SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

POWER
1 to 19 OCTOBER 2014

Film
Theatre
Music
Literature
Visual Arts
Comedy
Workshops
and more

mhfestival.com
This October is all about POWER.

Arts and film have the power to create change. They tell us, as individuals and communities, who we are and what we can aspire to be. The emotional impact of art has mobilised and encapsulated whole social movements, ranging from protest songs to the Theatre of the Oppressed. As a Festival, we know that arts have the power to both tackle the stigma associated with mental ill health and to promote recovery.

So now, in our 8th year, we have taken power as our central theme. Our vibrant network of artists and activists have sought out the most exciting international and local work to create a truly compelling programme which explores the nature of personal, political and social power; the power dynamics in relationships; feelings of disempowerment associated with mental ill health; and the empowerment felt when participating in the arts.

Whether you are into challenging film and theatre, uplifting music, hard-hitting dance, thought-provoking photography, or reflective poetry, with over 300 events spanning the length and breadth of the country, we have something for you.

Lee Knifton – Festival Director
The Scottish Mental Health Arts & 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.
Esteemed producer David Puttnam has suggested that ‘films are the most powerful medium for developing understanding there has ever been’. This year’s film programme demonstrates this, bringing you inspiring drama and documentary films from around the world which tackle their subject matter with bravery: powerful stories, powerfully told.

Within documentary, we are delighted to bring you three UK premieres: Beneath the Blindfold (p12), a groundbreaking work on overcoming the effects of torture; Ana Ana (p23, 54), the story of four young Egyptian women struggling to make sense of their post-Arab Spring world through filmmaking; and Alive Inside (p13, 23, 44, 54), an exploration of music’s astonishing ability to reach out to people with Alzheimer’s.

Music also provides the backdrop for Gabrielle (p13, 22, 44), a romantic drama in which two adults with learning difficulties fall in love after meeting in a choir, and The Mars Project (p12, 22, 54) which documents how hip hop artist Khari ‘Conspiracy’ Stewart uses his music as a creative outlet for his schizophrenia.

In The Crash Reel, the devastation of a promising sports career halted by a brain injury is eased through the support of parents and siblings. While Stand Clear of the Closing Doors is as much about a mother’s love as the unplanned adventures of a child with autism lost in New York City. In Everybody’s Child one of Scotland’s most exciting new filmmakers gives a brave, brutally honest account of his life of crime, violence and drugs after spending his childhood being moved around foster homes.

This year’s challenging and thought-provoking programme also offers the opportunity to engage in post-show discussions and Q&As. We hope to see you there.
With ‘power’ as our central theme, this year’s theatre programme is our most hard-hitting yet, with theatre, comedy and dance tackling a range of issues; from the disempowering force of dementia, addiction and isolation and the dangers of social media, to the power dynamics inherent in different relationships and explorations of the ‘self’.

From national tours to local productions, our theatre programme reaches all corners of the country offering a chance to experience the power of theatre to start conversations, raise awareness and reduce stigma around mental ill health. Emma Jayne Park is back and touring throughout the country with her shows Status Anxiety Arts Festival, in this year’s programme reaches all corners of the country offering a chance to raise awareness and reduce the impact of Alzheimer’s on family relations. Following a very successful show last year, the superb vacuum cleaner returns with a new piece, The Assessment (p15). Co-commissioned with Anxiety Arts Festival, in this piece he challenges the mental health assessment process in a humorous, thought-provoking way.

This year’s Festival is also full of new exciting shows such as Ismael Velasco’s one man play, The Life and Nearly Death of Riley (p55) which will visit Orkney and Shetland offering a chance to reflect on family relations. McNamara’s, Let Me Stay (p54), a tender and unique exploration of the impact of Alzheimer’s on family relations. Following a very successful show last year, the superb vacuum cleaner returns with a new piece, The Assessment (p15). Co-commissioned with Anxiety Arts Festival, in this piece he challenges the mental health assessment process in a humorous, thought-provoking way.

If that isn’t enough, we also have award-winning Juliette Burton’s dom-comedy Look at Me which challenges beauty, myth and self-perception (p59); Enda Walsh’s provocative drama, Chatroom (p37) which tackles the issue of mental health on the online world; and Drew Taylor’s Howl[ing], (p16, 28) which re-visits Allen Ginsberg’s seminal poem in new, unexpected ways.

Additional dates will be confirmed and information will be available at: www.culturemongreldance.com

Tue 16 Oct
Traverse Theatre, Edinburgh (p28)

Tue 21 Oct
The Arches, Glasgow (p18)

Let Me Stay

A tender and unique exploration of the impact of Alzheimer’s on family relations. McNamara shows through her mother’s experience that it doesn’t have to be a tragic withdrawal from life.

Fri 24 Oct
Craigmonie Centre, Glen Urquhart High School (p54)

Sun 26 Oct
SEALL, Isle of Skye (p54)

Wed 29 Oct
Cove Burgh Hall (p56)

Vanishing Point’s Tomorrow

With her shows Status Anxiety Arts Festival, in this year’s programme reaches all corners of the country offering a chance to raise awareness and reduce the impact of Alzheimer’s on family relations. McNamara’s, Let Me Stay (p54), a tender and unique exploration of the impact of Alzheimer’s on family relations. Following a very successful show last year, the superb vacuum cleaner returns with a new piece, The Assessment (p15). Co-commissioned with Anxiety Arts Festival, in this piece he challenges the mental health assessment process in a humorous, thought-provoking way.

Additional dates will be confirmed and information will be available at: www.culturemongreldance.com

Tue 16 Oct
Traverse Theatre, Edinburgh (p28)

Tue 21 Oct
The Arches, Glasgow (p18)

Howl[ing]

An epic concert of words and music for post-referendum Scotland inspired by Allen Ginsberg’s seminal piece ‘Howl’ (1955). Written and directed by performance poet/theatre maker Drew Taylor and accompanied by Glasgow musicians Julia and the Doogans, ‘Howl[ing]’ is a performance constructed by the old, responding to the new, reflecting the current view.

Thu 16 Oct
Traverse Theatre, Edinburgh (p28)

Tue 21 Oct
The Arches, Glasgow (p18)

The Life and Nearly Death of Riley

Dare you travel...? The Adora Foundation presents international storyteller Ismael Velasco’s one man play, taking you on a transformational journey through the place where despair and hope dance between life and death...

Tue 14 Oct
Lerwick Town Hall (p55)

Fri 17 Oct
King Street Halls, Orkney (p55)

Sat 18 Oct
Shirness Community Centre, Orkney (p55)

Thu 22 Oct
Gable End Theatre, Orkney (p55)

Touring Theatre

STATUS ANXIETY & THINKING IN THE FIRST PERSON

Bold hip hop theatre that challenges the way social media has changed our lives. Combining Scotland’s greatest hip hop dancers with projection and uncompromising choreography from Emma Jayne Park, this physical, witty and entertaining piece challenges the characters we become when hidden behind a computer screen.

Additional dates will be confirmed and information will be available at: www.culturemongreldance.com

Fri 26 Sep
The Studio at Edinburgh’s Festival Theatre (p18)

Wed 1 Oct
Paisley Arts Centre (p26)

Tue 7 Oct
Performing Arts Studio Scotland, Edinburgh (Not open to p322) (p16)

Thu 9 Oct
Moray High Schools (Not open to public) (p51)

Wed 22 Oct (only THINKING IN THE FIRST PERSON)
The Lemon Tree Studio, Aberdeen (p48)

Mon 27 Oct (only STATUS ANXIETY)
East Kilbride Arts Centre (p36)

LET ME STAY

A tender and unique exploration of the impact of Alzheimer’s on family relations. McNamara shows through her mother’s experience that it doesn’t have to be a tragic withdrawal from life.

Fri 24 Oct
Craigmonie Centre, Glen Urquhart High School (p54)

Sun 26 Oct
SEALL, Isle of Skye (p54)

Wed 29 Oct
Cove Burgh Hall (p56)
GLASGOW

OPENING DAY WITH MOVING MINDS
Kicking off our Festival in style, SMHAPP, in collaboration with VoX, will be taking over Kelvingrove Art Gallery & Museum to present a jampacked day of festivities to celebrate diversity and wellbeing in our communities. There is something for all the family in this day of lively world music, colourful dance, entertaining theatre and exciting creative workshops.

Wed 1 Oct, 10.30am - 4pm
Kelvingrove Art Gallery and Museum, Argyle St, Glasgow G3 8AG

FREE / No booking required

Govan Seniors Showcase
An exhibition exploring the value of creativity in later life presented by the Fortal Seniors’ Film Club and Impact Arts Crafts Café participants.

Thu 2 Oct, 1 - 4pm
Enderpark Community Centre, 82 Enderpark St, Glasgow G53 2HS

FREE / No booking required
Information: Angela Ross
0141 445 1666
angela@plantation.org.uk

Moving Minds

Kaleidoscope Exhibition
The culmination of an exciting visual arts workshop with adults aged 18-25 who experience poor mental health. This exhibition explores the role visual arts can play in recovery and emotional health and wellbeing.

Thu 2 - Fri 31 Oct, 6 - 8pm
Trongate 103 Pop-up, Trongate 103, Glasgow G1 5HD
FREE / No booking required
Information: 0141 652 2822

Creativ Power
This eclectic exhibition of artwork, made by people with lived experience of mental ill health, will reflect on the theme of power and how this relates to mental health recovery. The Saturday showcase will feature live music from progress.

Fri 3, Fri 10, Sat 11, Fri 17 Oct
7.30 - 9.30pm
The Coach House Trust, 84 Belmont Lane, Glasgow G12 8BN
FREE / No booking required
Information: 0141 552 2822
deadre@thecht.co.uk

Vanishing Point Presents: Tomorrow

White and Read Here
Join Lapidus Scotland and NHS Education for Scotland to build a bibliotherapy tool kit. Participants will explore how reading creatively can improve wellbeing and how to support others through bibliotherapy tools and techniques.

Fri 3 Oct, 10am - 4.30pm
NHS Education for Scotland, 3 Central Quay, 89 Clydepark St, Glasgow G5 8SW
FREE / Booking required (Deadline for booking: Fri 19 Sep)
Booking: christine.cather@nes.scot.nhs.uk

All Stories Are Placed
In this training weekend, participants explore creative facilitation skills to work with the words of place – wherever it is and whatever the form or setting – to promote wellbeing. With Ted Bowman, Larry Butler and Valerie Gillies.

Sat 4 and Sun 5 Oct, 10am - 5pm
Maggie’s Glascow, Gartnavel General Hospital, 1003 Great Western Rd, Glasgow G12 OYN
£90 / £75 (Lapidus members; a limited number of concessions available)
Booking: Carl Pickard
07786 674 300
lapidus.scotland@yahoo.co.uk

The Power of U
An exhibition in Leverndale Hospital exploring the power theme using a variety of mediums, including crafts, photography and live music with a focus on empowerment, resilience and recovery.

Mon 6 Oct, 8.15 - 9.15pm
Leverndale Hospital, Recreational Therapy, 510 Crookston Rd, Glasgow G53 7TU
FREE / No booking required
Information: Brian Reid
0141 211 6477
brian.reid@ggc.scot.nhs.uk
GLASGOW GIRLS
Brian Welsh, UK, 2014, 86m, NC
Cast: Archan Galave, Letitia Wright
This inspiring musical drama tells the true story of a group of Glaswegian schoolgirls fighting for justice. Their brave and tireless work to save one of their friends from deportation not only succeeded, but also changed immigration-related practices in Scotland.
Thu 2 Oct, 8 - 9.50pm
The Glad Cafe, 1008A Pollokshaws Rd, Glasgow G41 2HG
Free / Booking required
Booking: 0141 636 6119
www.thegladcafe.co.uk

MARS PROJECT & DIRECTOR Q&A
Jonathan Balazs, Andrew Lounsbury, Canada, 2012, 62m, NC
Hip hop artist Khari ‘Conspiracy’ Stewart’s emergence as a musical force was followed by a diagnosis of schizophrenia. Yet instead of allowing them to challenge and constrain his creativity, Conspiracy uses the voices he hears as sources of artistic inspiration.
Tue 7 Oct, 5.50 - 7.15pm
The Greenhouse, 24 Ashton Lane, Glasgow G11 6JY
£5 / £3 / Booking required
Booking: 0845 166 6002
www.greenhooserothesma.co.uk

BENEATH THE BLINDFOLD:
UK PREMIERE
Kathy Berger, Inse Sommer, USA, 2012, 80m, NC
Screened in partnership with Document, the International Human Rights Documentary Film Festival, four torture survivors from around the globe courageously tell the stories of their mistreatment and their subsequent attempts to move beyond these horrifying experiences. The film follows them as they build new lives and, despite the continued psychological and physical fallout from their experience, become public advocates for an end to torture.
Thu 9 Oct, 6 - 8pm
Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB
£5 / £6.50
Booking: 0141 332 6535
www.glasgowfilm.org

IBOGA NIGHTS
David Graham Scott, UK, 2014, 98m, NC
In 2003, drug addict David Graham Scott filmed his final withdrawal, eased through by capsules of Ibogaine, an extract from a Central African shrub called iboga. David has been clean since. But what turns out to be a magical potion for some is less successful for others. Intrigued by the pros and cons of the drug, he returns to the world of addiction not only to observe desperate people taking the risky treatment he did, but also to administer the treatment.
Sun 12 Oct, 5 - 7pm
Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB
£5 / £6.50
Booking: 0141 332 6535
www.glasgowfilm.org

GABRIELLE
Louise Archambault, Canada, 2013, 104m, 12
Cast: Gabrielle Marion-Rivard, Alexandre Landry
Gabrielle is a young woman with williams syndrome who has a contagious joie de vivre and an exceptional musical gift. She falls for Martin, a choir member in their recreation centre. However, they must overcome concerned relatives and other people’s prejudices in the hope of experiencing a love far from the ‘ordinary’.
Tue 14 Oct, 5:50 - 8:20pm
Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB
£5 / £6.50
Booking: 0141 332 6535
www.glasgowfilm.org

INTERNATIONAL FILM AWARDS 2014 SCREENINGS
The Scottish Mental Health Arts & Film Festival’s annual open film submission gives filmmakers from all over the world a platform to engage with new audiences, exploring new realities and challenging the perceptions of mental health through film.
Following up on the International Film Awards ceremony, held on Thursday 16th October in Edinburgh’s Filmhouse (p23), the full selection of 2014’s winning films will be showcased in a series of four screenings at the Glasgow School of Art. Each event will be followed by post-screenings discussion. Expect to be moved and inspired by the films and the stories behind them.
The Art School, 20 Scott Street, Glasgow G3 6PE
Free / Booking required
Fri 17 Oct, 5:30 - 7.50pm
Booking: ifa-screening1.eventbrite.co.uk
Sat 18 Oct, 1 - 2.30pm
Booking: ifa-screening2.eventbrite.co.uk
Sat 18 Oct, 3 - 5pm
Booking: ifa-screening3.eventbrite.co.uk
Sun 19 Oct, 1 - 2.30pm
Booking: ifa-screening4.eventbrite.co.uk

ALIVE INSIDE
Michael Rossato-Bennett, USA, 2014, 78m, NC
Presented by Luminate and SMHAPP, this moving documentary accompanies social worker Dan Cohen to nursing homes, where individuals experiencing memory loss are revitalised through the simple experience of listening to music. The camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short.
Sun 19 Oct, 3:15 - 5:15pm
Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB
£5 / £6.50
Booking: 0141 332 6535
www.glasgowfilm.org
OLIVE GROVE RECORDS SHOWCASE
In a dedicated SMHAFF show independent Scottish DIY label, Olive Grove Records, will showcase some of Scotland’s exciting new music. Entertainment will come from glacial pop outfit, Call to Mind, recently play listed on BBC Radio 1 and Adam Ross, lead singer of Glasgow-based melody merchants Randolph’s Leap. With more acts to be confirmed.

