REALITY
1–26
OCTOBER
2013
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 ostreet.co.uk
WELCOME TO THE 2013 FESTIVAL

This October is all about reality.

What does reality mean to you? Does anyone else see the world exactly as you do? Why do so many artists find mental health to be such a fertile ground for creativity?

Launching in the Highlands, this year’s Festival will explore all these questions and more. Our line-up is our biggest and best yet, encompassing nearly 300 events stretching the length and breadth of Scotland. Our exhilarating film programme will challenge you to see life through a different lens; while theatre invites you to enter new worlds through live performance. We have a brand new collaboration in the shape of a weekend literature festival with Aye Write! And, as always, our festival is rooted in the creativity of communities throughout Scotland, with a backbone of workshops, exhibitions and celebrations from those working to promote positive mental health and challenge stigma all year round.

Thanks to our fantastic network of artists, activists and organisers, we are now one of the largest social justice festivals in the world. Join us and be moved, amused, provoked and inspired. And help us create new realities and possibilities.

Lee Knifton – Festival Director
With ‘reality’ at the heart of this year’s Scottish Mental Health Arts and Film Festival, it’s no surprise that documentary is a key element in the core film programme. *Running From Crazy* (p13/18/48) features Oscar-winner Barbara Kopple detailing Mariel Hemingway’s fight against the stigma of her family’s mental illness. Alan Berliner’s *First Cousin Once Removed* (p12/18) is a heartfelt and sincere portrait of poet, friend and mentor Edwin Honig. And festival favourite Jack Bond presents *The Blue Black Hussar* (p18/48) a dynamic story of recovery featuring Adam Ant.

Our programme also covers new subjects and experiences: the debilitating effect of post-traumatic stress disorder in Richard Jobson’s *Wayland's Song* (p12); or Frank Langella growing old disgracefully in *Robot and Frank* (p13). There’s also a special screening of *I Am Breathing* (p12), which touchingly depicts how one couple cope with motor-neurone disease.

Diversity is a key element of the programme. On the surface there appears to be little connecting the realities experienced by Canadian actress Sarah Polley as she tracks down her birth father in *Stories We Tell* (p46), the passionate accounts of urban Scottish life in Ken Loach’s *The Angels’ Share* (p32) and Peter Mullan’s *Neds* (p32), the mother’s angst expressed in Lynn Ramsay’s *We Need To Talk About Kevin* (p55), or John Travolta dancing his way out of the ghetto in *Saturday Night Fever* (p12).

The common ground is that they all vividly express one person’s experience of reality. Whether looking at urban gardening in *Glasgow 2 Detroit* (p13), a rapper’s recovery from a psychological disorder in *The Mars Project* (p19), or one man struggling with a breakdown in Jeff Nichols’ *Take Shelter* (p18), film is an accessible way for us communicate and appreciate what life is all about.

Our core film programme will be supported by Q&A’s with filmmakers where possible, and each event is intended to provide a forum for challenging work, and a platform for discussion.
This year, we’re presenting our most exciting and ambitious theatre season yet, with works that seek not only to entertain, but to challenge pre-conceptions and open up conversations around mental health. Using drama, comedy and dance, we explore the realities of ageing, dementia, eating disorders, depression and relationships.

The packed programme spans Scotland, with many high-profile theatre companies touring their shows across the country. China Plate’s award-winning Mess (p6) offers a whimsical insight into living with anorexia; Barrowland Ballet’s Tiger and Tiger Tale (p8) explore the re-awakening of family relationships; and Strange Theatre/Plutôt La Vie’s Couldn’t Care Less (p7) is a tender exploration of the struggles and triumphs of caring for a loved one. This is also the Festival’s first ever online theatre event – the whole show is streamed live from Edinburgh’s Traverse on Fri 18 Oct (p23).

We also bring you The Incredible Adventures of See Thru Sam (p11/38) by Random Accomplice, introducing us to a teenage superhero who finds his invisible existence threatened by first love; Theatre Ad Infinitum’s Translunar Paradise (p40) – a wonderful, inspiring and uplifting show from last year’s Edinburgh Fringe; and the Life In Progress Theatre Group with Reality Bites (p23), a ground-breaking devised performance which expands into discussions with experts and policy-makers, allowing us to affect real changes in the mental health sector.

Glasgow’s Tramway showcases the return of Down the Rabbit Hole with Mirror Mirror (p10). This performance, devised especially for the festival, is an autobiographical exploration of the reality of being a young person living with an eating disorder. Also at the Tramway is Mental (p10) by the vacuum cleaner, a powerful portrayal of creativity and depression.

Join us as we invite you to enter new worlds and explore realities.
Elspeth comes and goes through windows into another world. Her school of dance lies empty. The doctors say it’s Alzheimer’s. Elspeth and her daughter Lilly embark on a journey of frustration, humour and ultimately love as Lilly learns to dance with the person who is, not the mother who was.

Inspired by the experiences of carers, Couldn’t Care Less is a dark, surreal, funny and moving story of two women whose lives are disappearing.

Created by Liz Strange, Tim Licata, Hilde McKenna and Morna Pearson with Alice Wilson, Malcolm Shields and Danny Krass.

Developed with the support of Creative Scotland, the Scottish Mental Health Arts & Film Festival, Luminate: Scotland’s creative ageing festival, North Edinburgh Arts and Age Scotland. (Age 12+)

Fri 11 and Sat 12 Oct
North Edinburgh Arts Centre (p22)

Tue 15 and Wed 16 Oct
East Kilbride Arts Centre (p29)

Thu 17 – Sat 19 Oct
Traverse Theatre, Edinburgh (p23)

Mon 21 Oct
Buckie Community High School Auditorium (p54)

Tue 22 Oct
Elgin Town Hall (p54)

Wed 23 Oct
Spectrum Centre, Inverness (p57)

Thu 24 Oct
Corran Halls, Oban (p57)

Sat 26 Oct
Lochgelly Centre, Fife (p47)

Mon 28 Oct
Platform, Glasgow (p15)

Tue 29 Oct
Ardishaig Public Hall, Argyll (p57)

Wed 30 Oct
Dunoon Grammar School (p57)

Tue 31 Oct
Eastwood Park Theatre, Giffnock (p15)

Sat 2 Nov
Hermitage Academy, Helensburgh (p57)

Couldn’t Care Less can also be seen live on the internet from the Traverse Theatre at 8pm, Fri 18 Oct. To watch online, visit: http://couldntcarelesstheplay.wordpress.com/watch-online/
TIGER
BARROWLAND BALLET
Tiger is the story of a family who have ceased to function; a girl who longs for someone to play with, a mother who has forgotten what it’s like to go outside and a father obsessed with success. A family whose everyday world is turned upside down when a tiger comes to stay. Chaotic, dangerous and an awful lot of fun, their guest slowly makes them remember what it is they love about one another. Sometimes everyone needs a tiger in their lives. (Age 14 +)

TIGER TALE
BARROWLAND BALLET
Bored and lonely Poppy longs for someone to play with, mum is too busy cleaning and never goes outside, dad is always working striving for success. Then Poppy’s and her parents’ world is turned upside down when a tiger comes to stay. Bringing chaos, danger and an awful lot of fun, their guest slowly reminds them what it is they love about one another. Sometimes everyone needs a tiger in their lives. (Age 6 +)

Tiger and Tiger Tale are a Barrowland Ballet dance theatre production with live music by Kim Moore and co-created by Natasha Gilmore and Rob Evans.

Fri 13 and Sat 14 Sep
Platform, Glasgow (p10)
Fri 20 Sep
Brunton Theatre, Musselburgh (p16)
Sat 21 Sep
Beacon Arts Centre (p37)
Sat 28 Sep
MacRobert, Stirling (p41)
Mon 14 Oct
Eastgate Theatre and Arts Centre, Peebles (p25)
Thu 17 Oct (Tiger Tale only)
Cumbernauld Theatre (p29)
Fri 18 Oct
Eastwood Park Theatre, Giffnock (p15)
Sat 19 Oct
Palace Theatre, Kilmarnock (p58)
Sun 20 Oct (Tiger Tale only)
Rothes Hall, Fife (p47)
Wed 23 Oct
The Lemon Tree, Aberdeen (p50)
Fri 25 and Sat 25 Oct
Tramway, Glasgow (p15)

ANGUS – WEAVER OF GRASS
HORSE AND BAMBOO THEATRE
A powerful tale of illness, lost traditions and magical hats of grass, stunning like sunbursts. Raised on South Uist, and traumatised by WWII, Angus spent 50 years in psychiatric hospitals. He did not speak; instead he wove remarkable costumes from grass.

The show tells Angus’s story, and it does this using masks, puppets and film. There is almost no dialogue, and the non-verbal nature of the production mirrors Angus’s own lack of words. The story unfolds using Gaelic narrative and song, with singer Melissa Deans.

Fri 4 Oct
Bellshill Cultural Centre (p27)
Sat 5 Oct
Scottish Storytelling Centre, Edinburgh (p20)
Sat 12 Oct
Eden Court Theatre, Inverness (p55)
Mon 14 Oct
Elgin Town Hall (p53)
Thu 17 Oct
Paisley Arts Centre (p33)
WHOSE REALITY?

In the lead up to the 2013 Festival, SMH AFF launched an open call out for creative people to design the cover artwork for the brochure. The brief was simple: what does reality look like to you?

We had an overwhelming range of responses from artists, graphic designers and photographers across Scotland. A selection of the entries are available on an online exhibition at mhfestival.com

The winning entry below came from Deirdre Macleod and was chosen by a panel that included our design agency, O Street.

‘During a micro-residency at the Division of Psychiatry at the University of Edinburgh, I observed the out-patient clinics at the Royal Edinburgh Hospital, listening to the experiences of people with a range of mental health conditions. These painting are an attempt to represent, in their non-figurative form, the character and vitality of the people that I met at the clinic, their experience of their illness, the challenges that they face, and the reality of their lives.’
TIGER (PREVIEW)
A family’s everyday world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for adults. See page 8 for full details.

Fri 13 Sep
7pm
£8 / £4.50

TIGER TALE (PREVIEW)
Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+. See page 8 for full details.

Sat 14 Sep
2pm
£8 / £4.50

Platform, The Bridge,
1000 Westerhouse Road,
Glasgow G34 9JW
Booking: 0141 276 9696

LIVING WITH THE REALITY OF UNCERTAINTY
At times of uncertainty and ambiguity, we yearn for words – our own or others – to aid in coping. If something is unmentionable it is also unmanageable. Words can help overcome this. Ted Bowman leads a professional development workshop in facilitating creative words for wellbeing, includes group interactions, poetry, writing and shared learning.

Fri 20 - Sun 22 Sep
Fri 7 - 9pm, Sat 10am - 5pm,
Sun 10am - 5pm
Maggie’s Glasgow, The Gatehouse,
Western Infirmary Hospital, 10
Dumbarton Road, Glasgow G11 6PA
£70 / £60 (Lapidus members)
Booking: Carl Pickard
lapidus.scotland@yahoo.co.uk

MIRROR MIRROR
Sensitive yet dynamic, ‘Mirror Mirror’ is a vibrant dance theatre piece that draws on autobiographical material and interviews to explore the reality of being a young person living with an eating disorder. Supported by Creative Scotland with research from the Mental Health Foundation.

Thu 3 - Sat 5 Oct
7.30 - 8.30pm
Tramway, 25 Albert Dr,
Glasgow G41 2PE
£8 / £6 (Early bird until 23 Sep)
Booking: 0845 330 3501

Fri 11 Oct
2 - 3pm (As part of Headspace 13, p11)
Platform, The Bridge,
1000 Westerhouse Road,
Glasgow G34 9JW
See Headspace 13 (p11) for details

MENTAL
The Metropolitan Police call him a Domestic Extremist. The NHS have labelled him as Borderline Personality Disorder. He prefers the term ‘Mental’. After 10 years of being an outlaw and an inpatient, one person artist and activist collective ‘the vacuum cleaner’ presents this powerful autobiographical performance.

Thu 3 - Sat 5 Oct
7.30 - 8.30pm
Tramway, 25 Albert Dr,
Glasgow G41 2PE
£8 / £6 (Early bird until 23 Sep)
Booking: 0845 330 3501
FESTIVAL FAMILY DAY
All ages welcome to come along and get involved in a fun-packed day of songs, nursery rhymes, storytelling, arts ‘n’ crafts, films, and much more! Step out of stress and take this chance to share, explore and discover. Includes childhood stories with Lapidus, Bookbug sessions, beads and blether and films.

Sat 5 Oct
1 - 5pm
Kinning Park Complex,
40 Cornwall Street, Glasgow G41 1AQ
Free / No booking required
Information: jcameron@mentalhealth.org.uk

THE INCREDIBLE ADVENTURES OF SEE THRU SAM
The story of an ordinary boy with an extraordinary life, ‘See Thru Sam’ is a coming-of-age comedy dealing with parental death, and first love. A heartbreaking, life affirming comedy about love, life and being a total loser. Presented by Random Accomplice.

Thu 10 Oct
7 - 8.45pm
Platform, The Bridge,
1000 Westerhouse Road,
Glasgow G34 9JW
£8 / £4.50 / £3.50
Booking: 0141 276 9696

HEADSPACE 13
Ever dreamt of what life’s adventures could be? In this packed day of performances, workshops and discussions, the Headspace 13 artists’ and community collectively showcase their talents and invite you to exercise your own, awakening the actor, artist, writer or musician within to delve into your own ideas of ‘reality’. Featuring Mirror Mirror (p10).

Fri 11 Oct
10am - 10pm morning, afternoon and/or evening booking available
Platform, The Bridge,
1000 Westerhouse Road,
Glasgow G34 9JW
Free / Booking required
Booking: 0141 232 0165

THE PLAY CAFÉ
Join us for a relaxed, creative morning in The Bridge café bar, sharing stories and making music – as well as enjoying a delicious lunch! The Play Café runs every Wednesday from Platform’s chilled-out bar, welcoming family members of all ages to enjoy some creative, de-stressing time together.

Wed 9 Oct
10.30am - 12.30pm
Platform, The Bridge,
1000 Westerhouse Road,
Glasgow G34 9JW
Free / Booking required
Booking: 0141 276 9696

BRANCHING OUT PHOTOGRAPHY EXHIBITION
View nature through a new lens with this stunning exhibition of photography by Branching Out participants. Branching Out provides woodland activities on referral for mental health service users across Scotland.

Fri 11 Oct
2 - 4pm
SAMH, 51 Wilson Street,
Brunswick House, Glasgow G1 1UZ
Free / No booking required

KEEPING IT REAL – LEVERNALE HOSPITAL ART EXHIBITION
A lively multimedia exhibition of work from the patients and staff of the Leverndale Hospital community, centred around the theme ‘My Reality’, featuring visual art, crafts, creative writing and live music.

Mon 14 Oct
6pm
Leverndale Hospital - Recreational Therapy, 510 Crookston Road,
Glasgow G53 7TU
Free / No booking required
Information: Brian Reid 0141 211 6477
SATURDAY NIGHT FEVER

John Badham, USA, 1977, 118m, 18
Cast: John Travolta, Karen Lynn Gorney

In this classic American dance film, Brooklyn youth Tony Manero (John Travolta) works a dead-end job by day, yet transforms into the king of the dance-floor by night. Saturday Night Fever is famed for its encapsulation of '70s disco culture, but the heart of this film is its sympathetic portrayal of the need to escape one's background. The film will be followed by a disco at 8.30pm.

Sat 5 Oct
6 - 9.45pm
SWG3, Studio Warehouse,
100 Eastvale Place, Glasgow G3 8QG
£5 / £3 (prices include the disco)
Booking: saturdaynightfever.eventbrite.co.uk

WAYLAND’S SONG

Richard Jobson, UK, 2013, 90m, 15
Cast: Michael Nardone, Rob James-Collier, Orla Brady

Wayland (Michael Nardone), a veteran soldier returns home after being badly injured in Afghanistan, only to find that his daughter has vanished. Richard Jobson’s latest thriller examines the impact of Post-Traumatic Stress Disorder.

Tue 8 Oct
8 - 10pm
SWG3, Studio Warehouse,
100 Eastvale Place, Glasgow G3 8QG
£6 / £4
Booking: waylandssong.eventbrite.co.uk

I AM BREATHING

Emma Davie, Morag McKinnon, Denmark/UK, 2013, 72m, 12 A
Cast: Neil Platt, Louise Platt

Young father Neil Platt was diagnosed with Motor Neurone Disease (MND), leaving him paralysed from the neck down. This moving documentary is a celebration of Neil's astonishing bravery and unwavering sense of humour in the final months of his life.

