The Festival is led by the Mental Health Foundation in association with national partners:

See Me
End mental health discrimination

NHS
Greater Glasgow and Clyde

NHS
Lothian

Scottish Recovery Network
Write to Recovery

The LIST
Peoples Postcode Lottery

Paisley 2021
For UK City of Culture

The D’Oyly Carte Charitable Trust
Front Page

Forestry Commission Scotland

Lanarkshire Recovery Network

VOX Scotland

with Merchants House of Glasgow and WM Mann Foundation
Hello.

This year at the Scottish Mental Health Arts Festival, we are inviting you to Reclaim. Reclaim your identity. Reclaim your creativity. Reclaim your sense of community. Reclaim language. Reclaim your mental health.

Reclaim has always been at the heart of everything we do. Over the years, the festival has provided a platform for people with experience of mental ill health to claim a place in the arts, whether as performers, participants or audience members. And we have seen first hand how the arts can help people reclaim their experiences, better understand them and share them with others.

Our theme is explored in many ways in this year’s programme. We have events that reclaim spaces, including It’s Not Over Yet by our Associate Artist Emma Jayne Park, which aims to turn people’s homes into intimate performance venues; events that reclaim objects and materials, with creative workshops taking place across the country; and events inspired by personal and political acts of reclamation, notably the theatre productions, Living With the Lights On, Hysteria! and One Mississippi, plus our annual exhibition Out of Sight, Out of Mind.

You will probably have noticed that we’ve also been doing some reclaiming of our own. We have a brand new logo and a slightly new name, and, from 2018 onwards, SMHAF will be claiming a new place in the calendar by moving to May!

In the meantime, we hope you’re inspired by this year’s programme and look forward to seeing you this October.

The Festival Team

We have seen first-hand how the arts can help people reclaim their experiences, better understand them and share them with others.
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This year’s programme is diverse, innovative and engaging, featuring new productions, stunning performances, inspiring stories and unique collaborations, created and curated by artists and communities committed to exploring mental health through the arts.

This year, we’re delighted to be supporting no fewer than four touring theatre shows, including the world premieres of One Mississippi (p10), a new play by Mariem Omari examining how childhood experiences shape men’s adult lives; and Hysterical (p11) by Julia Taudevin, a darkly comic political cabaret for our times, partly inspired by the 2016 US election and the 2017 global women’s marches.

Touring theatre shows, including the world premieres of One Mississippi (p10), a new play by Mariem Omari examining how childhood experiences shape men’s adult lives; and Hysterical (p11) by Julia Taudevin, a darkly comic political cabaret for our times, partly inspired by the 2016 US election and the 2017 global women’s marches.

These include Summer, 1993 (p17), a semi-autobiographical drama which won Best First Feature at the Berlin International Film Festival; The Other Half (p20), an atmospheric Canadian drama starring Emmy Award-winner Tatiana Maslany; and a full day of shorts, features and special events exploring men’s mental health (p18), culminating in a screening of Becoming Cary Grant (p18), a fresh look at one of Hollywood’s greatest icons.

We have exciting film programmes taking place throughout Scotland too, with a host of new and classic selections, from Manchester by the Sea (p53) and The Levelling (p52) and Three Colours: Blue (p57) to the recent RD Laing award winners: Mad to be Normal (p32) and Glasgow (p23).

Two scratch nights in Edinburgh (p32) and Glasgow (p32) giving audiences a first look at in-development new work pieces with mental health themes. Festival favourites Flint & Pitch return with two specially curated shows in Edinburgh (p34) and Paisley (p39), and we’re very excited to be teaming up with Neuf Reekie! (p40) to present a night of words, music and film at Dundee Literary Festival, exploring what kind of art we need in an age of anxiety.

Storytelling is an inspiring way to reclaim your experiences, and an important theme running through this year’s programme. Real Talk (p31), a popular evening of storytelling, connections and honesty, returns to the Scottish Storytelling Centre; Scottish Recovery Network host various participatory events connected to their Write to Recovery project (p20, 23, 39, 57) and Tales by the Fireside (p54) enables people to tell their crafted stories in an outdoor Highland setting.

With over 300 events taking place in regions across Scotland, these highlights only scratch the surface. We hope you enjoy exploring the programme and look forward to seeing you this October!
“They say that the person you are at eighteen defines who you are going to become…”

One Mississippi
by Mariem Omari

A Play a Pie and a Pint at Òran Mór, in association with Traverse Theatre and Scottish Mental Health Arts Festival, present

Hysteria!
by AJ Taudevin

ABOUT THE ARTISTS

One Mississippi is written by Mariem Omari (If I Had a Girl…) and directed by Umar Ahmed (If I Had a Girl…, How to Make a Killing in Bollywood) and presented by Bijli, company in residence at National Theatre of Scotland.

Hysteria! is a darkly comic political cabaret for our times, partly inspired by the 2016 US election and the 2017 global women’s marches, and written in dialogue with over 100 people.

WORLD PREMIERE

One Mississippi
Traverse Theatre, Edinburgh (see p28)
Fri 13 & Sat 14 Oct
Tron Theatre, Glasgow (see p22)
Fri 13 & Sat 14 Oct

Fri evening performance will include a post-show discussion hosted by the Scottish Mental Health Arts Festival.

Supported by Creative Scotland, National Theatre of Scotland and Websters Theatre.

Hysteria!
Óran Mór, Glasgow (see p25)
Sun 15 & Sat 21 Oct
Traverse Theatre, Edinburgh (see p29)

Supported by Creative Scotland and the Scottish Mental Health Arts Festival.

WORLD PREMIERE

Hysteria!
Sun 15 & Sat 21 Oct

Supported by Creative Scotland and the Scottish Mental Health Arts Festival.

AUDIENCE

One Mississippi
Tue 10–Thu 12 Oct
Traverse Theatre, Edinburgh

Fri 13 & Sat 14 Oct
Tron Theatre, Glasgow

Fri evening performance will include a post-show discussion hosted by the Scottish Mental Health Arts Festival.

Supported by Creative Scotland, National Theatre of Scotland and Websters Theatre.

Hysteria!
Mon 9–Sat 14 Oct
Óran Mór, Glasgow

Tue 17–Sat 21 Oct
Traverse Theatre, Edinburgh

Supported by Creative Scotland and the Scottish Mental Health Arts Festival.

Praise for If I Had a Girl…

“A show of dramatic strength that may yet change lives.”
The Herald

“A powerful and thoughtful piece of semi-verbatim theatre.”
The Scotsman

Praise for Julia Taudevin’s 2016 show Blow Off:

“A dynamite hour of sexual politics.”
The Guardian

“An important and necessary piece of theatre.”
Exeunt

“As clear and sharp as shattered glass.”
The Stage

WOW EVENT

Sexism & Mental Health: Drop-in Workshop for Women
Julia Taudevin and Dr Iris Elliott will host a drop-in workshop for women on Sexism and Mental Health in Perth, as part of the Women of the World (WOW) festival.

Sat 28 Oct
2–4.30pm
Perth Concert Hall
See p53 for full details.

Photo credit: James Cathcart
THEATRE HIGHLIGHTS

WORLD PREMIERE

“Two years ago, aged 30, I was diagnosed with Hodgkins Lymphoma, a type of blood cancer. This is part of the story, but it’s Not Over Yet.”

Using movement and text Emma Jayne Park invites you to share part of her life only those closest to her witnessed; a journey of remembering, evaluating our life choices and exploring why they even matter. It’s personal, it’s funny, it’s angry in places but above all it’s honest. Everyone has a cancer story – this is hers.