Wed 8 Oct, 7 - 11pm
The Glad Cafe, 1006 Pollokshaws Rd, Glasgow G41 2HG
£5 / No booking required
Information:
cheryl.mcgeachan@glasgow.ac.uk

ENCOUNTERING R.D. LAING - MENTAL HEALTH, CARE AND CREATIVITY CONFERENCE
Focusing on the life and work of Scotland’s famous and controversial psychiatrist, Ronald David Laing (1927-1989), this Wellcome Trust supported event seeks to start critical conversations and develop new conversations across disciplines, professions and communities that question the role of institutions and the future of mental health care in this changing contemporary landscape.

Fri 10 Oct, 10am - 7pm
School of Geographical & Earth Sciences, University of Glasgow, 10 Rottenrow, University Avenue, Glasgow G12 8QQ
£7.50 / £5
Free / No booking required
Booking: www.eventbrite.co.uk/e/encountering-r-d-laing-mental-health-care-and-creativity-tickets-18140513603

R.D. LAING IN THE USA
Film screening using footage from Laing’s 1972 tour where a documentary crew lived with residents experiencing schizophrenia in a group home, followed by a discussion.

Fri 10 Oct, 6 - 7pm
School of Geographical & Earth Sciences, University of Glasgow, 10 Rottenrow, University Avenue, Glasgow G12 8QQ
Free / Booking required
Booking: cheryl.mcgeachan@glasgow.ac.uk

MACHINES IN HEAVEN & ATOM TREE
Join us at The Art School with a double bill from Glasgow-based electro/bass/shoegaze crossover outfit Machines In Heaven and three piece ElectroNicOs Act Atom Tree. Expect collaborations and surprises at this unique event as we explore the power of music.

Wed 9 Oct, 7.30 - 11pm
The Art School, Glasgow School of Art Students’ Association, 20 Scott St, Glasgow G3 6PE
£8.50 / £5
Booking:
www.eventbrite.co.uk/e/encountering-r-d-laing-mental-health-care-and-creativity-tickets-18140513603

CRÉATIVITY EXHIBITIONS
A showcase created by artists working with Project Ability, a Glasgow-based visual arts organisation which creates opportunities for people with disabilities and mental health issues to express themselves and achieve artistic excellence. There will be an opportunity to meet the artists and discuss the work.

Thu 9 Oct, 12 - 8pm
The Summerhouse, 966 The Portal, 966 Govan Rd, Glasgow G51 3UU
£12.50 / £15 / £17.50
Free / No booking required
Booking: 0141 565 1000
Bookings announced early September

THE VACUUM CLEANER PRESENTS: THE ASSESSMENT
If the boundaries between madness and ‘normality’ are blurred, how do we define what is a mental illness, and what isn’t? This event by the vacuum cleaner invites you to delve into your own mind, to be assessed for common mental health conditions, whilst testing the current processes of diagnosis.

Tue 14, Wed 15 Oct, 7 - 8.30pm
The Arch, 285 Argyle Street, Glasgow G3 6DL
£15 / £10
Booking: 0141 565 1000
Boxoffice@thearches.co.uk

SMHAFF WRITING AWARDS
2014 saw SMHAFF launch a brand new writing competition in partnership with Bipolar Scotland. Writers were asked to submit to categories including short stories, poems and letters, on the theme of power. Join us in Glasgow as we celebrate the written word and honour the very best of the submissions in this showcase event.

Sat 11 Oct, 2.30 - 4pm
Gallery 966, The Portal, 966 Govan Rd, Glasgow G51 3UU
Free / Booking required
Booking: www.eventbrite.co.uk/e/life-is-a-cabaret-tickets-11945151269

SEE ME, I’M A YOUNG CARER
This film was created by a group of young carers to highlight some of the issues they face from day to day, focusing on education and social life. The film will be used as a teaching tool in the classroom.

Fri 10 Oct, 4 - 5pm
Theatre Nemo Studio, 130 Bridgegate, Glasgow G1 1RZ
Free / No booking required
Information: 0141 559 4941

SMHAFF CLOSING PARTY
Following on from last year’s successful club event at the Arches, the Mental Health Foundation are excited to bring you a closing party with a difference; promoting mental health messages alongside world famous dance DJs. Full line up will be announced early September. Check www.mhfestival.com for full details.

Fri 17 Oct, 11pm - 3.30am
The Art School, Glasgow School of Art Students’ Association, 20 Scott St, Glasgow G3 6PE
£12.50 / £15 / £17.50
Booking: 0141 565 1000
Boxoffice@thearches.co.uk

LIFE IS A CABARET
An evening of music and comedy, linking the themes of personal empowerment and protest, featuring Rosie Kane, the Govan Allsorts Community Choir and Artform Music Group, amongst others.

Fri 17 Oct, 7 - 11pm
The Pearce Institute, 840-860 Argyle Street, North St, Glasgow G2 2SZ
£12 / £10
Booking: www.eventbrite.co.uk/e/life-is-a-cabaret-tickets-11945151269

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£12 / £10
Booking: www.eventbrite.co.uk/e/life-is-a-cabaret-tickets-11945151269
Festival Plus

F+: HOWLING
An epic concert of words and music for post-referendum Scotland, inspired by Allen Ginsberg’s seminal piece ‘Howl’ (1955). Written and directed by performance poet/theatre maker Drew Taylor and accompanied by Glasgow musicians Julia and the Doogans, ‘Howling’ is a performance constructed by the old, responding to the new, reflecting the current view.

Wed 21 Oct, 7.30 - 8.30pm
The Arches, Studio Theatre, 253 Argyle St, Glasgow G3 6JQ
£10 / £8
Booking: 0141 565 1000

F+: HEADSPACE 14: THE POWER OF GIVING
Now an annual celebration of the breadth of arts and health activity in North East Glasgow, this year’s packed Headspace programme sees community groups sharing creative gifts in a variety of ways. Come along, participate and see the ‘Power of Giving’ in action.

Fri 24 Oct, 10am - 10pm
Platform at The Bridge, 1000 Westerhouse Rd, Glasgow G34 9JW
Free (most events) / Booking required
Booking: 0141 276 9696
tickets@platform-online.co.uk
Information: david@platform-online.co.uk

F+: KALEIDOSCOPE
Theatre Nemo’s drama group present a collection of stories of their experiences of living with poor mental health and the empowerment of recovery told through drama, music and dance.

Fri 24 and Sat 25 Oct
7.30 - 9pm
Govan Hill Baths, 130 Calder St, Glasgow G42 7QR
Fri 31 Oct and Sat 1 Nov
7.30 - 9pm
East Kilbride Arts Centre, 51 Old Coach Rd, East Kilbride, Glasgow G74 4DU
£5 / £4
Booking: 0141 559 4941

F+: HILLHEAD 200 SERIES: VOICES OF EXPERIENCE
An eclectic mix of performances, presentations, showcases and debate led by Voices of Experience (VoX). This event will explore this year’s theme of power within mental health and recovery.

Thu 30 Oct, 6 - 7pm
Hillhead Library, Upstairs Hall, 545 Byres Rd, Glasgow G12 8AP
Free / No booking required
Information: Fiona.Sinclair6@ggc.scot.nhs.uk

SILVER LININGS PLAYBOOK

EAST DUNBARTONSHIRE
LIFE RECOVERY CAFÉ PRESENTS
A relaxed evening of drama, music, photography and art exploring empowerment and recovery, created by people who attend the Recovery café, a monthly service for people recovering from addictions or mental ill health.

Sat 4 Oct, 5 - 8pm
Kirkintilloch Baptist Church, 52 Townhead, Kirkintilloch, Glasgow G66 1NL
Free / Booking required
Booking: Lynsay Haglington
0141 777 3000

SILVER LININGS PLAYBOOK

© JAMES WILSON

MOVE THE GOALPOSTS (p34)
POSTCARDS FROM…

Invited 200 artists to create postcard-size artworks, exploring people’s perceptions of mental health. Artists have submitted an eclectic mix of work for this open exhibition, showcasing different themes, mediums, styles and techniques.

Sat 27 Sep - Sat 25 Oct

The Theatre, 13-29 Nicolson St, Edinburgh EH8 9ER

Free / No booking required

Information: 0131 557 8969

STRESS ANXIETY & THINKING IN THE FIRST PERSON

Now in its 4th year, ‘Postcards From...’ invited 200 artists to create postcard-size artworks, exploring people’s perceptions of mental health. Artists have submitted an eclectic mix of work for this open exhibition, showcasing different themes, mediums, styles and techniques.

Sat 27 Sep - Sat 25 Oct

Theatre, 13-29 Nicolson St, Edinburgh EH8 9ER

Free / No booking required

Information: 0131 557 8969

LIFE IN PROGRESS: IMAGE THEATRE

An exciting introduction to Image Theatre and the work of Brazilian theatre director Augusto Boal. Explore the themes of discrimination and stigma using a variety of fun drama techniques. Including a showcase of work-in-progress from LGBT Health and Wellbeing Drama Group (30 Sep) and a showcase of work-in-progress from the Alma Project Drama Group (16 Oct).

Free / Booking required

Booking: emily@health-in-mind.org.uk

FORCES OF NATURE

The power of nature is explored by some of The Gallery on Corner’s regular artists, all of whom have experience of mental health conditions.

Sat 27 Sep - Sat 25 Oct

Preview: Fri 26 Sep, 6 - 8pm

The Gallery on the Corner, 34 Northumberland St, Edinburgh EH1 2BB

Free / No booking required

Information: 0131 557 8969

margaret@outlookproject.co.uk

RECOVERING POWER

A fascinating display of prints exploring the themes of ‘power’ and ‘powerlessness’ created by women at different stages of the criminal justice system who have direct experience of mental health services.

Wed 1 - Fri 31 Oct

Various times (check mhfestival.com for updates)

Print Work and NHS Centres across Edinburgh

Free / No booking required (Access may be restricted in certain venues)

Information: heather.lych@nhslothian.scot.nhs.uk

MOYNA FLANNIGAN: DEPARTURE

Moyna Flannigan displays a fascinating collection of work incorporating a major new painting along with the corresponding embryonic sketches, studies and research material. Visitors are invited to respond to this intriguing work which explores archetypal female figures and challenges the stereotypes of female representation.

Wed 1 - Sat 4 Oct

10am - 5pm

Peter Potter Gallery, 10 the Sands, Haddington EH41 3EY

Free / No booking required

Information: 01620 822 080

COMMUNITY POWER

An exploration of the power of art for those living with mental illness, this exhibition – which has been created by members of the Living Well community health services in North Edinburgh - showcases glass and silk painting, papier mache, art projection, and lots more.

Wed 1 - Wed 29 Oct

Theatre, 13-29 Nicolson St, Edinburgh EH8 9ER

Free / No booking required

Information: shaniamaj@livingwellnorthedinburgh.org.uk

POWERS TO COMMUNICATE: EXHIBITIONS ACROSS LOTHIAN

A captivating exploration of the power of communication through creative writing, photography, paperfolding and digital art, this series of exhibitions are the culmination of various workshops held throughout Edinburgh for socially isolated people and those with lived experience of mental ill health.

POWER LIGHT BOX

An outdoor exhibition of digital art work, exploring the power of communication created by some of the Outlook Adult Education project students from the Outlook Adult Education project and local community groups on the theme of ‘Sculpting Stories’.

Thu 2 - Fri 24 Oct

Mon - Fri 9am - 5pm

Tolcross Community Centre, 117 Fountainbridge, Edinburgh EH1 2BG

Gallery is on first floor and no lift available

JEAN MACK GALLERY

An exploration of the power of communication for socially isolated groups through the medium of photography, this charming exhibition is created by women who have experienced mental ill health working alongside women who live in the local area.

Fri 3 - Fri 24 Oct

Mon - Thu 9am - 6pm

Fri 9am - 4pm

Tolcross Community Centre, 117 Fountainbridge, Edinburgh EH1 2BG

Free / No booking required

courtyard@galleryedinburgh.org.uk

SURVIVING TOWARDS JOY

An exhibition exploring the power of communication through creative writing created by Outlook Adult Education project students from the Outlook Adult Education project and local community groups on the theme of ‘Sculpting Stories’.

Thu 2 - Fri 24 Oct

Mon - Fri 9am - 5pm

Tolcross Community Centre, 117 Fountainbridge, Edinburgh EH1 2BG

Free / No booking required

courtyard@galleryedinburgh.org.uk

KINDLING THE FLAME

‘Education is the kindling of a flame, not the filling of a vessel’ (Socrates). This exhibition highlights the journey undertaken by students with the Outlook Adult Education Project, looking at their own learning and how it has impacted on their lives.