Mon 14 Oct
6 - 7.45pm
Glasgow Film Theatre, 12 Rose St,
Glasgow, Lanarkshire G3 6RB
£5
Booking: 0141 332 6535
glasgowfilm.org

FIRST COUSIN ONCE REMOVED

Alan Berliner, USA, 2012, 78m, NC
Cast: Edwin Honig

Director Alan Berliner spent five years filming his relative and friend, the poet Edwin Honig in order to document the gradual loss of his memory to Alzheimer's. First Cousin Once Removed is a piercing yet compassionate profile of Honig’s fascinating mind.

Sun 6 Oct
5.30 - 7.15pm
Glasgow Film Theatre, 12 Rose St,
Glasgow G3 6RB
See www.glasgowfilm.org for prices
Booking: 0141 332 6535
glasgowfilm.org
FILM IN GLASGOW

SYNECDOCHE, NEW YORK
Charlie Kaufman, USA, 2008, 124m, 15
Cast: Philip Seymour Hoffman, Catherine Keener, Michelle Williams, Hope Davis
In Charlie Kaufman’s cerebral drama, eccentric theatre director Caden Cotard conceives a life-size play as a replica of his own life. He builds a massive set in a warehouse and casts actors to play himself and his friends. Eventually the vastness of the production threatens to eclipse Caden’s reality.

Tue 15 Oct
7 - 10pm
Kinning Park Complex,
40 Cornwall Street, Glasgow G41 1AQ
Free / No booking required
Information: Angela Ross
0141 445 1666 info@plantation.org.uk

GLASGOW2DETROIT
Don MacKeen, Jackie McMaster, UK, 79m, 2012, NC
Cast: Paul Weertz, Malik Yakini, Gloria Lowe, Grace Lee Boggs, Ian Sharp, Gordon Barnes, Moira McCaig
Husband and wife team Don MacKeen and Jackie McMaster filmed this organic documentary in Glasgow and Detroit. The film compares the two post-industrial cities, and suggests that Glasgow could benefit from the urban farming movement that has become a way of life in Detroit.

Thu 17 Oct
7 - 9pm
Kinning Park Complex,
40 Cornwall St, Glasgow G41 1AQ
£2
Booking: glasgow2detroit.eventbrite.co.uk

ROBOT AND FRANK
Jake Schreier, USA, 2012, 89m, 12A
Cast: Frank Langella, Peter Sarsgaard, Susan Sarandon, Liv Tyler, James Marsden
This warm drama is a humorous but moving take on dementia. Ex-convict Frank begins to lose his memory, and his children become concerned that he can no longer live alone. In lieu of placing Frank in a nursing home, his son Hunter (James Marsden) buys him a robot companion (voiced by Peter Sarsgaard).

Fri 18 Oct
7.30 - 9.30pm
The Glad Cafe
1006a Pollokshaws Road,
Shawlands, Glasgow G41 2HG
Booking: 0141 636 6119
thegladcafe.co.uk

RUNNING FROM CRAZY
Barbara Kopple, USA, 100m, NC
Cast: Mariel Hemingway, Jack Hemingway, Langley Hemingway, Margaux Hemingway
Double Academy Award-winner Barbara Kopple directs this documentary following actress Mariel Hemingway, grand-daughter of the late Ernest Hemingway. Mariel sets out on a personal journey as she strives for understanding of her complex family history of mental illness and suicide.

Sun 20 Oct
7.45 - 9.45pm
Glasgow Film Theatre, 12 Rose St,
Glasgow, Lanarkshire G3 6RB
See www.glasgowfilm.org for prices
Booking: 0141 332 6535
glasgowfilm.org
**STORIES FROM THE GREEN**

Enjoy an eclectic showcase of work from the arts and media sessions at The Coach House Trust, a Glasgow-based charity that supports those experiencing mental health issues. There will also be the chance to join workshops throughout the day, teaching diverse skills like horticulture, woodwork, creative writing and music.

**Mon 14 and Tue 15 Oct**
**Mon 10am - 8pm, Tue 10am - 3pm**
The Glad Café, 1006a Pollokshaws Road, Shawlands, Glasgow G41 2HG
Free / No booking required
Information: Susan Steell 0141 334 6888

**SURPLUS REALITY**

Solar Bear’s psychodrama project presents the chance to step into and change our realities by exploring and acting-out our ‘surplus reality’ – contrasting what has happened with what might or should have happened. A refreshing and cathartic experience which gives participants hope and courage to dream of a better life.

**Wed 16 Oct**
7.30 - 9pm
The Arches Theatre, 253 Argyle St, Glasgow G2 8DL
Free / Booking recommended
Booking: Solar Bear Theatre Company 0141 221 3240 or Ian Gidley 07952 933 563 ian@solarbear.org.uk

**MOVING MINDS V**

Presented by VOX (Voices Of eXperience) and Kelvingrove Art Gallery and Museum. Moving Minds V offers a full and fascinating day of events, exploring diversity and mental wellbeing around the theme of ‘reality’. Events include music, dance theatre and workshops, including the beyond prejudice film screening and Reality Guided tour. See mhfestival.com for full event details.

**Thu 17 Oct**
10.30am - 4pm
Kelvingrove Art Gallery and Museum, Argyle Street, Glasgow G3 8AG
Free / Booking required
Booking: 0141 572 1663
jsteel@mentalhealth.org.uk

**TIME OUT: ARTS SHOWCASE**

A showcase of the work produced as part of the collaborative arts and wellbeing ‘Time Out’ programme, including an art exhibition, craft sale, creative writing and reading performances.

**Fri 18 Oct**
2 - 5pm
Gallery 966, The Portal, 966 Govan Road, Glasgow G51 3AJ
Free / No booking required
Information: Angela Ross 0141 445 1666 info@plantation.org.uk

**SMHAFF AND AYE WRITE PRESENT:**

Literature has always been a key part of the Scottish Mental Health Arts and Film Festival. This year, we’ve upped the ante by collaborating with the ever-popular and always erudite Aye Write! Glasgow’s Book Festival to programme a three day literary events programme at the Mitchell Library, in Glasgow. The written word has a unique role to play in exploring the many different facets of mental health, and this year we’ve already been able to confirm a selection of guests which prove the broad spectrum of opinion out there. From the redoubtable Alasdair Gray to Denise Mina, by way of familiar names including Don Paterson, Dennis O’Donnell, Sophie Hannah and Jenni Fagan, our 2013 literary events programme promises to demonstrate just how much our ideas about ourselves can be wrapped up in words.

This events programme will also include the Bipolar Scotland Short Story Competition 2013 Finale. The culmination of Bipolar Scotland’s short story competition, this event will include readings and a prize giving ceremony. For details see mhfestival.com

**Thu 17, Fri 18 and Sat 19 Oct**
(see ayewrite.com for times)
The Mitchell Library, North St Glasgow G3 7DN
Booking required
Booking: 0141 353 8000
www.ayewrite.com or in person at Glasgow Royal Concert Hall
LIFE IS A CABARET
Mark the end of the Festival with this annual jamboree of music, art film and comedy at Govan’s Pearce Institute, celebrating the achievements of all involved in the Festival and especially the participants of Glasgow South West’s ‘Time Out’ programme.

Fri 25 Oct
7 - 11pm
The Pearce Institute,
840-860 Govan Rd,
Glasgow G51 3UU
Free / Booking recommended
Booking: Angela Ross 0141 445 1666
info@plantation.org.uk

TIGER TALE
Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+. See page 8 for full details.

TIGER
A family’s everyday world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for adults. See page 8 for full details.

Fri 25 and Sat 26 Oct
Fri 10.30am Sat 2.30pm (Tiger Tale)
7.30pm (Tiger)
Tramway, 25 Albert Drive, Glasgow
G41 2PE
£6 (Tiger Tale) £8 / £6 (Tiger)
Booking: 0845 330 3501

COULDN’T CARE LESS
Inspired by the experiences of carers, this is a dark, surreal, funny and moving story of two women whose lives are disappearing. See page 7 for full details.

Mon 28 Oct
7.30 - 8.45pm
Platform, 1000 Westerhouse Road,
Glasgow G46 6UG
£8.50 / £4.50 / £3.50
Booking: 0141 276 9696

EAST RENFREWSHIRE

TIGER TALE
Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+. See page 8 for full details.

TIGER
A family’s everyday world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for adults. See page 8 for full details.

Fri 18 Oct
2.30pm (Tiger Tale), 7.30pm (Tiger)
Eastwood Park Theatre,
Eastwood Park, Rouken Glen Road,
Giffnock G46 6UG
£9 / £8 (Tiger Tale) £13 / £11 / £9
(Tiger)
Booking: 0141 577 4956
eastwoodparktheatre.co.uk
**TIGER TALE**

Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+. See page 8 for full details.

**TIGER**

A family’s everyday world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for adults. See page 8 for full details.

Fri 20 Sep
10am (Tiger Tale), 7.30pm (Tiger)
Brunton Theatre, Ladywell Way, Musselburgh, Midlothian EH21 6AA
£6.75 / £6.25 / £5.25 (Tiger Tale), £11.75 / £9.75 (Tiger)
Booking: 0131 665 2240

**CHANGING FACES**

A thought-provoking exhibition of pottery, paper mache, glass painting, silk painting and much more. Created by the members of Living Well North Edinburgh Project.

Tue 1 - Tue 29 Oct
Tue, Wed, Thu and Fri 10am - 8pm, Sat 10am - 1pm
North Edinburgh Arts, 15a Penny-well Court, Edinburgh EH4 4TZ
Free / No booking required
Information: 0131 343 6375

**WHAT DO YOU SEE?**

Leave your preconceptions at the door with this gut-busting performance of drama, street, hip-hop and ballroom dance, guaranteed to get you out of your seat and up on your dancing feet! Devised and performed by the Youth Inclusion project.

Wed 2 Oct
2 - 3pm
Howden Park Centre, Livingston, West Lothian EH54 6AE
Free / No booking required
Information: howdenparkcentre.co.uk

**MY 24/SEVEN**

‘My 24/Seven’ brings together six of The Gallery on the Corner’s regular artists, all of whom have experience of mental health conditions. The exhibition explores this year’s national theme of ‘Reality’ in relation to mental health.

Fri 27 Sep - Sat 26 Oct
(Preview: Fri 27 Sep, 6 - 8pm)
Tue - Sat 11am - 5pm
The Gallery on the Corner, 34 Northumberland Street, Edinburgh EH3 6LS
Free / No booking required
Information: 0131 5578 969 thegalleryonthecorner.org.uk

**POSTCARDS FROM…**

Now in its 3rd year, ‘Postcards From...’ invited 200 artists to create postcard-size artworks exploring individual perceptions of mental health in a kaleidoscopic exhibition showcasing different themes, mediums, styles and techniques.

**MY 24/SEVEN**

‘My 24/Seven’ brings together six of The Gallery on the Corner’s regular artists, all of whom have experience of mental health conditions. The exhibition explores this year’s national theme of ‘Reality’ in relation to mental health.
AWAY WITH THE FAIRIES EXHIBITION

An exhibition of fairy paintings by retired nurse and artist Fiona Mather, plus a ‘Wellbeing Woodland’ – living trees with leaves crafted by community group participants inspired by sharing stories, songs and poems in nature.

Wed 2 - Sat 12 Oct
10am - 6pm
Exhibition: Free / No booking required

CAFÉ VOICES: WELLBEING WOODLAND

A participative evening sharing nature and fairy stories, songs and poems, with storyteller Jane Mather, to celebrate the exhibition ‘Away with the Fairies’. Come with a story to share or just to listen and enjoy.

Wed 9 Oct
7 - 9pm
Café Voices: £5

Scottish Storytelling Centre,
43-45 High St, Edinburgh EH1 1SR
Booking / Information: 0131 556 9579
scottishstorytellingcentre.co.uk

THE WHISPERING SHADOWS

Explore the reality of being a young person living with mental health issues, and hear the many fascinating and frightening voices that are a central part of their lives in this engaging one act play. Discussion and light refreshments after the show.

Thu 3 - Sat 5 Oct
7 - 9pm
Grassmarket Community Project,
86 Candlemaker Row,
Edinburgh EH1 2QA
£5 / £3
Booking: 07920 111 480
ana.cabrera@edinburgh.gov.uk or nerato@hotmail.co.uk

THE STORY KIST: INCLUSIVE STORYTELLING

Be swept along as storytellers Ailie Finlay and Marie Louise Cochrane take you through the stars and over the moon with props, puppets and lots of joining-in! Promoting wellbeing and positive creativity, the session welcomes all ages, but particularly children with additional needs, their families and carers.

Sat 5 Oct
11am - 12pm
Scottish Storytelling Centre,
43-45 High St, Edinburgh EH1 1SR
£5 per child (Accompanying adults are free but ticketed)
Booking: 0131 556 9579
scottishstorytellingcentre.co.uk
FILM IN EDINBURGH

FIRST COUSIN ONCE REMOVED
Alan Berliner, USA, 2012, 78m, NC
Cast: Edwin Honig

Director Alan Berliner spent five years filming his relative and friend, the poet Edwin Honig, in order to document the gradual loss of his memory to Alzheimer's. First Cousin Once Removed is a piercing yet compassionate profile of Honig's fascinating mind.

Sat 5 Oct
1 - 2.45pm
£8.20 / £6

THE BLUE BLACK HUSSAR
Jack Bond, UK, 2013, 100m, NC
Cast: Adam Ant, Charlotte Rampling, Mark Ronson

If the film programme had a favourite film-maker, it would probably be Jack Bond, who has brought his seminal features Separation, The Other Side Of the Underneath and Anticlock to the festival. Following on from last year's screening of Bond's documentary Dali in New York, his latest is a personal profile of Adam Ant on his 'world tour of London'.

Sun 6 Oct
5.45 - 7.45pm
£4 / £2

TAKE SHELTER
Jeff Nichols, USA, 2011, 121m, 15s
Cast: Michael Shannon, Jessica Chastain

Curtis (Michael Shannon) experiences terrifying nightmares in which an apocalyptic storm hits his home. Fearing what these visions may predict, he starts building a storm shelter to protect his family. His increasingly paranoid behaviour puts a strain on his marriage to wife Samantha (Jessica Chastain).

Sun 13 Oct
5.45 - 7.45pm
£4 / £2

RUNNING FROM CRAZY
Barbara Kopple, USA, 100m, NC
Cast: Mariel Hemingway, Jack Hemingway, Langley Hemingway, Margaux Hemingway

Double Academy Award-winner Barbara Kopple directs this documentary following actress Mariel Hemingway, grand-daughter of the late Ernest Hemingway. Mariel sets out on a personal journey as she strives for understanding of her complex family history of mental illness and suicide.

Thu 17 Oct
5.45 - 7.45pm
£8.20 / £6

Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9BZ
Booking: 0131 228 2688
filmhousecinema.com
FILM IN EDINBURGH

THE MARS PROJECT
Jonathan Balazs, Andrew Lounsbury, Canada, 2012, 62m, NC

Hip-hop artist Khari ‘Conspiracy’ Stewart’s other-worldly experiences have been the guiding force behind his work, culminating in his latest album ‘Sex is the Key to Immortality’. In this documentary film, we see him battle schizophrenia and the Canadian mental health system. Screening followed by discussion.

Sat 12 Oct
3 - 4.30pm
Tollcross Community Centre, Tollcross Primary School, 117 Fountainbridge, Edinburgh EH3 9QG
Free / Booking preferred
Information: Kirsten at CAPS Advocacy 0131 273 5116
kirsten@capsadvocacy.org

LIFE AFTER SERVICE: MY REALITY

Film-maker Peter Carruthers will present two of his short films which explore the psychological and social experiences of some military veterans. Peter will also give a first-hand account of his experiences making these films and facilitate a Q&A session.

Tue 15 Oct
6 - 8pm
Filmhouse Cinema, 88 Lothian Road, Edinburgh EH3 9BZ
Free / Booking required
Booking: 0131 228 2688
filmhousecinema.com

INTERNATIONAL FILM AWARDS 2013

The Scottish Mental Health Arts and Film Festival’s annual open film submission gives film makers from all over the world the platform to challenge perceptions of mental health, share their ideas with new audiences and explore the realities of mental health through film.

This year the film submission returned for its seventh year and saw a diverse range of submissions from as far afield as Iran, India, Turkey, the US, Canada and Australia as well as homegrown talent from Scotland, the UK and Europe.

