7.30pm
Top Secret Location

£3 / No booking required
Information: Reeltime music 01698 862 860
NATIONAL FESTIVAL LAUNCH: JOIN THE BIG DRUM EVENT

Following the festival launch at 11am, join our collaboration of drumming groups, creating a drum circle, using every percussive instrument from the Charleston Drum of Paisley to the djembes of Buddy Beat. Come and listen, or join in.

Thu 27 Sept
2 – 4 pm
Paisley Town Hall, Abbey Close, Paisley PA1 1JF
Free / No booking required
Information: 0141 842 3421

A BIG SING

An opportunity to come along and sing some old, familiar songs and learn some new ones. All abilities welcome, and everyone should grab a cup of tea to oil the vocal pipes.

Mon 1 Oct
1 – 3pm
Hunterhill Community Centre, Blackford Road, Paisley PA2 7EW
Free / No booking required
Information: 0141 848 6722

SAY YOU LOVE ME: DRAMA WITH AFTERNOON TEA OR EVENING DINNER

This unique dining theatre experience from Punch Productions will draw you in to the unfolding drama, as fellow diners Jane and Lee gradually reveal the tumultuous story of their lives through overheard conversation. Moments of tension, passion, laughter and intrigue ensure an entertaining and thought-provoking encounter with theatre.

Mon 1 Oct
2pm (afternoon tea with a selection of finger sandwiches, scones and cake)
7pm (one course dinner with coffee)
The Glynhill Hotel, 169 Paisley Road, Renfrew PA4 8XB
£8 / £12 / Booking required
Booking: rmhaff@gmail.com

POETRY WINDOWS

Discover poems displayed in shop windows and pick up a free copy of the Walk in My Shoes contemporary poetry collection, created especially for this year’s festival. Enjoy a walk around Paisley and see how many poems you can find, posting any locations you discover on the SMHAFF Facebook page.

Mon 1 – Wed 24 Oct
Free / No booking required
Information: www.readrawltd.co.uk

WALKING IN MY SHOES: PRADA TO PRIMARK

Dr Carol Craig, Chief Executive of the Centre of Confidence and Well-being and author of The Scots’ Crisis of Confidence, will reflect on the influence of materialism on our culture and values. The evening also features a short film from Create Paisley and a performance from Reid Kerr dance students.

Tue 2 Oct
6.30 (buffet), 7 – 9pm (main event)
The Abercorn Centre, Reid Kerr College, Renfrew Road, Paisley PA3 4DR
£5
Booking: rmhaff@gmail.com

POSITIVE RENFREWSHIRE PUBS

For the past three years, the festival has collaborated with local pubs to reach as many people as possible to promote understanding of mental well-being. Local live music is accompanied by a mental health quiz, finding out what you really know about mental health problems and increasing our awareness of the stigma surrounding mental illness.

Wed 3 Oct
7.30pm – 10pm
The Bungalow, Shuttle Street, Paisley PA1 2BZ
Free / No booking required
Information: Karen Kyle 0141 842 3404
MY NAME IS JOE

Ken Loach, UK, 1998, 105m, 15

Moving and insightful film from the award-winning Ken Loach. Joe (Peter Mullan), a recovering alcoholic and amateur football manager, falls for health worker Sarah (Louise Goodall). As their relationship develops, it becomes apparent that the couple have very different ideas about how to deal with the problems thrown at them by their tough Glasgow neighbourhood. Screening followed by a panel discussion.

Wed 3 Oct
2 – 4.30pm
Paisley Arts Centre, New Street, Paisley PA1 1EZ

Free / No booking required
Information: www.renfrewshire.gov.uk

WALK THE LINE

James Mangold, USA, 2005, 136m, 12A

Award-winning biopic of country music legend Johnny Cash, starring Joaquin Phoenix and Reese Witherspoon. From his lack of self-esteem and drug abuse to his love of idol and soul mate June Carter, this cinematic portrait is a must see for Cash fans and music lovers generally. Screening followed by a country music performance.

Wed 3 Oct
7 – 10pm
Paisley Arts Centre, New Street, Paisley PA1 1EZ

Free / No booking required
Information: www.renfrewshire.gov.uk

RMHAFF AT THE MUSEUM

Two festival events in Paisley Museum. On Wed 3 Oct, local literature collective Read Raw Ltd will share readings and poems during a lunch time talk at the museum. On Wed 10 Oct, Tamasine Spaeth will share the story of Singing Memories, a singing group for people with memory problems and their carers.

Wed 3 and Wed 10 Oct
12.30 – 1.30pm
Paisley Museum, High Street, Paisley PA1 2BA

Free / No booking required
Information: www.renfrewshire.gov.uk

MY STORY, MY RHYTHM, MY SHOES

This expressive arts workshop for adults will provide a chance to participate in games, drama and drumming. The session will open with a short performance of My Story, My Rhythm, My Shoes, a project specially devised by the Buddy Beat Drummers, ArtBeat and Creative Training Unlimited.

Thu 4 Oct
10am – 12pm
Life Church, Stock Street, Paisley PA2 6NL

Free / No booking required
Information: rmhaff@gmail.com

MIND GAMES

A double bill of special events at Reid Kerr College to keep health in mind. A screening of Pace Theatre Company’s new film, On Edge, looks at how two young people cope with the pressures of their lives, whilst the college will also host the first performance of Brian Housten’s interactive play Depression: Choose the Day, where audience members direct actors in scenes.

Fri 5 Oct
1 – 3.30pm
The Abercorn Centre, Reid Kerr College, Renfrew Road, Paisley PA3 4DR

Free / No booking required
Information: 0141 849 2200

THE LOUD ‘N’ PROUD 10TH YEAR ANNIVERSARY SHOWCASE

A night of music celebrating the achievements of Loud ‘n’ Proud which has been at the forefront of music for young people in the local area for over a decade. The night will be packed with Scottish talent, including Britain’s Young Drummer of the Year, Winners of Live and Unsigned’s Best Rock Band and overall winners of Quest for Talent.

Fri 5 Oct
7.30 – 9.30pm
Paisley Town Hall, Abbey Close, Paisley PA1 1JF

£12.50
Booking: 0141 840 1090
ART IN THE PARK
Enjoy a walk in Paisley Braes and participate in the creation of a flat maze, each dead end having a positive message. The maze is a representation of how nobody’s journey is simple, and that there is always a way past barriers in our path – positivity.

Tue 9 Oct
11.30am – 1.30pm
Glen Park, Glenfield Road, Glenburn, Paisley PA2 8TE
Free / No booking required
Information: Karen Kyle 0141 842 3404

SINGING AND OLDER PEOPLE NETWORK
An opportunity for facilitators of singing groups for people with dementia to share information and swap ideas. People who are interested in setting up a group are also welcome to come along, as well as those with already established connections.

Wed 10 Oct
2 – 4pm
Paisley Museum, High Street, Paisley PA1 2BA
Free / No booking required
Information: www.singingmemories.net

THE FEEL GOOD FACTOR
A family–friendly event to make you smile and feel good, with performances from students and staff of the Kibble Education and Care Centre. Reid Kerr students will also perform a high–energy dance piece.

Thu 11 Oct
10am – 12pm
Gannochy Centre for Expressive Arts, Kibble Education and Care Centre, Goudie Street, Paisley PA3 2LG
Free / No booking required
Information: 0141 889 0044

PIECE OF MIND
This documentary dance theatre work is back after a sell–out show at last year’s festival, rhythmically blending and bringing to life verbatim interviews with 15 to 25 year olds diagnosed with bipolar. Surprising, funny and captivating, this fusion piece will transform your perceptions about bipolar.

Supported by Creative Scotland

Fri 12 Oct
7.30 – 8.30pm
Paisley Arts Centre, New Street, Paisley PA1 1EZ
£10 / £6
Booking: 0141 887 1010
www.renfrewshire.gov.uk

HEALTH IN MIND!
Live music and arts events in the Paisley Centre, hosted by Gina McKie. Mental health information will be available throughout the shopping centre, and don’t miss the chance to be pampered in the chill zone in Buddy’s Den.