During Emma’s treatment and remission, she was deeply affected by being unable to access live performance. It’s Not Over Yet is the first stage in developing quality theatre work that can be reshaped into intimate home-based performances considering the specific needs of people who are house bound for medical reasons.

Working in partnership with the Scottish Mental Health Arts Festival, these short works will engage with a variety of themes and art forms to offer those who cannot attend the theatre the same privilege as our visiting audiences.

ABOUT THE ARTIST

Mark Lockyer trained at RADA. For the last 30 years he’s been at the National Theatre, RSC, Old Vic, Young Vic and the Royal Court, working with Ken Campbell, Mark Rylance and Sam Mendes.

Reviews for Living With the Lights On

★★★★★ The Times
★★★★ The Guardian
★★★ Evening Standard
★★★ Time Out
★★★ The Stage

“Living With the Lights On” by Mark Lockyer

I said I’d never make a show about having cancer. This is a show about having cancer.”

PUBLIC EVENTS

Fri 13 Oct
Dance Live, Aberdeen (see p63)
Sat 28 Oct
The Stove, Dumfries (see p63)

LIVING ROOM PERFORMANCES

Sun 29–Mon 30 Oct
Dumfries & Galloway (see p63)


“Living With the Lights On” by Mark Lockyer

The Scottish Premiere

In Mark Lockyer’s hilarious, touching and critically acclaimed solo show, the actor shares the true story of how his life fell apart following an on-stage meltdown during a 1995 RSC production of Romeo and Juliet.

Mark’s story is a terrifying roller coaster ride through the medical and criminal justice systems, through prison and hospital and on towards eventual recovery. It is testament to the fact that mental illness can happen to anyone and that, with the right treatment, there can be a life beyond it.

Fri 13–Wed 18, Thu 19 Oct
Scottish Storytelling Centre, Edinburgh (see p32)
Fri 27–Sat 28 Oct
Citizens Theatre, Glasgow (see p38)

Friday evening performances will include a post-show discussion with Mark Lockyer and SMHAF’s Andrew Eaton-Lewis about the issues raised in the play.

Supported by SMHAF and Creative Scotland.

“Living With the Lights On” by Mark Lockyer

Photo credit: Stephen Cummins

It’s Not Over Yet

by Emma Jayne Park

“Living With the Lights On” by Mark Lockyer

Photo credit: Stephen Cummins

Cultured Mongrel presents

“This is a show about having cancer.”

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Photo credit: Stephen Cummins

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Dumfries & Galloway (see p63)


“Living With the Lights On” by Mark Lockyer

Photo credit: Stephen Cummins
International Film Awards

On Thursday 12 October, the International Film Awards will take place at the Centre for Contemporary Arts (CCA) in Glasgow. Celebrating high achievement in filmmaking that addresses mental health, this annual event is always a welcoming, inspiring and joyous occasion.

Directors and others involved in the creative process will be present to share insights and anecdotes on how the honoured work came to be, and there will be an opportunity to see excerpts from all the winning titles.

On the night, we will also be announcing the winner of our prestigious Grand Jury Prize, which is awarded to a film that combines outstanding cinematic accomplishment alongside what the jury considered to be a vital and heartfelt exploration of mental health. The evening closes with a drinks reception.

At one time providing only the list of winners, the competition has evolved over the past few years to become a key supplier of the festival’s film programming. Everything we’re screening at the CCA — no fewer than 50 titles — has emerged from the impressive entries received from around the globe. This cinematic bounty is simply too valuable and important not to feature beyond the awards night.

The competition-sourced programme, augmented by discussions, presentations and workshops, will transform the CCA into a hub of film-related, mental health-themed activity over the course of its four days. We expect the conversations it sparks to continue outside the screening spaces and well beyond the schedule.

What emerges across the programme is a striking sense of confidence, both in the storytelling itself and in the belief that these stories are worth telling. The implication is that these films must exist, and deserve to be seen and experienced by a wide audience. We are honoured that our official selection screenings provide a platform for such vital creativity.

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2017 AWARD WINNERS

ALL SCREENINGS AT CCA

ANIMATION

The Waves
UK
An artist returns to his work after suffering a mental breakdown.
Sat 14 Oct, 11am | Men, Interrupted

COMMUNITY

Gambling With Minds
AUSTRALIA
Mental health advocates voice their lived experiences of the Australian care system.
Fri 13 Oct, 1pm | Community Counts

EXPERIMENTAL

Waterfall
UK
Memory and grief are shown to be embedded in a resonant landscape, as though lurking underwater.
Fri 13 Oct, 11am | with Vivian, Vivian

SHORT DOCUMENTARY

Hum
IRELAND
A singer-songwriter discovers that his music helps him to deal with schizoaffective disorder.
Thu 12 Oct, 2pm | Music Matters
Sat 14 Oct, 11am | Men, Interrupted

SHORT DRAMA

Y
GERMANY
Laura’s obsessive-compulsive disorder clouds her relationship with her younger brother.
Fri 13 Oct, 10.30am | Youth Perspective
Fri 13 Oct, 5pm | International Shorts

FEATURE DRAMA

Summer 1993
SPAIN
Orphaned six-year-old Frida faces the first summer with her new adoptive family, and tragedy’s aftermath.
Fri 13 Oct, 8pm

FEATURE DOCUMENTARY

Becoming Cary Grant
FRANCE
The man who hid his insecurities behind a Hollywood mask of charm and sophistication is revealed.
Sat 14 Oct, 7.30pm

HUMAN RIGHTS

Coping
GHANA
An aunt and her nephew quarrel when she decides to send her schizophrenic husband to a prayer camp.
Sat 14 Oct, 1.30pm | Men, Interrupted II

VOICES OF EXPERIENCE

Spike
UK
A soldier who served in Northern Ireland recovers from post-traumatic stress disorder.
Sat 14 Oct, 11am | Men, Interrupted I

YOUTH PERSPECTIVE

OverLove
DENMARK
Olivia’s obsessive-compulsive disorder clouds her relationship with her younger brother.
Fri 13 Oct, 10.30am | Youth Perspective
Fri 13 Oct, 5pm | International Shorts

INTernational FILM AWARDS

Thu 12 Oct 6–8pm
Centre for Contemporary Arts (CCA), 350 Sauchiehall Street, Glasgow G2 3JD
FREE  ifc-awards-smhaf17.eventbrite.co.uk

Images, clockwise from top left: Coping; Summer 1993; Y
THU 12 OCT

INTERNATIONAL FILM AWARDS

AWARDS & RECEPTION Join us for our annual awards ceremony at the CCA, as we honour the very best submissions to our International Film Competition. It’s your chance to get a first look at the award-winning titles that will be screening throughout the weekend and join us in welcoming talented filmmakers from across the world. Followed by a drinks reception. See p34-15 for full details.

CCA Cinema 11am-12.30pm FREE #international-awards-smhaf17.eventbrite.co.uk

MUSIC MATTERS

SHORTS Three exhilarating films present music’s mysterious and wonderful power. Cut Paper, Xox (Two) has a therapy session lifted by song and dance. And Instrument of Change: Street Piano features amateurs and professionals finding joy in impromptu performance.