Wed 1 - Wed 29 Oct

Mon - Thu 10am - 5pm

Fri 10am - 5pm, Sat 10am - 2.30pm

St. Brides Community Centre, 10 Orwell Terrace, Edinburgh EH11 2DZ

Free / No booking required

Information: fiona@outlookproject.co.uk

CONNECT IN THE GARDENS

A beautiful exhibition of willow sculptures displayed in the disused walled garden of Howden House created in a workshop with artist Natalie Taylor by young people who have accessed mental health services.

Wed 1 - Sun 19 Oct, 9am - 5pm

The Green Gym, Howden Park, Howden, Livingston, West Lothian EH54 6AE

Free / No booking required

Information: len.mccaffer@westlothian.gov.uk

CRAIGMILLAR LIBRARY

A photographic exhibition created by Outlook Adult Education project students and local residents in the Craigmillar area. In collaboration with ‘Be Arty Be Healthy’.

Fri 10 - Fri 17 Oct

Mon - Wed 10am - 6pm

Thu - Sat 10am - 5pm

Craigmillar Library, 101 Middrie Mains Rd, Edinburgh EH16 4DS

Free / No booking required

Information: margaret@outlookproject.co.uk

SOUTHSIDE COMMUNITY CENTRE

An exciting exhibition in which students from the Outlook Adult Education project and a local creative writing group have combined poems and photographic images about the power of communication into pieces of art that will be woven into the fabric of the building.

Fri 3 - Fri 24 Oct

Mon - Fri 9am - 8.30pm

Sat 10am - 5pm

Southside Community Centre, 117 Nicolson St, Edinburgh EH8 9ER

Southside Creative Projects, 117 Nicolson St, Edinburgh EH8 9ER

Free / No booking required

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Free / No booking required

Information: margaret@outlookproject.co.uk

EXHIBITIONS ACROSS LOTHIAN

An exhibition displaying work created by Outlook Adult Education project students and local community groups on the theme of ‘Sculpting Stories’.

Thu 2 - Fri 24 Oct

Mon - Fri 9am - 5pm

Tolcross Community Centre, 117 Fountainbridge, Edinburgh EH1 2BG

Free / No booking required

courtyard@galleryedinburgh.org.uk

STATUS ANXIETY & THINKING IN THE FIRST PERSON

Now in its 4th year, ‘Postcards From...’ invited 200 artists to create postcard-size artworks, exploring people’s perceptions of mental health. Artists have submitted an eclectic mix of work for this open exhibition, showcasing different themes, mediums, styles and techniques.

Sat 27 Sep - Sat 25 Oct

Preview: Fri 26 Sep, 6 - 8pm

The Theatre, 13-29 Nicolson St, Edinburgh EH8 9ER

Free / No booking required

Booking: www.edtheatres.com

EDINBURGH & LOTHIAN
OUT OF SIGHT/OUT OF MIND

An ambitious, multi-venue exhibition featuring diverse work by artists with experience of mental health issues. Compelling and arresting, these works aim to raise awareness and challenge our pre-conceptions of mental health issues.


Wed 1 - Fri 31 Oct
Hold in various venues across Edinburgh
Free / No booking required
Information: Kirsten@capsadvocacy.org

POTBELLO LIBRARY

Powerful range of artwork by artists with experience of mental health issues in your local library by the sea!
Wed 1 - Fri 17 Oct
Mon - Wed 10am - 6pm
Thu - Sat 10am - 6pm, Sun 1 - 5pm
Portobello Library
14 Rosefield Avenue, Portobello, Edinburgh EH15 1AU

CENTRAL LIBRARY

Artists with experience of mental health issues exhibit a range of work in this iconic Edinburgh building to raise awareness and challenge our preconceptions of mental health and wellbeing.
Wed 1 - Fri 31 Oct
Mon - Wed, 8am - 6pm
Thu - Sat 10am - 3pm
Central Library, George IV Bridge, Edinburgh EH1 1EJ

SUMMERHALL

Multimedia works by artists with experience of mental health issues set in the beautiful Library Gallery at Summerhall.
Sat 4 - Sun 19 Oct, 11am - 6pm
Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL

STIGMA FREE ARTS

An exciting selection of short films made in and around the Lothians. The films (documentary, fiction, animation and film-art) include previous winners of SMHAPP Film Awards (Faultlines and All that Glitters); newly finished and highly acclaimed films by members of the Midlothian Men’s SHARR Project (The Mask); a selection of film-art pieces by members of the Stepping Stones Project (now the Alma Project); ‘Volunteering Changes Lives’, a celebration of 30 years work by Volunteer Centre Edinburgh’s Health & Wellbeing Team; and documentaries by CAPS Advocacy, MECOPP and many more.
Free / Booking required
Booking: emily@health-in-mind.org.uk

LOTHIANS ON FILM

An exciting selection of short films made in and around the Lothians. The films (documentary, fiction, animation and film-art) include previous winners of SMHAPP Film Awards (Faultlines and All that Glitters); newly finished and highly acclaimed films by members of the Midlothian Men’s SHARR Project (The Mask); a selection of film-art pieces by members of the Stepping Stones Project (now the Alma Project); ‘Volunteering Changes Lives’, a celebration of 30 years work by Volunteer Centre Edinburgh’s Health & Wellbeing Team; and documentaries by CAPS Advocacy, MECOPP and many more.
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Free / Booking required
Booking: emily@health-in-mind.org.uk
FILM IN EDINBURGH

MARS PROJECT & DIRECTOR Q&A
Jonathan Balans, Andrew Lounsbury, Canada, 2013, 104m, NC
Hip Hop artist Khari ‘Conspiracy’ Stewart’s emergence as a musical force was followed by a diagnosis of schizophrenia. Yet instead of allowing them to challenge and constrain his creativity, Conspiracy uses the voices he hears as sources of artistic inspiration.
Sun 5 Oct, 6 - 7.30pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9EZ
£5 / £3
Booking: 0131 228 2688
www.filmhousecinema.com

GABRIELLE
Louise Archambault, Canada, 2013, 104m, 12
Gabrielle is a young woman with Williams Syndrome who has a unique, exceptional musical gift. She falls for Martin, a choir member in the recreation centre. However, they must overcome their own misconceptions of each other.
Mon 6 Oct, 5.50 - 8.20pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9EZ
£8.20 / £6
Booking: 0131 228 2688
www.filmhousecinema.com

REGENERATION
Michelle MacKinnon, Canada / UK, 1997, 106m, 15
Directed by Wilfred Owen and Siegfried Sassoon meet at Craiglockhart War Hospital in Edinburgh, where they have been sent to convalesce. While all the patients are dealing with mental trauma related to being on the front lines, Owen and Sassoon struggle to give voice to the pain and futility of armed conflict through their poetry. One century after the outbreak of WWI, this deep and multifaceted drama reveals the humanity found at the heart of a nightmare.
Wed 8 Oct, 6 - 8pm
Lindsay Stewart Lecture Theatre, Craiglockhart Campus, 219 Colinton Rd, Edinburgh Napier University, Edinburgh EH14 1DJ
£5.20 / £6
Booking: 0131 228 2688
www.filmhousecinema.com

EVERYBODY’S CHILD
Garry Fraser, UK, 2012, 78m, NC
One of Scotland's most exciting new film makers gives a brave and brutally honest account of his life of crime, violence and drugs after spending his childhood being moved around foster homes. He now works to ensure that his three children have something he never had: a loving, supportive family.
Mon 13 Oct, 6 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9EZ
£5 / £3
Booking: 0131 228 2688
www.filmhousecinema.com

ANNA ANA: UK PREMIERE
Corinne van Egeraat, Petr Lom, Netherlands, 2013, 76m, NC
Directed by Corinne van Egeraat, Sarah Ihrshim, Petr Lom, Nadine Saflh, Wafa Samir, Rondos Shabayek
This marvellous cinematic poem is set in an Egypt where hopes and the stories behind the films. The winning films will be screened at the Glasgow School of Art Oct 17 - 19. See page 15 for details.
Thu 16 Oct, 6 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9EZ
Free / Booking required
Booking: 0131 228 2688
www.filmhousecinema.com

ALIVE INSIDE
Michael Rosato-Bennett, USA, 2014, 78m, NC
Presented by Luminare and SMHASS, this moving documentary accompanies social worker Dan Cohen to nursing homes, where individuals experiencing memory loss are revitalised through the simple experience of listening to music. The camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication fails short.
Wed 15 Oct, 6 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9EZ
£5 / £3
Booking: 0131 228 2688
www.filmhousecinema.com

STAND CLEAR OF THE CLOSING DOORS
Sam Fleischner, USA, 2013, 106m, NC
Ricky is the autistic son of an undocumented immigrant family in New York City who wanders away from his caretaker sister into the labyrinth of the subway system. Desperately worried about Ricky’s state and concerned that the situation may call attention to their illegal status, his mother frantically searches for him. This family drama vibrantly depicts a marginalized community while exploring the line between Ricky’s autism and youthful rebellion.
Mon 6 Oct, 5.50 - 8.20pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9EZ
£5 / £3
Booking: 0131 228 2688
www.filmhousecinema.com

UK PREMIERE

THE SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

The Scottish Mental Health Arts & Film Festival’s annual open film submission gives filmmakers from all over the world a 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 ceremony will be returned for its eighth year and saw a diverse range of submissions from as far away as Australia, Canada, Iran, Thailand and the US as well as from Europe, Ireland and the UK. The annual film awards ceremony will honour the very best of these films at this not-to-be-missed event. Expect to be moved and inspired by excerpts and the stories behind the films. The winning films will be screened at the Glasgow School of Art Oct 17 - 19. See page 15 for details.
Thu 16 Oct, 6 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9EZ
Free / Booking required
Booking: 0131 228 2688
www.filmhousecinema.com

INTERNATIONAL FILM AWARDS 2014

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Thu 16 Oct, 6 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9EZ
Free / Booking required
Booking: 0131 228 2688
www.filmhousecinema.com
THE STORY KIST: INCLUSIVE STORYTELLING
Join storytellers Ailie Finlay and Marie Louise Cochrane for stories and games with props, puppets and lots of joining-in. Light-hearted, light-footed fun for everyone, but particularly for children with additional needs, their families, friends and carers.

Sat 4 Oct, 11am - 12pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh EH1 1SR
£5 per child
Booking: 0131 556 9579
www.tracscotland.org/scottish-storytelling-centre

FAIRY STORY WALKS & LANTERN PARADE
At Enchanted Garden, SEASONS present a family friendly, community event for wellbeing at Lochend House. Join a fairy story walk around a beautiful lit wild garden, and experience the power of the wishing trees and other magical surprises before warming up with homemade soup and a hot drink.

At Braid Hills, professional story teller, Jane Mather, takes you on a magical lantern parade and story walk along the beautiful Braid Hills. Put on your walking shoes, wrap up warm and experience the power of this striking natural landscape with a few surprises along the way.

Free / Booking required
Booking: jane.mather@edinburgh.gov.uk

THE POWER OF A CUP OF TEA
MECOPP invite carers and their families to get together and relax whilst enjoying arts and crafts, food demonstrations, music, complementary therapies and much more.

Sat 4 Oct, 11am - 1pm
Leith Academy (main hall), 20 Academy Park, Edinburgh EH6 8JQ
Free / No booking required
Information: Lucy Arnot
0131 467 2994 lucy@meopp.org.uk

MOVING MINDS BOOK LAUNCH
Presenting ‘Moving Minds’, an anthology of work from Gypsy/Travellers across Scotland where they share memories, poetry and photographs, and reflect on the impact prejudice can have upon wellbeing. Chaired by acclaimed poet Jo McFarlane, this will be an opportunity for discussion and reflection.

Sat 4 Oct, 12.15 - 1.15pm
Portobello Old Parish Church Hall, Old Parish Church, Belfield St, Edinburgh EH15 2BP
Free / Booking required
Booking: emma-jane@meopp.org.uk

LIFE LINES: INTERGENERATIONAL LGBT+ STORYTELLING
A relaxed evening of inspiring performance poetry and storytelling, showcasing wit and wisdom from a diverse range of voices across the LGBT+ community. Suitable for ages 15+, it is open to people of all genders and sexualities.

Sat 4 Oct, 5 - 8pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh EH1 1SR
£3 / £2
Booking: 0131 556 9579
www.tracscotland.org/scottish-storytelling-centre

EXPOSURE
A thought provoking photographic exhibition which explores issues of anxiety, OCD, depression and isolation.

Mon 6 - Fri 10 Oct, 10am - 5pm
Out of the Blue & Drill Hall Arts Cafe, 36 Dalmeny St, Edinburgh EH9 8BG
Free / No booking required
Information: Ana Cabrera
0131 229 9363
www.outoftheblue.org.uk

MADNESS AND MELANCHOLY: BOSWELL’S LIFE OF JOHNSON
Allan Beveridge presents James Boswell’s ‘Life of Johnson’, a fascinating account of discussions held between James Boswell and Samuel Johnson on their experience of melancholy and madness. Poet Jo McFarlane will then respond to this unique biography through the use of contemporary poetry.

Tue 7 Oct, 6.30 - 8pm
Summerhall Anatomy Lecture Theatre, Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
Free / Booking required
Booking: Kirsten at CAPS Advocacy 0131 273 5116
kirsten@capsadvocacy.org

CEILIDH CLUB
For one night only Summerhall Ceilidh Club brings you a night to remember with the best bands and a caller to teach you the dances. Whether you have two left feet, or you’re a seasoned ceilidhier, all are welcome to dance the blues away.

Tue 7 Oct, 8 - 11pm
Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
£5
Booking: boxoffice@summerhall.co.uk

MOVING MINDS: COMMUNITY-LED DIALOGUE
Gypsy/Travellers lead an interactive, awareness-raising workshop to dispel myths, promote dialogue, discuss new ways of ‘talking about mental health’ and reflect on the impact prejudices can have on mental health and wellbeing.

Thu 9 Oct, 10am - 1pm and 2 - 5pm
Conference Centre, Norton Park, 57 Altton Rd, Edinburgh EH7 5GY
Free / Booking required
Booking: emma-jane@meopp.org.uk
CONNECTIONS: AN EXHIBITION OF JEWELLERY AND POTTERY
In this unique exhibition, young people from across West Lothian – who have accessed mental health services – worked with jeweller Kirsty Muir to create artwork based around the theme of power and empowerment.