The annual film awards ceremony will honour the very best of these films at this not to be missed closing festival event. Expect to be moved and inspired by the films themselves and the stories behind them.

Wed 23 Oct
5.45 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9BZ
Free / Booking required
Booking: 0131 228 2688
filmhousecinema.com
ANGUS – WEAVER OF GRASS

Raised on South Uist and traumatised by WWII, Angus MacPhee’s life is a tale of lost traditions, mental illness, and magical hats made of grass. For full details see page 6.

Sat 5 Oct
3 - 4.15pm and 7.30 - 8.45pm
Scottish Storytelling Centre,
43-45 High St, Edinburgh EH1 1SR
£8/£6
Booking: 0131 5569 579
scottishstorytellingcentre.co.uk

MOVING MINDS: EXHIBITION

In an open, honest and often humorous way, Gypsy/Traveller contributors have shared their memories, poetry and photographs, as well as reflecting on the impact prejudice can have upon mental health and wellbeing.

Sat 5 - Sat 19 Oct
11am - 6pm
1 Summerhall, Edinburgh EH9 1PL
Free / No booking required
Information: emma-jane@mecopp.org.uk

OUT OF SIGHT / OUT OF MIND

‘Reality leaves a lot to the imagination.’ – John Lennon.

A collaborative exhibition and series of site-specific works by artists with mental health issues set in the unique spaces of Summerhall’s old Animal Hospital.

Sat 5 - Sat 19 Oct
11am - 6pm
1 Summerhall, Edinburgh EH9 1PL
Free / No booking required
Information/disabled access details:
Kirsten 0131 273 5116
kirsten@capsadvocacy.org

FINDING THE WORDS

A friendly and relaxed workshop led by writer and facilitator Rachel Mort-Adams. Discover how to banish the fear of the blank page, boost your writing confidence and find your own words. No experience necessary, just bring yourself and a desire to write!

Mon 7 Oct
10.30am - 1pm
1 Summerhall, Edinburgh EH9 1PL
Free / Booking required
Information: Kirsten at CAPS Advocacy 0131 273 5116
kirsten@capsadvocacy.org

KEYS TO THE DOOR

Exhibition of artwork created to mark the 21st anniversary of the Orchard Centre Services. It shows a varied and interesting collection of stories, personal journeys and perspectives.

Mon 7 - Fri 25 Oct
See individual library opening times
Midlothian Libraries (Danderhall, Dalkeith, Mayfield, Gorebridge, Newtongrange, Lasswade, Loanhead)
Free / No booking required
Information: The Orchard Centre
0131 6631 616

CALL AND RESPONSE

Engage with art in a new way, using the materials provided to record your own visual response to Summerhall’s ‘Call and Response’ exhibition, alongside the opportunity to discuss your experience with others. Suitable for anyone over the age of 16.

Mon 7 Oct
2 - 5pm
1 Summerhall, Edinburgh EH9 1PL
Free / Booking required
Booking: 0131 5231 100

BODY IMAGE

Themes of body image are explored further in this thought-provoking exhibition. Images of women celebrities, pop stars and models proliferate within the media - but is any of it real? And how does this impact on our self-esteem?

Mon 7 Oct - Fri 1 Nov
Mon 9 -5pm, Tue - Thu 6 -9pm, Fri 9 - 4pm
Gilmerton Community Centre,
4 Drum Street, Edinburgh EH17 8QG
Free / No booking required
Information: Outlook Project
0131 537 7571
admin@outlookproject.co.uk
MOVING MINDS:
COMMUNITY LED
DIALOGUE
Gypsy/Travellers lead a series of relaxed, discussion-based workshops to help break down barriers and promote dialogue and understanding around a much-maligned community.

Tue 8 Oct
10 - 1pm and 2 - 5pm
1 Summerhall, Edinburgh EH9 1PL
Free / booking required
Booking: 07906 365 883
emma-jane@mecopp.org.uk

GOD IN ALL HER COLOURS
Launch of Jo McFarlane’s latest poetry anthology, exploring spirituality and mental health. Featuring live music from Ralph Turner. This will also be the launch of the ‘Spiritual Realities’ art exhibition.

Tue 8 Oct
2 - 4pm
Augustine United Church,
41 George IV Bridge, Edinburgh EH1 1EL
Free / No booking required
Information: Maxwell Reay
0131 537 6516
maxwell.reay@nhslothian.scot.nhs.uk

MOVING MINDS:
STORYTELLING
An evening of storytelling with acclaimed Scottish author Jess Smith. Celebrate the traditions of Scottish Gypsy/Travellers and hear about the issues faced by Gypsy/Travellers today.

Tue 8 Oct
7.30 - 9pm
1 Summerhall, Edinburgh EH9 1PL
£5
Booking: emma-jane@mecopp.org.uk

JO CAULFIELD PRESENTS... THE SPEAKEASY
Writers, comedians, musicians and more share true stories – live! A SMHAFF special, with host Jo Caulfield.

Tue 8 Oct
8 - 10pm
Scottish Storytelling Centre,
43-45 High St, Edinburgh EH1 1SR
£6
Booking: 0131 556 9579
scottishstorytellingcentre.co.uk

SPIRITUAL REALITIES
An exhibition of work exploring issues of spirituality and mental health. In addition to Tuesday opening times, the exhibition will be open to view whenever the church is in service.

Tue 8, Tue 15, Tue 22 Oct
10.30am - 12pm
Augustine United Church,
41 George IV Bridge, Edinburgh EH1 1EL
Free / No booking required
Information: Maxwell Reay
0131 537 6516
maxwell.reay@nhslothian.scot.nhs.uk

THE ASYLUM
A thought-provoking piece of new writing introducing a world where people who are perceived as ‘different’ are locked away from society, simply for being who they are. The play is followed by a short discussion about the issues raised in the drama.

Wed 9 - Thu 10 Oct
7 – 9.30pm
YMCA Penicuik, 58 Queensway,
Penicuik EH26 0JJ
£5
Information: Ryan Sturrock
07583 696 884
COULDN’T CARE LESS
Strange Theatre return to North Edinburgh Arts for the opening performance of ‘Couldn’t Care Less’. Inspired by the experiences of carers, this is a dark, surreal, funny and moving story of two women whose lives are disappearing. See page 7 for full details.
Fri 11 and Sat 12 Oct
Fri 7.30 - 8.45pm, Sat 2 - 3.15pm
North Edinburgh Arts,
15a Penny-well Court, Edinburgh EH4 4TZ
£8 / £5 / £3 (NEA Good Neighbours)
Booking: Box Office 0131 315 2151
admin@northedinburgharts.co.uk
northedinburgharts.co.uk

NATURE STORIES
Enjoy playing in nature and learn about the ‘Wellbeing Woodland’. Stories and fun craft activities for children 4+ with storyteller Jane Mather. Held in the garden, weather dependent.
Sat 12 Oct
11am - 12pm
Scottish Storytelling Centre,
43-45 High St, Edinburgh EH1 1SR
£5 per child (Accompanying adults are free but ticketed)
Booking: 0131 556 9579
scottishstorytellingcentre.co.uk

GOING NUTS
A fast-paced, satirical sketch show about topical issues surrounding mental health – step inside our world and help break down the barriers. There will be a drama workshop after the show.
Sat 12 Oct
1.30 - 3.30pm
John Gray Centre, 15 Lodge Street,
Haddington, East Lothian EH41 3DX
£5 / No booking required
Information: 07903 159 320

POEMS IN THE PEWS
Join Edinburgh poet Jo McFarlane as she reads a selection of her work celebrating health and mental well-being in the friendly surroundings of Augustine United Church. Part of the church’s Sunday morning service. All are welcome. Tea and coffee available after the service.
Sun 13 Oct
11am - 12 noon
Augustine United Church,
41 George IV Bridge, Edinburgh EH1 1EL
Free / No booking required
Information: Rev Fiona Bennett 0131 220 1677 minister.auce@gmail.com

FINDING YOUR PLACE
Relaxed, creative workshop designed for participants to explore through movement who they are and how they express themselves. Facilitated by a dance movement therapist, this is suitable for anyone aged 16 and over. No dance experience required.
Sun 13 Oct
2 - 5pm
Dance Base, 14-16 Grassmarket,
Edinburgh EH1 2JU
Free/ Booking required
Booking: 0131 523 1100
smhaffdance.eventbrite.co.uk

IS IT COMEDY OR IS IT THERAPY?
MC Rory McAlpine from Pandamonium Productions presents a top line-up of comics, who share a common gift. We aren’t making light of mental health issues, just making laughs!
Mon 14 Oct
8.30 - 11pm
Pleasance Cabaret Bar, 60 Pleasance,
Edinburgh EH8 9TJ
Free / Booking required
Booking: Kirsten at CAPS Advocacy
0131 273 5116
kirsten@capsadvocacy.org

UNIQUE EXPRESSIONS
‘Gee’s A Minute’: A light-hearted spoken word presentation about people’s own mental health experiences, breaking the barriers of stigma and revealing real experiences of mental health. Featuring live music by the Scots Music Group, visual art and refreshments.
Tue 15 Oct
10am - 4pm
Contact Point (Barony), 101 High Riggs,
Tollcross, Edinburgh EH3 9RP
Free / No booking required
Information: Angela Millar
contactpointlothianteam@barony.org.uk

REFLECTIONS
Young people from Edinburgh’s HYPE project have worked with professional photographer Lisa Fleming to create this thought-provoking and personal exhibition.
Fri 11 - Thu 31 Oct (Opening: Fri 11 Oct) 2pm
Mon, Wed and Fri: 9am - 6pm, Tue and Thu: 9am - 1pm
(Aopening: 2pm)
Armadale Library Museum,
North Street, Armadale EH48 3QB
Free / No booking required
Information: Armadale Library Museum 01506 282 282
armadale.lib@westlothian.gov.uk

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North Street, Armadale EH48 3QB
Free / No booking required
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Free/ Booking required
Booking: 0131 523 1100
smhaffdance.eventbrite.co.uk

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Tue 15 Oct
10am - 4pm
Contact Point (Barony), 101 High Riggs,
Tollcross, Edinburgh EH3 9RP
Free / No booking required
Information: Angela Millar
contactpointlothianteam@barony.org.uk
THEATRE WORKSHOP SCOTLAND PRESENTS ‘CRAZY DAYS CAFÉ’ - A REHEARSED READING

Crazy Days Café is no ordinary café: run by mad folk, its customers are mad folk – both those who like to think themselves sane and those who aren’t so sure. An opportunity to hear this funny and heart-breaking script read by professional actors.

Tue 15 Oct
7.30pm
Out of the Blue, 36 Dalmeny Street, Edinburgh EH6 8RG
Donations welcome / No booking required
Information: 0131 555 3854

REALITY BITES

Life In Progress Theatre Group exists to challenge the status quo; to give you, the audience, the platform to speak up and demand change. Centred round a thrilling devised performance, the evening expands into discussion and debate with experts and policy-makers, allowing us to plan together concrete actions that will affect real changes in the sector of mental health.

Thu 17 Oct
6.30 - 9.30pm
Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL
Free (donations welcome) / Booking required
Booking: realitybites-smhaff2013.eventbrite.co.uk

THE WORLD THROUGH DON QUIXOTE’S EYES

The continuous reading of Don Quixote is conceived as a part of the cultural initiatives that Vamos Scotland (CQTC Group) are developing. During six hours, participants will have a lively forum of participation and the opportunity to become not only listeners but also the voice of Miguel de Cervantes’ famous text.

Fri 18 Oct
11am - 5pm
Conference Room, Central Library, George IV Bridge, Edinburgh EH1 1EG
Free / No booking required
Information: info@cqtcgroup.com

WORKSHOP TASTERS FROM THE OUTLOOK PROJECT

Throughout October the Outlook project will offer a selection of adult education tasters and workshops for people who access mental health services, including art and photography workshops based around Gilmerton Community Centre’s Body Image exhibition.

Tue 15 - Thu 17 Oct
12.30 - 2pm
Room 10, Gilmerton Community Centre, 4 Drum Street, Edinburgh EH17 8QG
Free / Booking required
Booking: Outlook Project 0131 537 7571
admin@outlookproject.co.uk

UNIQUE EXPRESSIONS: GEE’S A MINUTE

Mixed media art exhibition created by Contact Point service users, entitled: ‘Places, Past and Present’. Contact Point is an invaluable resource to Edinburgh's community, which offers emotional, social and practical support to vulnerable and isolated adults diagnosed with mental health difficulties.

Thu 17 and Thu 24 Oct
2 - 4pm
Contact Point, Barony Housing, 101 High Riggs, Tollcross, Edinburgh EH3 9RP
Free / No booking required

COULDN’T CARE LESS

Inspired by the experiences of carers, this is a dark, surreal, funny and moving story of two women whose lives are disappearing. See page 7 for full details.

Couldn’t Care Less can also be seen live on the internet from the Traverse Theatre at 8pm, Fri 18 Oct. To watch online, visit: couldn’ticarelesstheplay.wordpress.com/watch-online/

Thu 17 - Sat 19 Oct
Thu 8 - 9.15pm, Fri 2.30 - 3.45pm & 8 - 9.15pm, Sat 8 - 9.15pm
Traverse Theatre, 10 Cambridge Street, Edinburgh EH1 2ED
£15.50 / £12 / £8
Booking: 01355 228 1404
traverse.co.uk
‘UNLEASHED’ OPEN MIC NIGHT
A fabulous night of open mic performances from singers, songwriters, comedians and poets. Followed by live music. Give us a shout for a spot!
Fri 18 Oct
8pm - 12midnight
Tipperlinn Bowling Club, Royal Edinburgh Hospital,
23 Tipperlinn Road Edinburgh EH10 5HF
Free / Booking required
Booking (open mic spot): Kirsten at CAPS Advocacy 0131 273 5116
kirsten@capsadvocacy.org

SONGWRITING SATURDAY WITH THE FRUIT TREE FOUNDATION
Enjoy a fun and fruitful afternoon cultivating your songwriting skills with Rod Jones of Idlewild and others. The two-hour workshop will be followed by an evening showcase of past Fruit Tree projects and musicians, including short sets from Rod and other high profile artists.
Sat 19 Oct
Workshop 4 - 6pm, Gig 7 - 9pm
Whale Arts Centre, Westburn Grove, Wester Hailes, Edinburgh EH14 2SA
Free/ Booking required
Booking: 0131 458 3267

WELLBEING MELA
A fun family day – an opportunity to celebrate diversity and promote positive mental health and wellbeing amongst Edinburgh’s varied minority ethnic communities. Music, dance, complementary therapies, relaxation workshops and lots more in a relaxed and entertaining environment.
Sun 20 Oct
1 - 5pm
Tollcross Community Centre, 117 Fountainbridge, Edinburgh EH3 9QG
Free / No booking required
Information: 07906 365 883
michelle@mecopp.org.uk
0131 273 5116
kirsten@capsadvocacy.org

MY MILITARY: MY REALITY
Art session exploring what military life means for different people. As well as creating artwork you can share stories about the impact of armed forces on your life and the community’s connection to the armed forces.
Sat 19 Oct
1 - 4pm
Veterans’ First Point, 5th Floor, Charlotte House, 2 South Charlotte Street, Edinburgh EH2 4AW
Free / Booking required
Booking: 0131 220 9920
enquiries@veteransfirstpoint.org.uk

HERE AND NOW
A 5-day drama project for children aged 8-12 to explore the role of fantasy/imagination in meeting life’s grittier challenges. With a public performance on Fri 25 Oct, this project will offer 10 free places for children with additional support needs.
Mon 21 - Fri 25 Oct
10am - 4pm
Howden Park Centre, Livingston, West Lothian EH54 6AE
£10 per day / Concessionary places available
Booking: 08447 744 496
admin@firefly-arts.co.uk

MY MILITARY: MY REALITY
MADNESS: MYSTICAL EXPERIENCE OR CLINICAL FACT?

Psychiatrist, philosopher and historian Dr Allan Beveridge discusses the work of 19th Century ‘mad’ poet, Gérard de Nerval, in dialogue with modern day performance poet Jo McFarlane, who responds with poems which draw on her own experience of madness.