Sat 13 Oct
11am – 3pm
The Paisley Centre, High Street, Paisley PA1 2AQ
Free / No booking required
Information: rmhaff@gmail.com

CREATE BATTLE OF THE BANDS ROUND 1
A night featuring some of Renfrewshire’s best young musical talent in an event that is loud, fun and guaranteed to make you feel good. This event is the first round of the annual battle of the bands event.

Sat 13 Oct
7 – 11pm
The Student Union, University of the West of Scotland, Storie Street, Paisley PA1 2HB
£2 / No booking required
Information: 0141 884 8844
www.facebook.com/createpaisley

GET CREATIVE
A week of creative activities for all the family. Each morning at 11am there will be creative sessions for children and parents, and each afternoon there are creative workshops just for the adults. Visit www.mhfestival.com for detailed information on classes.

Mon 15 – Fri 19 Oct
11am – 12.30pm, 1.30 – 3pm
The Paisley Centre, High Street, Paisley PA1 2AQ
Free / No booking required
Information: www.mhfestival.com
CREATE PRESENTS
THE MONKEY SESSIONS

An opportunity for the young (and not so young) to come and showcase their creative talent at this interactive and fun event. Featuring short films from the Create: Filmmaking Workshop, there is a plethora of other home–grown talent, from songwriters to poets, and much more.

Fri 19 Oct
7 – 9.30pm
The Grumpy Monkey Coffee House,
36 Moss Street, Paisley PA1 1BA

Free / No booking required
Information: staff@createpaisley.org.uk

THE MUPPETS

James Bobin, USA, 2011, 103m, U

Gary (Jason Segel) and his brother Walter have always loved The Muppets but they can’t help wondering if puppet–like Walter has more in common with Kermit and co than he does with his human friends. Top class puppetry, cracking songs and some excellent cameos.

Sat 20 Oct
2 – 3.30pm
Paisley Arts Centre, New Street,
Paisley PA1 1EZ

£3
Booking: 0141 887 1010

FAMILY FESTIVAL
CEILIDH

Celine Donohue and Friends will get your toes tapping and kilts flying with their fantastic family ceilidh. Whether you want to swing to the Dashing White Sergeant or join arms for the Gay Gordons, bring some friends (and maybe a dram) for a great night out.

Fri 19 Oct
7 – 10pm
St Mary’s Church Hall, Newton Street,
Paisley PA1 2RL

£4 / £10 family ticket / Booking recommended
Booking: reuben@ramh.org

REFRESH FAMILY CREATIVITY DAY

A day for all the family, featuring music, poetry, crafts, storytelling and drama. Pick up some information about mental health and well-being, or enjoy a taster massage in the chill out zone.

Sat 20 Oct
10.30am – 3pm
The Paisley Centre, High Street,
Paisley PA1 2AQ

Free / No booking required
Information: claremccormack@createpaisley.org.uk

THE RED SHOES

Michael Powell / Emeric Pressburger,
UK, 1948, 133m, U

A beautiful landmark of dance cinema, The Red Shoes is a cautionary tale about creative obsession. The film stars Dunfermline’s own Moira Shearer as an aspiring ballet dancer manipulated by a Svengali figure. One of Martin Scorsese’s favourite films, the screening will be followed by a dance performance from Reid Kerr students.

Tue 23 Oct
7 – 9.30pm
Paisley Arts Centre, New Street,
Paisley PA1 1EZ

Free / No booking required
Information: 0141 887 1010

FESTIVAL PLUS
RMHAFF IN THE SPREE

This event hosted by the Creative Renfrewshire Network is about celebrating the vibrant creativity in Renfrewshire. The day includes a variety of performances and workshops with opportunities to network with other creative people. The Renfrewshire strand of SMHAFF are pleased to link in with the Spree, a new national music and arts festival to be held in Paisley from 25 to 28 Oct, acts at the Spree include Roddy Frame, François and the Atlas Mountains and comedian Craig Hill.

Thu 25 Oct
11am – 7pm
Paisley Town Hall, Abbey Close,
Paisley PA1 1JF

Free / No booking required
Information: crnrenfrewshire@reidkerr.ac.uk
CREATIVE TRAINING UNLIMITED AND THE BUDDY BEAT DRUMMERS

This expressive arts workshop for adults provides a chance to participate in games, drama and drumming. It will open with a short performance of My Story, My Rhythm, My Shoes, a creative piece developed for this year’s festival by The Buddy Beat Drummers and Creative Training, on behalf of East Renfrewshire CHCP and The Buddy Beat Drummers. Adults welcome, no experience required.

Mon 1 Oct
10am – 1pm
Auchenback Resource Centre,
64 Aurs Drive, Barrhead G78 2LW

Free / No booking required
Information: Amy McDonald 07974 772 293

THE CYNTHIA SHOW: CONVERSATIONS THAT MATTER

Workplace mental health and well-being policies are brought to life in this session by Creative Training Unlimited, on behalf of East Renfrewshire CHCP. Using interactive theatre methods, the group will explore some common workplace problems and discuss how to deal with challenging issues and achieve positive resolutions.

Tue 2 Oct
12 – 1.45pm
East Renfrewshire Council, Barrhead Offices, 211 Main Street, Barrhead G78 1SY

Free / Booking required (This session is open to all East Renfrewshire Council and CHCP staff).
Booking: Moira Burns 0141 577 8436

Thu 4 Oct
Start time and location will be available from 10 Sep on www.ercblogs.co.uk/reading
Free / Booking required
Booking: Gillian Hamilton 0141 577 8595

Tue 23 Oct
10 – 11.45am
Auchenback Resource Centre, 64 Aurs Drive, Barrhead G78 2LW

Free / Booking required (This session is open to all businesses across East Renfrewshire and to all levels of staff).
Booking: Amy McDonald 07974 772 293

WALK, TALK, WRITE!

Andy Hunter and Gerry Cambridge present a unique writing and storytelling event. Enjoy a leisurely walk whilst Andy recounts stories from around the world of adventure, the heart and the spirit, all interspersed with humour. Later, enjoy a cuppa and creative writing workshop with Gerry who will help you express your own life journey on paper. Suitable for ages 16+

Thu 4 Oct
Start time and location will be available from 10 Sep on www.ercblogs.co.uk/reading
Free / Booking required
Booking: Gillian Hamilton 0141 577 8595
SO YOU’VE GIVEN UP THE DAY JOB
At a time when many people have given up the ‘day job’, these professional artists are continuing to produce wonderful artworks. Retirement is often a time of renewed creativity and engagement for artists. With the constraints of the ‘nine to five’ gone, there is the opportunity to re-enter the art world with new vigour. Most of the artists displayed here have had regular jobs of various types and are now enjoying having the time to spend on their ‘real’ job. Come and enjoy the works on display and perhaps be tempted to join one of the many local arts classes.

Sat 6 – Wed 31 Oct
9am – 5pm
Barrhead Health and Care Centre, 213 Main Street, Barrhead, Glasgow G78 1SW
Free / No booking required
Information: Janet Forry 0141 577 3679

TRANSITIONS AND EMOTIONAL RESILIENCE IN LATER LIFE
A participatory workshop run in partnership with Wise Connections, exploring the themes of life transition and emotional resilience. Alana Brady of Eastwood Park Theatre presents this workshop that uses drama as a tool to explore these themes with adults aged 50+.

Thu 11 Oct
1 – 3pm
The Art Room, Eastwood Park Theatre, Eastwood Park, Rouken Glen Road, Giffnock G46 6UG
Free / Booking required
Booking: Box Office 0141 577 4970

BOX OF FROGS
Box of Frogs is a poignant and funny exploration of passion and disappointment that uses circus as a metaphor for emotional instability. Based on director Mish Weaver’s experience of being bipolar, Box of Frogs features acrobatics, trick cycling, hula hoop and aerial rope skills as well as stunning live music.

Thu 11 Oct
7.30 – 9pm
Eastwood Park Theatre, Eastwood Park, Rouken Glen Road, Giffnock G46 6UG
£13 / £11 Concessions / £9 Student
Booking: Box Office 0141 577 4970

ACUMEN ON AIR
Join Pulse 98.4 for the launch of East Renfrewshire’s contribution to the festival. Tune in to hear how you can get involved and learn more about the events taking place across East Renfrewshire, bringing together a unique local partnership of arts, health and community organisations.