Thu 9 Oct, 2 – 4pm Art Space, 2 The HOWDEN Park Centre, Livingston EH54 8AE Free / No booking required Information: len.mcafee@westlothian.gov.uk

SKIN: TRANSFORMATIONS THROUGH ART AND MOVEMENT
Spend time exploring your own bodily senses, stories and myths relating to the symbolism of skin as a barrier that can protect and transform us. Facilitated by art and dance movement therapists, this workshop is open to anyone who wants to explore movement and art making.

Sat 11 Oct, 1 – 5pm Dance Base, 14-16 Grassmarket, Edinburgh EH1 2JU Free / Booking required Booking: www.SMHAFFskin.eventbrite.co.uk

RESILIENCE: LEGISLATIVE THEATRE
Radical, participatory theatre giving power back to the people of Edinburgh. Audience members are invited to propose, discuss and debate new ideas for legislation. A vote will be taken and those suggestions agreed upon will be proposed to the City of Edinburgh Council for consideration.

Sat 11 Oct, 3 – 6pm Out of the Blue, 26 Dalmeny St, Edinburgh EH6 8RG Free / Booking required Booking: gavin@activeinquiry.co.uk

SKY DIVING FOR BEGINNERS
Poet Jo McFarlane launches her long-awaited memoir of madness and recovery. Described as ‘a brave and beautiful book’ (Richard Holloway) it tells ‘the remarkable story of a remarkable woman’ (Dr Allan Beveridge) ’with a humbling sense of optimism and love’ (Liz Lochhead).

Sat 11 Oct, 9 – 10pm Summerhall Café, Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL Free / Booking required Booking: Kirsten at CAPS Advocacy 0131 273 5116 kirsten@capsadvocacy.org

SCOTTISH GLASS SOCIETY: ANNUAL EXHIBITION
Stunning Scottish Glass exhibition, showing the resilience, beauty and versatility of this medium. Exhibited, drawing on the themes of ‘power’ and ‘mental health’. See website for details of artist workshop.

Sat 11 – Sat 18 Oct Mon – Sat 10am – 5pm Peter Potter Gallery, 10 the Sands, Haddington EH41 3EY Free / No booking required Information: 01620 822 080

ART, ACTIVISM AND SPIRITUALITY
Interactive workshop exploring the power of creative play and its use as a tool to move others. There will be opportunities to dance, eat, chat and create some works of art.

Mon 13 Oct, 11am – 4pm Augustinus United Church, 41-43 George IV Bridge, Edinburgh EH1 1XR Free / Booking required Booking: emily@health-in-mind.org.uk

THE INMATES ARE RUNNING THE ASYLUM: STORIES FROM WPA
Stories from ‘Vancouver Mental Patients’ Association’. Filmmaker Dr Megan Davies joins academics and activists from Edinburgh, Stirling, and Queen Margaret Universities. CAPS Advocacy and NHS Lothian Mental Health and Wellbeing Team to discuss the arts, mental health and the emerging field of ‘Mad Peoples’ History’.

Wed 15 Oct, 7 – 9pm Seminar Rooms 1 & 2, Chrysalis Maximilian Building, Edinburgh University, 15a George Square, Edinburgh EH8 9JZ Free / Booking required Booking: Dr Teresa Parker t.s.parker@stir.ac.uk or Kirsten at CAPS Advocacy 0131 273 5116 kirsten@capsadvocacy.org

CONTACT POINT OPEN DAY: A DAY IN THE LIFE?
An exciting day of art, music, poetry and film. Visit the unique visual exhibition before joining political singer/songwriter, Penny Deady, in a ‘protest song’ music workshop. Finish the day by listening to original poetry and watching the short ﬁlm ‘A Day in the Life of Contact Point’.

Wed 15 Oct, 12 – 4pm (Music Workshop 1pm, Performance 2.30pm, Short ﬁlm 3.30pm) Contact Point, 101 High Rigg, Tollcross, Edinburgh EH5 9RF Free / Donations welcome Information: Angie at Contact Point 0845 140 7777 contactpointlothian@team @baronyha.org.uk
MOVING VOICES
An unforgettable celebration of Scottish Gypsy/Traveller traditions with storytelling from acclaimed author Jess Smith, hard-hitting drama by Breeze Productions, and the launch of ‘Moving Minds’, an anthology of memories, poetry and photographs. Come along and share your own story.

Wed 15 Oct, 7 - 9pm
Sumnerhall Anatomy Lecture Theatre, Summerhall, 1 Summerhall Place, Edinburgh EH1 2PL
£5 / Booking advisable
Booking: emma-jane@mecopp.org.uk

THE POWER OF MENTAL HEALTH
An exciting mixed media event offering the chance to discover the Stafford Centre, a community resource for people experiencing mental health difficulties living in Lothian.

Thu 16 Oct, 7 - 9pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh EH1 1SR
£5 / £4
Booking: 0131 556 9079
www.tracscotland.org/scottish-storytelling-centre

CAFÉ VOICES
Storytellers Kate Craik and Michael Williams lead an evening of stories in the relaxed surroundings of the Storytelling Centre. They are joined by the Playback Edinburgh group, who invite participants and audiences to share moments and stories from their lives.

Thu 16 Oct, 7 - 9pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh EH1 1SR
£5 / £4
Booking: 0131 556 9079
www.tracscotland.org/scottish-storytelling-centre

A SENSE OF PLACE: STORIES OF WELLBEING
Storyteller Lesley O’Brien explores stories around the theme of ‘place’ for improving wellbeing. Run in association with Lapidus Scotland, she explores the places we inhabit and our place in the world through our life journeys. This is for storytellers and practitioners working with people with mental health issues.

Sat 18 Oct, 2 - 4.30pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh EH1 1SR
£10 / £8
Booking: 0131 556 9079
www.tracscotland.org/scottish-storytelling-centre

WRITING LETTERS, WRITING LIVES
In a society filled with emails, texts, tweets, are we losing the powerful art of letter writing? Is there something you want to say? Something you want to tell someone? Write your letter in this innovative and fun creative writing workshop.

Fri 17 and Sat 18 Oct, 2 - 4pm
Trinity Centre, 5 Church St, Haddington, East Lothian EH41 3RX
£5 / £4
Booking: Michelle@meopp.org.uk

GETTING THERE
A light-hearted comedy based on a dysfunctional family, struggling to make ends meet on benefits. Follow them on their journey, manoeuvring round the transforming power of new welfare reforms and looking for family fortune, will they ever find it?

Sat 18 Oct, 2 - 2.50pm
Howden Park Centre, Howden Park, Livingston EH54 6AE
£5 / £4
Booking: 0131 556 9079
www.tracscotland.org/scottish-storytelling-centre

WRITING LETTERS, WRITING LIVES
A friendly night of open mic performances from singers, songwriters, poets and comedians.

Fri 17 Oct, 6.30 - 10pm
Contact Point, 101 High Riggs, Edinburgh EH5 9RP
Free / Booking required
Booking: Angus at Contact Point
0845 140 7777
contactpoint@lonetree囫囵@baronyha.org.uk

LOOK AT ME
Award-winning Juliette Burton presents her new docu-comedy where she challenges beauty, myth and self-perception. Wearing the hijab, dressing provocatively, male, obese, old, nude - is what we appear to be who we are? Includes a post-show discussion.

Sat 18 Oct, 7.30 - 8.45pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh EH1 1SR
£5 / £4
Booking: 0131 556 9079
www.tracscotland.org/scottish-storytelling-centre

WELLBEING MELA
A fun, family day to celebrate diversity and promote positive mental health and wellbeing amongst Edinburgh’s varied minority ethnic communities. Enjoy music, dance, complementary therapies, relaxation workshops and lots more in a relaxed and entertaining environment.

Sun 19 Oct, 1 - 4pm
Out of the Blue, 36 Dalmeny St, Edinburgh EH5 9ER
Free / No booking required
Information: Bik Murphy
07903 159 320

LOOK AT ME
Festival Plus
P+: CREATURE COMFORTS
Mysterious happenings and high adventure in a very special pet shop. A fun, integrated, five day participatory drama and performance project for children aged 8 to 13 years at Howden Park Centre to build confidence, encourage self-esteem and make friends.

Mon 20 - Fri 24 Oct, 10am - 4pm
Howden Park Centre, Howden, Livingston EH54 6AZ
£60 per child (assisted places for children with additional support needs)
Booking: Joanna van den Berg
01506 333 005
admin@firefly-arts.co.uk

F+: LEAN ON ME: NORTH EDINBURGH TIME BANK SINGERS
If you can breathe, you can sing! North Edinburgh Timebank singers showcase the transforming power of communal singing in their performance of various rock, folk, pop and world music songs.

Fri 24 Oct, 7 - 8.30pm
North Edinburgh Arts, 15a Pennywell Court, Edinburgh EH7 4TL
Free / Booking required
Booking: Julie Smith 0131 315 2151
admin@northedinburgharts.co.uk
LANARKSHIRE

REALITY IN LANARKSHIRE: PHOTOGRAPHIC EXHIBITION
A second chance to experience the shortlisted photographs from last year’s ‘Reality in Lanarkshire’ competition which aimed to challenge people’s perceptions of mental health and explore the power of photography.
Wed 1 Oct - Wed 17 Dec
All day (viewed from the street side ‘corridor’ which runs alongside the health centre)
Airdrie Community Health Centre, 88 Graham St, Airdrie, Lanarkshire ML6 6DB
Free / No booking required
Information: 01255 789 333

AFTERNOON TEA DANCE
Trip the light fantastic with us on an afternoon of live music and dancing from the 1940’s, 50’s & 60’s. All abilities welcome.
Just join in as you want.
Refreshments will be served.
Thu 2 Oct, 1 - 2pm
North Lanarkshire Heritage Centre, High Rd, Motherwell, North Lanarkshire ML1 3HU
All
Booking: 01698 274 590

MINDFUL LIVING
Award-winning author Martin Repek reads from his latest book, ‘Mindful Living,’ and leads mindfulness sessions. Learn this pioneering mental-wellbeing practice endorsed by the NHS and taught at Oxford and Harvard Universities.
Thu 2 Oct, 7 - 8pm
Bigger Library, Market Rd, Bigger ML12 6FW
Free / Booking required
Booking: 01698 288 060

KING OF HEARTS
Scottish soldier, Gregor McGregor, dispatches to a remote French village at the end of WW1 to dispose of a bomb.
The villagers have fled, including the doctors at the local asylum. The inmates become the villagers and crown Gregor their king.
Will he rescue his new friends and deactivate the bomb in time?
Fri 3 Oct, 7 - 8.30pm
Humjolie, in partnership with the Wishaw Murdston and Fortissat Community Forum, present an eclectic mix of dance performances from diverse cultural and ethnic backgrounds to celebrate the universal power of dance to encourage self-expression, develop self-esteem, and reduce stigma surrounding certain issues within different cultures.
Sat 4 Oct, 11am - 5pm
Fortissat Community Forum, Caledonian Rd, Wishaw ML2 0EZ
Free / Booking required
Booking: Culture NL Box Office 01698 690 000

SHALL WE DANCE?
Humph, in partnership with the Wishaw Murdston and Fortissat Community Forum, present an eclectic mix of dance performances from diverse cultural and ethnic backgrounds to celebrate the universal power of dance to encourage self-expression, develop self-esteem, and reduce stigma surrounding certain issues within different cultures.
Sat 4 Oct, 11am - 5pm
Patter Community Centre, Cadzow St, Hamilton ML3 6HH
Free / Booking required
Booking: Culture NL Box Office 01698 690 000

SHALL WE DANCE?
Keen to improve your photography portfolio? Want to give new meaning to ‘power dressing’? Join photographer and artist John Gray and create fashion imagery using ‘trash’ as clothing and props. Suitable for senior school pupils and students this one day workshop will be location and studio based.

Sun 5 Oct, 10.30am - 3.30pm
Photomedia Studio, Summerlee Museum of Industrial Life, Heritage Way, Coatbridge ML5 1QD
£12 (Age 15+)
Booking: 01236 632 828

PHOTOGRAPHY AND ART EXHIBITION
An exciting exhibition of art and photographs by services users of South Lanarkshire Council’s Network Service, supported by the Community Learning Team and St Andrews & St Brides High School.

Mon 6 - Wed 15 Oct
8.30am - 11pm
East Kilbride Arts Centre, 51 Old Coach Rd, East Kilbride G74 4DU
Free / No booking required

IN THE MOOD
Discover the power of music and join us for some community singing and learn tunes from the 1950’s and 1960’s, including a selection of old Scots favourites. Refreshments will be served.
Tue 7 Oct
11am - 12pm and 1 - 2pm
North Lanarkshire Heritage Centre, High Rd, Motherwell, North Lanarkshire ML1 1SH
Free / Booking required
Booking: 01698 274 990

MUSHAIRA (POETRY SOIRÉE)
Bazm-e-Urdu Scotland and Bazm-e Sher O’Naghma (Poetry and Music Association) are delighted to bring you an evening of Urdu poetry or Mushaira, featuring short performances of Scottish and Bollywood dancing organised by RumiJole, South Asian women’s support group.
Fri 10 Oct, 7 - 9pm
GLO Centre, Motherwell, 78 Muir St, Motherwell ML1 1BN
Free / No booking required
Information: 01698 283 483

LIFE IN THE TOWERS
A fascinating documentary filmed in Muirhouse, Motherwell following the residents living in high rise towers and the surrounding community. It captures the views of local people about how their surroundings affect their mental wellbeing and relationship with the community.
Fri 10 Oct, 7 - 9pm
Bellshill Cultural Centre, John St, Bellshill ML4 1RJ
Free / No booking required
Information: 01698 242 649

THIRD EYES
A look at the power of words in recovery and how language can aid or hinder recovery from mental health issues. Features Edinburgh Fringe Festival comedian Gillian Grant and special guest speaker Tommy Whitelaw, Carer Campaigner, followed by the Depressed Cake Shop.
Tue 14 Oct, 12.30 - 1.30pm
University of the West of Scotland, Ground Floor Lecture Theatre, Hamilton Campus, Allnada St, Hamilton ML3 0JB
Free / No booking required
Information: www.hopecafelanarkshire.org.uk

MUSHAIRA (POETRY SOIRÉE)

SHOCK OF THE FALL
Critically acclaimed author Nathan Filer discusses his award winning debut novel ‘The Shock Of The Fall’, the puzzled, resolute, frank writings of a 19-year-old with schizophrenia struggling within the mental health system. Join Nathan as he considers the complex issues at play in his searing novel.
Tue 14 Oct, 7 - 9pm
East Kilbride Arts Centre, 51 Old Coach Rd, East Kilbride G74 4DU
Free / Booking required
Age 16+. Limited Place.
Booking: 01698 524 960
DARK TO LIGHT
Hope Café presents an eclectic mix of art created by members of their creative groups exploring the power of hope in recovery from mental illness.