CCA Cinema: 2–3.30pm FREE #music-matters-smhaf17.eventbrite.co.uk

FRI 13 OCT

YOUTH PERSPECTIVE

SHORTS By young people about young people, the two dramas in this programme are stunning examples of precocious achievement. Avaricious thoughts threaten to undermine Emma’s waning teenage years in Northern Lights; while in OverLove, Olivia’s anxiety is compounded by obsessive-compulsive disorder that clouds her relationship with her younger brother. Co-presented with Into Film Scotland.

CCA Cinema: 10.30am-12.30pm FREE #youth-perspective-smhaf17.eventbrite.co.uk

VIVIAN, VIVIAN

UK PREMIERE

INGRID KAMERLING | NETHERLANDS | 2016 | 54m

Dutch with English subtitles

Preceded by WATERFALL

DOCUMENTARY An intimate cinematic portrait, Vivian, Vivian is director Ingrid Kamerling’s attempt to understand what her sister went through in the months leading up to her suicide. Blending reality and imagination, past and present, factual interviews and abstract images, this experimental and affecting documentary examines what moves people at their deepest core.

Preceded by Waterfall (UK, 2016, 8min), Tom Lock Griffiths’ essay film in which memory and grief are shown to be embedded in a resonant landscape.

CCA Cinema: 11am-12.30pm FREE #vivian-vivian-smhaf17.eventbrite.co.uk

Images, clockwise from top: Cloud Nine; OverLove in Youth Perspective; Awards Ceremony.

SIX FEET OVER: DEATH & DOCUMENTARY PANEL DISCUSSION

DISCUSSION A sensitive subject at the best of times, death can be fraught with difficulty for the documentarian. How are the often intrusive demands of documentary reconciled with those of care and compassion? And what are the challenges when the deceased is a friend or family member? A panel involving first-hand experience will consider the concerns at play.

CCA Cinema: 1–2pm FREE #death-and-documentary-smhaf17.eventbrite.co.uk

COMMUNITY SHORTS

SHORTS From as local as Lanarkshire and as far away as Australia, a variety of animation, documentary, dramatic and experimental work shows the magic that can happen when people who have faced mental health challenges are creatively involved in telling cinematic stories.

CCA Cinema: 1–3pm FREE #community-counts-smhaf17.eventbrite.co.uk

COMMUNITY FILMMAKING PRESENTATION

PANEL DISCUSSION Writer-director Genevieve Clay-Smith co-founded Australia’s Bus Stop Films “in order to create a more inclusive and diverse film industry, as well as help people from marginalised communities personally grow and develop”. Join Genevieve as she shares insights on inclusive filmmaking and involves the audience in a demonstration of her working methods.

CCA Cinema: 2.45–4pm FREE #community-filmmaking-smhaf17.eventbrite.co.uk

INTERNATIONAL SHORTS

SHORTS There are countless ways to compassionately address mental health on screen. This programme gathers some of the most accomplished examples from around the globe, and demonstrates that borders are not barriers to understanding. The selected films, thrillingly diverse in content and origin, hail from Asia, Continental Europe, the Middle East and North America.

CCA Cinema: 5–7pm FREE #international-shorts-smhaf17.eventbrite.co.uk

LIKE CRAZY

Pablo Agost (Italy, 2016) 110m

Cast: Valeria Bruni Tedeschi, Micaela Ramazzotti

Italian with English subtitles

DRAMA Opening in a picturesque but secure psychiatric hospital in rural Tuscany, this uplifting and tender comedy from acclaimed director Paolo Virzi (Human Capital) focuses on two women from very different backgrounds as they make the most of a chance to escape. A compelling story of loyalty and redemption, with a wholehearted social conscience.

CCA Theatre: 5–7.30pm FREE #like-crazy-smhaf17.eventbrite.co.uk

SUMMER 1993

SCOTTISH PREMIERE

CARLA SIMÓN | SPAIN | 2017 | 96m

Cast: Lalo Artigas, Paola Rubles, Bruna Cusi

Catalan with English subtitles

Drama Winner of the Best First Feature Award at the Berlin International Film Festival, Carla Simón’s compassionate semi-autobiographical debut has an extraordinary performance at its heart. Following the death of her parents from an AIDS-related illness, six-year-old Frida faces her first summer without them. The selected films, thrillingly diverse in content and origin, hail from Asia, Continental Europe, the Middle East and North America.

CCA Cinema: 8–9.45pm FREE #summer-1993-smhaf17.eventbrite.co.uk
SAT 14 OCT

MEN’S MENTAL HEALTH DAY

Inspired by the success of 2016’s Women, Interrupted screening, an entire day of programming has been devoted to exploring men’s mental health. Reflecting the notable number of submissions received on the topic this year, the selected films entertain while prompting much-needed discussion.

MEN, INTERRUPTED I & MEN, INTERRUPTED II

SHORTS: Impressive films from various genres find common cause through exploration of the contemporary male psyche. In two thought-provoking programmes of shorts from home and abroad, issues that were once kept hidden are approached with nerve, verve and an underlying sense of hope. Coping in Men, Interrupted I and the related post-screening discussion is co-presented with Africa in Motion.

CCA Cinema
5.30–7pm
FREE • men-interrupted-i-smhaf17.eventbrite.co.uk
3–4.45pm
FREE • men-interrupted-ii-smhaf17.eventbrite.co.uk

MEN’S MENTAL HEALTH WORKSHOP

WORKSHOP: Duncan Cowles is an award-winning filmmaker whose work has delved into interpersonal dynamics with frankness, insight and subtle humour. Currently developing a feature-length documentary titled Silent Men, Duncan will illuminate his approach to having subjects open up on things often left unsaid, and invite audience members to volunteer as interviewers or interviewees, in role play or real life.

CCA Theatre
3.30–5pm
FREE • mens-workshop-smhaf17.eventbrite.co.uk

BEING GREENE

INTERNATIONAL PREMIERE

Jeff Newman • Canada • 2016 • 77m

DOCUMENTARY: A fun-loving family of performers and their inter-generational struggle for wellbeing is captured with disarming honesty and affection. At last, the problems of actor Quinn Greene, his beat-boxer brother Kane and his Elvis impersonator dad are being confronted in the open. The results are as unpredictable as they are memorable.

CCA Cinema
5.30–7pm
£3 • being-greene-smhaf17.eventbrite.co.uk

BECOMING CARY GRANT

Mark Kidel • France • 2017 • 96m

DOCUMENTARY: Hollywood legend Cary Grant was shaped by the format of his life by self-doubt and insecurity, seemingly due to childhood trauma. Using words from his unpublished autobiography and newly-discovered personal footage, this documentary explores Grant’s life, from childhood poverty to global fame, and the long course of LSD treatment that he felt helped him to reconcile himself with his own identity.

CCA Theatre
7.30–9.15pm
£3 • becoming-cary-grant-smhaf17.eventbrite.co.uk

CCA FILM PROGRAMME

SUN 15 OCT

32 PILLS: MY SISTER’S SUICIDE

UK PREMIERE

Hope Lioff • USA • 2017 • 82m

DOCUMENTARY: In December 2008, Hope Lioff found her sister Ruth dead in her Manhattan loft, surrounded by suicide notes and gifts for her closest friends. In this candid documentary, Hope attempts to understand why Ruth took her own life, forcing her to face some difficult truths and fight against her own destructive past.

CCA Cinema
12–2pm
£5 • 32-pills-smhaf17.eventbrite.co.uk

NO PLACE FOR A REBEL

UK PREMIERE

Ariës Asmacopoulos, Maartje Wegdam • Netherlands • 2017 • 76m

Acholi and English, with English subtitles

DOCUMENTARY: Sixteen years after rebels abducted him as a child, Opondo returns home to Uganda as a veteran soldier. Now he has to re-adapt to civil society at large, and also to his family and community. The quietly moving portrait of a man with scars that are still healing. Co-presented with Document and Take One Action.