10 – 11.45pm
Tune in to Pulse FM (98.4)
Information: Lynda McCutcheon 0141 887 9103 lynda@acumennetwork.org

EAST DUNBARTONSHIRE

WELL-BEING DAY
To celebrate Mental Health Awareness Week, the Festival will link with two ‘well-being days’, featuring Lisa Nicoll’s play home run, Tommy Whitelaw discussing his film about dementia, plus sessions on drawing and creative writing. See www.mhfestival.com for full listings.

Free / No booking required
Information: Lynsay Haglington 0141 777 3000 (ext. 3082)
OUR TOWN

Created by the Media Production Group, a collective of young people from across Inverclyde, this performance focuses on the personal growth of six young people attending a New Start Centre. This support network helps them through difficult periods in their personal lives and allows them to see their neighbourhood in a more positive light.

Wed 3 Oct
7pm – 9pm
Arts Guild Theatre, Campbell Street, Greenock PA16 8AP
£4 / £2
Booking: Arts Guild Theatre Box Office 01475 723 038 www.artsguildtheatre.co.uk

TEA DANCE

Enjoy an afternoon of dancing, music and chatting with friends over a delicious selection of teas, coffee, sandwiches and cakes. All ages and stages welcome, and you don’t have to bring a partner to get involved in the dancing – there will be plenty to go round.

Mon 8 Oct
12 – 3pm
Greenock Town Hall, Municipal Buildings, Clyde Square, Greenock PA15 1LX
£1 / Booking required
Booking: Tickets will be sold at Your Voice, 12–14 Clyde Square, Greenock PA15 1NB 01475 728 628

THE SOCIAL NETWORK & CRACKED

David Fincher, USA, 2010, 120m, 12A

David Fincher’s much-discussed biopic of Facebook founder Mark Zuckerberg raises questions about how technology has affected our enjoyment of modern life, and about how social media may have changed the way we relate to each other. The film stars Jesse Eisenberg, who was nominated for an Oscar for his portrayal of Zuckerberg, and is supported by Cracked, a locally-made short film. Cracked provides a hard-hitting and emotional account of some of the issues faced by today’s carers and aims to raise public awareness of how drug abuse can affect families. The screening will be followed by a discussion with those involved in the making of the DVD.

Mon 8 Oct
7.30 – 10pm
Greenock Waterfront Cinema, 10 Custom House Way, Greenock PA15 1EG
£4.50 (2 for 1 on tickets with voucher from Greenock Telegraph)
Booking: 01475 732 201

MEMORY, SLEEP AND DREAMS (ANIMATED FILM SHORTS) & MOON

Duncan Jones, UK, 2009, 97m, 15

Presented by Composite Arts, this collection of short animations, incorporating the themes of memory, sleep and dreams, was created by groups across Inverclyde who devised and animated their own artwork, composing music and sounds to accompany the visuals. They’re presented alongside Duncan Jones’ science fiction movie, Moon, which poses the question, ‘how do we really know who we are?’ Sam Rockwell brilliantly plays the different sides of one man’s personality in this spellbinding story of the solo inhabitant of a moon-base who discovers that his drab existence is based on a shocking, yet well-concealed, lie.

Tue 9 Oct
7.30 – 10pm
Greenock Waterfront Cinema, 10 Custom House Way, Greenock PA15 1EG
£4.50
Booking: 01475 732 201

THE VIEW FROM SHORE STREET

A performance telling the story of Shore Street residents, and how their lives were affected when the nearby shipyards were closed down. A sad but comic look at a generation whose skills and experience was suddenly no longer required, and how this impacted on their lives.

Wed 10 Oct
7.30 – 8.30pm
Arts Guild Theatre, Campbell Street, Greenock PA16 8AP
£4 / £2
Booking: Arts Guild Theatre Box Office 01475 723 038 www.artsguildtheatre.co.uk
PIECE OF MIND

Supported by Creative Scotland

This documentary dance theatre work is back after a sell-out show at last year’s festival, rhythmically blending and bringing to life verbatim interviews with 15 to 25 year olds diagnosed with bipolar. Surprising, funny and captivating, this fusion piece will transform your perceptions about bipolar.

Wed 10 Oct
7.30 – 10pm
Arts Guild Theatre, Campbell Street, Greenock, PA16 8AP
£7 / £5
Booking: Arts Guild Theatre Box Office 01475 723 038 www.artsguildtheatre.co.uk

WHAT DO YOU SEE? & A DANGEROUS METHOD

David Cronenberg Germany / Canada, 2011, 99m, 15

What Do You See? is a powerful short film by Amanda Waring, which takes a journey through a day in the life and a life in the day of stroke victim Elsie (Virginia McKenna). Elsie makes a silent but heartfelt plea for her carers to ‘look closer… see me’. Drawn from true-life events, A Dangerous Method explores the turbulent relationships between fledgling psychiatrist Carl Jung, his mentor Sigmund Freud and Sabina Spielrein, the beautiful but disturbed young woman who comes between them. David Cronenberg’s drama features strong performances by Keira Knightley, Michael Fassbender and Viggo Mortensen. This will be accompanied by a screening of a short film, see www.mhfestival.com for details.

Thu 11 Oct
7.30 – 10pm
Greenock Waterfront Cinema, 10 Custom House Way, Greenock PA15 1EG
£4.50
Booking: 01475 732 201

WHAT DOES LIFE HOLD? – DON’T KNOW WHERE I’M GOING

When you hit rock bottom, family, friends and the Well Park can help you find your way back. A slide show will explain how other people have survived mental ill-health, and how you can start seeing life from a positive perspective and look forward to the future.

Fri 12 Oct
11.30am – 12.30pm
Well Park Centre, Regent Street, Greenock PA15 4NA
Free / No booking required

A MILE IN MY SHOES

Local creative writing group The Quills host a creative writing workshop. Anyone is welcome at this open event, where budding scribes are asked to interpret ‘a mile in my shoes’ in any writing, poem or picture, plucking a fictional story from their imagination to share with the group.

Fri 19 Oct
11am – 3pm
Your Voice, 12/14 Clyde Square, Greenock PA15 1NB
Free / No booking required
Information: Your Voice 01475 728 628
WORKS IN PROGRESS
A wonderful collection of wall–based artwork comes from adults from all over Forth Valley who have received care in NHS mental health and dementia residences and Artlink Central’s Artspace workshops, which are weekly classes for adults recovering from mental health issues.

Wed 3 Oct – Sat 20 Oct
10.30am – 4.30pm (Mon – Sat)
Dunblane Museum and Gallery,
The Cross, Dunblane FK15 0AQ
Free / No booking required
Information: 01786 825 691

ELEMENTAL
A visually stunning exhibition of work comes from emerging artist Archie Tipple. Based in Falkirk, Archie is a two–time winner of both the Forth Valley and national ‘see me’ competitions. Archie uses the visual reference of the elements and science to make astounding, large scale images that will take your breath away.

Wed 10 Oct – Fri 9 Nov
10am – 4pm
Forth Valley Royal Hospital,
Stirling Road, Larbert FK5 4WR
Free / No booking required
Information: Babs McCool 01324 567 492

THE SONGWRITING PROJECT & ARTLINK CENTRAL OPEN MIC NIGHT
Songwriting workshop exploring lyrics and feelings and turning them into songs, led by professional musicians Mick Slaven and Barry Maclean. Followed by an informal open mic night giving the opportunity to share your music with others in the intimate setting of the Tolbooth café/bar and including performances from members of Closer to the Edge, Artspace participants and those who wish to take part from the afternoon workshop.

Thu 11 Oct
2.30 – 5.30pm (workshop)
7 – 9pm (open mic)
Tolbooth, Jail Wynd, Stirling FK8 1DE
Free / Booking required
Booking: Tolbooth Box Office 01786 274 000

SHARED VIEWS
A collaborative exhibition between Artlink Central and Falkirk District Association for Mental Health (FDAMH), showcasing output from FDAMH’S Media Group and a selection of work from mental health service users in Artlink Central’s Artspace group, as well as work created in a variety of hospital wards and resource centres.