Wed 15 Oct, 11am - 4pm
Tolbooth, 4 High St, Lanark, South Lanarkshire ML11 7EX
Free / No booking required
Information: 01555 664 113
www.hopecafelanarkshire.org.uk

PHOTOGRAPHY & ART EXHIBITION
An inspiring exhibition of art and photographs by services users of South Lanarkshire Council’s Network Service, and an art and photographic exhibition presented by Networks Camera Club designed by 6th year pupils at St Andrews & St Brides High School.

Thu 16 - Fri 31 Oct, 9.15am - 8pm
East Kilbride Central Library, Olympia Shopping Centre, East Kilbride G74 1PG
Free / No booking required
Information: 01355 220 046

FOCUS ON FAMILIES
Spend some quality time with your family and explore the power of art at your local library with a specially created programme of activities including magic, drawing, reading, listening, laughing, watching and much more. In libraries across Lanarkshire, full programme available at www.culturenl.co.uk.

Free / Booking required
Sat 18 Oct, 11am - 3pm
Photomedia Studio, Summerlee Museum of Industrial Life, Heritage Way, Coatbridge ML5 1QD
£8 (Age 8 - 16 years)
Booking: 01236 632 828

AWESOME ANIMATION WORKSHOP
Create your own animated wellbeing film using Lego! An experienced film making tutor will show you how to devise and produce your own animation, how to write a script, create sound effects and give your character special powers before taking home a DVD copy of what you have created at the end of the day.

Sat 18 Oct, 11am - 3pm
Photomedia Studio, Summerlee Museum of Industrial Life, Heritage Way, Coatbridge ML5 1QD
£8 (Age 8 - 16 years)
Booking: 01236 632 828

F+: KELPIES TEEN PRESENTS ‘WORD POWER’
North Lanarkshire’s book festival comes to St Ambrose High for an afternoon with authors published by Kelpies Teen. Amongst the authors present, author Roy Gill presents the Daemon Parallel series which charts the adventures of Cameron who has the power to shift between worlds bringing him through Edinburgh’s dark Daemon underworld.

Tue 21 Oct, 1.15 - 2.30pm
St Ambrose High School, 65 Townhead Rd, Coatbridge, Glasgow ML5 2HT
Free / Booking required
This event is open to S2 / S3 / S4 classes and their teachers
Booking: Gillian Hunt 01698 346 770

F+: HOOK LINE & SELFIE
Developed by the young people at Lanarkshire Youth Theatre, Hook Line & Selfie is a piece of drama that deals with addictions, from the serious substances available to today’s young people, to the not-so-serious obsessions held by many teenagers.

Sat 25 Oct, 3 - 5pm and 7 - 8pm
Bellshill Cultural Centre, John St, Bellshill ML4 1RJ
Suitable for age 12+
£6 / £3.50
Booking: Culture NL Box Office 01698 403 120

F+: STATUS ANXIETY
Bold hip hop theatre that challenges the way social media has changed our lives. Combining some of Scotland’s greatest hip hop dancers with projection and uncompromising choreography from Emma Jayne Park, this witty and entertaining piece challenges the characters we become when hidden behind a computer screen.

Mon 27 Oct, 7.30 - 9pm
East Kilbride Arts Centre, 51 Old Coach Rd, East Kilbride, Glasgow G74 4DU
£5
Booking: 01355 261 000

MOVE THE GOALPOSTS
A comic, thought-provoking piece of theatre which tells the story of the amazing ‘Move the Goalposts’; an initiative which utilises football as a tool to divert young people from gang participation, acts of violence, antisocial behaviour and alcohol and drug misuse.

Fri 17 Oct, 2.30 - 3.30pm and 7.30 - 8.30pm
East Kilbride Arts Centre, 51 Old Coach Rd, East Kilbride G74 4DU
Booking: www.sllcboxoffice.co.uk 01355 261 000 or in person at the venue
RENFREWSHIRE

A SURPRISE FOR RENFREWSHIRE

Look out for a ‘powerful’ surprise planned to hit the streets of Paisley.
Wed 1 Oct, 9am - 5pm
County Square, High St, Abbey Close, Renfrewshire House entrance, Paisley PA1 2SB
Free / No booking required
Information: Jeanette Allan
0141 849 2397

RMHAPP® RENFREWSHIRE HOUSE

Introducing the work of the Renfrewshire strand of the Festival, through film and words. Open to staff at Renfrewshire Council and Renfrewshire Community Health Partnership. This event will include a screening of Alan Madden’s powerful film ‘Beyond Me’.
Wed 1 Oct, 12 - 1.15pm
Council Chambers, Renfrewshire House, Cotton St, Paisley PA1 1SU
Free / By invitation only
Information: Jeanette Allan
0141 618 6808

STATUS ANXIETY & THINKING IN THE FIRST PERSON

An exhibition by artists with a lived experience of mental ill health.
Wed 1 Oct - Thu 9 Oct
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
Free / No booking required
Information: 0141 849 2397

cat.weir@ggc.scot.nhs.uk

ART IN THE PAC

A creative retreat day at Barnbrook Farm to make music and art in the beautiful Muirshell Country Park. The day will be hosted by musician Dr Jane Bentley with The Buddy Beat drumming group and visual artist Sarah Grant.
Thu 2 Oct, 10am - 3.30pm
Barnbrook Farm (near Lochwinnoch), Renfrewshire PA10 2PE
£5 incl. light lunch
Booking: 0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk

I AM ME

FACE Theatre Company present a hard-hitting drama based on Charlie, a young adult with autistic spectrum disorder. It follows the difficulties he faces on a daily basis and challenges us to think about how disability hate crime not only affects individuals but the wider communities they live in.
Thu 2 Oct, 2 - 3.30pm
The Wynd Centre, 6 School Wynd, Paisley PA1 2DH
Free / Booking required
Booking: 0141 849 2397
iammeproject@yahoo.co.uk

THE POWER OF MUSIC WITH ROCKUS COMMUNITY CHOIR

Experience the empowering force of communal singing and have fun singing songs of power with the Rockus Community Choir. No singing experience required!
Thu 2 Oct, 7 - 9pm
Life Church, 58 Rock St, Paisley PA1 6E
Free / No booking required
Information: Karen Kyle
0141 618 5600

BEATS WORKING

A showcase and networking event sharing film, words and visual art. Created by people with a lived experience of mental ill health and addictions, it is an opportunity to explore how people manage to keep on an even keel at work.
Mon 6 Oct, 6 - 7.30pm
The Watermill Hotel, Bladna Lane, Paisley PA1 1BR
Free / No booking required
Information: Jeanette Allan
0141 849 2397
jeanette.allan@ggc.scot.nhs.uk

ART IN THE MILL

An exhibition by artists from the Phoenix Activity Group who have lived experience of mental ill health. ‘Made in the Mill’ a crafters collective will exhibit and sell unique handmade goods in the Phoenix Activity Group who have lived experience of mental ill health. ‘Made in the Mill’ a crafters collective will exhibit and sell unique handmade goods.
Fri 3 Oct, 7.30 - 9.30pm
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
£2 / Booking required
£2 / Booking required

NETWORKING

This popular bi-monthly screening and networking event emerged out of a joint event with Renfrewshire Arts in last year’s Festival. Come celebrate a year of ‘Frame by Frame’ with a specially-curated programme of mental health-related films from local filmmakers.
Thu 7 Oct, 7 - 9.30pm
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
Free / No booking required
Booking: 0300 300 1210
www.renfrewshire.gov.uk/onlinebooking

CHATROOM

This event sharing film, words and discussion exploring the issues of mental health problems, takes place on the platforms of selected train stations between Paisley and Port Glasgow. Pick up a brochure at Gilmour St Station and follow the trail.
Wed 1 - Mon 20 Oct, 6am - 11pm
Free / No booking required

THE ROCKUS COMMUNITY CHOIR

This unique art exhibition, by artists with a lived experience of mental health problems, takes place on the platforms of selected train stations between Paisley and Port Glasgow. Pick up a brochure at Gilmour St Station and follow the trail.
Wed 1 - Mon 20 Oct, 6am - 11pm
Free / No booking required
Information: Lorraine Ewing
lorraine.ewing@ggc.scot.nhs.uk

MUSIC WITH ROCKUS

Experience the empowering force of communal singing and have fun singing songs of power with the Rockus Community Choir. No singing experience required!
Thu 2 Oct, 2 - 3.30pm
The Wynd Centre, 6 School Wynd, Paisley PA1 2DH
Free / Booking required
Booking: 0141 849 2467
iammeproject@yahoo.co.uk

COMMUNITY CHOIR

Experience the empowering force of communal singing and have fun singing songs of power with the Rockus Community Choir. No singing experience required!
Thu 2 Oct, 2 - 3.30pm
The Wynd Centre, 6 School Wynd, Paisley PA1 2DH
Free / Booking required
Booking: 0141 849 2467
iammeproject@yahoo.co.uk

BEATS WORKING

A showcase and networking event sharing film, words and visual art. Created by people with a lived experience of mental ill health and addictions, it is an opportunity to explore how people manage to keep on an even keel at work.
Mon 6 Oct, 6 - 7.30pm
The Watermill Hotel, Bladna Lane, Paisley PA1 1BR
Free / No booking required
Information: Jeanette Allan
0141 849 2397
jeanette.allan@ggc.scot.nhs.uk

FRAME BY FRAME: SPECIAL EDITION

This popular bi-monthly screening and networking event emerged out of a joint event with Renfrewshire Arts in last year’s Festival. Come celebrate a year of ‘Frame by Frame’ with a specially-curated programme of mental health-related films from local filmmakers.
Thu 7 Oct, 7 - 9.30pm
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
Free / No booking required
Booking: 0300 300 1210
www.renfrewshire.gov.uk/onlinebooking
RMHAAF @ SUNSHINE RECOVERY CAFÉ

Discover how film and music have supported people’s recovery with special guest, Steph Macleod, a singer/songwriter who has experienced homelessness and is in recovery from addiction to drugs and alcohol. Steph will share his story through words and song at the Recovery Café, a weekly gathering of people supporting each other in recovery from addictions.

Wed 8 Oct, 1 - 3pm
Church of the Nazarene, Gordon St, Paisley PA1 1XX
Free / No booking required
Information: Jeanette Allan
0141 849 2297
jeanette.allan@ggc.scot.nhs.uk

CREATIVITY & EMPLOYABILITY

The NetWork Service in Renfrewshire CHP use creativity and the arts to support people with a lived experience of mental ill health and addictions in their recovery and employability. This session, aimed at mental health staff who attend Renfrewshire’s ‘Post-grad training’, will showcase some of the achievements and outcomes of individuals and of the NetWork Service.

Thu 9 Oct, 9.30 - 11am
Mile End Mill Business Centre, 12 Seccidi Rd, Paisley PA1 1JE
Free / No booking required
Information: 0141 849 2297

SUNSHINE ON LEITH

Dexter Fletcher, UK, 2013. 100m, PG
Cast: Antonia Thomas, George MacKay, Jason Flemyng
Dexter Fletcher’s heart-warming musical film, based on the sensational stage hit of the same name, featuring music by pop-folk band The Proclaimers, follows the stories of Davy and Ally, who have to re-learn how to live in Edinburgh after coming home from serving in Afghanistan. The film will feature a pre-show performance of featured songs that you can sing along to and a post-show discussion.

Wed 8 Oct, 6.45 - 9pm
Kirklandneuk Community Centre, New Rd, Renfrew PA4 9DE
Free / Booking required
Information: Our Place Our Families 0141 258 5206
ourplaceourfamilies@gmail.com

THE BOOK CLUB

The book club discusses ‘Elizabeth is Missing’. Lately, Maud’s been getting forgetful. She keeps buying peach slices when she has a cupboard full, forgets to drink the cups of tea she’s made and writes notes to remind herself of things. But Maud is determined to discover what has happened to her friend, Elizabeth, and what it has to do with the unsolved disappearance of her sister Sukey, years back, just after the war.

Thu 9 Oct, 12.30 - 1.30pm
Corporate Meeting Room 1, Renfrewshire House, Cotton St, Paisley PA1 1JE
For other venues check mhfeestival.com/Renfrewshire
Free / No booking required
Information: Our Place Our Families 0141 258 5206
ourplaceourfamilies@gmail.com

WITHERED HAND PLUS SUPPORT FROM MARIE COLLINS AND LAURA ST JUDE

Withered Hand presents his long-awaited new album ‘New Gods’ with support from Marie Collins and Laura St Jude. Following the success of his first album Good News, New Gods deals with the big stuff: love, death, friendship, infidelity, road trips, stargazing and cough mixture abuse. Supporting musician, Marie Collins was mentored by Dan Jones of Withered Hand in a project founded by The Fruit Tree Foundation, which aims to highlight mental health issues through music.

Fri 10 Oct, 9.30 - 12am
Meet at 9.30am: Railway Station, Paisley Gilmour St, County Square, Paisley PA5 2DA
Free / No booking required
Information: Lorraine Ewing 0141 514 4099
lorraine.ewing@ggc.scot.nhs.uk

ART TRAIL EXPRESS

All aboard the mental health train for the launch of the ‘Art Trail by Rail’ Exhibition.

Hosted by Gina McKie of Radio Clyde, we will be taking the train and visiting the exhibitions at participating stations between Paisley and Port Glasgow.