CCA Cinema
3–4.45pm
£5 • no-place-for-a-rebel-smhaf17.eventbrite.co.uk

SCOTTISH SHORTS

SHORTS: The surge in filmmaking that addresses mental health is no stranger to Scotland. Six shorts, equally divided between documentaries and dramas, demand that we consider what might be going on beneath a person’s surface. Whether based in fact or fiction, these local stories all urge humanity, patience and understanding.

CCA Cinema
5.30–7pm
FREE • scottish-shorts-smhaf17.eventbrite.co.uk

DONKEYOTE

Chico Pereira • Germany, Spain, UK • 2017 • 85m

DOCUMENTARY: Manolo and his donkey Gorgon hatch a plan to conquer the American Midwest from his home in Southern Spain. This much-honoured film is not only the account of an unlikely journey, but also a meditation on the importance of having goals later in life and the positive impact that animals can have on their human companions. Co-presented with BFI Docs and Luminate.

CCA Theatre
1–5pm
£5 • donkeyote-smhaf17.eventbrite.co.uk

THE OTHER HALF

EUROPEAN PREMIERE

Judy Koiha • Canada • 2016 • 103m

CAST: Tatiana Maslany, Tom Cullen

DRAMA: Haunted by a tragic loss from his past and struggling to maintain a grip on his feelings, a British man living in Canada strikes up a relationship with a woman with bipolar disorder. She helps to lift him out of his destructive lifestyle but their turbulent emotions leave them both struggling to cope. A raw and atmospheric debut feature.

CCA Theatre
8–9.45pm
£5 • the-other-half-smhaf17.eventbrite.co.uk

mhfestival.com / 19
WHATS ON IN Glasgow

EXHIBITIONS & ONGOING CALENDAR

FROM 5 OCT

LUMEN ESSENCE

VISUAL ARTS

An exhibition of prints made by a group of artists working in ReConnect. Project Ability's mental health programme. Lumen printing is a camera-less method of making photographic images first used by botanists in the early 1800s.

5 Oct–11 Nov

Tue–Sat 10am–5pm

Project Ability, Gallery II, First Floor, 103 Trongate, Glasgow G1 5HD

FREE 0141 552 2822

FROM 9 OCT

HYSTERIA!

WORLD PREMIERE

THEATRE

A darkly comic political cabaret for our times by theatre-maker Julia Taudevin, partly inspired by the 2016 US election and the 2017 global women’s marches, and written in dialogue with over 100 people. See p11 for full details.

9–14 Oct

1–2pm

Oran Mor, Byres Road, Glasgow G12 0QX

£10–£14 • 08444 771 000 • glasproject.com

FROM 11 OCT

WHAT NEEDS TO CHANGE?

MULTI ARTS

THEATRE

The Health and Social Care Academy in partnership with Scottish Recovery Network and Write to Recovery present an exhibition of entries to their Creative Competition, exploring change in health and social care through the lens of lived experience.

13–20 Oct

10am–4pm

Exhibition: 13–18 Oct 10am–4pm

Eastenhouse Health Centre, 9 Auchinleale Road, Glasgow G14 9QY

21–27 Oct

10am–4pm

Govan Health Centre, 5 Drumoyne Road, Glasgow G51 4BJ

28–30 Oct

10am–4pm

Post Nicola Health and Care Centre, 99 Saracen Street, Glasgow G22 5AP

FREE 0141 276 9696 • academy@alliance-scotland.org.uk

FROM 25 OCT

OLD BOY

THEATRE

Old Boy is a brand new show from Guus (a) Performance featuring the relationships of men and boys of various ages from Glasgow. The performance explores the love that is shared between men in families and the legacy passed down through generations.

25–28 Oct

Wed–Fri 7–8pm, Sat 2–3pm

Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9NW

PREVIEW 23 Oct • £8.50 £5.50 £4

25–28 Oct • £8.50 £5.50 £4

• 0141 276 9900 (ext 2)

W platform-online.co.uk

FROM 10 OCT

RECLAIM: TALK

DISCUSSION

Hosted by Scottish cultural broadcaster Janice Forsyth, this discussion event shares a range of experiences and insights into mental ill-health from those who live with it, treat it and create policy to alleviate it. The panel consists of artists, mental health agency and healthcare professionals.

2–4pm

South Block, 60 Osborne Street, Glasgow G1 5QH

FREE 0141 429 1931 • info@creativetherapies.co.uk

W creativetherapies.co.uk

CREATIVE THERAPIES TRAINING PROGRAMME

WORKSHOP

Our training programme offers a range of creative workshops. Failed at a taste of our therapeutic methodology. Sessions are led by professional artists and arts therapists and will help you to develop skills to pass on to user groups. Aimed at teaching staff, artists, social workers, community workers and healthcare professionals.

22, 23, 26 & 27 Oct

9.30am–12.30pm & 1.30–4.30pm

Scottish Youth Theatre, 105 Brunswick Street, Glasgow G1 1TF

Per session: £50 (individuals/voluntary organisations) £75 (statutory organisations)

0141 429 5912

W creativetherapies.co.uk

E info@creativetherapies.co.uk

TOP: MARBLES Creative Therapies Training Programme

Above column: MARBLES Exhibition

Left top: Lumen Essence

Left bottom: Old Boy
THU 13 OCT

HEADSPACE
MULTI-ARTS Platform’s annual celebration and contribution to the Scottish Mental Health Arts Festival. Headspace features a unique blend of quality theatre, music and visual arts delivered by contemporary artists and participants from the local community.
12-4.30pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
FREE • 0141 276 9696 (opt 1)
W platform-online.co.uk

FRI 14 OCT

5 WAYS TO BEGIN...
PERFORMING ARTS As part of our commitment to fostering new work that explores mental health, we are delighted to present and discuss new works in progress from five artists across multiple disciplines, giving audiences an insight into new performers who may appear at future events.
7.30–9.30pm
Platform, 23–25 Ashley Street, Glasgow G3 6QR
£5 • £3
W smithscratchglasgow.eventbrite.co.uk

SAT 15 OCT

TO LOVE SOMEBODY MELANCHOLY
THEATRE Join an artist as he journeys through the euphoric highs and the self-destructive lows of his creative cycles. Folkloric sing-songwriter Minute Taker and animation artist Ana Stefaniak have created a haunting, modern fable told through projected film and live piano songs brimming with ethereal harmonies, fusing synthesisers and orchestral twists.
7.30–9pm
Websters Theatre, 416 Great Western Road, Glasgow G4 9HD
£15 • £12
W minutetaker.net/melancholy

TUE 17 OCT

WRITE TO RECOVERY & REAL TALK STORIES
STORYTELLING The Scottish Recovery Networks popular writing project Write to Recovery comes together with Real Talk to support writers in telling their stories of resilience and recovery. There will be a Q&A opportunity, and the event will end with a writing exercise.
6.30–9pm
CCA, 350 Sauchiehall Street, Glasgow G3 3JQ
£4
W writetorecoveryrealtalk.eventbrite.co.uk
H hello@realtalkingproject.org
**SUN 22 OCT**

**SHRIMP DANCE**

**THEATRE** A new performance by Paul Michael Henry dealing with mental health, consumer capitalism, and ecological crisis. It’s a collaboration with marine biologist Dr Alex Ford, whose experiments have found anti-depressants entering the sea through human waste are affecting the behaviour of shrimp, and will be followed by a panel discussion.