Fri 12 – Wed 31 Oct (preview event on Fri 12 Oct by invitation only)
9am – 4pm (exhibition)
1 – 3.30pm (preview event)
Falkirk Town Hall Gallery, Falkirk Town Hall,
West Bridge Street, Falkirk FK1 5RS
Free / No booking required
Information: Jane Shirra
FDAMH 01324 671 612
FALKIRK ROCKS
It’s a Bairn–only line–up, with Falkirk’s finest at Behind the Wall, including the author of Boyracers and Scottish Writer of the Year, Alan Bissett, sonic genius, Adam Stafford, and one of the novelists who set the ‘90s Scottish literature scene alight, Grangemouth’s own Gordon Legge. A unique, dazzling set.
Fri 12 Oct
7 – 11pm
Behind The Wall, 14 Melville Street,
Falkirk FK1 1HZ
Free / No booking required
Information: smhaff@gmail.com

STIRLING MENTAL HEALTH POP UP FESTIVAL 2012: THESE ARE A FEW OF OUR FAVOURITE THINGS
This mini–festival is the culmination of a mental health service user–led creative industries development project creating resources that can be used by people with mental health issues, or by those caring for people experiencing mental health issues. Taking over a pop–up retail unit, there will be information stalls from local organisations, arts and crafts to buy and try, plus healthy eating demonstrations and music performances.
Sat 13 – Sun 14 Oct
10am – 4pm
Undisclosed empty retail unit in Stirling
(www.artlinkcentral.org/pop for location information)
Free / Booking required
Booking: Artlink Central 01786 450 971

GREENHOUSE GALLERY & SEASONED EXHIBITIONS
The Seasoned programme is a participatory arts programme for people with dementia across NHS Forth Valley. Artists worked with patients to create innovative and contemporary workshops, respecting their dignity and focusing on communication.
Accompanied by the Greenhouse Gallery, filled with bright sculptural pieces created by elderly patients in hospital settings.
Mon 15 Oct – Fri 16 Nov
Mon – Fri 10am – 7.45pm,
Sat 9am – 8.15pm, Sun 10am – 8.15pm
Macrobert, University of Striling,
Stirling FK9 4LA
Free / No booking required
Information: Artlink central 01786 450 971

LIGHTS OUT LISTENING IN LARBERT
Experience the immediacy and intensity of listening to sound–based artworks in the almost complete darkness of Forth Valley Royal Hospital’s lecture theatre.
Tue 16 Oct
4 – 5pm
Learning Centre, Forth Valley Royal Hospital, Larbert FK5 4WR
Free / Booking required
Information: Babs McCool 01324 567 492
FEAT FIRST: FIFE’S LAUNCH EVENT

Fife’s Launch Event brings you a variety of exciting and thought-provoking entertainment including a premiere of You Are Not Alone – a film by young people from Safe Space; a screening of Harbour Steps – a five part film project produced by Channel Fife TV in conjunction with ‘see me’ and the mental health community; a reading by author Mark Wilson, and a performance of At Your Feet – three monologues, written and performed by Suit and Pace (Andrew Coull and Beth Hamilton-Cardus). This will be followed by a question and answer session and panel discussion led by Joan Bree of ‘see me’.

Mon 1 Oct
7 – 9.30pm
The Hub, Carnegie Primary School, Pittsburgh Road, Halbeath, Dunfermline KY11 8SS

Free / Booking Required
Booking: Shona McEwan 0845 155 5555 (Extension 442 134)

MY BODY’S MY OWN & RE–CAPTURE PLUS WEST FIFE COMMUNITY SUPPORT SERVICE

An exhibition of work from two organisations, helping people to develop healthy coping strategies and recognise the resilience and strengths they have, plus work from WFCSS – an adult resource for people with learning disabilities. My Body’s My Own is a photography project empowering survivors of sexual abuse by using cameras to address issues of self-esteem. Re–capture is a youth–led photography project focusing on recovery from eating disorders.

My Body’s My Own:
Mon 24 Sep – Thu 1 Nov
WFCSS: Mon 24 Sep – Mon 21 Oct
Re–capture: Mon 22 Oct – Thu 1 Nov
9am – 5.30pm
Rothes Halls Foyer, Ground Floor, Rothes Halls, Glenrothes KY7 5NX

Free / No booking required
Information: Shona McEwan 0845 155 5555 (extension 442 134)

DARE TO BE DIFFERENT

Exhibition of work created by Carnegie pupils during visual art and creative writing workshops, looking at themes of mental health and well-being. Includes a snapshot newsreel, Walk In Our Shoes – Days Of Our Lives, created by Carnegie pupils alongside ASPIRE students from Carnegie College.

Mon 1 – Fri 5 Oct
9am – 4pm
Foyer and main entrance hall, Carnegie Primary School, Pittsburgh Road, Dunfermline KY11 8SS

Free / No booking required
Information: Kathy Kennedy 01383 602 460

SAND AND STONES & MASKS AND MOTIVES

Joint exhibition featuring a poster campaign by the Higher Media Studies class of Dunfermline High School, looking at mental health issues from a teen perspective, and photography work by teenagers from The Bridges. The exhibition will be accompanied by a drama piece by NPA (National Progression Award) in Performance students.

Exhibition: Mon 1 – Wed 24 Oct
Drama performance: Thu 4 Oct
7 – 8.30pm
Exhibition: 10am – 10pm daily
Cloud Drama and Art Academy, 16 New Row, Dunfermline KY12 7DZ

Free / No booking required
Information: www.createatcloud.com

ROADS TO SUCCESS

A vibrant selection of art submitted by individuals and agencies involved with Fife’s mental health services, who have found that tapping into their creative side has had a positive effect on their mental health and well-being. A versatile range of work of different genres.

Mon 1 – Fri 26 Oct
Mon – Fri 8.30am – 9.30pm, Sat and Sun 8.30am – 5pm
Dunloch Leisure Centre Corridor, Nightingale Place, Dunfermline KY11 8LW

Free / No booking required
Information: Dunloch Leisure Centre 01383 602 209
CREATE SONGS ABOUT LIFE IN AND AROUND DUNFERMLINE

This workshop, led by Gifford Lind from the New Makars Trust, provides the opportunity to share your personal stories about life in West Fife, exploring topics for songs by drawing on past and present life experiences. What local characters, events or concerns would you write about? People of all ages and life experiences welcome.

Tue 11 Sep, Tue 18 Sep, Tue 25 Sep and Sat 20 Oct
1 – 3pm
The Hub, Carnegie Primary School, Pittsburgh Road, Halbeath, Dunfermline KY11 8SS

Free / Booking required (Tue 20 Oct performance tickets will be free to workshop participants)
Booking: Kathy Kennedy 01383 602 460

THE BOY IN THE STRIPED PYJAMAS

Mark Herman, UK / USA, 2008, 94m, 12A

John Boyne’s classic story of innocence and friendship, set against the backdrop of the Second World War. A sharing session after the show will encourage children to talk about the impact the film has had on them and their interest in stories, exploring the concept of citizenship and empathy. Suitable for children aged 10+. Children aged 10–12 must be accompanied by an adult.

Tue 2 Oct
10am – 12.30pm
Carnegie Hall, East Port, Dunfermline KY12 7JA
£2.50

Booking: Carnegie Hall Box Office 01383 602 301 www.onatfife.com

MIRROR IMAGE

How does it feel to be called a vulnerable adult? What does this really mean and how does it affect people? This Adult Protection project takes the negative view that some people have of older and disabled people, and turns it on its head.

Sat 6 Oct – Sat 17 Nov
Opening Times: Tue, Wed and Thu 11am – 4.30pm, Sat 1 – 4.30pm
Methil Heritage Centre, High Street, Methil KY8 3EQ

Free / No booking required
Information: Shona McEwan 0845 155 5555 (extension 442 134)

POETRY WALK

An outdoor appreciation of the presence of poetry in our everyday lives. Walk in the imagined footsteps of poets past and present, taking in some of the sights and sounds of St Andrews whilst listening to poems about autumn, the sea and the natural world.