Fri 10 Oct, 9.30 - 12am
Meet at 9.30am: Railway Station, Paisley Gilmour St, County Square, Paisley PA5 2DA
Free / No booking required
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lorraine.ewing@ggc.scot.nhs.uk

THE POWER BASE

Paisley Shopping Centre will be the home of this year’s Artist in Residence, host exhibitions, creative workshops, Make and Takes, performances, film screening, craft stalls, mental health information, opportunity to talk to a mental health practitioner and a unique exhibition ‘Badges of Honour’.

Sat 11 - Sat 18 Oct
10.30am - 3.30pm
RMHAAF Power Base, Paisley Shopping Centre, 23 High St, Paisley PA1 1BE
Free / No booking required
Information: Lorraine Ewing 0141 514 4099
lorraine.ewing@ggc.scot.nhs.uk

SMHAFF IN THE HOUSE!

An evening showcasing the Power of Music and Spoken Word featuring performances by Rockus Community Choir, local poet Theresa Maitland and Fife based wordsmith, Glen Merrilees. Glen is a poet with a lived experience of mental ill health, poetry has been part of his recovery and he has now performed to many audiences.

Thu 9 Oct, 7.30pm till late
Hamishes’ House, 45 High St, Paisley PA1 1AH
Free / No booking required
Information: 0141 861 7106

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Free / No booking required
Information: 0141 861 7106
BADGES OF HONOUR
An exhibition featuring a unique badge collection from Glasgow Women’s Library, together with audio and video testimonials. From suffragette brooches and Campaign for Nuclear Disarmament badges to dancing medals, find out the empowering stories behind these artefacts. Workshops will also run during the day: create your own badge with a power message for today.
Mon 13 Oct, 10.30am - 3.30pm
RMHAPP Power Base, Paisley Shopping Centre, 23 High St, Paisley PA1 2AQ
Free / No booking required
Information: Lorraine Ewing
lorraine.ewing@ggc.scot.nhs.uk
0141 314 4059

INFORMATION IS POWER
An empowering information day about local arts, leisure and community groups and launching Renfrewshire’s ‘Culture Club,’ a new initiative for people who want to make new friends and attend arts events with like-minded people. The Culture Club launch will take place at 2pm.
Tue 14 Oct, 10.30am - 3.30pm
RMHAPP Power Base, Paisley Shopping Centre, 23 High St, Paisley PA1 2AQ
Free / No booking required
Information: Lorraine Ewing
0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk

CREATIVE ENCOUNTERS
Get your creative juices flowing and join one of our creative workshop tasters, facilitated by people who use creativity to support their recovery. You can try your hand at jewellery making, wet felting, fabric stamping, painting and much more.
Wed 15 Oct, 10.30am - 3.30pm
RMHAPP Power Base, Paisley Shopping Centre, 23 High St, Paisley PA1 2AQ
Free / No booking required
Information: Lorraine Ewing
0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk

NANCY GOUDIE ‘THE LAUGHTER TOUR’
In an evening of hilarious stories and comedy clips, author Nancy Goudie presents her book ‘The Gift of Laughter’ and explores the power of laughter in our physical, mental, emotional, relational and spiritual life. Discover how laughter can help us lift our mood, speed up healing and even smooth our wrinkles.
Wed 16 Oct, 7 - 9.30pm
OGO Paisley 31 Broomlands St, Paisley PA1 2NG
£5 / Booking required
Booking: 07821 061 398
claremccormack@createpaisley.org.uk

KEEP THE BEAT
Award winning African drumming group Buddy Beat lead a day of workshops to help you find your rhythm and groove. Discover the power of music to relieve stress, reduce feelings of isolation and lift your mood.
Thu 16 Oct, 10.30am - 3.30pm
RMHAPP Power Base, Paisley Shopping Centre, 23 High St, Paisley PA1 2AQ
Free / No booking required
Information: Jane Bentley
0141 314 4059
janebentley@nhs.net

A BUDDY GOOD LAUGH
Dead Sheep Comedy and Paisley Arts Centre present ‘A Buddy Good Laugh’ with comedians Kieron Nicholson, runner up in the 2012 So You Think Your Funny competition; Louisiana-born bluesman Dog S’rt; Johnson; and headliner, Jo Caulfield, one of the best female stand-ups in comedy.
Fri 17 Oct, 8.15 - 10pm
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
£10 / £8 / Booking required
Booking: 0300 300 1210
www.renfrewshire.gov.uk/onlinebooking

ARTS COLLECTIVE OF PAISLEY: ARTIST GATHERING
Join musicians, visual artists, and writers for the Arts Collective of Paisley’s, ‘Artist Gathering,’ which aims to facilitate social action through the arts to transform our community positively. Come perform or present your work in a positive community of local creatives. Meet other artists and get encouraged in your craft.
Fri 17 Oct, 7.30 - 10pm
The Firebar at ECP, 20 Gordon St, Paisley PA1 1XD
Free / No booking required
Information: Corbin Miles
alan@createpaisley.org.uk

POWERFUL STORIES
Screenings of films created in Create Paisley’s workshop accompanied short monologue by students of West College Scotland who perform dramatised stories of mental health.
Sat 18 Oct, 7 - 8.30pm
The Firebar at ECP, 20 Gordon St, Paisley PA1 1XD
Free / No booking required
Information: Alan Malatek
alan@createpaisley.org.uk

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janebentley@nhs.net

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RMHAPP Power Base, Paisley Shopping Centre, 23 High St, Paisley PA1 2AQ
Free / No booking required
Information: Jane Bentley
0141 314 4059
janebentley@nhs.net

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alan@createpaisley.org.uk

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Sat 18 Oct, 7 - 8.30pm
The Firebar at ECP, 20 Gordon St, Paisley PA1 1XD
Free / No booking required
Information: Alan Malatek
alan@createpaisley.org.uk
BOOKBUG IS FEELING GOOD

Sing songs and share rhymes with your wee one at Bookbug sessions. East Renfrewshire Libraries throughout the Festival.

POEMS AND SONGS OF WW1
ACTMEN presents an afternoon of poetry, song and drama inspired by WW1. Bring along your favourite poems or songs or a self-penned piece inspired by themes of war and peace to share.

FESTIVAL PLUS: MIND YERSEL
A mix of film and theatre showcasing how mental health and wellbeing shapes human experience across generations, created by volunteers taking part in existing Trust Volunteering projects. The works explore power dynamics within relationships and the control mental wellbeing can have over an individual’s life.

THE CRASH REEL
Lucy Walker, USA, 2013, 106m, 12
At the summit of his snowboarding career, Kevin Pearce suffered a traumatic brain injury. His family deals admirably with Kevin’s long recovery, but it is not nearly as supportive when he threatens to return to the sport that nearly killed him. Academy Award nominee Lucy Walker makes sure to include thrilling action shots in this story of complicated liaisons.

MACROBERT ARTS CENTRE

Twice the weight
Mon 6 Oct, 7pm
A tour of two weighty topics with two powerful performers: Alistair McGowan and Jacqueline Bird.

ILLUMINATE!
The culmination of an intensive writing and arts project held in Cornton Vale prison by artist Frances Douglas and poet Blythyn Sharp, this exhibition explores identity, courage and belonging through the creation of a vast array of artistic pieces such as reflective writing, memoirs, textiles, watercolours and more.

BOOKING: 01786 466 666

THE POWER OF POETRY
Take part in an evening of poetry and prose to celebrate National Poetry Day. Let the language lift your spirits and soothe your soul as we explore the power of reading poetry aloud and delve into favourite poems of the past and present.

POETRY DAY
The power of voice and the power of stigma, the power of art, to this year’s commemoration of the centenary of the outbreak of World War I, exploring the themes of memorial, celebration, reflection, and restoration.

POW-ER
A touring exhibition of art, film, and photography on the theme of power and mental health; our power over our own health; our power over our own mental health, its power over us, the power of stigma, the power of voice and the power of community.

THE CRYSTAL ROOM-
OCTOBER CONCERT
A programme of light classical and film music played by Falkirk’s community Orchestra. An enjoyable evening of familiar melodies including Ravel’s Boléro, 007’s James Bond and a Paul Simon Medley.

POWER
A touring exhibition of art, film, and photography on the theme of power and mental health; our power over our own mental health, its power over us, the power of stigma, the power of voice and the power of community.

THE CRASH REEL
Lucy Walker, USA, 2013, 106m
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Wed 7 Oct, 7.30 - 9.30pm
Falkirk’s community Orchestra.

POW-ER
A touring exhibition of art, film, and photography on the theme of power and mental health; our power over our own mental health, its power over us, the power of stigma, the power of voice and the power of community.

BOOKING: 01786 466 666

REFRIGERATION
John Shankie: Refrigeration

BOOKING: 01786 466 666

MARCOBEART ARTS CENTRE

Twice the weight
Mon 6 Oct, 7pm
A tour of two weighty topics with two powerful performers: Alistair McGowan and Jacqueline Bird.

BOOKING: 01786 466 666

CONTOURS OF US
Reachout with Arts in Mind: A 21st Anniversary Film Retrospective of this innovative arts and mental health project based in Alloa including two never-seen-before productions.

Wed 8 Oct, 5.30 - 7.30pm
The Makers Gallery & Bistro.

BOOKING: 01259 214 951

Illuminate!
The culmination of an intensive writing and arts project held in Cornton Vale prison by artist Frances Douglas and poet Blythyn Sharp, this exhibition explores identity, courage and belonging through the creation of a vast array of artistic pieces such as reflective writing, memoirs, textiles, watercolours and more.

Wed 8 Oct, 5.30 - 7.30pm
The Makers Gallery & Bistro.

BOOKING: 01259 214 951

MacRennarts FESTIVAL 2014
Mon 6 Oct - Fri 17 Oct
MACROBERT ARTS CENTRE

Twice the weight
Mon 6 Oct, 7pm
A tour of two weighty topics with two powerful performers: Alistair McGowan and Jacqueline Bird.

BOOKING: 01786 466 666

THE CRASH REEL
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Wed 7 Oct, 7.30 - 9.30pm
MacRobert Arts Centre, University of Stirling.

BOOKING: 01259 214 951

CONTOURS OF US
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Wed 7 Oct, 7.30 - 9.30pm
MacRobert Arts Centre, University of Stirling.

BOOKING: 01259 214 951

MAKING THE MAKERS MANIFESTO - WE'VE ALL SELF-PORTRAITS!
A fascinating documentary following a group of Makers Gallery & Bistro trainees and Reachout members as they investigate and explore major art movements, artists and manifestos. See how they interpret their favourite artists and styles and expect some surprise guest appearances.

Wed 8 Oct, 5.30 - 7.30pm
The Makers Gallery & Bistro.

BOOKING: 01259 214 951

THE CRASH REEL
Lucy Walker, USA, 2013, 106m
At the summit of his snowboarding career, Kevin Pearce suffered a traumatic brain injury. His family deals admirably with Kevin’s long recovery, but it is not nearly as supportive when he threatens to return to the sport that nearly killed him. Academy Award nominee Lucy Walker makes sure to include thrilling action shots in this story of complicated liaisons.

Wed 7 Oct, 7.30 - 9.30pm
MacRobert Arts Centre, University of Stirling.

BOOKING: 01259 214 951
GLASGOW GIRLS
Brian Welsh, UK, 2014, 60m, NC
Glasgow Girls
This inspiring drama, complete with rousing musical interludes, tells the true story of a group of Glaswegian schoolgirls fighting for the rights of a friend. Brave and tireless work to save one of their group from deportation not only succeeded, but also changed immigration-related practices in Scotland.

MOVING VOICES
Celebrate and reflect on the traditions of Scottish Gypsy/ Travellers with storytelling from the acclaimed author Jess Smith, hard-hitting drama by Breese Productions and the launch of the Moving Minds book.

STAND CLEAR OF THE CLOSING DOORS
Sam Fleischner, USA, 2013, 108m, NC
Presented by Luminate and SMHAPP, this UK premier of this moving documentary accompanies social worker Dan Cohen to nursing homes, where individuals experiencing memory loss are revitalised through the simple experience of listening to music. The camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication fails short.

PERTH
POWER
Ongoing hub running throughout the Festival with various activities, arts and crafts for all the family on the theme of power and wellbeing.

EMPOWER & I AM THE MASTER OF MY FATE
Two exciting new exhibitions: ‘Empower’ features artists from West Fife Community Support Service, and ‘I Am the Master of My Fate’ showcases a selection of poetry from Inverkeithing writers.

ROADS TO SUCCESS
A vibrant annual exhibition with artworks which have been produced around Fife by people who have experienced mental illness to celebrate the positive impact creativity has on self-esteem and self-confidence.

THE TREE AND THE ABBEY: BY ACTORS FROM SCOTTISH AUTISM
Witness the tragedy and the beauty of Fife’s rich history through the eyes of a tree which stands in the grounds of Dunfermline and meet some interesting characters along the way!

HAVING FUN WITH DRAMA: WORKSHOPS FOR OLDER PEOPLE
A confidence building afternoon using drama games and script reading followed by a performance of two short sketches by people from Forthview Day Hospital on the theme of power for people within Older People’s Services.

DREAMS AND THEMES
The launch of a new anthology by Inverkeithing writers. A night of poetry, stories, music and creative writing.

SHONA MCEWAN, FIFE
www.mcewan@fife.gov.uk

POWER
Glasgow Girls
Brian Welsh, UK, 2014, 60m, NC
Moving Voices
Brian Welsh, UK, 2014, 60m, NC
Stand Clear of the Closing Doors
Sam Fleischner, USA, 2013, 108m, NC
Perth
Empower & I Am the Master of My Fate
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Having Fun with Drama: Workshops for Older People
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Dreams and Themes
The launch of a new anthology by Inverkeithing writers. A night of poetry, stories, music and creative writing.

Shona McEwan, Fife
www.mcewan@fife.gov.uk
ROCKING THE BOAT & SEE THE TREE
SHIMMERING

Actor read two plays by Maureen Sangster exploring the balance of power in two different relationships, one between a warden at a sheltered housing complex and the residents, and another between two best friends.

Thu 9 Oct, 7 - 8pm
Robertsons, 34 Hunter St, Kirkcaldy KY1 1AD
Free / Booking required
Booking: Maureen Sangster
01592 203 766

THE CYNTHIA SHOW
Interactive theatre training demonstrating how attitudes and behaviours impact on mental health and wellbeing.