2pm–4pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
£8.50 | £5 | £4
0141 276 9696
W platform-online.co.uk

**MON 23 OCT**

**WELLBEING OF THE WOODS**

**WORKSHOP** Feel good, creative woodland walk in Pollok Country Park for people from minority ethnic backgrounds. Participants will be given inspiration, encouragement and tools to create their own nature-based land art and photograph it. Leaves, snacks and cameras provided. All levels of ability will enjoy. Booking essential. Hosted by Forestry Commission Scotland and Open Aye.

10am–2pm
Pollok Country Park, 2060 Pollokshaws Road, Glasgow G43 1AT
FREE
07903 020 937
E openaye@gmail.com

**THU 26 OCT**

**SMHAF WRITING AWARDS**

**LITERATURE** Join us to honour the very best submissions from SMHAF’s annual writing competition, held in partnership with Bipolar Scotland. Expect to be moved and inspired by beautiful writings on the theme of Reclaim.

6.30–8.30pm
St George’s Tron Church, 163 Buchanan Street, Glasgow G1 2JX
FREE
smhaf17-writing-awards.eventbrite.co.uk

**SUN 29 OCT**

**HERE, TODAY**

**VISUAL ART** This artist talk with Colin James Tennant launches a publication of Here, Today, a collection of photographs that takes an intimate look at the lives of older lesbian, gay, bisexual and transgender people living in Cumbria, North England.

3–4pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
FREE
0141 276 9696
W platform-online.co.uk

**LOVE SONG TO LAVENDER MENACE**

**THEATRE** Presented by James Ley in association with the Royal Lyceum, Edinburgh, this funny and moving live performance pays testimony to the love and passion it takes to make something happen and the loss that is felt when you have to let it go.

2–3pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
£8.50 | £5 | £4
0141 276 9696
W platform-online.co.uk

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**WHAT’S ON IN East Dunbartonshire**

**EVENTS**

**WED 11 OCT**

**RELAXING READS**

**LITERATURE** Come along and lose yourself at lunchtime, taking a lovely hour being read to by staff. Make time for yourself as part of a friendly and informal reading group. Enjoy the relaxing tones and scenes set by a range of chosen passages.

12.30–1.30pm
Kirkintilloch Library, 2–4 West High Street, Kirkintilloch G66 1AD
FREE
0141 777 3143
W edlc.co.uk

**FRI 13 OCT**

**DRAWING TO MUSIC**

**WORKSHOP** New and more experienced artists are invited to participate in this taster workshop in drawing and experimental mark-making in a relaxing setting. There will be a range of music to inspire creativity, from mindfulness music to invigorating emotional pieces. See how they influence your style.

11am–2pm
Kilmardinny House Arts Centre, 50 Kilmardinny Ave, Bearsden G61 3NN
FREE
0141 777 3143
W edlc.co.uk

**TUE 17 OCT**

**A SILENT HEALTH WALK: WALKING BUT NOT TALKING!**

**COMMUNITY** Join the WALK Development Officer on a gentle 30–45 minute silent walk with only your thoughts and nature. Take this unique opportunity to relax, reflect or just create some headspace from the noise and stress we battle every day. Followed by light refreshments. Ages 18+.

10–11am
Milngavie Library, Allander Road, Milngavie, Glasgow G62 8PN
FREE
0141 777 3143
W edlc.co.uk

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Images, anti-clockwise from top left: Wellbeing of the Woods; Here, Today; Silent Health Walk; Silent Health Walk.
Out of Sight, Out of Mind

VISUAL ARTS

Now in its fifth year, Out of Sight, Out of Mind is a collaborative exhibition of over 100 artworks in various media, created by people who are using the arts to express themselves in relation to their experiences of mental health issues.

Exhibited work is produced by both groups and individual artists with a range of motivations, including personal expression, development of artistic practice, experiencing the therapeutic benefits of working in a group or solo, formal art therapy and political activism.

Some artists make work for the exhibition each year, and some bring their artworks in response to an open call for submissions. Expect to see installations, paintings, films, photography, drawings, sculpture and much more.

Most of the work will be installed within the expansive gallery spaces at Summerhall, as well as other venues around Edinburgh.

FREE  0131 273 5116  E paml@capsadvocacy.org

FROM 28 SEP
CREATIVE RECLAIM
Stimulating canvas-based artworks in a variety of media by members of The Alma Project, on the theme of Reclaim.

FROM 9 OCT
THE STAFFORD CENTRE EXHIBITION
Ranging from painting to craftwork, these artworks were created by members developing their own arts practice at The Creative Group’s open studio.

FROM 11 OCT
Summerhall

SECRET PLACES
Works reflecting experiences of isolation and marginalisation by young people with a diagnosis of mental ill health. By Positive Steps for Young People.

NO LESS A TRAVELLER
Work from individual artists will be displayed alongside patchwork wall art created by community members of MECOPPs Gypsy/Traveller Project.

ART BUILDS BRIDGES
Inspired by constructivism, members of the Tuski Art Group have worked collaboratively to create a body of art that expresses how important learning and art is to their everyday lives.

MOVING FORWARD
Using individuals’ own experiences, these works by Contact Point Art Group show how art and creativity can have a positive impact on mental health, helping to break the stigma.

PENUMBRA
PENUMBRA’s Edinburgh Self Harm Project and the Crisis Centre present a show of work exploring the theme of Reclaim, using art to express difficult emotions in positive ways.

SPACE TO BE: DROP-IN HISTORY PROJECT
Service users, volunteers and staff have created a thought-provoking collage of stories, artworks and photographs that chart and reclaim the history of NHS Lothian’s Spiritual Care Community Mental Health service.

STUDENT MENTAL WELLBEING POSTER CAMPAIGN
Posters developed by digital media students at Edinburgh Napier University, highlighting struggles faced by the student population with regard to mental wellbeing.

NO HEAD CLUTCHING PLEASE
Visual representations of mental wellbeing, mental health and recovery, avoiding clichéd depictions like the head clutching image. By Creative Industries students at Edinburgh Napier University.

STORIES OF CHANGING LIVES 3
Artwork, writing, film, photography and testimonies from people who have experience longer stays at the Royal Edinburgh Hospital. By the Patients Council in partnership with CAPs, Outlook, and Chiaroscuro, funded by NHS Mental Health and Wellbeing Team.
EXHIBITIONS & ONGOING CALENDAR

FROM 28 SEP
CREATIVE RECLAIM

VISUAL ARTS
To explore the theme of Reclaim, members of The Alma Project exhibit a stimulating range of canvas-based artworks produced using a variety of media. Part of Out of Sight, Out of Mind (see pages 26–27).

0131 661 9292
info@link-upsupport.co.uk
£13.50
Edinburgh EH1 2ED

FOOTNOTE
Three painted glass door panels titled ‘Reclaiming Our Stories’, ‘Reclaiming Our Space’, ‘Reclaiming Our Future’. The panels were created by service users, volunteers and staff who access NHS Lothian’s Department of Spiritual Care’s Community Mental Health provision. Part of Out of Sight, Out of Mind (see pages 26–27).

FREE
mhfestival.com

From 9 Oct
DISPERSED LIVES, GATHERED STORIES

VISUAL ARTS
Mixed media exhibition created by a group of adults involved with the Outlook Project. Being connected and sharing ideas is important for our health and wellbeing, and these creative pieces are the result of stories explored together.