Sun 7 Oct
3 – 4.30pm
Start: Level 2 Box Office Foyer in the Byre Theatre, Abbey Street, St Andrews KY16 9LA
Free / Booking recommended
Booking: Byre Theatre Box Office 01334 475 000

CALLING NEW YORK

Digital technology brings together poets and audiences in St Andrews and New York by creating text footsteps linking communities. Celebrating 15 years of StAnza, poets Douglas Dunn and Jay Parini will read across the ocean between New York and St Andrews.

Sun 7 Oct
7 – 8.30pm
Byre Theatre, Abbey Street, St Andrews KY16 9LA

£3 / £2 Concessions
Booking: Byre Theatre Box Office 01334 475000

DRUMMERCISE CLASSES

Move your feet to the beat in this unusual workout. Drummercise is a combination of drumming and exercise, with the rhythmic backing of South American surdo drums. The very simple and low impact workouts will get your blood pumping, and clear your head.

Wed 10 Oct
12.30 – 1.30pm and 2 – 3pm
Hill of Beath Community Centre, Main Street, Hill of Beath KY4 8DP
Free / Booking required
Booking: Mike Wallace 07917 693 537

CREATE SONGS ABOUT LIFE IN METHIL

This two–day workshop, led by Gifford Lind from the New Makars Trust, provides the opportunity to share your personal stories about life in Methil, exploring topics for songs by drawing on past and present life experiences. What local characters, events or concerns would you write about? People of all ages and life experiences welcome.

Tue 9 and Tue 16 Oct (Final concert will be on Sat 10 Nov at 2pm)
11.30am – 1pm and 2 – 3pm
Methil Heritage Centre, High Street, Methil KY8 3EQ

Free / Booking required
Booking: Methil Library 01334 659 374
THE IMPOSTER
Bart Layton, UK, 2008, 98m, 15
In 1994 a 13-year-old boy disappears without a trace from San Antonio, Texas. Three and a half years later he is found alive, thousands of miles away in Spain with a story of kidnap and torture. But all is not quite as it seems. Nicholas looked and sounded decidedly different. It is only when an investigator starts asking questions that this astounding true story takes an even more extraordinary turn.

Wed 10 Oct
7.30 - 9.10pm
Adam Smith Theatre, Bennochy Road, Kirkcaldy KY1 1ET
£5 / £4
Booking: 01592 583 302 boxoffice.adamsmith@onfife.com

BOX OF FROGS
Box of Frogs is a poignant and funny exploration of passion and disappointment that uses circus as a metaphor for emotional instability. Based on director Mish Weaver’s experience of bipolar, Box of Frogs features acrobatics, trick cycling, hula hoop and aerial rope skills as well as stunning live music.

Fri 12 Oct
7 – 9pm
Lochgelly Centre, Bank Street, Lochgelly KY5 9RD
£10 / £8
Booking: 01592 583 303 www.onatfife.com

SAMBA DRUMMING FOR BEGINNERS
Always wanted to try samba drumming but didn’t think you could? Give it a bash at these workshops, encouraging everyone to let loose and find their inner rhythm.

Wed 17 Oct
12.30 – 1.30pm and 2 – 3pm
Hill of Beath Community Centre, Main Street, Hill of Beath KY4 8DP
Free / Booking required
Booking: Mike Wallace 07917 693 537

ROCK THE HALLS
An eclectic evening of music held in Fife’s popular entertainment venue, the Rothes Halls. This event will feature music from Contact Point Drop–in Centre, Country Folk, the Painted Ladies and The Swank.

Fri 12 Oct
6.30 - 11pm
The Rothes Halls, Rothes Square, Glenrothes KY7 5NX
£4 / £3
Booking: 01592 611 101

WHAT A PAIR!
Fife–based visual theatre company, Waste of Paint Productions, present What a Pair! – because there is truly nothing better than a brand new pair of socks. Using clowning, puppetry, physical theatre and live music they expose the life of single socks and the true goings on of the washing basket. For children, adults and the ones in–between. Suitable for people aged 3+.

Thu 18 Oct
2 – 3pm
Methil Heritage Centre, High Street, Methil KY8 3EQ
Free / Booking required
Booking: 01334 659 374 methil.library@fife.gov.uk

BIG HEIDS!
STORYTELLING AND ACTIVITY WORKSHOPS FOR CHILDREN AND FAMILIES
Join Chatterbox Stories for an afternoon of storytelling and activity workshops for children and families. The activities encourage wee yins and big yins to walk tall and get big heids, believing in what they can do.

Sat 13 Oct
Children aged 3 – 7, 1.15 – 2.30pm
Young people aged 8 – 12, 3 – 4.15pm
Methil Heritage Centre, High Street, Methil KY8 3EQ
Free / Booking required
Booking: 01334 659 374
SONGS OF LIFE IN WEST FIFE SHOES
A concert with local singer Gifford Lind, featuring songs that tell something about just what it is like to live in Dunfermline, celebrating the personal experiences of local people. Tunes written specially for the event by participants in local song-writing workshops will be performed as part of this concert.
Sat 20 Oct
7 – 9pm
The Hub, Carnegie Primary School, Pittsburgh Road, Halbeath, Dunfermline KY11 8SS
£5 / Free for workshop participants
Booking: Kathy Kennedy 01383 602 460

PIECE OF MIND
This documentary dance theatre work is back after a sell-out show at last year’s festival, rhythmically blending and bringing to life verbatim interviews with 15 to 25 year olds diagnosed with bipolar. Surprising, funny and captivating, this fusion piece will transform your perceptions about bipolar.
Supported by Creative Scotland
Sat 20 Oct
7.30 – 8.30pm
Carnegie Hall Studio Theatre, East Port, Dunfermline KY12 7JA
£5 / £3
Booking: Carnegie Hall Box Office 01383 602 301 boxoffice.carnegie@onfife.com

A MUSICAL JOURNEY ACROSS SCOTLAND
Featuring all three bands from the Tullis Russell organisation, this musical journey will showcase music written by Scotland–based writers and arrangers, music which describes Scotland and music which is loved by Scots.
Sat 20 Oct
7 – 9.30pm
Woodside Community Centre, 60 Woodside Way, Glenrothes KY7 5DF
£5 / £3
Booking: Steven Craig 07867 538 699 or Alan Douglas 07533 853 777

MAGNETIC NORTH PRESENTS SEX AND GOD BY LINDA MCLEAN
Directed by Nicholas Bone
Sex and God is a lyrical, funny and touching new play by Linda McLean, who has ‘quietly emerged as one of Scotland’s top women’s playwrights’ (The Scotsman). Four monologues on faith, lust and family are woven together to tell the stories of Lizzie, Jane, Sally and Fiona – each from a different period of the twentieth century.
Tue 23 Oct
7.30 – 8.45pm
Carnegie Hall, East Port, Dunfermline KY12 7JA
£12 / £10
Booking: Carnegie Hall Box Office 01383 602 301 www.onatfife.com
DONNIE DARKO
Richard Kelly, USA, 2001, 113m, 15

Richard Kelly’s debut feature is a daring, dark original vision of teenage angst, packed with jarring ideas about intelligence and relationships. A cult classic, starring Jack Gyllenhaal as the troubled lead character, alongside Patrick Swayze, Drew Barrymore, Maggie Gyllenhaal and Jena Malone.

Fri 5 Oct
8.30 – 10.30pm
Dundee Contemporary Arts, 152 Nethergate, Dundee DD1 4DY
£6.50 / £4.50 Under 21s
Booking: 01382 909 900

MARY AND MAX
Adam Elliot, Australia, 2009, 92m, 12

The animated story of an unlikely pen-friendship between 8-year-old Australian, Mary Daisy Dinkle (voiced by Toni Collette), and Max Horovitz (Phillip Seymour Hoffman), a 44-year-old man who lives in Manhattan. This film looks at both loneliness and companionship and sees Max institutionalized with anxiety attacks. He is then diagnosed with Asperger’s, a diagnosis which helps him understand why he has difficulty relating to other people.