Thu 24 Oct
6.30 - 8pm
Anatomy Lecture Theatre,
1 Summerhall, Edinburgh EH9 1PL
Free / Booking required
Booking: Kirsten at CAPS Advocacy
0131 273 5116
kirsten@capsadvocacy.org

NEU REEKIE

Neu! Reekie! is one of Scotland’s best attended mixed-arts nights; a medley of spoken word, film, animation, performance and music and ‘a key piece of mother Caledonia’s cultural puzzle’. Come along and experience the astonishing to the absurd, in a fun-filled night promoting the therapeutic value of creativity.

Fri 25 Oct
7 - 10pm
1 Summerhall, Edinburgh EH9 1PL
£7
Booking: 0845 874 3001
summerhall.co.uk

TIGER TALE

Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+.

Mon 14 Oct
2.30pm
Eastgate Theatre and Art Centre,
Peebles EH45 8AD
£6 / £4
Booking: 01721 725 777

STOMP OUT STIGMA CEILIDH

Come along and celebrate the end of the Festival and dance the night away to the sound of The Stompers ceilidh band. Always a night to remember! All welcome.

Sat 26 Oct
8 - 11pm
Tollcross Community Centre, Tollcross
Primary School, 117 Fountainbridge,
Edinburgh EH3 9QG
Free / Booking required
Booking: Kirsten at CAPS Advocacy
0131 273 5116
kirsten@capsadvocacy.org
REALITY IN LANARKSHIRE: PHOTOGRAPHIC EXHIBITION
An exhibition of the shortlisted photographs from the ‘Reality in Lanarkshire’ competition. Visitors will be able to judge the winners in the under and over 16 age categories.

Tue 1 - Sun 6 Oct
8.30am - 11pm
Café Area, East Kilbride Arts Centre, 51 Old Coach Road, East Kilbride, Glasgow G74 4DU
Free / No booking required
Information: 01698 377 626

Tue 8 - Sat 12 Oct
10am - 5pm
Motherwell Heritage Centre, High Rd, Motherwell ML1 3HU
Free / No booking required
Information: 01698 377 626

POSITIVE MENTAL HEALTH AND WELLBEING IN AIRDRIE - EXHIBITION
This exhibition aims to promote positive mental health by showcasing some of the key initiatives and support services available, in particular the national and local ‘see me’ initiative.

Tue 1 - Thu 31 Oct
Times available from elament.org.uk
Airdrie Health Centre, 88 Graham St, Airdrie, Lanarkshire ML6 6DB
Free / No booking required
Information: 01236 771 057

FOR THERE IS HOPE
Award winning writer Martin Stepek reflects on the death of his Polish grandparents, and how writing can be used as a wellbeing tool to help deal with loss and grief. Sheila Montgomery will also read from her husband’s book ‘A Gundog Trainer’s ‘Tails’.

Wed 2 Oct
7 - 9pm
Hamilton Townhouse Library, 102 Cadzow Street, Hamilton ML3 6HH

Mon 7 Oct
7 - 9pm
Coatbridge Library Main St, Coatbridge ML5 3BJ
Free / No booking required
Information: 01236 856 444

TALKING HEADS
Do you love hearing and telling good stories? Are you interested in people? How about combining the two by joining North Lanarkshire’s mixed ability drama group? Workshops are suitable for anyone with an interest in drama or creative writing. No experience necessary.

Thu 3, Thu 10, Thu 17, Thu 24,
Thu 31 Oct
7 - 9pm
Bellshill Academy, Main Street, Bellshill, ML4 1AR
£4 per workshop
Booking: 01236 812 200

ANGUS – WEAVER OF GRASS
Raised on South Uist and traumatised by WWII, Angus MacPhee’s life is a tale of lost traditions, mental illness, and magical hats made of grass. For full details see page 8.

Fri 4 Oct
7 - 9.15pm
Bellshill Cultural Centre, John Street Bellshill ML4 1RJ
£5
Booking: 01698 403 120
northlanarkshire.gov.uk/entertainment
SOUNDSATIONAL CHOIR WORKSHOP
Two fun and energetic community singing workshops followed by a choir performance. Each workshop will have two vocal coaches plus a volunteer group of singers delivering vocal technique and letting you experience first-hand the health benefits of singing!

Sat 5 Oct
12 - 4.30pm
SoundSational Community Music Ltd, Unit 60, Fountain Business Park, Ellis Street, Coatbridge ML5 3AA
Free / No booking required
Information: 01236 429 091
enquiries@soundsationalmusic.co.uk

Sat 12 Oct
12 - 4.30pm
Whitehill Neighbourhood Centre, 9 Hunter Road Whitehill, Hamilton ML3 0LH.
Free / Booking required
Booking: 01236 429 091
enquiries@soundsationalmusic.co.uk

NATURE’S INSPIRATION
Two-day hand building ceramics course. Pather Artworks is offering a two-day workshop using hand building techniques for ceramics and small sculptural works. Come along and be inspired by this year of Natural Scotland. Age 16 +.

Sat 5 and Sun 6 Oct
10am - 2pm
Pather Artworks, Caledonia Road, Wishaw ML2 0HZ
£25 / £22 (includes all materials)
Booking: 01236 812 200
arts@culturenl.co.uk

SERIOUS DRUGS: A FILM AND ACOUSTIC EVENT
Jim Burns, UK, 2011, 97m, NC
When film-maker Jim Burns was deeply depressed, he found hope in the music of Scottish pop band BMX Bandits. Burns’ debut documentary frames an affectionate portrait of BMX Bandits founder Duglas Stewart and his mission to save the world one song at a time. There will be a Q&A with director Jim Burns and music from Duglas Stewart. A DVD of this film will be available to buy at the event.

Sat 5 Oct
7.30 - 10.30pm
Bellshill Cultural Centre, John Street, Bellshill ML4 1RJ
£10 / £8
Booking: facebook.com/seriousdrugs

HOW I BECAME KIRKLAND CICCONE
Come along and hear the outrageous adventures of Ciccone’s debut novel ‘Conjuring the Infinite' retold by Kirkland Ciccone himself! Set in The Cottage, a home for troubled teenagers, this gritty, supernatural tale explores issues of mental health, murder and disaffected youth. (Age 13+)

Tue 8 Oct
6 - 7.15pm
Airdrie Library, Wellwynd Airdrie, North Lanarkshire ML6 0AG
Free / Booking required
Booking: Airdrie Library
01236 758 070 / 758 072
kirklandciccone.com
MASK MAKING
An exhibition to showcase the variety of ways individuals use creative expression to support and promote their mental health, recovery and wellbeing.

Tue 8 - Sun 27 Oct
8.30am - 11pm
Café Area, East Kilbride Arts Centre,
51 Old Coach Road, East Kilbride,
Glasgow G74 4DU
Free / No booking required
Information: 01355 806 850

THE COLLECTION
Operating in the seedy world of debt collection, Lawson is at the top of his ‘profession’. However when one of his clients takes his own life, Lawson’s own is shattered irrevocably.

Wed 9 Oct
7.30 - 9.30pm
Rutherglen Town Hall,
139 Main Street, Rutherglen G73 2JJ
£10 / £9
Booking: 0141 613 5700
sllcboxoffice.co.uk

STATUS ANXIETY
Has having the ability to connect with everyone helped us forget how to truly connect with anyone? Bold hip-hop theatre that challenges the way social media has changed our lives, with uncompromising choreography from Emma Jayne Park.

Thu 10 Oct
7.30 - 8.30pm
Rutherglen Town Hall,
139 Main Street, Rutherglen G73 2JJ
£5
Booking: 0141 613 5700

SOUNDMINDS
Youth. Live Music. Creativity. Mental Health. That’s what Soundminds is all about. This year they present their latest gig, featuring great local bands and much more. Keep up to date with the Soundminds team at facebook.com/soundmindsofficial.

Thu 10 Oct
7.30 - 11pm
Newarthill Club, High Street,
Newarthill ML1 5JH
£3 / No booking required
Information: 01698 862 860

SINGIN’ I’M NO A BILLY HE’S A TIM
What happens when you lock up a Celtic fan with a Rangers Fan on Old Firm day? FIREWORKS!!! Celtic mad Tim and Rangers daft Billy find themselves banged up in the same cell on the day of the Old Firm match.

Thu 10 and Fri 11 Oct
7.30 - 9.45pm
Motherwell Theatre, Civic Centre,
Motherwell ML1 1AB
£16 / £14.50
Booking: 01698 403 120
northlanarkshire.gov.uk/entertainment

MUSHAIRA
A beloved part of Pakistan and North Indian culture, a ‘Mushaira’ is the Urdu term for a poetry symposium, and is a friendly forum for self-expression. This soiree will use art and drama to help promote a message of inclusion and community cohesion. All are welcome.

Fri 11 Oct
7 - 10pm
Bellshill Cultural Centre, John Street,
Bellshill ML4 1RJ
Free / No booking required
Information: 01698 242 649
COULDN’T CARE LESS
Inspired by the experiences of carers, this is a dark, surreal, funny and moving story of two women whose lives are disappearing. See page 7 for full details.

Tue 15 and Wed 16 Oct
8 - 9.45pm
East Kilbride Arts Centre,
51 Old Coach Road, East Kilbride,
Glasgow G74 4DU.
£9 / £7
Booking: 01355 261 000
sllcboxoffice.co.uk

TIGER TALE
Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+. See page 8 for full details.

Thu 17 Oct
2.30 - 3.30pm
Cumbernauld Theatre,
Kildrum, Cumbernauld,
North Lanarkshire G67 2BN
£7 for 1 adult and 1 Child, £5 for additional adult and £3.50 for additional child + booking fee
Booking: Cumbernauld Theatre
01236 732 887
cumbernauldtheatre.co.uk

‘SEE ME’ SIGNING AND ENTERTAINMENT
Airdrie Town Centre will be signing the ‘see me’ pledge. Entertainment will be provided by Lanarkshire Links Rainbow Choir and dancing from young people involved with the Friday Night Projects across North Lanarkshire.

Thu 17 Oct
5.30 - 7pm
Airdrie Town Hall, Stirling Street,
Airdrie, North Lanarkshire ML6 0ES
Free / No booking required
Information: 01236 771 057

LIVINGSTON
How two men cope with their profound grief for a man they loved and held in the deepest esteem. Journeying with their friend’s body, the men break the isolation of mourning, cope with their anger, and ultimately find a sense of acceptance.

Thu 17 and Fri 18 Oct
7.30 - 8.30pm
East Kilbride Arts Centre,
51 Old Coach Road, East Kilbride,
Glasgow G74 4DU
£5 / Booking required
Booking: sllcboxoffice.co.uk
WISH YOU WERE HERE

Ever felt lost for words? Work with us to create a personalised postcard to help your friends, neighbours and community to understand your reality. At the end of the workshop, the collection of anonymous artworks will be collected together into a powerful exhibition of words and pictures for your whole community.

Sat 19 Oct
10am - 4pm
Old Church Hall, 18 Farmeloan Road, Rutherglen G73 1DL
Free / No booking required
Information: 0141 641 5236
(Check for up to date venue and time information)

LOL :-) COMEDY

Featuring Susie McCabe, Scott Gibson, Stuart Mitchell and Stevie Thom, Motherwell Theatre invites you to get some friends together, nab a few drinks from the bar and sit back and enjoy a night of thoroughly funny comic talent, celebrating the therapeutic power of creativity and laughter. Contains material and language of an adult nature.

Sat 19 Oct
8 - 9.45pm
Motherwell Theatre, Civic Centre, Motherwell ML1 1AB
£8.50 / £7.50
Booking: 01698 403 120

MESS

China Plate’s acclaimed play confronting the big (and the extremely tiny) issues around anorexia. See page 6 for details. Mess will be accompanied by a multi-arts exhibition of visual art and digital stories created to highlight and increase awareness of the impact of eating disorders on individuals and families.

Fri 25 Oct
7.30 - 8.45pm (Performance)
6 - 9:30pm (Exhibition)
Motherwell Concert Hall, Civic Centre, Motherwell ML1 1AB
Free / Booking required
Booking: The Well-informed Information Service 0800 073 0918
Information: 01236 703 441

STORYTELLING AND CREATIVE WRITING WORKSHOP WITH RUTH KIRKPATRICK

A creative writing workshop led by storyteller and writer Ruth Kirkpatrick. A chance to consider the ‘crossroads’ which we have encountered in life, and the stories, imagined or real, which have resulted.

Mon 28 Oct
6.30 - 8.30pm
Airdrie Library Gallery, Wellwynd Airdrie, North Lanarkshire ML6 0AG
Free / Booking recommended
Booking: 01236 812200
encounters@culturenl.co.uk
GILMOUR STREET STATION GIANTS

This unique art installation brings visibility to mental health in the midst of an environment where individuals often feel invisible. Developed and curated by artist Mandy McIntosh, Gilmour Street Station’s ‘giant commuters’ will gather on the platform to take a train for mental health.

Sat 28 Sep - Thu 24 Oct (Preview: Fri 27 Sep)
Located on the platforms of Paisley Gilmour Street Railway Station, County Square, Paisley PA3 2DA
Information:
0141 849 2297
Mandy.McIntosh@ggc.scot.nhs.uk

BUDDY BEAT ROARS

Buddy Beat Drumming group are on tour around Renfrewshire’s ROAR (Reaching Older People Around Renfrewshire) Clubs providing music-making workshops to make you smile.

Tue 1 Oct
12.30 - 1.30pm
Gallowhill Community Centre, Netherhill Road, Paisley PA3 4RF
Thu 10 Oct
12.45 - 1.45pm
South End, Hope Hall, Alice Street, Paisley PA2 6DR
Wed 16 Oct
12.45 - 1.45pm
Tweedie Hall, Ardlamont Square, Linwood, Paisley PA3 3DE
Mon 21 Oct
12.30 - 1.30pm
West End Community Centre, 5A Underwood Lane, Paisley PA1 2SL
Free / No booking required
Information: jbently@nhs.net

ESCAPE FROM REALITY

Join us in the beautiful surroundings of Muirshiel Country Park and be inspired by nature to create art and music during this relaxing retreat day.

Tue 1 Oct
10am - 3.30pm
Barnbrock Farm (near Lochwinnoch), Renfrewshire PA10 2PZ
£5
Booking:
Lorraine.Ewing@ggc.scot.nhs.uk

FAITH HOPE AND CLARITY

A new play focusing on one woman’s perception of the reality of love, by first-time playwright Jaqueline Docherty and first-time director Rebecca Smith.

Tue 1 Oct
7.30 - 9pm
The Wynd Centre, 6 The School Wynd, Paisley PA1 2DB
Free / No booking required
Information:
Jaqueline_docherty@sky.com
GRRR ‘Gritty Reality Retrospective in Renfrewshire’

One-day film festival and symposium exploring contemporary Scotland through its often hard-hitting cinema.

Thu 3 Oct
10am - 10.30pm
Paisley Arts Centre, 15 New Street, Paisley PA1 1EZ
Various prices / Booking required
Booking: 0300 300 1210

Filmmaking Realities Workshop

An opportunity for local filmmakers to discuss and capture contemporary visions of Scottish reality. The films made during the workshop will be screened at ‘It’s Short | Being Scottish’.

10am - 1pm
£2

It’s Short / Being Scottish

A short film screening and discussion on reality-based film-making in Scotland, with film industry professionals and academic experts.

2pm - 4.30pm
Free

Neds

Peter Mullan, UK, 2011, 124m, 18
John McGill (Gregg Forrest) is a young man growing up in Glasgow in 1972. Thrown in at the deep end to the city’s knife culture, he struggles with a difficult school and home life, finding some comfort in the violent activities of street gangs. Followed by a post-show discussion on issues raised in the film.

5pm – 7.30pm
Free

The Angels’ Share

Ken Loach, UK, 2012, 101m, 15
After narrowly avoiding jail for a violent offence, Robbie (Paul Brannigan) and his pals visit a whisky distillery. What they discover there leads to an elaborate heist, in a light-hearted film that also reflects harsh social realities. Screening followed by a post-film discussion. Free whisky flavoured treat on arrival.

8 – 10.30pm
Free
FAMILY FESTIVAL CEILIDH
Come and join us for this year’s popular evening of music and dance, hosted by Celine and Friends, featuring a performance by Rockus Community Choir!

Fri 4 Oct
7.30 - 11pm
St Mary’s Church Hall,
163 George Street, Paisley,
Renfrewshire PA1 2UN
£4 / £10 (Family ticket)
Booking: Reuben Millward
0141 618 5600

ANGUS MACPHEE EVENTS

HIDDEN GIFTS: THE MYSTERY OF ANGUS MACPHEE
Renfrewshire MHAFF, in collaboration with Weaving Musical Threads leads the Lunchtime Lecture slot at the museum, sharing information about the Festival and the poignant story of Angus MacPhee, who experienced PTSD as a soldier in WWII.