Fri 10 Oct, 6.45 - 11pm
The Rothes Halls, Rothes Square, Glenrothes KY7 5NX
44 / £4.50
Booking: 01592 811 101

IN A CARDBOARD CITY
Cardboard Artist Charlotte Duffy invites you to come and help her build a city entirely out of boxes.

Tue 14 and Thu 16 Oct
10.50am - 12pm (5-7 years) and 1.30 - 5pm (8-12 years)
St Andrews Museum, Kinburn Park, Doubleclaykes Rd, St Andrews KY16 9DP
£3 / £3.50
Booking: 01337 843 513

GOODIES AND BADDIES
Join Chatterbox Stories for tales of heroes and villains, magic and superstition! Find your superpower and help the goodies beat the baddies.

Wed 15 Oct, 10.45am - 12pm (3-6 years) and 1.15 - 2.30pm (7-11 years)
St Andrews Museum, Kinburn Park, Doubleclaykes Rd, St Andrews KY16 9DP
£3 / £3.50
Booking: 01337 843 513

LAPIDUS SCOTLAND: WRITING FROM THE SENSES
Join writers Jayne Wilding and Craig Gibert on a writing walk along the Fife Coastal Path exploring the power of writing from the senses and how it contributes to our wellbeing.

Sat 18 Oct, 10.30am - 12.30pm
Dysart Community Hall, 1 West Port, Dysart KY1 2TD
£3 / £3 (Age 16+)
Booking: Philippa Johnston
01383 842 513
philippajohnston@btinternet.com

LAPIDUS SCOTLAND: A READING JOURNEY
Explore your relationship to place and landscape and its impact on your wellbeing in a reading-inspired workshop led by poet and writer Maureen Sangster.

Sat 18 Oct, 1.30 - 3.30pm
Activity Room, Kirkcaldy Galleries, War Memorial Gardens, Kirkcaldy KY1 1YG
£5 / £5 (Age 16+)
Booking: Philippa Johnston
01383 842 513
philippajohnston@btinternet.com

ROCK THE HALLS
An eclectic evening exploring the power of music featuring Fife bands including Contact Point, David Crowe, Mathew Roll, Bob n’ Gerry, Hot Cars and Country Folk.

Fri 10 Oct, 6.45 - 11pm
The Rothes Halls, Rothes Square, Glenrothes KY7 5NX
£4
Booking: 01592 811 101

THE CRASH REEL
At the summit of his snowboarding career, Kevin Pearce suffered a traumatic brain injury. His family deals admirably with Kevin’s kong recovery, but it is not nearly as supportive when he threatens to return to the sport that nearly killed him. Academy Award nominee Lucy Walker makes sure to include thrilling action shots in this story of complicated loyalties.

Sat 4 Oct, 3.30 - 5.30pm
Belmont Cinema, 49 Belmont St, Aberdeen AB10 6BY
£5 / £5 / £4.50 (for members £7.50 / £6)
Booking: 07786 486 850

STAND CLEAR OF THE CLOSING DOORS
Less power is more power! A celebration of the combined power of music and words in the form of text and protest songs.

Tue 7 Oct, 8 - 10pm
The Malt Mill, 82 Holburn St, Aberdeen AB10 6SY
Free / No booking required
Information: 01224 573 830

POWERFUL, POWERLESS, EMPOWERED
An interactive workshop exploring the dynamics of power in mental health. The workshop will use various mediums and artistic forms to encourage participants to explore power in everyday life.

Tue 14 Oct, 7 - 8.30pm
RGU Faculty of Health and Social Care, Garthdee Rd, Garthdee AB21 7QG
Free / Booking required
Booking: smhaff2014aberdeen@gmail.com

THE CRASH REEL
Lucy Walker, USA, 2013, 108m, 12

STAND CLEAR OF THE CLOSING DOORS
An interactive theatre exploring the combined power of music and words in the form of text and protest songs.

Wed 8 Oct, 5.50 - 7.50pm
The Malt Mill, 82 Holburn St, Aberdeen AB10 6SY
£5 / £5 / £4.50 (for members £7.50 / £6)
Booking: 07786 486 850
Festival Plus

F+: THE POWER OF WORDS
Kickstart the Festival of Words at the Lemon Tree Studio with an evening of poetry and performance. Poetry starters and aficionados alike are welcome to come along and explore the power of words.

Wed 22 Oct, 7 - 9pm
The Lemon Tree Studio, 5 W North St, Aberdeen AB24 5AT
£11
Booking: 01224 641 122 (Double billed as part of Dance Live)

F+: THINKING IN THE FIRST PERSON
Highly physical, hip hop theatre quartet addresses the darker elements of one person’s identity as they try to understand the difference between how they perceive themselves, how others see them and how others think they see them.

Wed 22 Oct, 7 - 9pm
The Lemon Tree Studio, 5 W North St, Aberdeen AB24 5AT
£9 / £6 / £4.50 (for members £7.50 / £4.50)
Booking: 07786 486 650

Moray

CUTTING EDGE
A short, intimate and powerful film directed by Aberlour Youth Point Moray, showcasing visual art work giving a voice to young people talking about their experience of mental health and self-harm.

Sat 27 Sep, 11am - 4pm
Findhorn Bay Arts Festival, High St, Forres IV36 1NP
Free / No booking required
Information: Anne Grant
01343 546 214

THE ART OF CARING
An emotive glimpse into the world of Moray’s unpaid carers through an exhibition of their artwork.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Heidi Tweedie
07989 331 651
heidi@moxiemedia.co.uk

INSIDE OUT
A global arts project transforming messages of personal identity into works of art. Large scale portraits of participants from Moray speaking out for mental health displayed alongside a key message/statement.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 6pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: steve.mochaukey@moray.gov.uk

WRAP - THE ART OF RECOVERY
A creative arts exhibition of wellness recovery toolboxes from individuals in Moray with lived experience of mental ill health.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 6pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Heidi Tweedie
07989 331 651
heidi@moxiemedia.co.uk

WALKING IN MY SHOES
A short, intimate documentary containing personal interviews and stories of recovery from those with lived experience of mental ill health in Moray.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 6pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: steve.mochaukey@moray.gov.uk

ART IN MIND
Multimedia art exhibition celebrating the artistic achievements of individuals with experience of mental ill health, and promoting the therapeutic benefits that participation in creative activity has for mental wellbeing and recovery.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 6pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Helen Milnes
01343 546 232
manager.map@tiscali.co.uk

GABRIELLE
Louise Archambault, Canada, 2013, 104m, 12
Cast: Gabrielle Marion-Rivard, Alexandre Landry
Gabrielle has a contagious joie de vivre and an exceptional musical gift. She falls for Martin, a choir member in their recreation centre. Certain concerned relatives don’t appreciate their liaison due to the fact that both are mentally challenged, but love will find a way.

Wed 15 Oct, 5.50 - 7.50pm
Belmont Cinema, 49 Belmont St, Aberdeen AB10 1JS
£9 / £6 / £4.50 (for members £7.50 / £4.50)
Booking: 07786 486 880

F+: THE POWER OF WORDS
Kickstart the Festival of Words at the Lemon Tree Studio with an evening of poetry and performance. Poetry starters and aficionados alike are welcome to come along and explore the power of words.

Fri 26 Sep, 7.30 - 9.30pm
Better Read Books, 18 Ythan Terrace, Ellon, Aberdeenshire AB41 9LJ
Free / No booking required
Information: 01358 729 922

F+: THINKING IN THE FIRST PERSON
Highly physical, hip hop theatre quartet addresses the darker elements of one person’s identity as they try to understand the difference between how they perceive themselves, how others see them and how others think they see them.

Wed 22 Oct, 7 - 9pm
The Lemon Tree Studio, 5 W North St, Aberdeen AB24 5AT
£9 / £6 / £4.50 (for members £7.50 / £4.50)
Booking: 07786 486 650

Cutting Edge
A short, intimate and powerful film directed by Aberlour Youth Point Moray, showcasing visual art work giving a voice to young people talking about their experience of mental health and self-harm.

Sat 27 Sep, 11am - 4pm
Findhorn Bay Arts Festival, High St, Forres IV36 1NP
Free / No booking required
Information: Anne Grant
01343 546 214

The Art of Caring
An emotive glimpse into the world of Moray’s unpaid carers through an exhibition of their artwork.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Heidi Tweedie
07989 331 651
heidi@moxiemedia.co.uk

Wrap - The Art of Recovery
A creative arts exhibition of wellness recovery toolboxes from individuals in Moray with lived experience of mental ill health.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 6pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Heidi Tweedie
07989 331 651
heidi@moxiemedia.co.uk

Walking in My Shoes
A short, intimate documentary containing personal interviews and stories of recovery from those with lived experience of mental ill health in Moray.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 6pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: steve.mochaukey@moray.gov.uk

Art In Mind
Multimedia art exhibition celebrating the artistic achievements of individuals with experience of mental ill health, and promoting the therapeutic benefits that participation in creative activity has for mental wellbeing and recovery.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 6pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Helen Milnes
01343 546 232
manager.map@tiscali.co.uk

Inside Out
A global arts project transforming messages of personal identity into works of art. Large scale portraits of participants from Moray speaking out for mental health displayed alongside a key message/statement.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 6pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: steve.mochaukey@moray.gov.uk

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Highly physical, hip hop theatre quartet addresses the darker elements of one person’s identity as they try to understand the difference between how they perceive themselves, how others see them and how others think they see them.

Wed 22 Oct, 7 - 9pm
The Lemon Tree Studio, 5 W North St, Aberdeen AB24 5AT
£9 / £6 / £4.50 (for members £7.50 / £4.50)
Booking: 07786 486 650

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Kickstart the Festival of Words at the Lemon Tree Studio with an evening of poetry and performance. Poetry starters and aficionados alike are welcome to come along and explore the power of words.

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Better Read Books, 18 Ythan Terrace, Ellon, Aberdeenshire AB41 9LJ
Free / No booking required
Information: 01358 729 922

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Highly physical, hip hop theatre quartet addresses the darker elements of one person’s identity as they try to understand the difference between how they perceive themselves, how others see them and how others think they see them.

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Wed 22 Oct, 7 - 9pm
The Lemon Tree Studio, 5 W North St, Aberdeen AB24 5AT
£9 / £6 / £4.50 (for members £7.50 / £4.50)
Booking: 07786 486 650
RANDOM ACT OF KINDNESS

Celebrating Moray Random Act of Kindness Day (10 Oct)
Moray schools will get creative for mental health, expressing Random Acts of Kindness through art, creative writing and displays.
Wed 1 - Thu 9 Oct
Mon - Fri 10am - 5pm
Sat 10am - 4pm
The Gallery, Egin Library, Cooper Park, Egin IV30 1HS
Free / No booking required
Information: Sheila Campbell
01343 562 602
Mon 6 - Sun 12 Oct
Moray High Schools (Not open to the public)
Free / No booking required
Information: Elgin Tourist Information
01343 562 602

CREATIVE CONNECTIONS

Networking event to explore the role of creativity in mental health and social care for community members and professionals interested in the role participation in the arts and creativity can play in transforming the lives of individuals.
The 2 Oct, 2 - 6pm
Harvest Centre, Eigin City Church, 10 Greyfriars St, Egin IV30 1LF
Free / Booking required
Booking: Karrie Marshall
07718 111 585
info@creativityincare.org

FEELGOOD MENTAL HEALTH WEEK

All week Moray libraries will have feel-good books, resources, displays and service information stalls.
Mon 6 - Sun 12 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Egin Library, Cooper Park, Egin IV30 1HS
Free / No booking required
Information: Egin Library
01343 562 602
www.moray.gov.uk/librarycatalogue

FEELGOOD BOOKBUG (LITE) SESSIONS

Bookbug lite sessions brings stories and rhymes for babies and toddlers and their parents or carers, to build confidence, communication and social skills as well as building attachment.
Thu 3, Mon 6, Fri 17, Wed 22 Oct
Thu 10 - 11am, Mon 2 - 3pm
Fri 10.30 - 11.30am, Wed 2 - 3pm
Egin Library, Cooper Park, Egin IV30 1HS
Free / Booking required
Booking: Egin Library
01343 562 600

PAST AND PRESENT

A guided walk around Burghead village, including local war graves to share stories of the young men of the village who fought in WWI and to explore the impact of war on individuals and communities and wellbeing benefits of personal reflection and walking.
Sat 4 and Thu 9 Oct
Sat 10am - 12pm (Doors 9.45am)
Thu 9 - 7pm (Doors 4.45pm)
Burghead Village War Memorial
Free / Booking required
Booking: Egin Tourist Information
01343 562 608
clare.griffiths@royalvoluntaryservice.org.uk

HEAD IN THE CLOUDS

Fun-filled, participatory theatre for 0-4 year olds using sound, touch and visual treats to ensure you were one gets lost in the magic of the story. Come along and help Cirrus the dog, find his lost sheep!
Wed 8 Oct, 11 - 11.45am
Universal Hall, Findhorn Foundation, The Park, Findhorn IV36 3TH
£4 / £3 / £2 U16’s / Booking required
Booking: Hanna Morjan
01309 692 426
info@creativityincare.org

AN AUDIENCE WITH DR CHRIS JOHNSTONE

Moray based author and leading Positive Psychology trainer, Dr Chris Johnstone, will discuss his publications and introduce insights and practices from Positive Psychology to promote resilience and a good mood.
Thu 7 Oct, 7 - 9.15pm
Newbold House, 111 St Leonards Rd, Forres IV36 2RE
Free / Booking required
Information: Chris Johnstone
findyourpower@mac.com

AN AUDIENCE WITH SHEENA BLACKHALL

Celebrating World Mental Health Day Moray schools will screen ‘Silver Linings Playbook’, the moving story of the joys and challenges faced by those living with mental ill health, followed by classroom discussions and activities.
Fri 10 Oct, Moray Schools
Free / No booking required
Information: Catherine Reilly @moray.ednet.gov.uk

STATUS ANXIETY & THINKING IN THE FIRST PERSON

Hard-hitting hip hop, spoken word and live projections to explore the complexities of online communication, social media and identity followed by a post-show discussion.
Thu 9 Oct
Moray High Schools (Not open to the public)
Free / No booking required
Information: Steven McChesney
01343 567 188
www.morayfeelgoodfestival.co.uk