Sun 7 Oct
3 – 4.30pm
Dundee Contemporary Arts, 152 Nethergate, Dundee DD1 4DY
£5.50 / Under 21s £4.50
Booking: 01382 909 900

MELANCHOLIA
Lars Von Trier, Denmark / Sweden / France, 2011, 130m, 15

Controversial director Lars von Trier’s psychological disaster movie centres on Justine (Kirsten Dunst) who is struggling with depression as her wedding night unravels and as the planet Melancholia heads towards Earth on a very dangerous trajectory. The stellar cast also includes Charlotte Gainsbourg, Kiefer Sutherland and John Hurt.

Sat 6 Oct
6 – 8.30pm
Dundee Contemporary Arts, 152 Nethergate, Dundee DD1 4DY
£6.50 / Under 21s £4.50
Booking: 01382 909 900

SAY IT OUT LOUD: TEXT ART WORKSHOP

Text-based artist Aidan Moesby will lead a workshop exploring text as art. The session will include an introduction to Aidan’s way of working, before getting some hands-on experience by printing a text piece, making a temporary intervention somewhere in the DCA building, and documenting the work before a final sharing session with tea and cake.

Sat 6 Oct
12 – 5pm
Dundee Contemporary Arts, 152 Nethergate, Dundee DD1 4DY
£10
Booking: 01382 909 900

DUNDEE WAVE OF CHANGE PRESENTS: OUR DUNDEE – A YOUNG PEOPLE’S FILM

As part of the Cultural Olympiad, the Dundee Wave of Change initiative provided an opportunity for a group of young people to depict their home city through the medium of film. The young people explore experiences of living in Dundee today and capture hopes (and fears) for the city’s future.

Sun 7 Oct
1 – 2pm
Dundee Contemporary Arts, 152 Nethergate, Dundee DD1 4DY
Free / No booking required
Information: 01382 909 900
ABERDEEN

AN EXHIBITION OF PATIENTS’ ARTWORK
A selection of artwork produced by patients at the Royal Cornhill Hospital, the main centre in the North East of Scotland for the care and treatment of people with mental health problems.

Sat 6 – Sat 13 Oct
9am – 5pm
Royal Cornhill Hospital, Clerkseat Building, Cornhill Road, Aberdeen AB25 2ZH

Free / No booking required
Information: 07786 486 880

WRITING AS THERAPY
Author John Sawkins will discuss his own published work, letting the audience in on his rather different kind of writing process. He will then ask you to compose a short story that reflects your own experiences, so that you will come away with a piece which means something to you.

Tue 9 Oct
7 – 9pm
Robert Gordon University, Health and Social Care Building, Garthdee, Aberdeen AB10 7QG

£2
Booking: 07786 486 880

K–PAX & WALK IN MY SHOES: AN INSIGHT INTO BIPOLAR
Iain Softley, USA, 2011, 120m, 12

Kevin Spacey and Jeff Bridges star in this popular Hollywood drama about the relationship between a patient in a mental hospital and his psychiatrist. Prot (Spacey) claims to be from another planet, but Dr Mark Powell (Bridges) imagines a different reason for his behaviour. Accompanied by Walk in My Shoes, a sympathetic film exploring the impact of trauma and the lives of people with bipolar. The screening will provide an opportunity to share the experiences and opinions of people with bipolar.

Wed 10 Oct
7 – 9.30pm
Belmont Cinema, 49 Belmont Street, Aberdeen AB10 1JS

£5.50
Booking: 01224 641122
www.boxofficeaberdeen.com

OPEN MIC NIGHT
The essence of open mic? That it’s for anyone and everyone, giving you the chance to be entertained as well as to entertain. Come along and sing a song or recite some poetry.

Thu 11 Oct
7.30 – 9.30pm
Oil & Glass Gallery, Victoria Road, Torry, Aberdeen AB11 9DS

Fri 12 Oct
7.30pm – late
The Holburn Bar, 225 Holburn Street, Aberdeen AB10 6BL

Both events:
£2 / No booking required
Information: 07786 486 880

BOX OF FROGS
Box of Frogs is a poignant and funny exploration of passion and disappointment that uses circus as a metaphor for emotional instability. Based on director Mish Weaver’s experience of being bipolar, Box of Frogs features acrobatics, trick cycling, hula hoop and aerial rope skills as well as stunning live music.

Wed 17 Oct
7 – 9pm
The Lemon Tree, 5 West North Street, Aberdeen AB24 5AT

£7.50
Booking: 01224 641122
www.boxofficeaberdeen.com
WALKING CREATIVELY IN MY SHOES
Join Tamalpa Life/Art practitioner Kate Craik on a two–hour journey of self–discovery, creativity and exploring reflections on mental well–being. Tap into your inner self using everyday movement, drawing and writing to explore what it’s like to walk in your own shoes – do they still fit your present life? What might your next step be?

Mon 1 Oct
11am – 1pm and 2.30 – 4.30pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / Booking required
Booking: 01343 567 188

RE–CAPTURE
Re–capture is a Young Scot photography project, aiming to encourage people experiencing an eating disorder to fight for recovery. Twelve photographs have been chosen from a national call for young people to submit photographs showing what recovery from an eating disorder means to them. Discussion groups with young people will also take place.

Mon 1 – Sat 6 Oct
See websites for opening hours
Elgin Youth Café, Francis Place, Elgin IV30 1LQ
Free / No booking required
Information: 01343 551 512

The Loft Youth Project, 86a Seafield Lane, Mid Street, Keith AB55 5AS
Free / No booking required
Information:
Elgin Youth Café 01343 548 300
www.elginyouthcafe.org
The Loft 01542 886 630
www.facebook.com/KeithLoft

KNITTING YOUR WAY TO GOOD HEALTH
This community event will promote everything that is good about knitting. Creative activities have been proven to be good for mental and physical well–being. This event is the finale of the Moray SCARF project, where the longest scarf in Elgin will be on display in unusual and creative ways before being donated to charity.

Mon 1 – Wed 24 Oct
Mon – Sat 8am – 5.30pm and Sun 11am – 4pm
St Giles Church, High Street, Elgin IV30 1LQ
Free / No booking required
Information: 01343 551 512

THE FEEL GOOD MURAL
Bringing live art to the streets of Elgin. On Saturday 25th August, local artist Mike McLeod – a graduate of fine art studies in Dundee and graffiti street artist – will work alongside a group of young people from Moray, to paint a mural on the frontage of the old site of the Junners toyshop, 51 South Street, Elgin. The art will be on display throughout the festival promoting messages of positive mental health and wellbeing.

Mon 1 – Wed 24 Oct
24hrs
51 South Street, The Old Junners Building, Elgin IV30 1JZ
Free / No booking required
Information: 01343 550 652

A CREATIVE AND CARING MORAY: EXPLORING THE ROLE OF THE ARTS AND CREATIVITY IN HEALTH AND SOCIAL CARE
Aimed at community members and professionals from the arts, health and social care sectors, this seminar focuses on the role creativity can play in transforming the lives of individuals. Panels and workshops will address the benefits of creativity to well–being, and explore opportunities for collaboration between different sectors.

Tue 2 Oct
3.15 – 7pm (Registration from 2.30pm in Academy Building, Moray School of Art, Moray College UHI)
Beechtree Restaurant, Moray College, University of Highlands and Islands, Elgin IV30 1JJ
Free / Booking required
Booking: fiona.mcpherson@moray.gov.uk
MARK STEEL’S IN TOWN

Acclaimed writer and stand–up comedian Mark Steel brings the feel good factor to Moray for a unique show. Back on the road once again, Mark has written material shedding light on the quirks of every town and city he visits, allowing each show to be unique. See what he has to say about Moray.

Wed 3 Oct
7.30pm
The Loft, East Grange Farm, Kinloss, Forres, Moray IV36 2UD

£12 / £10
Booking: 01343 850 111

FEEL GOOD BOOKBUG

Feel good stories and rhymes for babies and toddlers who are encouraged to bring along parents, grandparents, childminders or friends. Sessions offer a way to meet other parents from the local area, as well as building your kids’ confidence, communication and social skills. HEALTHMATTERS advice and information will also be available.