Wed 9 Oct
12.30 - 1.30pm
Paisley Museum and Art Galleries,
High St, Paisley PA1 2BA
Free / No booking required
Information: 0141 849 2239
Jeanette.Allan@ggc.scot.nhs.uk

WEAVING OUR LANDSCAPE
The chance to learn ‘weavings’, inspired by the work of Angus MacPhee – Weaver of Grass. Joanne B Kaar – internationally renowned Scottish artist and weaver – will give master classes and demonstrations.

Wed 9 and Thu 10 Oct
11am - 4pm
The Workshop, Gilmour St,
Paisley PA1 1DD
Free / Booking required
Booking: Mandy McIntosh 0141 849 273

WORLD MENTAL HEALTH DAY BOOK CLUB
Join us at your lunch break for readings from ‘The Silent Weaver: The Extraordinary Life and Work of Angus MacPhee’ by Roger Hutchinson. Also featuring live music and an exhibition of woven art.
This event will be followed by a book signing.
Thu 10 Oct
12.30 - 1.30pm
The Spiegeltent, County Square,
Paisley PA1 1BP
Free / No booking required
Information:
0141 849 2239
Jeanette.Allan@ggc.scot.nhs.uk

ANGUS – WEAVER OF GRASS AND HIDDEN GIFTS: THE MYSTERY OF ANGUS MACPHEE
Raised on South Uist and traumatised by WWII, Angus MacPhee’s life is a tale of lost traditions, mental illness, and magical hats made of grass. For full details see page 8.

Thu 17, Fri 18 and Sat 19 Oct
Thu and Fri 7.30pm - 9.30pm
(Sat 2pm - 4pm)
Paisley Arts Centre, New Street,
Paisley PA1 1EZ
£5
Booking: 0300 300 1210

PUPPETRY PERFORMANCE WORKSHOPS
Come and learn how to articulate puppets with the puppeteers from Horse and Bamboo Theatre Co, creators of ‘Angus – Weaver of Grass’. Great fun for children of all ages!

Fri 18 and Sat 19 Oct
11am - 12.30pm
The Workshop, Paisley PA1 2AF
Free / No booking required
Information: 0141 882 4520
info@weavingmusicalthreads.com

FAMILY FESTIVAL CEILIDH
Come and join us for this year’s popular evening of music and dance, hosted by Celine and Friends, featuring a performance by Rockus Community Choir!

Fri 4 Oct
7.30 - 11pm
St Mary’s Church Hall,
163 George Street, Paisley,
Renfrewshire PA1 2UN
£4 / £10 (Family ticket)
Booking: Reuben Millward
0141 618 5600
ALL SORTS
Come along and enjoy a fun-filled evening of arts and performance activities promoting good mental health and wellbeing among young people.

Wed 9 Oct
7 - 10pm
Gannochy Hall, Kibble Education and Care Centre, Goudie Street, Paisley PA3 2LG
Free / No booking required
Information: Gavin Sinclair 0141 8890 044

FESTIVALS’ RECEPTION
October is festival month in Renfrewshire with SMHAFF, The Royal National Mod 2013, and the second national Spree Festival. This reception will showcase each of these events with speakers and performers. Food sponsored by La Mesa Bar de Tapas.

Thu 10 Oct
6 - 8pm
The Spiegeltent, County Square, Paisley PA1 1BP
By invitation only
Information: 0141 849 2239
Jeanette.Allan@ggc.scot.nhs.uk

REALITREE: THE ‘REALITY BITES’ MOBILE ART EXHIBITION
An engaging and thought-provoking exhibition of art, words and quotes surrounding people’s realities of recovery and discovery.

Various locations throughout the Festival, including:
Thu 10 Oct
11.30am - 8pm
The Spiegeltent, County Square, Paisley PA1 1BP
Mon 14 Oct
9.30am - 4pm
The Abercorn Centre, West College Scotland, Renfrew Road, Paisley PA3 4DR
Free / No booking required
Information: Lynne Henderson 0141 6185 600

JUMPING JACK FLASH’S REALITY TRIBUTE SHOW
A fun action-packed tribute night with Sandy Smith as Jack Flash and Shona McVey, including: African Dance, Nicola Boyle Children’s School Of Dance, Paisley’s own award-winning Buddy Beat and special guest appearances.

Sat 12 Oct
7.45 - 11.30pm
Beechwood Community Centre, Shortroods Road, Paisley PA3 2NT
£7 (2 for £12)
Booking: Lee’s Diner, Unit 21, Paisley Centre, 23 High Street, Paisley PA1 2AF
Information: 07681 695 077
africandrummer@hotmail.co.uk

CREATIVITY WORKS: SHOWCASE
A showcase of arts projects which facilitate employability, featuring ‘Work It Out’ by Kinko Theatre Company, and special guest artist Nicola Oliver, who will share her inspiring journey through mental health services back to work. Hosted by the NetWork Service.

Mon 14 Oct
9.30am - 12.30pm
The Abercorn Centre, West College Scotland, Renfrew Road, Paisley PA3 4DR
Free / Booking required
Booking: Lorraine.Ewing@ggc.scot.nhs.uk

CREATIVITY WORKS: SHOWCASE
A showcase of arts projects which facilitate employability, featuring ‘Work It Out’ by Kinko Theatre Company, and special guest artist Nicola Oliver, who will share her inspiring journey through mental health services back to work. Hosted by the NetWork Service.
CREATIVITY WORKS: WORKSHOPS
Are Occupational Therapists creative? Do they harness their creativity? How does creativity impact their clients? This is an event to hear about creative practice in OT, participate in experiential workshops and be creative.

Mon 14 Oct
1.30 - 4.30pm
The Abercorn Centre,
West College Scotland,
Renfrew Road, Paisley PA3 4DR
Free / Booking required
Booking:
Lorraine.Ewing@ggc.scot.nhs.uk

BE AMAZED UP THE BRAES
Enjoy a breath of fresh air in this wellbeing walk around the beautiful braes. Explore the nature of Gleniffer Braes Country Park, spot the local wildlife and listen to the birdsong. Suitable for all ages and most fitness levels. Unfortunately this is not wheelchair accessible.

Wed 16 Oct
1 - 2.30pm
Meet at the entrance to the park at Gleniffer Road, Gleniffer Braes
Country Park PA2 8TE
Free / No booking required
Information: 0141 618 5600

COMMUNITY DRUM CIRCLE
Join The Buddy Beat in an open workshop to try African drumming. No experience required, just come and find your groove!

Wed 16 Oct
7 - 9pm
Charleston Centre, 49 Neilston Road,
Paisley PA2 6LY
Free / No booking required
Information: Dr Jane Bentley 0141 849 2239

THREAD
Fringe First winners Nutshell return to Renfrewshire with their new show ‘Thread’, the second part of their ‘Still Points in a Turning World’ trilogy. This darkly funny play explores friendship, choice, and who we become when our memories start to fade. Suitable for age 8+.

Fri 18 Oct
2pm - 3.15pm and 7.30 - 8.45pm
Renfrew Town Hall, The Cross,
Renfrew PA4 8PF
£10 / £6
Booking: 0300 300 1210
renfrewshire.gov.uk/onlinebooking

THE CONNECTION
Scottish Premiere of the powerful new adaptation of Jack Gelber’s 1959 play dealing with the reality of heroin addiction, and exploring the loneliness and desperation experienced by substance users. Set in present day Paisley. Post-show discussion on issues raised. Performed by Kinko Theatre Co.

Tue 22 and Wed 23 Oct
2 - 4pm and 7 - 9pm
Life Church, 56 Stock St,
Paisley PA2 6NL
£3 / £5
Information: Brian Housten
07958 397 650
straightsevens@hotmail.com

MESS
China Plate’s acclaimed play confronting the big (and the extremely tiny) issues around anorexia. See page 6 for details. The evening performance will be followed by a Q & A session.

Thu 24 Oct
1.30 - 2.40pm and 7.30 - 9pm
Paisley Arts Centre, New Street,
Paisley PA1 1EZ
£3 (Matinee) £10 / £6 (Evening)
Booking: 0300 300 1210
WEE BEASTIES
Wee Beasties is for younger children who, with the help of an adult, create their very own unique art. This workshop is a great opportunity for one-to-one parent and child activity time.

Thu 3 Oct
11am - 12.30pm
Bishopbriggs Library,
Booking: 0141 777 3143
edlct.bookings@eastdunbarton.gov.uk

FEELGOOD FACTOR
BOOKBUG
Sessions for babies and toddlers (0-36 months) with songs, stories, rhymes, tickles and bounces to boost learning, creativity and emotional wellbeing, while relaxing and having fun!

Free / Booking required
Mon 7 Oct
2 - 2.30pm
Milngavie Library, Milngavie
Community Centre, Allander Road,
Milngavie, Glasgow G62 8PN
Booking: Milngavie Library 0141 956 2776

Tue 8 Oct
10.15 - 10.45am
Bishopbriggs Library,
170 Kirkintilloch Rd, Bishopbriggs,
Glasgow G64 2LX
Booking: Bishopbriggs Library 0141 772 4513

Tue 8 Oct
11 - 11.30am
Westerton Library, 82 Maxwell Ave,
Bearsden, Glasgow G61 1NZ
Booking: Westerton Library 0141 943 0780

Tue 8 Oct
2 - 2.30pm
Milngavie Library, Milngavie
Community Centre, Allander Road,
Milngavie, Glasgow G62 8PN
Booking: Milngavie Library 0141 956 2776

Tue 8 Oct
2 - 2.30pm
Craighead Library, Milton of Campsie,
Glasgow G66 8DL
Booking: Craighead Library 01360 311925

Wed 9 Oct
2 - 2.30pm
Brookwood Library, 166 Drymen Rd,
Bearsden, Glasgow G61 3RJ
Booking: Brookwood Library 0141 777 3021

Wed 9 Oct
2 - 2.30pm
William Patrick Library, 2-4 West High St, Kirkintilloch,
Glasgow G66 1AD
Booking: William Patrick Library 0141 777 3141

Thu 10 Oct
2 - 2.30pm
Bishopbriggs Library,
170 Kirkintilloch Rd, Bishopbriggs,
Glasgow G64 2LX
Booking: Bishopbriggs Library 0141 772 4513

Thu 10 Oct
2 - 2.30pm
Lennoxtown Library, Main St,
Lennoxtown, Glasgow G66 7HA
Booking: Lennoxtown Library 01360 311436

FISCHY MUSIC SINGALONG
Fischy Music will perform for Lairdsland Primary pupils and invited community guests. The singalong will promote positive mental health and celebrate the history of the school, its contribution to the community and preparations for a new era.

Tue 8 Oct
1.30pm
Lairdsland Primary School,
Kerr Street, Kirkintilloch G66 1JZ
Free / By invitation only
Information: Caroline McMenemy
0141 777 3029

MY COMMUNITY MY DEMENTIA
A thought-provoking photography exhibition highlighting the experiences of people living with dementia throughout East Dunbartonshire: how they see their community and how their community sees dementia.

Fri 11 - Thu 24 Oct
Mon - Thu 10am - 8pm, Fri / Sat 10am - 5pm
William Patrick Library,
2-4 West High St, Kirkintilloch,
Glasgow G66 1AD
Free / No booking required
Information: 0141 7773 091

PAPER TO PULP
A two day course looking at what paper is, how it is created and what can be added to make it original and personal. A fantastic chance to learn practical skills, exercise your creativity and experience the satisfaction of injecting the personal touch into everyday objects.

Sat 12 and Sat 19
11am - 4pm
Kilmardinny Arts Centre,
50 Kilmardinny Avenue,
Bearsden G61 3NN
£30
Booking: 0141 777 3143
edlct.bookings@eastdunbarton.gov.uk
TIGER TALE
Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+. See page 8 for full details.

TIGER
A family’s everyday world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for adults. See page 8 for full details.

Sat 21 Sep
3pm (Tiger Tale) 8pm (Tiger Tale)
Beacon Arts Centre,
Customhouse Quay,
Greenock PA15 1HJ
£8 / £5 (Tiger Tale) £10 / £8 (Tiger)
Call Box Office: 01475 723 723
beaconartscentre.co.uk

INVERCLYDE LAUNCH EVENT – FEATURING BUDDY BEAT
Inverclyde Creative Forum would like to invite you to their local launch of the 2013 Festival. All ages are welcome to come along, find out more about the events taking place across Inverclyde and enjoy tasters and workshops including an energetic session with Paisley-based drumming ensemble Buddy Beat!

Thu 3 Oct
3 - 5.30pm
Beacon Arts Centre,
Customhouse Quay,
Greenock PA15 1HJ
Free / Booking required
Booking: 01475 723 723
beaconartscentre.co.uk

LINWOOD NO MORE
The 50th anniversary of the first Hillman Imp motorcar produced in Paisley awakens the memories of a homeless alcoholic who looks back at happier times as a worker. Presented by White Stag Productions.

Thu 3 Oct
7.30 - 8.30pm
Beacon Arts Centre,
Customhouse Quay,
Greenock PA15 1HJ
£10 / £8
Booking: 01475 723 723
beaconartscentre.co.uk
CLYDE PRIDE

The reality and emotional impact of ‘coming out’ is different for every lesbian, gay, bisexual or transgender person. Working with professional poets and artists, a local group of LGBT young people have produced artworks that express and share their emotional experiences.

Thu 3 - Wed 9 Oct
11am - 8pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ

Fri 11 - Wed 16 Oct
Mon 7 - 9.30pm, Tue / Fri 2 - 5pm and 7 - 9.30pm, Thu 3pm - 5pm / 7 - 9.30pm, Sat 1 - 5pm
I Youth Zone, 32 Nicholson Street, Greenock PA15 1UL

Wed 16 - Mon 21 Oct
10am - 5pm
McLean Museum and Art Gallery, 15 Kelly Street, Greenock PA16 8JX

Mon 21 - Mon 28 Oct
Mon/Tue/Thu 9.30am - 7pm, Wed 9.30am - 1pm, Fri 9.30am - 5pm, Sat 10am - 1pm
Greenock Library, 75-81 Cathcart Street, Greenock PA15 1DE

Mon 28 Oct - Thu 31 Oct
Mon/Wed/Fri 8.50am - 4.50pm, Tue/Thu 8.50am - 8pm
James Watt College, Finnart Street, Greenock PA16 8HF

Free / No booking required
Information: Aileen McEwan 01475 715 450

THE INCREDIBLE ADVENTURES OF SEE THRU SAM


Mon 7 Oct
7.30pm - 8.45pm
Beacon Arts Centre, Customhouse Quay, Greenock, PA15 1HJ
£12 / £10
Booking: 01475 723 723 beaconartscentre.co.uk

A WEE WORD WI’ YE

An exhibition of creative writing with an intergenerational focus, highlighting real life experiences of Inverclyde residents. Presented through newspaper articles, written with the support of a local reporter.

Mon 7 - Sun 20 Oct
10am - 4pm
The Dutch Gable House, 14 William Street, Greenock PA15 1BT
Free / No booking required
Information: Kirsty Smith / Jamie Brown 01475 553 334

WE SAID AYE TO VOLUNTEERING!

An exhibition of the photographs and stories of local volunteers, highlighting their day-to-day experiences of working in their community. Supported by Trust Volunteering.

Mon 7 - Sun 20 Oct
10am - 4pm
The Dutch Gable House, 14 William Street, Greenock PA15 1BT
Free / No booking required
Information: Kirsty Smith / Jamie Brown 01475 553 334

INVERCLYDE BRANCHING OUT PHOTOGRAPHIC EXHIBITION

See photographs taken by participants from SAMH Gateways services Inverclyde, during their time on the Branching Out Programme at Clyde Muirshiel Regional Park. A Forestry Commission Model, Branching Out helps those with mental health conditions by providing woodland activities to aid them in their recovery.

Mon 7 Oct - Fri 25 Oct
11am - 4pm
Greenock Cut Centre, part of Clyde Muirshiel Regional Park
Free / No booking required
Information: 01475 521 458
IT TAKES PEOPLE TO MAKE THE DREAM REALITY
An exhibition of the works and achievements of patients and clients of occupational therapy services for mental health and addictions, created with the support of Occupational Therapy professionals.