FREE
margaret@outlookproject.co.uk

Voices of Experience

VISUAL ARTS
This photography and audio exhibition from Jim Mackintosh explores our social history through the experiences of older house members. Hear open and honest stories from over 40 volunteers aged 75–108, on hardship, deprivation, loss, laughter and tears, and what it means to be old.

FREE
07757 496 763
jcmack.photo@gmail.com

From 1 Oct
NEW FROM OLD

VISUAL ARTS
This exhibition showcases canvas art, signs, paper-mâché and more artworks created by members of Living Well, a small, user-led community mental health project with services in West Pilton Park and at St Andrew’s Church, Clermiston.

FREE
0131 661 9292
info@link-upsupport.co.uk

From 10 Oct
SHIFTING SANDS

VISUAL ARTS
A group of artists have created a new and existing installation in the Party Light Box, an old BT phone box. Exploring ideas on stigma and isolation, they have developed imagery that works in this unique space.

FREE
margaret@outlookproject.co.uk

ONE MISSISSIPPI

WORLD PREMIERE
Theatre
Written by Mariem Omari, this new and hard-hitting verbatim play explores how childhood experiences shape men’s adult lives. Blending humour and storytelling with powerful elements of physical theatre, it is an uncompromising insight into what takes us to breaking point. See p32 for full details.

£12
£10.50
£9
£6
traverse.co.uk

From 11 Oct
ZEN RECLAIMED

WORKSHOP
Link Up Women’s Support Centre is holding a series of workshops to scope and create a zen walkway in the grounds of St Margaret’s House using reclaimed materials. Women wishing to take part in the workshops and help build a lasting outdoor space for relaxation and meditation should book a place in advance.

FREE
info@link-upsupport.co.uk

MOVING FORWARD

MULTI-ARTS
A jamboree of creative events celebrating the artistic talent of people who use Contact Point. Come along to take part in a music workshop, listen to our singing group, enjoy our mixed media exhibition, hear personal spoken word performances, and browse our handmade craft stall.

FREE
mhfestival.com

From 17 Oct
HYSTERIA!

THEATRE
A darkly comic political cabaret for our times by theatre-maker Julia Taudevin. Partly inspired by the 2016 US election and the 2017 global women’s marches, and written in dialogue with over 100 people. See p11 for full details.

FREE
traverse.co.uk
THU 12 OCT

CAFÉ VOICES

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

7-9pm
Scottish Storytelling Centre, 43-45 High Street, Edinburgh EH1 1SR
£5  0131 556 9579
W scottishstorytellingcentre.co.uk

SPACE TO BE: CAFÉ

COMMUNITY
A drop-in café with free coffee and biscuits, representing the themes Our Stories, Our Space and Our Future. There will also be a chance to view the visual arts projects on display and think about what we can reclaim to support our mental health and wellbeing.

Thu 12 Oct
Our Stories
Thu 19 Oct
Our Space
Thu 26 Oct
Our Future
1.30-5pm
Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL
FREE  0131 537 6734

FRI 13 OCT

MIND TO MOVE

WORKSHOP
Scottish choreographer Julia James-Griffiths is in the process of creating a new work titled The Box, which explores the impact depression can have on an individual, and how our society responds to it. As part of this project, Julia is holding two free workshops titled Mind to Move, involving discussion and led movement improvisation, with a focus on exploring and enjoying the benefits of exercise and creative expression. The session will end with an informal sharing of the work in progress of The Box, and an opportunity for participants to give feedback. The workshops are specifically for those with experience of mental health issues. No dance experience necessary.

10-11.30am
Dance Base, 14-16 Grassmarket, Edinburgh EH1 2JY
Also Fri 20 Oct 5-6.30pm
St Columba’s Free Church Hall, Johnston Terrace, Edinburgh EH1 2PW
FREE  julia@jjgdance.com

SAT 14 OCT

COAST TO COAST

DANCE
The best hip hop dancers from across the country come together to battle it out for the top spot. Boost your mental health and wellbeing at this afternoon of hip hop presented by The State.

2-5pm
Transgression Park, Ocean Terminal, Ocean Drive, Edinburgh, EH6 6JJ
£3  emma.thestate@gmail.com

SUN 15 OCT

SPACE TO BE: SUNDAY WORSHIP SERVICE

COMMUNITY
Reflective worship service focusing on the importance of giving time to activities that help maintain good mental health and wellbeing, including the voices of people with lived experience of mental health challenges. An open and inclusive event, welcoming people of all faiths and none.

11am-12.30pm (doors 10.45am)
Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL
FREE  0131 537 6734

MON 16 OCT

MIND WELL

STORYTELLING
A relaxed, social session of stories, songs, memories and laughter in the Storytelling Court. Hosted by some of the Scottish Storytelling Centre’s loveliest storytellers, with tea, coffee and biscuits included. Come to join in or just listen, with friends old and new. Hosted by the ElderWise group.

10.30-11.30am
Scottish Storytelling Centre, 43-45 High Street, Edinburgh EH1 1SR
FREE  0131 556 9579
W scottishstorytellingcentre.co.uk
EVENTS

TUE 17 OCT

RECLAIM, REGAIN, REGENERATION AND RESTORATION

EDINBURGH & LOTHIAN

LISTINGS ● EDINBURGH & LOTHIAN

mhfestival.com / 33

32 / SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2017

33 / mhfestival.com

VETERANS FIRST POINT presents an exhibition of photographs, artworks and poetry, created by veterans and their families, depicting personal interpretations of this year’s theme Reclaim.

23x612 TUE 17 OCT

RECLAIM, REGAIN, REGENERATION AND RESTORATION

VISUAL ARTS

Veterans First Point presents an exhibition of photographs, artworks and poetry, created by veterans and their families, depicting personal interpretations of this year’s theme Reclaim.

12–3pm Veterans First Point, Floor K, Argyle House, 3 Lady Lawson Street, Edinburgh EH3 9DR

FREE 0131 220 9920

WED 18 OCT

MOVING MINDS: COMMUNITY-LED DIALOGUE

WORKSHOP

Gypsy/Travellers lead interactive awareness-raising workshops, attempting to dispel myths, promote dialogue and reflect on the impact that prejudice can have on mental health and wellbeing.

2–5pm Norton Park Conference Centre, Norton Park, 57 Albion Road, Edinburgh EH7 5QY

FREE Booking essential 07527 611 974 donna@meccop.org.uk

STORIES OF CHANGING LIVES 3: BOOK LAUNCH

LITERATURE

Join us to celebrate the launch of a new book of writing, artwork and photography by people who have experienced longer stays at the Royal Edinburgh Hospital. The evening will feature readings and a film screening, plus your chance to pick up a copy of the book.

6.30–9pm Summerhall Café, 1 Summerhall, Edinburgh EH9 1PL

FREE  eventbrite.co.uk/e/stories-of-changing-lives-3-book-launch-tickets-35633919011

LIVING WITH THE LIGHTS ON

SCOTTISH PREMIERE

LITERATURE

In Mark Lancaster’s hilarious, bawling and critically acclaimed solo show, the actor shares the true story of how his life fell apart following an on-stage meltdown during a 1995 Royal Shakespeare Company production of Romeo & Juliet. See page 32 for full details.

Thu 12 Wed 18 & Thu 19 Oct 7.30–8.45pm

Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH1 1SR

230 19 0131 322 69579

W scottishstorytellingcentre.co.uk

THU 19 OCT

HAPPY BIRTHDAY?