Thu 4 Oct
10 – 10.45am
The Children’s Area, Elgin Library, Cooper Park, Elgin IV30 1HS

Free / No booking required
Information: 01343 562 602

FEEL GOOD BOOKBUG LITE SESSION

The lite version of bookbug sessions – smaller, shorter and more intimate.

Fri 5 Oct
11 – 11.30am
The Children’s Area, Elgin Library, Cooper Park, Elgin IV30 1HS

Free / Booking required
Booking: 01343 562 602

HEALTHMATTERS

The launch of HEALTHMATTERS, Moray Libraries’ new healthy reading collection. A selection of the HEALTHMATTERS publications, resources and materials will be on display, ranging from publications on mental health and well–being, physical activity, sport and recreation, to younger and older people’s health, and relationships. Free information and resources will be available to take away.

Fri 5 Oct
12.30 – 3pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS

Free / No booking required
Information: 01343 562 602

HOME CLUB

A multi–sensory community dance night, with DJs playing music to nourish your body and soul. There will also be bespoke visual displays, food and a craft market of local work, plus massage, holistic therapies and a dedicated percussion spot. Bring your own drum!

Sat 6 Oct
6.30pm – 12am
James Milne Institute (next to the stone pier), Findhorn Village, Forres IV36 3YX

Suggested donation £6 – £10 / No booking required
Information: 07852 844 291

AN AUDIENCE WITH CHRISTOPHER BROOKMYRE

The award–winning author of Quite Ugly One Morning will discuss his writing and inspirations, taking audience questions in an open discussion format. The Scottish author, known for his satirical, scatological, in–your–face crime fiction, is also a supporter of Breathing Space, a free and confidential service for people in Scotland who are concerned about their well–being.

Tue 9 Oct
7 – 8.30pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS

Free / Booking required
Booking: 01343 562 602
We often say that it’s better to give than to receive, but did you know that this is actually backed up by research? On world mental health day, we will celebrate Random Act of Kindness day in Moray, promoting the positive impact that helping others can have on your own mental health and well-being. Look out for random acts of kindness and information and resources throughout Moray.

Wed 10 Oct
Throughout Moray
Free / No booking required
Information: 01343 567 188

PAY IT FORWARD
Mimi Leder, USA, 2000, 123m, 12
A special school screening of Mimi Leder’s inspirational drama Pay It Forward as part of Moray Random Act of Kindness Day, with project worksheets and information for teachers. Kevin Spacey stars as a social studies teacher who assigns a young boy (Hayley Joel Osment) the task of coming up with an idea that will improve mankind and the way we interact.

Wed 10 Oct
10am – 12.30pm
The Moray Playhouse Cinema, 195 High Street, Elgin IV30 1DJ
Free / Booking required
Information: 01343 567 108

SHARON KING AND THE WRECKLESS ANGELS
Award winning Scottish songwriter with a talent for spinning yarns, Sharon King continues to build a reputation for vibrant, funny, relaxed and intimate live shows. An accomplished storyteller and natural raconteur, her astute observations are delivered with easy banter and peppered with tales of her travels. Colours and textures are woven through the narratives with mandolin, fiddle, viola and the voices of the Reckless Angels.

Fri 12 Oct
8 – 10pm
The Loft, East Grange Farm, Kinloss, Forres, Moray IV36 2UD
£8
Booking: 01343 850 111

THE HAPPY MOVIE
What makes you happy? From the deserts of Namibia to the Foundation at Findhorn, Academy Award nominated director Roko Belic asks whether we really live in a world which promotes happiness and well-being. The Happy Movie combines powerful human stories with cutting edge science to give us a deeper understanding of our most valued emotion. Screening followed by discussion.

Fri 12 Oct
8 – 10pm
Universal Hall, Findhorn Foundation, The Park, Findhorn IV36 3TZ
Free / No booking required
Information: 01309 691 170

HUGO AND THE HOUSE OF AUTOMATA
Martin Scorsese, USA, 2011, 126m, U
A unique screening of the Oscar-winning Martin Scorsese film, Hugo, presented by Michael and Maria Start of The House of Automata, a specialist automata company from Scotland who were advisors on the film. This showing will be followed by a Q&A, as well as a chance to see some robotic props used to create the world of 1930’s Paris.

Sun 14 Oct
1 – 3.45pm
The Moray Playhouse Cinema, 195 High Street, Elgin IV30 1DJ
Free (suggested donation £1 / £2) / No booking required
Information: 07790 719 097 or 07811 827 357 or 01309 691 692
WALK IN MY SHOES
CREATIVE ARTS
EXHIBITION
What is it like to walk in the shoes of a young person or adult with mental health issues? Expressing mental health through art and creativity via the mediums of illustration, crafts, photography, audio-visual work, writing and poetry, and much more. This exhibition will promote positive mental health and well-being, challenge stigma and discrimination and celebrate the artistic achievements of people with experience of mental health issues.
Mon 15 – Wed 24 Oct
9am – 5pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: 01343 562 602

WALK IN MY SHOES:
POETRY WRITING
SESSIONS
Poet and publisher Colin Will helps turn your words, perspectives and reflections on mental well-being into descriptive and powerful poems. There will be an opportunity for your poetry to be exhibited as part of the Walk In My Shoes creative arts exhibition in Elgin Library Gallery.
Wed 17 Oct
11am – 12.30pm and 2.30 – 4.00pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / Booking required
Booking: 01343 567 188

FEEL GOOD ON
THE FARM
You are invited to feel good on the farm at East Grange – a family-friendly fun-packed day of discounted activity taster sessions. Includes bands, DJs, food and drink, coffee shop and bistro, children's activities – play area, bouncy castle, storytelling, alternative therapies, health stalls, arts and crafts. Both indoor and outdoor events. Wigwams and camping are also available.
Sun 21 Oct
10am – late
The Loft, East Grange Farm, Kinloss, Forres, Moray IV36 2UD
Free entry (paid activities)
Booking / Information: 01343 850 111
www.eastgrange.co.uk

THE FLYING STARTS
FLEA CIRCUS
The House of Automata present the Flying Starts Flea Circus from Kinloss, Forres. Trained fleas will perform 10 exciting circus acts to music on the smallest circus ring in Elgin, presenting an alternative reality that will entertain, amaze and stretch your imagination. Followed by a Q&A.
Tue 16 Oct
6.30 – 8pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free (suggested donation £4 / £2)
Booking: 07790 719 097 / 07811 827 357 / 01309 691 692

BULLY
Kutting Edge Youth Theatre presents its new hard-hitting community production, looking at the many forms of bullying. Kutting Edge Youth Theatre builds on its growing reputation for entertaining but realistic, issue-based drama with this production, which will also visit local secondary schools. Supported by the National Lottery Awards for All Programme.
Wed 24 Oct
7 – 8.30pm
Lossiemouth High School, Coulardbank Road, Lossiemouth IV31 6JU
£2 / No booking required
Information: 01343 557 148
CREATIVE MINDS
A joyful and moving film showing how puppetry, art, singing and story-making can boost communication, confidence and relationships in care settings. For more details on the project, please visit www.creativityincare.org.

Mon 1 Oct
1.30 – 3pm
The Soutar Theatre at AK Bell Library, York Place, Perth PH2 8EP

Tue 2 Oct
1.30 – 3pm
The Spectrum Centre, Margaret Street, Inverness IV1 1LS

Wed 3 Oct
1.30 – 3pm
The Presidential Suite, Mercure Hotel, Church Street, Inverness IV1 1QY

Thu 4 Oct
1.30 – 3pm
Community Centre, Dunrobin Street, Helmsdale KW8 6JX

£7 / £5
Booking: 0771 611 1585
karrie@creativityincare.org

WALKING CREATIVELY IN MY SHOES
Join Tamalpa Life/Art practitioner Kate Craik on a two-hour journey of self-discovery, creativity and fun. Tap into your inner self using everyday movement, drawing and writing to explore what it’s like to walk in your own shoes – do they still fit your present life? What might your next step be?