Mon 7 - Thu 31 Oct
2 - 3.30pm
Dunrod G, Ravenscraig Hospital, Inverkip Road, Greenock PA16 9HA
Langhill Clinic, Reception Area, Inverclyde Royal Hospital, Larkfield Road, Greenock PA16 0XN
Free / No booking required
Information: Kate Lowson 01475 504 875

LIFEBOAT
After their ship was torpedoed during WWII, two fifteen year old evacuees, Bess Walder and Beth Cumming, spent nineteen terrifying hours in the water on an upturned lifeboat, willing each other to survive. An extraordinary true story, presented by Catherine Wheels Theatre Company.

Tue 8 Oct
7 - 8.10pm
Beacon Arts Centre, Customhouse Quay, Greenock PA15 1HJ
£7 / £5
Booking: 01475 723 723
beaconartscentre.co.uk

INVERCLYDE’S RANDOM ACT OF KINDNESS DAY
Inverclyde will celebrate World Mental Health Day by declaring the 10th Oct as Inverclyde’s Random Act of Kindness Day! We invite you to take a moment to put a smile on someone else's face. Kindness Counts!

Thu 10 Oct
24 hours
Throughout Inverclyde
Free / No booking required
Information: Brian Young 07748 703 087

COLOUR, FLAIR AND LIFE
Presented by TOP (Think Only Positive) Art Group, this inspiring collection of paintings has been created by local individuals who have experienced mental health issues. Come along and view our collection celebrating Colour, Flair and Life. Supported by Grace Donnelly and James Watt College.

Thu 10 - Wed 16 Oct
11am - 8pm
Beacon Arts Centre, Customhouse Quay, Greenock PA15 1HJ
Free / No booking required
Information: Box Office 01475 723 723
beaconartscentre.co.uk

REALITY
This production has been devised and presented by the Rusty Boat Theatre company. It will explore differing viewpoints of what people perceive as real – only by analysing our own reality can true transformation begin. Scott Ryan Vickers of River City fame will be helping to direct and produce this performance.

Fri 11 and Sat 12 Oct
7.30pm
Beacon Arts Centre, Customhouse Quay, Greenock PA15 1HJ
£5
Booking: 01475 723 723
beaconartscentre.co.uk
SILVER LININGS PLAYBOOK

David O. Russell, USA, 2012, 122m, 15
Cast: Bradley Cooper, Jennifer Lawrence, Robert De Niro
In this Oscar-winning comedy drama, Pat (Bradley Cooper) is released from a court-ordered stay at a mental health institution and moves back in with his parents (played by Robert De Niro and Jacki Weaver). He meets troubled young woman Tiffany (Jennifer Lawrence) who agrees to help him win back his wife.

Mon 14 Oct
7.30 - 9:40pm
The Waterfront Cinema,
10 Custom House Way,
Greenock PA15 1EG
£2 (2 for 1 voucher with Greenock Telegraph)
Booking: 01475 732 201

BOOKBUG’S FEELING GOOD!

Join your favourite Bookbug Session leaders for a special session with songs and rhymes about feeling good and staying healthy along with a special craft activity. Early Years (0-5 year olds plus parents and carers).

Tue 15 Oct
12 - 1pm
Greenock Central Library,
75-81 Cathcart Street,
Greenock PA15 1DE
Free/No booking required
Information: Francesca Brennan
01475 712 325

TURBO WITH BOOKBUG SESSION

David Soren, USA, 2013, 96m, U
Cast: Ryan Reynolds, Paul Giamatti, Samuel L. Jackson
An animated family feature starring Theo (Ryan Reynolds) as a garden snail who dreams of being the world’s greatest racer. When a freak accident gives him the power to move at super-speed, Theo and his brother Chet (Paul Giamatti) form a team of misfit racing snails and prepare to compete in the Indy 500. The film will be followed by a session with Bookbug.

Wed 16 Oct
11am – 1.30pm
£2
Booking: 01475 732 201

REALITY: A CREATIVE WORKSHOP

A creative workshop exploring the ideas of ‘reality’ through writing short prose, poetry, drawing or any other medium. People from every stage in life are welcome to join in the fun to write straight from the heart. 16+.

Mon 21 Oct
10am - 3pm
The Quills, Your Voice,
12 Clyde Square, Greenock PA15 1NB
Free / No booking required
Information: Isobel Kerr / Erin Ross
01475 728 628

TRANSLUNAR PARADISE

After his wife passes away, William escapes to a paradise of fantasy and past memories. Experience a journey of life, death and enduring love. Presented by Theatre Ad Infinitum.

Wed 23 Oct
7 - 8.10pm
Beacon Arts Centre,
Customhouse Quay,
Greenock PA15 1HJ
£10 / £8 / £5
Booking: 01475 723 723
beaconartscentre.co.uk
ARTSPACE REALITY EXHIBITION
A fascinating exhibition featuring works by Artspace participants – an arts programme developed specifically for individuals who may otherwise face barriers accessing the arts due to mental ill-health. Exhibition created during the group’s residency in the Art Collection at Stirling University.

Mon 23 Sep - Thu 31 Oct
Mon - Fri 9am - 5pm, Sat - Sun 11am - 3pm
The Art Collection - University of Stirling, Pathfoot Building,
University of Stirling, Stirling FK9 4LA
Free / No booking required
Information: Artlink Central 01786 450 971

TIGER TALE
Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+. See page 8 for full details.

TIGER
A family’s everyday world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for adults. See page 8 for full details.

Sat 28 Sep
2.30pm (Tiger Tale) 7.30pm (Tiger)
MacRobert, University of Stirling, Stirling, FK9 4LA
£7 / £5.50 (Tiger Tale) £10.50 / £9 / £7.50 / £5 (Tiger)
Booking: 01786 466 666

A SENSE OF PLACE
Individuals diagnosed with dementia capture their most moving memories of time and place in this inspiring exhibition of painting, collage, writing, music and drawing from the Town Break Stirling Group.

Wed 2 Oct - Sat 19 Oct
Mon - Sat 10.30am - 4.30pm
Dunblane Museum, The Cross, Dunblane, Perthshire FK15 0AQ
Free / No booking required
Information: 01786 447 787

SEASONED – THIS IS ME
A moving exhibition of artworks created by NHS Forth Valley patients diagnosed with dementia. The patients worked alongside local artists to evolve creative and thought-provoking ways to open up their communication with family and staff.

Wed 2 Oct - Sat 19 Oct
Mon - Sat 10.30am - 4.30pm
Dunblane Museum, The Cross, Dunblane, Perthshire FK15 0AQ
Free / No booking required
Information: Artlink Central 01786 450 971

OUR CREATIVE ROAD
Artlink Central and The Art Collection invite participants from across Forth Valley to come together for an evening of words, music, drama, comedy, art, and poetry. To get involved please call Catherine on 01786 450 971 or email catherine@artlinkcentral.org.

Fri 4 Oct
7 - 9pm
The Crush Hall, University of Stirling, Pathfoot Building, University of Stirling, Stirling FK9 4LA
Free / Booking required
Booking: 01786 450 971
info@artlinkcentral.org

COMEDY CHARITY NIGHT
A chance to laugh your socks off all in the name of a good cause, featuring Falkirk’s Mental Health Association Arts and Media Group; local author and performer Alan Bissett, and Glasgow comedian Cammy Fraser.

Thu 10 Oct
7 - 9pm
Behind the Wall, 14 Melville St, Falkirk FK1 1HZ
£5
Booking: FDAMH - Michelle Reap 01324 671 600 or from Behind The Wall, 14 Melville Street, Falkirk FK1 1HZ
OUTSIDE IN: SCOTLAND
From intuitive artists to self-taught visionaries, Outside In: Scotland provides a unique insight into the extraordinary breadth of work produced by individuals, from outside the mainstream art world, living in Scotland. Part of a UK-wide exhibition.

Sat 31 Aug - Sat 26 Oct
(closed Sundays)
10am - 5pm
Gallery 1, Perth Museum and Art
Gallery, 78 George Street, Perth PH1 5LB
Free / No booking required
Information: 01738 632 488
pkc.gov.uk/museums

MOVING MINDS: EXHIBITION
In an open, honest and often humorous way, Gypsy/Traveller contributors share their memories, poetry and photographs, and reflect on the impact prejudice can have upon mental health and wellbeing. Created by MECOPP and Gypsy/Travellers.

Mon 30 Sep - Tue 8 Oct
Mon/Wed/Fri 9.30am - 5pm, Tue and Thu 9.30am - 8pm, Sat 9.30am - 4pm
A K Bell Library, York Place, Perth PH2 8EP

Tue 8 Oct - Thu 24 Oct
Mon, Wed, Fri 10am - 6pm, Tue and Thu 10am - 7pm, Sat 10am - 1pm
The Library, North Inch Community Campus, Gowan’s Terrace, Perth PH1 5BF
Free / No Booking required
Information: Louise Macaulay, MECOPP louise@mecopp.org.uk

AIRTS AN TRADEETIONS
A series of workshops focusing on a different aspect of the arts in each session, concluding with a celebration of the work created and storytelling with an author from Perthshire’s Gypsy/Travellers. Created collaboratively by Perth and Kinross Council and MECOPP.

Thu 12, Thu 19, Thu 26 Sep and Tue 3, Tue 10 Oct
4 - 6pm
The Library, North Inch Community Campus, Gowan’s Terrace, Perth PH1 5BF
Free / Booking required
Booking: Marilyn Gordon
01738 454 406 MGordon@pkc.gov.uk

IS THIS REAL LIFE?
A visual art exhibition showcasing a variety of works reflecting personal views on reality. There’s also the opportunity to visit The Walled Garden wellbeing project and enjoy a coffee in the café afterwards.

Tue 1 - Thu 24 Oct (Weekdays only)
10am - 3pm
The Walled Garden, Muirhall Road, Perth PH2 7BH
Free / No booking required
Information: 01738 631 777
Closed at Weekend

ANGUS MACPHEE: SCOTTISH OUTSIDER ARTIST
A wonderful exhibition of extraordinary Artworks made by weaving natural vegetation and grasses. This exhibition is on loan from the Art Extraordinary trust. See page 8 for full details.

Tue 1 - Sat 26 Oct (closed Sundays)
10am - 5pm
Gallery 2, Perth Museum and Art
Gallery, 78 George Street, Perth PH1 5LB
Free / No booking required
Information: 01738 632 488
pkc.gov.uk/museums
**REALITY OR ILLUSION?**
A dramatic exhibition showcasing photographs taken by members of PLUS Perth. The culmination of a four month project on camera skills focusing on the theme ‘reality’.

- **Wed 8 - Tue 22 Oct** (closed Sundays)
- **10am - 5pm**
- **A K Bell Library, York Place, Perth PH2 8EP**
- **Free / No booking required**
- **Information**: 01738 626 242
  plusperth@msn.com

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**THE SPACES BETWEEN: DIGITAL INSTALLATION**
What lies within the spaces between past and present? Between old and new? Journey into the future as patients and artists exhibit work exploring the changing landscape of Murray Royal and its evolution towards a new state of the art hospital.

- **Wed 2 - Fri 18 Oct**
- **Mon / Wed / Fri 9:30am - 5pm,**
  **Tue / Thu 9.30am - 8pm,**
  **Sat 9.30am - 4pm**
- **A K Bell Library, York Pl, Perth PH2 8EP**
- **Free / No booking required**
- **Information**: 01738 444 949

**MOVING MINDS: STORYTELLING**
An evening of storytelling with acclaimed Scottish author Jess Smith. Celebrate the traditions of Scottish Gypsy/Travellers and hear about the issues faced by Gypsy/Travellers today.

- **Fri 4 Oct**
- **7.30 - 9.30pm**
- **Souter Theatre, A K Bell Library, York Place, Perth PH2 8EP**
- **£5**
- **Booking**: 07943 727920
  emma-jane@mecopp.org.uk
- **Information**: Louise Macaulay louise@mecopp.org.uk

**HAPPY DAYS: CHILDREN MANAGING THEIR MENTAL HEALTH**
This exhibition represents children’s views on what happiness is, and how they maintain this in the face of adversity, with a particular emphasis on the ways in which other people’s substance misuse can affect children’s mental health and wellbeing.

- **Mon 7 - Fri 11 Oct**
- **Breadalbane Community Library, Crieff Road, Aberfeldy PH15 2DU**
- **Mon 14 - Fri 18 Oct**
- **Blairgowrie Library, 46a Leslie Street, Blairgowrie PH10 6AW**
- **Mon 21 - Fri 25 Oct**
- **Loch Leven Community Library, Muirs, Kinross KY13 8FQ**
- **10am - 5pm**
- **Free / No booking required**
- **Information**: 01738 472 270

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**IS THIS REAL LIFE?**

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**REALITY OR ILLUSION**
THE REFLECTIVE, THE TROUBLED AND THE DOWNRIGHT MANIC

A delightfully spiced cocktail of theatre, music and poetry, including excerpts from Neil Simon’s dark comedy ‘The Prisoner of Second Avenue’; extracts from ‘The Open Book’ by Jackie Proctor and performances by contemporary poets.

Sat 12 Oct
7.30 - 9.30pm
Soutar Theatre, A K Bell Library, York Place, Perth PH2 8EP
£7 / £5
Booking: Jackie Proctor 01738 850 888 jackieproctor2@gmail.com

A VIEW THROUGH A LENS

Enjoy this inspiring exhibition of photography and paintings revealing ‘the art of life’, and have the chance to dip your own brush in our fun watercolour painting workshop – no painting experience required!

Mon 14 - Sat 19 Oct
(Workshop: Sat 19 Oct)
Mon / Fri 10am - 1pm, Tue - Thu 10am - 4pm (Workshop: 1.30 - 3.20pm)
Wisecraft, 10 Lower Mill Street, Blairgowrie, Perthshire PH10 6AQ
Exhibition: Free / No booking required, Workshop: £3
Booking:
Laura or Mike on 01250 874 777 or laura.smart@pkavs.org.uk

PLUS VOICES – OPEN MIC NIGHT

Fun open mic evening of poetry and song. Come along and share your talents in the chilled out setting of the library café.

Wed 16 Oct
7.30 - 9pm
A K Bell Library, York Place, Perth PH2 8EP
Free / No booking required
Information: 01738 626 242 plusperth@msn.com

PERTHSHIRE VIEWS

Local scenes have inspired our Project Carers to capture the perfect moment on camera. Come along and see their photos, buy the cards and meet some of the carers who took part.

Tue 15 Oct
11am - 12.30pm
Tayside Carers Support Project, 8 Atholl Crescent, Perth PH1 5NG
Free / No booking required
Information: Sarah Cox 01738 580 899

GET TOGETHER

A fabulous, free, fun, family event to promote positive mental health and wellbeing. Open to all, just turn up on the day and enjoy activities for all ages, including complementary therapies, relaxation sessions and more.

Sat 19 Oct
11am - 2pm
North Inch Community Campus, Gowan’s Terrace, Perth PH1 5BF
Free / no booking required
Information: David McPhee
01738 476 782 dfmcphee@pkc.gov.uk
FEEL GOOD BOOKS
Visit Fife Libraries’ ‘feel good’ book displays, with free bookmarks available promoting the Festival and signposting people to help and advice surrounding issues of mental wellbeing and welfare reform.

Throughout Sep and Oct
Opening Hours: fifedirect.org.uk/libraries
Free / No booking required
Information: Samantha MacDougall
08451 555 555 ext 492788

ROADS TO SUCCESS
A vibrant selection of artwork submitted by individuals and agencies involved with mental health services in Fife who find that creative arts and craft projects have a positive effect on their mental health and wellbeing.

Fri 20 Sep - Thu 24 Oct
Mon - Fri 8.30am - 9.30pm,
Sat/Sun 8.30am - 5.00pm
Duloch Leisure Centre Corridor,
Nightingale Place, Dunfermline KY11 8LW
Free / No booking required
Information: Duloch Leisure Centre
01383 602 209

REALITY CHECK
Keep an eye out for SMH AFF in one of the Kingdom Shopping Centre's shop windows, showcasing events and mental health and wellbeing information with a series of large-scale posters.

Mon 23 Sep - Thu 31 Oct
Mon - Sat 9am - 5.30pm,
Sun 11am - 4pm
Kingdom Shopping Centre,
Glenrothes KY7 5NW
Free / No booking required
Information: Shona McEwan
08451 555 555 ext 442134

REALITY BITES IN FIFE
Come along and get a flavour of Fife’s SMH AFF 2013 events. Featuring dynamic speakers including Jo Verrent (believing that ‘different’ is delicious not divergent) and a newly commissioned thought-provoking performance piece by Suit and Pace dealing with mental health realities.