THEATRE WORKSHOP

As artist, activist and campaigner Ursula approaches a major milestone, she casts a creative and often hilarious look back at the challenges she’s faced, the progress she’s seen and the unexpected battles still to overcome. A short play, followed by a workshop.

1–2.30pm Craigentinny Community Centre, 9 Loaning Road, Edinburgh EH7 6JG

FREE eventbrite.co.uk/e/happy-birthday-tickets-35787811307

SIX O’CLOCK IN PRINCES STREET

LITERATURE

In the iconic setting of Edinburgh Castle’s Great Hall, this very special evening of poetry, music and spoken wordexplores the First World War from different perspectives and genres. In partnership with Scottish Poetry Library, Veterans First Point Scotland and Scottish Storytelling Centre.

6–8pm The Great Hall, Edinburgh Castle, Castlehill, Edinburgh EH2 2NG

FREE  six-o-clock-in-princes-street.eventbrite.co.uk

WRITING FOR CHANGE

WORKSHOP

Write to change minds and express yourself, or your group’s opinion. Engage people using humour, empathy, stats, facts and images. Led by Anne O’Donnell, this writing workshop is for people with lived experience of mental health issues. No writing experience necessary.

3–5pm Southside Community Centre, 117 Nicholson Street, Edinburgh EH8 9ER

FREE Booking essential 0131 273 5116 pam@capsadvocacy.org

DEAR DIARY

LITERATURE

A spoken word night celebrating personal stories that have been shared publicly or privately, organised and hosted by Another Helping and Marbles Magazine, and featuring a creative programme of poetry and spoken word by Poetry Circus. Proceeds will be donated to Young Saheliya, an Edinburgh-based organisation that provides support for girls and young women aged 12–25 from BME backgrounds.

7–10pm Out of the Blue Drill Hall, 36 Dalmeny Street, Edinburgh EH6 8RG

FREE  dear-diary.eventbrite.co.uk

W www.scottishmentalhealthartsfestival.org.uk

Images, left to right: Living With the Lights On Happy Birthday?
RECLAIM IDENTITY

**VISUAL ARTS** Fudge of Afro Art Lab and Topaz of Reconfigure invite you to have your portrait drawn, or photographed by Ewan Bush. Materials will also be provided for you to draw others, and some portraits will be displayed during the last week at Out of Sight, Out of Mind to celebrate Black History Month.

1–4pm
Summerhall, 1 Summerhall, Edinburgh EH9 1PL
FREE
afroartlab@gmail.com

HAIZEAN: BOOK LAUNCH

**LITERATURE** Launch of a novel telling the story of Aisier, a Basque doctor who is forced to flee his hometown and ends up working in the newly established NHS in Clydebank. The evening will also feature a slideshow of images of Guernica past and present.

6.30–8pm
of images of Guernica past and present. The evening will also feature a slideshow of images of Guernica past and present.

VISUAL ARTS

**RECLAIM THIS SCRIPT** An evening of spoken word, music and provocations, bringing together five diverse acts to creatively respond to the theme Reclaim This Script. Can reclaiming slurs bring empowerment? How best to change dominant narratives about mental illness? How can we have better conversations about this, in life and through creative works? Come hear these broad themes explored in a night of poetry, song and more. Featuring Angel Galloway, Vanny Leclerc, Marc Emsley (Pronto Mama), Maud the Moth, and introducing Ross McFarlane. Hosted by Sian Bevan and Jenny Lindsay.

7–10pm
The Bingo Club, 66 Cowgate, Edinburgh EH2 2AA
£6 (early bird £5)
info@edinburghcarerscouncil.co.uk
0131 270 6087
james@edinburghcarerscouncil.co.uk

FESTIVAL IN THE GARDEN

**MINI FESTIVAL** Pop-up festival offering art and herbal workshops, surprises and stories, in recognition of community gardening and its wonderful contribution to wellbeing. A reclaimed brown space, Lochend Secret Garden has been transformed into a local haven and a space worth celebrating.

1–4pm
Lochend Secret Garden, Edinburgh EH7 6DL
FREE
jane.mather@edinburgh.gov.uk

EDINBURGH CARERS COUNCIL PRESENTS: MUSIC MATTERS

**COMMUNITY** Now in its fifth year, this annual evening of live music features some of the most exciting artists in Scotland. This year’s line-up includes Adam Stafford, The Eastern Swell and Jonathan Donnington-Twist, plus a DJ set from Jeremy Thom (The Cathode Ray). A night of music, song and more. Featuring Janice Pennington-Twist, plus a DJ set from Jeremy Thom (The Cathode Ray). A night of music, song and more. Featuring Janice Pennington-Twist, plus a DJ set from Jeremy Thom (The Cathode Ray).

7pm–1am
The Voodoo Rooms, 19A West Register Street, Edinburgh EH1 3DF
£10
thevoodoorooms.com, tickets-eventbrite.co.uk

I SEE TOMORROW

**FILM** This short film forms part of a unique project by the North Edinburgh Theatre group to capture the oral histories of those who moved from Edinburgh City Centre to Muirhouse and Pilton from the 1950s.

2–3.30pm
North Edinburgh Arts, 1SA Pennywell Court, Edinburgh EH4 4TZ
£3 (suggested)
info@northedinburgharts.co.uk

DUVET DAY

**DANCE** Bed: cosy, safe, warm, haven of rest. Bed prison. Duvet Day by CE Dance is a physical exploration of depression, inspired by a conflicted relationship with the bed and an intimate struggle with the condition. The performances will be followed by a Q&A discussion.

Also Sun 29 Oct 6–8.45pm
Old Lab, Summerhall, 1 Summerhall, Edinburgh EH9 1PL
£5
0131 560 1580
info@summerhall.co.uk
WHAT’S ON IN Renfrewshire

EXHIBITIONS & ONGOING CALENDAR

FROM 1 OCT

SPREAD A LITTLE KINDNESS
COMMUNITY
Renfrewshire Anti Stigma Alliance (RASA) presents an online social media campaign to spread a little kindness using uplifting quotes throughout the month of October.

FREE
24 Lawn Street, Paisley PA1 1HA
0141 849 2297
sarah.grant@ggc.scot.nhs.uk
0141 618 7939

AND BREATHE
VISUAL ARTS
A street mural for Paisley which promotes positive mental health and wellbeing. Designed by arts collective Made in the Mill, in collaboration with local artist Duncan Wilson. The mural is part of the Paisley First Walls Series and funded by Paisley First.

FREE
24 Lawn Street, Paisley PA1 1HA
0141 849 2297
sarah.grant@ggc.scot.nhs.uk

FROM 4 OCT

THE RECOVERY PATTERN
VISUAL ARTS
An exhibition giving an insight into the development of Paisley’s Recovery Pattern, created through a community art and design project for people in recovery from addiction and mental ill health. Products including mugs, bags and T-shirts will also be available for purchase.

FREE
The Recovery Cafe, St Matthew’s Church, Gordon Street, Paisley PA1 3XL
0141 849 2297
jeanne.talland@ggc.scot.nhs.uk

FROM 9 OCT

PAISLEY JOB CENTRE HOSTS ART
VISUAL ARTS
A visual arts exhibition hosted by Paisley Job Centre displaying work produced by people who are seeking employment within the creative arts industry.