Wed 3 Oct
10am – 12pm
The Greenhouse, 14 High Street, Dingwall IV15 9RU

Wed 3 Oct
2 – 4pm
The Bike Shed Community Arts Venue, Grant Street, Inverness IV3 8BL

Free / Booking required
Booking: info@highlandmhfestival.com

OUT OF THE SHADOWS – SEE ME NOW
Exhibition with shadow-puppetry workshops, mapping experiences of change in attitudes towards mental ill-health over the last 30 years. The session will produce a shadow-puppet film about personal experiences of the changes, which will tour around the Highlands and Islands with the exhibition.

Mon 15 Oct
12 – 3pm
The Greenhouse, 14 High Street, Dingwall IV15 9RU

Tue 16 Oct
10.30am – 12.30pm
Macphail Centre, Mill Street, Ullapool IV26 2UN

Wed 17 Oct
2 – 4pm
Community Centre, Dunrobin Street, Helmsdale KW8 6JX

Free / Booking required
Booking: Karrie Marshall on 07716 111 585

LAUGH? I NEARLY DIED
Starting on Tiree, a group of Scottish stand-ups led by Susan Morrison will do nine gigs around the Highlands and Islands, supported by Choose Life and Co-operative Membership. Workshops will also be delivered to professionals, volunteers and community groups interested in using comedy to reach young people and others at risk.

Thu 4 Oct
(7pm doors) 8 – 10pm
Fort William Shinty Club, An Aird, Fort William PH33 6AN

£6 / No Booking required
Information: www.fairpley.com
FILM

MURIEL’S WEDDING

PJ Hogan, Australia, 1994, 106m, 15

Toni Collette stars as Muriel, an Australian girl who spends her days alone in her room listening to Abba music and dreaming of her wedding day. The slight problem is – Muriel has never had a date. But when she steals some money to go on a tropical vacation, Muriel meets a wacky new friend who turns her own world upside down.

Sat 6 Oct 2.30 – 4.30pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£4 / £2
Booking: Eden Court Box Office 01463 234 234 www.eden-court.co.uk

VENUS

Roger Michell, UK, 2006, 95m, 15

Poignant British comedy–drama, starring Peter O’Toole, Leslie Phillips, Vanessa Redgrave and Jodie Whittaker. Maurice (O’Toole) is a 70–something actor who spends most of his time reminiscing about old times with his best friend Ian (Phillips). However, when Ian’s grand–niece (Whittaker) arrives to take care of him, Maurice finds himself increasingly taken with her...

Tue 9 Oct 7.15 – 9.15pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£4 / £2
Booking: Eden Court Box Office 01463 234 234 www.eden-court.co.uk

SUNDAY BLOODY SUNDAY

John Schlesinger, UK, 1971, 110m, 15

This ground–breaking study of personal relationships stars Peter Finch, Glenda Jackson and Murray Head. A Jewish doctor, Daniel Hirsh (Finch) and a middle–aged woman, Alex Greville (Jackson) are both having affairs with the same man, artist, Bob Elkin (Head). Aware of the love triangle, Daniel and Alex pursue the situation despite their growing fear of losing Elkin, who switches freely between them.

Sun 14 Oct 5 – 7pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£4 / £2
Booking: Eden Court Box Office 01463 234 234 www.eden-court.co.uk

MARTHA MARCY MAY MARLENE

Sean Durkin, UK, 2011, 102m, 15

Haunted by painful memories and increasing paranoia, a damaged woman struggles to re–assimilate with her family after fleeing an abusive cult. What is real for Martha, and what is just a nightmare? This thought–provoking story of mental abuse and recovery features Elizabeth Olsen in a break–through performance as Martha, supported by Sarah Paulson and John Hawkes.

Wed 17 Oct 5 – 7pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£4 / £2
Booking: Eden Court Box Office 01463 234 234 www.eden-court.co.uk

SMHAFF FILM EVENING

Join us for an evening of film and discussion, with See Me Now showcasing the joy of using puppetry in working with dementia patients, and HUG members telling their own stories.

Thu 18 Oct 6 – 8.30pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
Free / Booking required
Booking: keith@highlandmhfestival.com
PEOPLE’S POEMS IN THE LIBRARIES

Poetry inspired by the buildings of Argyll and Bute Hospital, and the woodlands which surround the site. The work will be exhibited in libraries across Argyll and Bute.

Mon 1 – Wed 24 Oct
Library opening times
Campbeltown, Dunoon, Helensburgh, Lochgilphead, Oban and Rothesay

Free / No booking required
Information: hugh.fife@yahoo.co.uk

WHO CARES FOR THE YELLOW FOREST? & HEALTHY WOODS, HEALTHY PEOPLE

Special screening of two films made at Blarbuie Woodland and Argyll and Bute Hospital. New short Who Cares for the Yellow Forest? is shown alongside Healthy Woods, Healthy People, a film designed to identify the impact that regeneration of the woodland has had on the well-being of its users.

Thu 4 and Sat 6 Oct
Thu 7 – 8pm and Sat 4 – 5pm
Mid Argyll Youth Project, 50a Union Street, Lochgilphead PA31 8JS

Free / No booking required
Information: hugh.fife@yahoo.co.uk

SANCTUARY SESSIONS

The band Sanctuary, associated with Blarbuie Woodland and Argyll and Bute Hospital, will lead a variety of music sessions at the Slainte Bar in Ardrishaig. Many genres of music covered, open to all.

Sun 7 and Sun 21 Oct
4 – 9pm
The Slainte Bar, Ardrishaig PA30 8DX

Free / No booking required
Information: hugh.fife@yahoo.co.uk

INSPIRING WALKS

Blarbuie Woodland by the hospitals in Lochgilphead is a place of beauty and healing. Take up this opportunity to see the woods light up and experience art and music and poetry among the trees, with guides available to escort from the afternoon into the evening. Food and drink available.

Fri 19 and Sat 20 Oct
3 – 9pm
Blarbuie Woodland, by the Hospitals, Lochgilphead PA31 8LD

Free / No booking required
Information: hugh.fife@yahoo.co.uk

CHOOSE LIFE ON THE ROAD – RAMBLING LAUGHS

Join us at the Choose Life Comedy Club where comedians Susan Morrison, Keir McAllister and John Scott will be taking us on a comedic walk in their shoes sharing life’s ups and downs from their own unique perspectives.

We will be in Tiree, Mull, Oban, Inverary, Islay, Cambeltown and Lochgilphead please see festival website for dates and for details.

ARGYLL AND BUTE
DOUGIE’S WAR

Rodge Glass will be talking about Dougie’s War, a fictional tale (though inspired by real life events) of Dougie Campbell, a Scottish soldier and veteran of the war in Afghanistan returning home to the south side of Glasgow. He has just left the British Army but cannot forget his experiences of combat. As the pressure builds, those closest to him try to intervene, but Dougie has already chosen another path.

Tue 2 Oct
10am and 1.30pm (Events are one hour, with book signing afterwards)
Open to schools in Dumfries and Galloway. Not open to the public

For a performance in your school, apply at www.scottishbooktrust.com/learning/schools–events–programme

INSIDE OUT 2012

This devised drama will tour schools throughout Ayrshire and explores everyday occurrences of mental health-related stigma and the way in which people from a variety of backgrounds deal with it. This gritty portrayal is inspired by the real life experiences of service users, carers and their families.

Mon 8 – Fri 12 Oct
This event is open to schools only
HELP

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
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.
08457 90 90 90
Local rate call

BREATHING SPACE
You can speak to a Breathing Space adviser weekdays: Monday to Thursday 6pm – 2am and weekends: Friday 6pm to Monday 6am if you are depressed or experiencing low mood.
0800 83 85 87
Calls are free of charge

CHILDLINE
Childline is the free helpline for children and young people. You can talk with an adviser about any problem 24 hours a day, 7 days a week.
0800 11 11
Calls are free of charge

EMERGENCY AMBULANCE
Dial 999 if you need an emergency ambulance.
999
Calls are free of charge

NHS 24
Calls NHS 24 if you are ill and it can’t wait until your GP surgery opens.
0845 24 24 24
Local rate call
CALLING ALL FILM–MAKERS

International film submission for 2013:

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 early 2013. Please see our website for details, guidelines and previous award winners.

mhfestival.com