Thu 26 Sep
2 - 5pm
Hall B, Rothes Halls, Rothes Square,
Glenrothes KY7 5NX
Free / No booking required
Information: Shona McEwan
08451 555 555 ext 442134

REALITY AND MEMORY: A POETRY READING
Memory is an important tool, and poetry often serves to record and preserve memories in a way which makes them available to others. This StAnza event with Paula Jennings and Tom Pow offers a reading by poets whose writing features themes of memory and reality.

Tue 1 Oct
6 - 7pm
Council Chamber, Town Hall,
Queens Gardens,
St Andrews KY16 9TA
Free / No booking required
Information: 07900 207 429
enquiries@stanzapoetry.org

PURPOSE AND PLAY
Auchtermuchty hosts a variety of events aimed at recreating our lives for the better, building trust and understanding, and providing creative activities. You’ll receive a warm welcome, plus tea, coffee and cakes!

Tue 1 -Thu 24 Oct
See Fife brochure for full details of events, venues and times
Free / No booking required
Information: Alexis Harvey 07792 650 663
REALITY THROUGH THE EYES OF PUPILS

This provocative series of posters by Dunfermline High School’s Media students promote mental health and wellbeing, sources of support, and give an insight into what their mental health realities are.

Tue 1 - Thu 31 Oct
10am - 10pm
Cloud Drama and Art Academy, 16 New Row, Dunfermline KY12 7DZ
Free / No booking required
Information: 0845 3400 513

STORIES WE TELL

Sarah Polley, Canada, 2012, 108m, 12A
Cast: Sarah Polley, John Buchan, Joanna Polley, Mark Polley

In this semi-fictional documentary, Canadian actor/director Sarah Polley searches for the truth about her biological father. Stories We Tell is a reflection on the often unreliable relationship between truth and memory. Polley tells a deeply personal story about the narratives and mythologies that define our families.

Wed 2 Oct
Time: 7.30-9.20pm
Adam Smith Theatre, Bennochy Road, Kirkcaldy KY1 1ET
Tickets: £5.50/4.50
Booking: 01592 583302
onfife.com

HAGAR IN THE WILDERNESS

Join us for the Scottish Premiere of a brand new chamber opera by Sally Beamish and Clara Glynn. Dealing with themes of desperation, jealousy and reality, this opera is a re-telling of the Biblical/Koranic tale of Hagar, a servant in Abraham’s house, and the mother of his illegitimate child. This event will include a pre-performance discussion with the composer.

Fri 4 Oct
7.30 - 9.30pm
Holy Trinity Church, South Street, St Andrews KY16 9UH
£16 / £13
Booking: Dundee Contemporary Arts 01382 909 900

LAUGHELLY – A MUSIC AND COMEDY CABARET

Join fantastic Scottish comedian Bruce Morton for a hilarious journey through life and work. Music is provided by Fife’s top covers band Under Fire and Dumfries and Galloway’s finest indie-folk band, The Razorbills.

Fri 4 Oct
7.30 - 10.30pm
Lochgelly Centre, Bank Street, Lochgelly KY5 9RD
£6
Booking: 01592 583 303

DAYDREAM BELIEVER AND ESCAPE FROM REALITY

Two deeply personal art exhibitions demonstrating that we are all unique and have very different strategies for achieving mental wellbeing. Created by LINK, East Fife’s Mental Health Befriending Project and LinkLiving’s Real Connections project.

Mon 7 - Thu 31 Oct
9am - 5.30pm
The Rothes Halls, Rothes Square, Glenrothes KY7 5NX
Free / No booking required
Information: Rothes Halls 01592 611 101

BACK TO LIFE: BACK TO REALITY

An exhibition giving a perspective on Adult Protection and exploring themes of disability hate crime.

Mon 7 Oct – Fri 6 Dec
9am - 5.30pm
The Rothes Halls, Rothes Square, Glenrothes KY7 5NX
Free / No booking required
Information: Shona McEwan 08451 555 555 ext 442134

THE BAND

Ever wanted to try singing? Or maybe samba drumming? Or learn to play a brass instrument? Come along and join The Band workshops and experience the therapeutic power of musical expression! We also have a Community Band workshop if you already play and would like to join in.

Tue 8, Tue 15, Tue 22 Oct
7 - 9pm
Lochgelly Centre, Bank Street, Lochgelly KY5 9RD
£10
Booking sheets available at Lochgelly Centre
01592 583 303
chairperson_theband@hotmail.com
**SUBSIST**

Exploring what it takes to be a survivor - and at what cost - this thrilling drama tells the story of four strangers who struggle to hang onto their humanity in a post-apocalyptic world. With four possible endings, this stunning show will have you questioning the power we all have over our realities. Followed by a post-show discussion. ‘subsist’ is written and directed by JD Henshaw of DBS Productions.

**Thu 10 - Fri 11 Oct**

8 - 9.45pm

10 Oct: Falkland Centre for Stewardship, The Stables, Falkland Estate, Falkland KY15 7AF

11 Oct: Cloud, New Row, Dunfermline KY12 7DZ

£8 / £6

Information: Annie Marrs on 07912 042 630 or tickets@dbsproductions.co.uk

**TIGER TALE**

Poppy’s and her parent's world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+. See page 8 for full details.

**Sun 20 Oct**

2.30pm

Rothes Hall, Rothes Square, Glenrothes KY7 5NX

£5.50 / £4.50

Booking: 01592 611 101

boxoffice.rotheshall@onfife.com

**THE HAPPY LANDS**

Robert Rae, UK, 2012, 108m, NC

Robert Rae's portrait of a definitive moment in social justice history, following three Scottish families as they deal with questions of loyalty, honour, love and trust during the 1926 General Strike. Followed by a Q&A with Helen Trew (Producer) and Willie Hershaw (PT Beath High).

**Tue 22 Oct**

7 - 9:10pm

Beath High School, Foulford Road, Cowdenbeath KY4 9BH

£5.40 / £4.50

Booking: Kim Vallance 01383 602 346 (402510)

**ROCK THE HALLS**

An eclectic evening featuring Fife bands. Keep an eye on SMHASS’s website for full details of the line-up.

**Fri 25 Oct**

6.30 - 11pm

The Rothes Halls, Rothes Square, Glenrothes KY7 5NX

£4 Booking: 01592 611 101

**COULDN’T CARE LESS**

Inspired by the experiences of carers, this is a dark, surreal, funny and moving story of two women whose lives are disappearing. See page 7 for full details.

**Sat 26 Oct**

6.30 - 7.45pm

Lochgelly Centre, Bank Street, Lochgelly KY5 9RD

£5 (Free to attendees of the Luminate all-day event)

Booking: 01592 583 303 onfife.com
LOVELACE
Ron Epstein, Jeffrey Friedman, US, 2013, 92m, 18
Cast: Amanda Seyfried, James Franco, Hank Azaria, Peter Sarsgaard, Sharon Stone
A biopic of the dramatic story of Linda Lovelace, who became the central figure in the 1970’s pornographic film revolution, and later became an activist against the sex-film industry. Addressing serious issues about domestic violence and societal misogyny, Lovelace is a story of spiritual bankruptcy and rebirth.
Sat 12 Oct
6 - 7.45pm

A WOMAN UNDER THE INFLUENCE
John Cassavetes, USA, 1974, 155m, 15
Cast: Gena Rowlands, Peter Falk
Nick (Peter Falk) is a man struggling to deal with his own family, and particularly his wife Mabel (Gena Rowlands). John Cassavetes’ immensely detailed film shows what happens when a man attempts to deny the truth of his wife’s illness.
Sun 13 Oct
3 - 5.40pm

THE BLUE BLACK HUSSAR
Jack Bond, UK, 2013, 100m, NC
Cast: Adam Ant, Charlotte Rampling, Mark Ronson
Film-maker Jack Bond (Anticlock, Dali in New York) is a fly-on-the-wall in this documentary following rock ‘n’ roll legend Adam Ant’s return to fame. The film sees Adam prepare to embark on his comeback ‘World Tour of London’, after a stay in Paris to consult with his muse, Charlotte Rampling.
Sun 13 Oct
8.30 - 10.20pm

RUNNING FROM CRAZY
Barbara Kopple, USA, 100m, NC
Cast: Mariel Hemingway, Jack Hemingway, Langley Hemingway, Margaux Hemingway
Double Academy Award-winner Barbara Kopple directs this documentary following actress Mariel Hemingway, grand-daughter of the late Ernest Hemingway. Mariel sets out on a personal journey as she strives for understanding of her complex family history of mental illness and suicide.
Fri 18 Oct
6 - 8pm

Dundee Contemporary Arts,
152 Nethergate, Dundee DD1 4DY
£5.50 (before 5pm) £6.50 (from 5pm) / £4.50
Booking: 01382 909 900
dca.org.uk
INNER REALITY EXTERNALISED

Opening night of a juried exhibition of works on the theme of ‘Imagined Realities’, including paintings, glass and mixed media.

Tue 1 - Thu 31 Oct
9am - 5pm
Royal Cornhill Hospital, Clerkseat Building, Aberdeen AB25 2ZH
Free / No booking required
Information: 07786 486 880

BLUES JAM AT THE MALT MILL DOWNSTAIRS

Experience the therapeutic power of music first hand, at the Malt Mill’s popular Blues Jam. A chance to listen to and perform in live music – just bring your instruments, voices and friends!

8pm - midnight
Downstairs at the Malt Mill,
82 Holburn Street, Mannofield,
Aberdeen AB10 6BY
Free / No booking required
Information: 07786 486 880

IMAGINED REALITIES

A new exhibition at Shelagh Swanson’s Art Gallery exploring the theme of ‘reality’, including paintings by various artists, fused glass and items of jewellery, as well as mixed media.

Fri 4 - Thu 31 Oct
10am - 6pm
Oil and Glass Art Gallery,
64 Victoria Road, Torry,
Aberdeen AB11 9DS
Free / No booking required
Information: 01224 905 134

WRITE YOURSELF BACK TO HEALTH

Session focusing on the therapeutic value of writing and the cathartic experience of exorcising your innermost thoughts.

Sun 6 Oct
2 - 4pm
Musa Art and Music Café,
33 Exchange Street,
Aberdeen AB11 6PH
£2
Booking: 07786 486 880

ALMOST A PICTURE: FEATURING POETRY BY TYNESIDE POET, SEAN BURN

Bring your favourite poems and songs to read or sing to a supportive audience in the relaxed setting of Oil and Glass.

Fri 11 Oct
7 - 10pm
Oil and Glass Art Gallery,
64 Victoria Road, Torry,
Aberdeen AB11 9DS
£2 (donations)
Booking: 07786 486 880
**GETTING REAL**

Professor Eric Matthews and Dr John Callender will discuss the theme of ‘reality’ generally, and more specifically from a psychiatric perspective. The discussion will be chaired by Dr Peter Gordon.

**Sat 12 Oct**
1 - 3pm
Robert Gordon University Business Studies Building, Aberdeen Business School, Robert Gordon University, Garthdee Campus, Garthdee Road, Aberdeen AB10 7QE
£2
Booking: 07786 486 880

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**RUNNING FROM CRAZY AND REALITIES**

Barbara Kopple, USA, 100m, NC
Cast: Mariel Hemingway, Jack Hemingway, Langley Hemingway, Margaux Hemingway

Double Academy Award-winner Barbara Kopple directs this documentary following actress Mariel Hemingway, grand-daughter of the late Ernest Hemingway. Mariel sets out on a personal journey as she strives for understanding of her complex family history of mental illness and suicide. We will also show short films by Lucy Derry, Martin Wyllie and Bob Outram.

**Thu 17 Oct**
7 - 10pm
Belmont Cinema, 49 Belmont Street, Aberdeen AB10 1JS
£5.50
Booking: 07786 486 880

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**TIGER TALE**

Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+.

**See page 8 for full details.**

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**TIGER**

A family’s everyday world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for adults.

**See page 8 for full details.**

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**BANGING HEIDS WITH LOCAL ABERDEEN STAND-UP PERFORMERS**

Side-splitting comedy improvised around a given theme, featuring performers who have themselves experienced mental health issues - the only thing that’s predictable is the laughs!

**Thu 24 Oct**
9 - 11pm
O’Neill’s Aberdeen, 9-10 Back Wynd, Aberdeen AB10 1JN
Free / No booking required
Information: 07786 486 880

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**Tiger Tale**

**Tiger**

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**RUNNING FROM CRAZY**

**TIGER**

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BANGING HEIDS WITH LOCAL ABERDEEN STAND-UP PERFORMERS

Side-splitting comedy improvised around a given theme, featuring performers who have themselves experienced mental health issues - the only thing that’s predictable is the laughs!

**Thu 24 Oct**
9 - 11pm
O’Neill’s Aberdeen, 9-10 Back Wynd, Aberdeen AB10 1JN
Free / No booking required
Information: 07786 486 880
FEELGOOD MENTAL HEALTH BOOK WEEK
A week-long event of feel good books, resources, displays and service information stalls within Elgin Library.

Tue 1 - Sat 5 Oct
Mon - Fri 10am - 8pm, Sat 10am - 4pm
The Gallery, Elgin Library,
Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Elgin Library 01343 562 600
moray.gov.uk/librarycatalogue

PROMISE AUCTION
An auction with a twist! Come along and bid on a promise: maybe to do odd jobs: car washing, dog walking, a free meal, a make-over, music lessons… These are just a few of our ideas – what are yours?

Auction Tue 1 - Thu 10 Oct
Auction: morayfeelgoodfestival.co.uk
Free / No Booking required
Information: info@morayfeelgoodfestival.co.uk

MOOD BOOSTING BOOKS
Moray libraries’ HEALTHMATTERS healthy reading scheme launches ‘Mood Boosting Books’. Chosen by you the readers, Mood Boosting Books consists of uplifting novels, non-fiction and poetry.

Tue 1 - Fri 25 Oct
See website for details
Moray Libraries (see website for details)
Free / No booking required
Information: Elgin Library 01343 562 600
moray.gov.uk/librarycatalogue

BOOKS ON PRESCRIPTION (BOP)
Moray libraries’ HEALTHMATTERS healthy reading scheme launches ‘Moray Books on Prescription’. GPs, health and social care professionals recommend titles from an approved book list to support the treatment of common mental health problems. Books will also be available for anyone to borrow directly from Moray libraries.

Tue 1 - Fri 25 Oct
See website for details
Moray Libraries (see website for details)
Free / No booking required
Information: Elgin Library 01343 562 600
moray.gov.uk/librarycatalogue

BLACK DOG
The ‘black dog’ of depression has been talked about for many years. Promoting open discussion, understanding and challenging stigma, the Moray Black Dog will appear throughout the Moray Feelgood Festival. Created by Moray Anchor Projects.

Tue 1 - Fri 25 Oct
Various, see website for details
The Gallery, Elgin Library and other venues, see website for details
Free / No booking required
Information: Ali McIvor
manager.map@tiscali.co.uk

MEN’S SHED EXHIBIT
Moray Men’s Sheds is a new initiative designed to bring men together to form new friendships, share skills and experiences and discuss areas of interest such as emotional health and wellbeing. A life-size shed will be built for exhibition and will appear throughout the Moray Feelgood Festival.

Tue 1 - Fri 25 Oct
Various, see website for details
The Gallery, Elgin Library and other venues, see website for details
Free / No booking required
Information: Irene Weeden
irene.weeden@moray.gov.uk

THE JOYFUL NOISE SINGERS – SINGING FOR HEALTH
Joyful Noise launched the Joyful Noise Singers for over 60’s in Moray in 2013 and have been hitting the high notes ever since. This special performance is a celebration of the positive power of singing and creative ageing.

Sat 5 Oct
1 - 1.30pm
St Giles Shopping Centre,
121 High Street, Elgin IV30 1EA
Free / No booking required
Information: joyfulnoise@btinternet.com

FEELGOOD BUSKFEST
Sometimes all it takes is a good tune! For one afternoon, Elgin will be transformed by the sights and sounds of our buskers and street artists bringing the feelgood factor to Moray and raising awareness of mental health and local mental health charities. If you would like to take part contact us now.

Sat 5 Oct
11am - 4pm
Elgin Plainstones Town Centre
including surrounding streets and
St Giles Shopping Centre,
High Street Elgin, IV30 1EA
Free / No booking required
Information: emmablyth@me.com
PUPPETRY IN DEMENTIA CARE
Uplifting reading and discussion by author and director of Creativity in Care, Karrie Marshall discusses her book ‘Puppetry in Dementia Care: connecting through creativity and joy’ and the Creative Brains project.