MORAY RANDOM ACT OF KINDNESS (RAK) DAY

Moray celebrates World Mental Health Day by declaring 10th October as Random Act of Kindness Day. Share your ideas and stories at Twitter @randommoray
Fri 10 Oct, All Day
Throughout Moray
Free / No booking required
Information: Steven McChesney
01343 567 188
www.morayfeelgoodfestival.co.uk

CAT PLAYS PIANO

A black comedy depicting a forty something male’s battle with sanity, masculinity and working from home by Moray-based Wildbird Theatre Company.
Fri 10 Oct, 1 - 2pm (Doors 12.30pm)
The Droutyty Cobbler (The Blue Room), 46a High St, Egin IV30 1HU
£10 / Booking required
Booking: In person at The Droutyty Cobbler and www.playpieces.co.uk

LAUGHING MATTERS - SLIDESHOW

An informal and lively slideshow exploring the history and benefits of Laughter Yoga including some fun audience participation.
Sat 11 Oct, 2 - 3pm
The Findhorn Foundation, Sunshine Room, 500 East Whins, The Park, Findhorn IV36 3TH
Free (Suggested donation) / No booking required
Information: Manda Stretch
07932 858 462

LAUGHING MATTERS - WORKSHOP

A relaxed, informal, fun workshop to have a go at Laughter Yoga. No previous experience needed.
Sun 13 Oct, 2 - 3pm
The Findhorn Foundation, Sunshine Room, 500 East Whins, The Park, Findhorn IV36 3TH
Free (donations welcome) No booking required
Information: Manda Stretch
07932 858 462

AN AUDIENCE WITH SHEENA BLACKHALL

Current Maker of Aberdeen and North East Scotland, and winner of Bipolar Scotland’s 2013 creative writing competition, Sheena Blackhall, discusses her writing, inspiration and answers your questions.
Wed 10 Oct, 7 - 8.30pm
The Gallery, Egin Library, Cooper Park, Egin IV30 1HS
Free / Booking required
Booking: Sheila Campbell
01343 562 602

SILVER LININGS PLAYBOOK

David O. Russell, USA, 2012, 122m, 15 Cast: Bradley Cooper, Jennifer Lawrence, Robert De Niro

THINKING IN THE FIRST PERSON

A black comedy depicting a forty something male’s battle with sanity, masculinity and working from home by Moray-based Wildbird Theatre Company.
Fri 10 Oct, 1 - 2pm (Doors 12.30pm)
The Droutyty Cobbler (The Blue Room), 46a High St, Egin IV30 1HU
£10 / Booking required
Booking: In person at The Droutyty Cobbler and www.playpieces.co.uk

MORAY RANDOM ACT OF KINDNESS (RAK) DAY

Moray celebrates World Mental Health Day by declaring 10th October as Random Act of Kindness Day. Share your ideas and stories at Twitter @randommoray
Fri 10 Oct, All Day
Throughout Moray
Free / No booking required
Information: Steven McChesney
01343 567 188
www.morayfeelgoodfestival.co.uk

CAT PLAYS PIANO

A black comedy depicting a forty something male’s battle with sanity, masculinity and working from home by Moray-based Wildbird Theatre Company.
Fri 10 Oct, 1 - 2pm (Doors 12.30pm)
The Droutyty Cobbler (The Blue Room), 46a High St, Egin IV30 1HU
£10 / Booking required
Booking: In person at The Droutyty Cobbler and www.playpieces.co.uk

LAUGHING MATTERS - SLIDESHOW

An informal and lively slideshow exploring the history and benefits of Laughter Yoga including some fun audience participation.
Sat 11 Oct, 2 - 3pm
The Findhorn Foundation, Sunshine Room, 500 East Whins, The Park, Findhorn IV36 3TH
Free (Suggested donation) / No booking required
Information: Manda Stretch
07932 858 462

AN AUDIENCE WITH SHEENA BLACKHALL

Current Maker of Aberdeen and North East Scotland, and winner of Bipolar Scotland’s 2013 creative writing competition, Sheena Blackhall, discusses her writing, inspiration and answers your questions.
Wed 10 Oct, 7 - 8.30pm
The Gallery, Egin Library, Cooper Park, Egin IV30 1HS
Free / Booking required
Booking: Sheila Campbell
01343 562 602
Festival Plus

F: Festival Plus - 'FESTIVAL'

A 'Festival' themed quiz night with music and a competition with the Scottish Association for Mental Health (Moray) and Wellness Recovery Action Planning (WRAP) community group.

Fri 17 Oct, 7pm till 9pm (Doors 6.30pm)
Bishopmill Hall, Rgns IV30 4LP
£10 for teams of five
Team registration: rasheila.patel@nhs.net

‘MAD DANCE’ FILM TRILOGY

A trilogy of provocative and beautiful short films that re-
love and care for that will be

Fri 3 Oct, 7 - 8.15pm
Eden Court Theatre, Bishops Rd, Inverness
IV3 5SA

Free / Booking required
Booking: www.eden-court.co.uk or in person at the venue

MARS PROJECT

Jonathan Halas, Andrew Laxamburne, Canada, 2012, 65m, NC
Hip Hop meets mental health. Khari ‘Conspiracy’ Stewart’s emergence as a musical force was followed by a diagnosis of schizophrenia. Yet instead of allowing them to challenge and constrain his creativity, Conspiracy uses the voices he hears as sources of artistic inspiration.

Fri 10 Oct, All day
Highland-wide

Free / No booking required
See www.highlandmhfestival.com for more information

PLAY PIECES - CAT PLAY PIECES - CAT PLAYS PIANO

A thought provoking play following Jason Darcy, the lesser known relative of the infamous Mr Darcy, as he deals with isolation of working from home and the consequences of an unhealthy Facebook addiction.

Sat 11 Oct, 12.30 - 2pm
The Phoenix, 110 Academy St, Inverness
IV3 5SA

Free / No booking required
Booking: www.playpieces.co.uk

MINDFULNESS TASTER SESSION

Secular Mindfulness based stress reduction workshop, based on the work of Jon Kabat-Zinn to be aware of what is happening around us and how we feel in the present, so that we can take action to begin to feel better.

Thu 16 Oct, 10am - 12pm
The Concourse Room, Spectrum Centre, 1 Margaret St, Inverness
IV1 1LX

Free / No booking required
Information: www.highlandmhfestival.com
ANA ANA
Corinne van Egeraat, Petr Lom, Netherlands, 2013, 75m, NR
This marvellous cinematic poem is set in an Egypt where hopes for the revolution have begun to unravel, and where women’s rights are terribly vulnerable. Using beautiful, intense metaphors and visionary storytelling, four young women speak from the bottom of their hearts of their dreams and desires.
Sat 18 Oct, 2.15 - 4pm
Eden Court Theatre, Bishops Rd, Inverness IV5 5AA
£7
Booking: 01463 234 234
www.boxoffice.eden-court.co.uk

ALIVE INSIDE
Michael Rossato-Bennett, USA, 2014, 78m, NR
This moving documentary accompanies social worker Dan Cohen to nursing homes, where he presents a surprisingly effective method of combating Alzheimer's-related memory loss. After being fitted with headphones and hearing their favourite songs, the sufferers more closely resemble the deeply-missed people they were before the ravages of the disease. Dan's inspired approach suggests that novel, and simple, means of treating illness can sometimes be the best. Presented by Luminate and SHMAFF.
Sun 19 Oct, 1.30 - 3.30pm
SEALL, Sabhal Mòr Ostaig, Sleat, Isle of Skye, IV44 8RQ
£9/£7/£4
Booking: 01471 844 207
info@seall.co.uk
www.seall.co.uk/buy-tickets/

Festival Plus
F+: LET ME STAY
A tender and unique exploration of the impact of Alzheimer's on family relations. McNamara shows through her mother's experience that it doesn't have to be a tragic withdrawal from life.
Fri 24 Oct
Workshop 11am - 1pm, Performance 4 - 5pm
Craigmonie Centre, Glen Urquhart High School, Drumoacrook, Invernessshire IV3 6XA
£10
Booking: 01463 234 234
Fran.Davidson@highlifehighland.com
www.craigmoniecentre.co.uk
Sun 26 Oct, 4 - 5pm
SEALL, Sabhal Mòr Ostaig, Sleat, Isle of Skye, IV44 8RQ
£9/£7/£4
Booking: 01471 844 207
info@seall.co.uk
www.seall.co.uk/buy-tickets/

THE LIFE AND NEARLY DEATH OF RILEY
Dare you travel? The Adora Foundation presents international storyteller Ismael Velasco’s one man play, taking you on a transformational journey through the place where despair and hope dance between life and death...
Tue 14 Oct, 7.30 - 9pm
Lerwick Town Hall, Hillhead, Lerwick ZE1 0HB
£3 / £1.50 / No booking required
Information: 07879 633 645
lifeofriley.shetland@gmail.com
www.mindyourhead.org.uk

Fri 17 Oct, 7.30 - 9pm
King Street Halls, Kirkwall East Church, King St, Orkney KW15 1JF
£5 / £2.50 / No booking required
Booking: Available at door and in advance at The Herald Printshop, Kirkwall
Information: 07796 458 138
rileyshow@bahaisoforkney.org

Sat 18 Oct, 7.30 - 9pm
Shrouness Community Centre and Town Hall, Church Rd, Orkney KW16 3BA
£5 / £2.50 / No booking required
Booking: Available at door and in advance at The Herald Printshop, Kirkwall
Information: 07796 458 138
rileyshow@bahaisoforkney.org

Sun 26 Oct, 4 - 5pm
SEALL, Sabhal Mòr Ostaig, Sleat, Isle of Skye, IV44 8RQ
£9/£7/£4
Booking: 01471 844 207
info@seall.co.uk
www.seall.co.uk/buy-tickets/
ARGYLL & BUTE

MOVING MINDS: EXHIBITION
A fascinating exhibition created by MECOPP and Gypsy/Travellers, sharing memories, poetry and photographs, as well as reflecting on the impact prejudice can have upon mental health and wellbeing.

Wed 1 Oct - Tue 7 Oct
Mon / Wed 10am - 1pm
and 2 - 7pm
Thu 10am - 1pm
and 2 - 6pm
Fri 10am - 1pm
and 2 - 5pm
Sat 10am - 1pm
Oban Library, 77 Albany St, Oban
PA34 4AL
Free / No booking required
Information: emma-jane@mecopp.org.uk

MOVING MINDS: COMMUNITY-LED DIALOGUE
Gypsy/Travellers will lead interactive awareness-raising workshops in an attempt to dispel myths, promote dialogue and reflect on the impact prejudice can have on mental health and wellbeing.

Thu 16 Oct, 1.30 - 4.30pm
Oban Phoenix Cinema, 140 George St, Oban PA34 3SX
Free / Booking required
Booking: emma-jane@mecopp.org.uk

MOVING VOICES
An enchanting evening of storytelling with acclaimed Scottish author Jess Smith and drama artist Naomi Breeze alongside the fascinating Moving Minds exhibition where Gypsy/Travellers have shared their memories, poetry and photographs. Come along and share your own story.

Thu 16 Oct, 7 - 9pm
Oban Phoenix Cinema, 140 George St, Oban PA34 3SX
£5 / Booking advisable
Booking: 07906 365 883
emma-jane@mecopp.org.uk

AYRSHIRE & ARRAN

Festival Plus
F: LET ME STAY
A tender and unique exploration of the impact of Alzheimer's on family relations. McNamara shows through her mother's experience that it doesn't have to be a tragic withdrawal from life.

Wed 29 Oct, 8 - 9pm
Cove Burgh Hall, Shore Rd, Cove G84 0LY
See website for prices
Booking: www.coveburghhall.org.uk/?q=contact/Event_bookings

INSIDE OUT
Award winning play 'Inside Out' will tour secondary schools in North, East and South Ayrshire. This devised drama gives a gritty portrayal of every day occurrences of mental health related stigma based on real life experiences of service users, carers and their families. Post play discussions will follow performances.

Tue 7 Oct (public performance), 11am - 1pm
Gaiety Theatre, Carrick St, Ayr KA7
Free / Booking required
Booking: 01292 288 285
(Mon - Sat 10am - 5pm)

F: INVOLVED!
Involved! explores creative ways of expressing views and opinions on services. Visit our exhibition which showcases work produced by local residents who use mental health services or join a workshop for people who have accessed mental health services for a chance to express your views and opinions on services creatively.

Mon 20 Oct
Exhibition 10.30am - 12.30pm,
Workshop 2 - 4pm
Harbour Arts Centre, 114 Harbour St, Irvine KA12 8PZ
Free / Booking required
Booking: 01294 476 007
If you are feeling distressed, in a state of despair, suicidal or need emotional support, please contact one of the following numbers.

**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

**NHS 24**
Call NHS 24 if you are ill and it can’t wait until your GP surgery opens.
0854 24 24 24

**Emergency Ambulance**
Dial 999 if you need an emergency ambulance.
999
Calls are free of charge

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

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**Exhibitions Starting Mon 6 Oct**
- Exposures (until Fri 10 Oct)
- Photography and Art Exhibition (until Wed 15 Oct)
- Power (until Fri 17 Oct)
- Random Act of Kindness (until Sun 19 Oct)
- Feelgood Mental Health Book Week (until Sun 19 Oct)

**Exhibitions Starting Wed 8 Oct**
- Moving Minds: Exhibition (until Turn 14 Oct)

**Exhibitions Starting Thu 9 Oct**
- Connections (only on Thu 9 Oct)

**Exhibitions Starting Fri 10 Oct**
- Creative Steps Exhibition (only on Fri 10 Oct)
- Power to Communicate: Craigmillar Gallery (until Fri 17 Oct)

**Exhibitions Starting Sat 11 Oct**
- Roofless at Referral (until Fri 17 Oct)
- Scottish Glass Society Annual Exhibition (until Sat 18 Oct)
- The Power Base (until Sat 18 Oct)

**Exhibitions Starting Thu 16 Oct**
- Photography & Art Exhibition (until Fri 31 Oct)
International film submission for 2015:

Do you have a film or film project that relates to mental health?

Film can address specific mental health issues but we are keen to encourage innovative and diverse perspectives.

We will be accepting entries for our international film submission from early 2015.

Please see our website for details and guidelines.

@smhaff

#smhaff2014