Mon 7 Oct
2.30 - 3.30pm
Buckie Library, Cluny Place,
Buckie AB56 1HB

Thu 17 Oct
2 - 3pm
Keith Library, Union Street,
Keith AB55 5DP

Thu 17 Oct
6 - 7pm
The Gallery, Elgin Library,
Cooper Park, Elgin IV30 1HS

Free / No booking required
Information: Karrie Marshall
karrie@creativityincare.org

CREATIVE BRAINS – NOETIC ART EXHIBITION
Moving exhibition of sculptures by individuals living with dementia, people in recovery from mental ill-health and those who are carers, exploring visually what they would like to see inside their own minds. Supported by MCHSCP Creative and Caring Moray programme.

Mon 7 and Tue 8 Oct
Mon - Thu 10am - 8pm,
Fri 10am - 5 pm, Sat 10am - 12pm
Buckie Library, Cluny Place,
Buckie AB56 1HB
Free / No booking required
Information: Karrie Marshall
Karrie@creativityincare.org

Mon 14 - Mon 21 Oct
Mon - Fri 10am - 8pm, Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Karrie Marshall
karrie@creativityincare.org

MORAY RANDOM ACT OF KINDNESS (RAK) DAY
Doing good things for others can reduce stress, improve emotional wellbeing and even benefit your physical health. Moray celebrates World Mental Health Day by declaring 10th Oct as RAK Day. Share your kindness ideas and stories on Twitter (@randommoray) and Facebook.

Thu 10 Oct
All Day
Throughout Moray
Free / No booking required
Information and RAK tips:
morayfeelgoodfestival.co.uk

THE HAPPY MOVIE
Celebrating World Mental Health Day, Moray high school pupils will explore ‘happiness’. This Academy award-nominated film combines powerful human stories with cutting edge science to give a deeper understanding of our most valued emotion. Followed by classroom discussion and activities.

Thu 10 Oct
Moray High Schools
Not open to the public
Information:
steve.mccluskey@moray.gov.uk
HARPING BACK
In this musical workshop, Fiona Kyle of Inspirational Harping uses harp music as a tool to improve communication and build confidence, gently encouraging participants to share stories and memories whilst having fun. During the workshop, well-known tunes will be played by Fiona and their background stories shared.

Thu 10 Oct
6 - 7.30pm
The Inkwell, Elgin Youth Café, Francis Place, Elgin, IV30 1LQ
Free / Booking required
Booking: ihailish@gmail.com

B-ROADS
A new theatre piece by Moray creatives Morna Young and David Rankine, developed in partnership with Play Pieces.

A car crash; a couple torn apart; and a struggle to salvage what’s left from the wreckage. Follow the fractured and fascinating journey of two ordinary people cast into an absurd reality - the road to recovery.

Thu 10 and Fri 11 Oct
8 - 9pm
The Warehouse Theatre, Pitgaveny Quay, Lossiemouth, Moray IV31 6TW
£5 / Booking required
Booking: mornayoung@live.com

REFLECTIONS ON ELGIN
Promoting the links between the past and the present, and the benefits of walking and wellbeing. This guided heritage walk with local people will take you around Elgin’s historic buildings and closes, including a visit to the 1932 Elgin Playhouse Cinema. All ages welcome.

Mon 14 and Tue 15 Oct
10 - 11.30am
Meet outside Elgin Sheriff Court, High Street, Elgin IV30 1BU
Free / Booking required
Booking: Elgin Tourist Information 01343 562 608
Information: claire.griffiths@royalvoluntaryservice.org.uk

ANGUS – WEAVER OF GRASS
Raised on South Uist and traumatised by WWII, Angus MacPhee’s life is a tale of lost traditions, mental illness, and magical hats made of grass. For full details see page 8.


Mon 14 Oct
7 - 9.30pm
Elgin Town Hall, 1 Trinity Place, Elgin IV30 1UL
£10 / £8 / £6
Booking: Elgin Library 01343 562 600

MY REALITY EXHIBITION
A multimedia art exhibition celebrating the artistic achievements of individuals with experience of mental health issues and promoting the therapeutic benefits that creativity has for mental wellbeing and recovery.

Mon 14 - Mon 21 Oct
Mon - Fri 10am - 8pm, Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Ali McIvor manager.map@tiscali.co.uk

ANGUS – WEAVER OF GRASS
WALKING IN MY SHOES
A short intimate documentary around those living with mental ill-health in Moray. Through personal interviews, this film sets out to promote understanding, challenge stigma, and provide hope and inspiration to others. A collaboration between Recite Films and SAMH (Scottish Association for Mental Health). Supported by Moray Community Health and Social Care Partnership’s Creative and Caring Moray programme.

Mon 14 - Mon 21 Oct
Mon - Fri 10am - 8pm, Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: steve.mccluskey@moray.gov.uk

AYE! FEELGOOD COMMUNITY CHOIR - LAUNCH
Joyful Noise launch a new singing group promoting emotional wellbeing. Come and join in - no previous experience required. We are particularly interested in making contact with anyone with a previous or current mental health problem. Supported by Moray Community Health and Social Care Partnership’s Creative and Caring Moray programme.

Thu 17 Oct
1 - 3pm
Elgin Community Centre, Trinity Road, Elgin IV30 1UE
Free / Booking required
Booking: joyfulnoise@btinternet.com

PREPARED TO CARE
‘Prepared to Care’ – an emotive glimpse into the world of Moray’s unpaid carers via the medium of their own artwork. Designed to link with Strange Theatre’s ‘Couldn’t Care Less’.

Mon 14 - Fri 25 Oct
Mon - Fri 8.30am - 6pm
Ardach Health Centre, Highfield Road, Buckie AB56 1JE
Mon - Thu 10am - 8pm, Fri 10am - 5pm, Sat 10am - 12pm
Buckie Library, Cluny Place, Buckie AB56 1HB
Free / No Booking required
Information: nuala.lindsay@quarriers.org.uk

COULDN’T CARE LESS
Inspired by the experiences of carers, this is a dark, surreal, funny and moving story of two women whose lives are disappearing. See page 6 for full details.

Mon 21 Oct
7 - 8.15pm
Buckie Community High School Auditorium, West Cathcart Street, Buckie AB56 1QB
Free / Booking required
Booking: Quarriers Elgin Nuala Lindsay 01343 556 031

Tue 22 Oct
1.30 - 2.45pm
Elgin Town Hall, 1 Trinity Place, Elgin IV30 1UL
Free / Booking required
Booking: Quarriers Elgin Nuala Lindsay 01343 556 031

STAND UP FOR MENTAL HEALTH
‘Do you like jokes?’ presents a special comedy night at this new Elgin venue to raise awareness of local mental health and suicide prevention work. Great acts to be announced. Follow ‘do you like jokes?’ on Twitter and Facebook.

Fri 25 Oct
7.30 - 10pm
The Drouthy Cobbler (upstairs), 48a High Street, Elgin IV30 1BU
£8 / Booking required
Booking: doyoulikejokes.co.uk or at the venue
ARTISTS ONLINE - VIRTUAL EVENT

A virtual event using internet-based audio streaming to explore the power of creativity to engage with people about mental health issues. Featuring interviews from Scottish song writers, and following the creative journey for budding writers at a Belladrum Festival workshop and performance.

Tue 1 - Thu 24 Oct
Available online at mhfestival.com

WE NEED TO TALK ABOUT KEVIN

Lynne Ramsay, UK/USA, 2011, 112m, 15
Cast: Tilda Swinton, John C. Reilly, Ezra Miller

This visceral adaptation of the best-selling novel explores the relationship between a mother and son. Eva (Tilda Swinton) has struggled to bond with her son Kevin (Ezra Miller) since he was born. When Kevin commits a terrible act in his teenage years, Eva is forced to question her own culpability.

Thu 3 Oct
6 - 8pm
Eden Court, Bishop’s Rd, Inverness IV3 5SA
£4 / £2
Booking: 01463 234 234
boxoffice.eden-court.co.uk

ANGUS: WALK AND TALK

A chance to learn more about ‘outsider artist’ Angus MacPhee (see page 6 for details) on this relaxed walk and talk. Wear outdoor clothing and comfortable shoes. Easy walking. Meeting in Dunain Woods (South car park at the end of Forester’s Way, Inverness).

Wed 9 Oct
1 - 2pm and 6 - 7pm
Dunain Woods, Foresters Way, Inverness IV3 8LP
Free / Booking required
Booking: Karrie Marshall 07716 111 585

ANGUS – WEAVER OF GRASS

Raised on South Uist and traumatised by WWII, Angus MacPhee’s life is a tale of lost traditions, mental illness, and magical hats made of grass. For full details see page 8.

Sat 12 Oct
7 - 9pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£10 / £8
Booking: Eden Court Box Office
01463 234 234

VIDEODROME

David Cronenberg, Canada, 1983, 87m, 18
Cast: James Woods, Deborah Harry

In this cyberpunk cult classic, television executive Max Renn (James Woods) stumbles upon the bizarre world of underground broadcast ‘Videodrome’. As Max tries to find the programme’s source, its extreme content begins to corrupt his external world. Cronenberg’s thriller of technological obsession still resonates in our digital age.

Sun 13 Oct
7.45 - 9.30pm
Eden Court, Bishop’s Rd, Inverness IV3 5SA
£4 / £2
Booking: 01463 234 234
Eden Court Box Office
MY LIFE CELEBRATION MASK
Create your own Life Celebration Mask in this family workshop led by Chris King. All materials are provided.

Mon 14 Oct
2 - 4pm
Spectrum Centre, Margaret Street, Inverness IV1 1LS

Sat 19 Oct
2 - 4pm
The Bike Shed, Arts in Merkinch, 33 Grant Street, Inverness IV3 8BN

£2 donation
Booking: Karrie Marshall on 07716 111 585

CREATIVE BRAINS – NOETIC ART EXHIBITION
Moving exhibition of sculptures by individuals living with dementia, people in recovery from mental ill-health and those who are carers, exploring visually what they would like to see inside their own minds.

Mon 14 Oct
12 - 6pm
Spectrum Centre, Margaret Street, Inverness IV1 1LS

Fri 18 Oct
2pm - 5pm
Inverness Library, Farraline Park, Inverness IV1 1NH

Sat 19 Oct
10am - 5pm
The Bike Shed, Arts in Merkinch, Grant Street, Inverness IV3 8BN

Tue 22 Oct
11am - 3pm
Birchwood Highland, 108b High Street, Invergordon IV18 0DR

Free / No booking required
Information: Karrie Marshall 07716 111 585

SCARECROW
Jerry Schatzberg, USA, 1973, 112m, 18
Cast: Al Pacino, Gene Hackman
A fresh chance to see this unsung American road movie in which two down-and-out drifters form an unlikely pair. Ex-con Max (Gene Hackman) meets Lion (Al Pacino); a former sailor who is about to become a father. The two continue their journey east together, and learn the value of friendship the hard way.

Wed 16 Oct
7.15 - 9.15pm
Eden Court, Bishop’s Rd, Inverness IV3 5SA
£4 / £2
Booking: 01463 234 234
boxoffice.eden-court.co.uk

HIGHLAND FILM AND WORDS EVENING
Showcasing new films produced in the Highlands alongside new books by Highland authors, celebrate Highland talent in this relaxed evening with some of the region’s brightest new stars. Enjoy the films, talk to the producers and participants, hear the authors and share a cuppa with them afterwards.

Tue 22 Oct
6 - 8.15pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
Free / Booking required
Booking: info@highlandmhfestival.com
**TAKE SHELTER**

Jeff Nichols, USA, 2011, 121m, 15

Cast: Michael Shannon, Jessica Chastain

Curtis (Michael Shannon) experiences terrifying nightmares in which an apocalyptic storm hits his home. Fearing what these visions may foreshadow, he starts building a storm shelter to protect his family. His behaviour puts a strain on his marriage to wife Samantha (Jessica Chastain).

Tue 22 Oct
8.30 – 10.45pm
Eden Court, Bishop’s Rd, Inverness IV3 5SA
£4 / £2
Booking: 01463 234 234
boxoffice.eden-court.co.uk

**ARGYLL AND BUTE**

**WOODLAND PARTY**

Blarbuie Woodland by the hospitals in Lochgilphead is a place of beauty and healing. Join us for an evening of music, poetry, crafts, alcohol-free bar, refreshments and walks to see the woods light up!

Fri 4 - Sat 5 Oct
4 - 9pm
Blarbuie Woods, by the Hospitals, Lochgilphead PA31 8LD
Free / No booking required
Information: hugh.life@yahoo.co.uk

**COULDN’T CARE LESS**

Inspired by the experiences of carers, this is a dark, surreal, funny and moving story of two women whose lives are disappearing. See page 7 for full details.

Thu 24 Oct
2 - 3.15pm
Corran Halls, Studio Theatre, 54 Corran Esplanade, Oban, Argyll PA34 4AB
By donation / Booking required
Booking: 01631 567 333

Wed 30 Oct
2 - 3.15pm
Dunoon Grammar School, Ardenslate Road, Kirn, Dunoon PA23 8LW
Free / No booking required

Sat 2 Nov
2 - 3.15pm
Hermitage Academy, Cardross Road, Helensburgh G84 7LA
Free / Booking required
Booking: alison@argyllvoluntaryaction.org.uk

**COULDN’T CARE LESS**

Inspired by the experiences of carers, this is a dark, surreal, funny and moving story of two women whose lives are disappearing. See page 7 for full details.

Wed 23 Oct
4.30 - 5.45pm
Spectrum Centre, Margaret Street, Inverness IV1 1LS
Free / Booking recommended
Booking: info@highlandmhfestival.com
AN EVENING WITH THEATRE NEMO
Kick off Ayrshire and Arran’s 2013 Festival programme with this fascinating showcase from Theatre Nemo, whose essential work with drama in communities, hospitals and prisons aims to empower people affected by mental ill-health to have better, more-fulfilled lives through the creative arts. Light refreshments will be provided.

Tue 1 Oct
7 - 8.30pm
Room L410, Riverside Building, Ayr College, Dam Park KA8 0EU
Free / Booking required
Booking: Mike or Liz Kelly on 01563 830 147
Information: theatrenemo.org

INSIDE OUT
Touring locations around Ayrshire and Arran, ‘Inside Out’ is a powerful drama that takes an unflinching look at the real life experiences of people with mental health difficulties. Devised and performed by Ayr College Performing Arts students, there will be the opportunity for discussion after the performance.

Thu 10 Oct
7- 9pm
Ayr Gaiety Theatre and Arts Centre, Carrick Street, Ayr KA7 1NU
Free / Booking recommended
Booking: 01292 288 235

Tue 22 Oct
4 - 6pm
Arran High School, Lamlash, Isle of Arran, KA27 8NG
Free / Booking recommended
Booking: Sarah Watts 01505 685 657

TIGER TALE
Poppy’s and her parent’s world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for 6+. See page 8 for full details.

TIGER
A family’s everyday world is turned upside down when a tiger comes to stay and makes them remember what they love about each other. This performance is for adults. See page 8 for full details.

Sat 19 Oct
2pm (Tiger Tale) 7.30pm (Tiger)
Palace Theatre, Green St, Kilmarnock, East Ayrshire, KA1 3BN
£4 / £12 (Family) (Tiger Tale) £6 (Tiger)
Booking: 01563 554 900
Use our daily diary as a quick and easy way to find out what is happening each day during the festival. Exhibitions are listed separately at the end of the diary.

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EDINBURGH AND LOTHIAN E&L
LANARKSHIRE L
RENFREWSHIRE R
EAST RENFREWSHIRE ER
EAST DUNBARTONSHIRE ED
INVERCLYDE I
FORTH VALLEY FV
PERTH AND KINROSS P&K
FIFE F
DUNDEE D
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See below for our fantastic range of exhibitions that run in venues across Scotland throughout the festival. Exhibitions are listed by starting date.

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**IMMEDIATE HELP**

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

**Samaritans**
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

**Childline**
Childline is a 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

**NHS 24**
Call NHS 24 if you are ill and it can’t wait until your GP surgery opens.

0845 24 24 24

**Emergency Ambulance**
Dial 999 if you need an emergency ambulance.

999
Calls are free of charge
Calling All Filmmakers

International film submission for 2014:
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 2014. Please see our website for details, guidelines and previous award winners.

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#smhaff2013