FREE
Mon–Fri 9.15am–5pm
Paisley Job Centre, 2 Lennon, Paisley PA1 1SS
0141 849 2297
jeanne.talland@ggc.scot.nhs.uk

RECLAIM YOURSELF: SELFIE PHOTOGRAPHY EXHIBITION
VISUAL ARTS
Digital exhibition on the theme of reclaiming ourselves, made up of selfies demonstrating how people have reclaimed their mental health and wellbeing. The photos will be projected at various venues and shared on the Renfrewshire Mental Health Arts Festival Facebook page.

FREE
Various times
Venues across Renfrewshire
0141 404 7788
reuben@fram.org

FROM 10 OCT

WINTER COATS
VISUAL ARTS
We celebrate Paisley’s rich heritage by yarn bombing the town’s public statues. Community groups across Renfrewshire have worked with a textile artist to create woollen garments for the statues—a humorous and uplifting way to reclaim our history.

FREE
10–30 Oct
Paisley Town Centre
0141 849 7939
colin.begg@renfrewshire.gov.uk

PASSING TIME LITERATURE
A poetry installation on the theme of reclaim, displayed across eight train station platforms in Renfrewshire and Inverclyde. The pieces were selected by NHS Creative Arts Coordinator Sarah Bane and local poet George Walker.

FREE
30 Oct–23 Nov
Gilmour Street, St James, Bishopton, Langbank, Johnstone, Lochwinnoch & Port Glasgow
0141 849 2297
colin.turner@ggc.scot.nhs.uk

FROM 12 OCT

RECLAIM JOY
MULTI ARTS
A four-day abstinence based event featuring music, drama and comedy. There will be something to suit everyone so come along, meet new people and enjoy the entertainment.

7.30pm
19 Oct
A Play, A Pie and a Peso, with Changing Stages Drama Group

19 Oct
Stand-Up Comedy Night

14 Oct
Local Bands Night

16 Oct
Open Mic, with Paisley Guitar Club

FREE
0141 849 2297
colin.turner@ggc.scot.nhs.uk

FROM 23 OCT

ST MATTHEW’S PRESENTS: NOUVEAU LIFE
VISUAL ARTS
A site-specific permanent exhibition exploring the artistry and heritage of St Matthew’s, created by an artist in residence working with the people and groups who know the building best.

FREE
27 Oct
11am–3pm
St Matthew’s, Gordon Street, Paisley PA1 2XL
0141 404 7788
reuben@fram.org

Images, left to right: And Breathe
The Recovery Pattern
Present
TUE 13 OCT

BUDDY BEAT IS 10!

WORKSHOP Join Voluntary Arts Scotland and award-winning poet Sam Tongue for this informal creative writing workshop. Stretch your creative muscles, have fun playing with words, learn tips for writing poetry, and work together on a collective piece celebrating the vibrant creativity of Paisley and how being creative makes us feel. Part of the ‘My Time’ poetry project.

5–8pm
Paisley Arts Centre, 15 New Street, Paisley PA1 1EZ
FREE: 0141 889 1115
debbie.mcl.elzard@ggc.scot.nhs.uk

FRI 17 OCT

WRITE TO RECOVERY: TASTER WORKSHOP

Everyone has a story—writing it down can help you in many different ways. Join the Scottish Recovery Network and RAMH to get a taste of their Write to Recovery programme, designed to help people affected by mental health issues.

11am-2pm
Paisley Town Hall, Abbey Close, Paisley PA1 1JF
FREE: 0141 404 7788
jeanette.allan@ggc.scot.nhs.uk

TUE 18 OCT

RECOVERY FEST: THE BIG PEACE & JAM SESSION

A music-making jam session hosted by Paisley Guitar Group and The Buddy Beat. Bring an instrument or something to make music with and take part in this popular annual event. Come for 9:30am to get a breakfast roll.

10am-12pm
St Matthew’s, Gordon Street, Paisley PA1 1XL
FREE: 0141 849 2297
colin.turner@ggc.scot.nhs.uk

Images, left to right: White Time, White Place, Buddy Beat, Making Our Mark.
**THU 19 OCT**

**CHANGING STAGES PERFORM**

**THEATRE** Changing Stages will perform an engaging piece of theatre around the experience and impact of poor mental health and addiction, building on their previous NHS commissioned tour of Time to Wrap, framed around Wellness Recovery Action Plans.

2–3pm
Methodist Central Hall,
Gauze Street, Paisley PA1 1EB
£3.50 (pay at the door)
luckanddax@gmail.com

**SILENT NIGHT: THE GENERAL WITH LIVE SCORE**

Clyde Bruckman, Buster Keaton | USA
1926 | 1h 20m | U

Cast: Buster Keaton, Marion Mack, Clyde Bruckman, Buster Keaton

**FM** St Matthew’s presents a screening of Disney's beautiful live-action adaptation of the classic fairy tale Beauty and the Beast. Children are invited to come dressed as Disney characters and will be welcomed by Belle in person. Snacks and drinks available.

11am–2pm
St Matthew’s,
Gordon Street, Paisley PA1 1XL
£1 beauty.beast.eventbrite.co.uk

**FRI 20 OCT**

**RECLAIM: UPCYCLING WORKSHOP**

**WORKSHOP** Hands-on recycling and 3D workshop focusing on how to creatively reclaim old furniture and equipment. The session will include demonstrations and advice on how to get started.

10.30am–12.30pm
Renfrewshire Disability Resource Centre, 74 Love Street, Paisley PA3 3EA
FREE 0141 848 1123

**YOU MATTER ALWAYS**

**DISCUSSION** A brainstorming session for young people and professionals to share their ideas on how arts and culture can positively impact mental health and wellbeing. Ideas developed at the event will shape the You Matter Always programme for Scotland’s Year of Young People in 2018 and be included in Paisley's City of Culture bid 2021.

2–4pm
St Matthew’s, Gordon Street, Paisley PA1 1XL
FREE helios@paisley2021.co.uk

**SAT 21 OCT**

**BEAUTY AND THE BEAST**

Bill Condon | UK
USA 2017 | 1h 22m | PG

Cast: Emma Watson, Dan Stevens, Luke Evans

**FM** St Matthew’s presents a screening of Disney's beautiful live-action adaptation of the classic fairy tale Beauty and the Beast. Children are invited to come dressed as Disney characters and will be welcomed by Belle in person. Snacks and drinks available.

11am–2pm
St Matthew’s,
Gordon Street, Paisley PA1 1XL
£1 beauty.beast.eventbrite.co.uk

**SUN 22 OCT**

**HACKSAW RIDGE**

Mel Gibson | Australia, USA
2016 | 2h 10m | 12

Cast: Andrew Garfield, Sam Worthington, Luke Bracey

**FM** St Matthew’s presents a screening of Hacksaw Ridge. Based on a true story, the film follows WWII US army medic Desmond Doss, who refused to kill people and became the first man to receive the Medal of Honour without firing a shot. Followed by a post-screening discussion.

6.30–9pm
St Matthew’s,
Gordon Street, Paisley PA1 1XL
FREE

**THU 26 OCT**

**LISTEN & LEARN**

**DISCUSSION** Renfrewshire Anti-Stigma Alliance hosts this learning event for people to engage in discussion and share their experiences of recovery. Hear stories and watch recovery-focused films in an informal environment.

10am–12pm
Methodist Central Hall, 7 Gauze Street, Paisley PA1 1EB
FREE maria@createpaisley.org.uk audrey.hall@ggc.scot.nhs.uk

**SAT 28 OCT**

**SING YOURSELF HAPPY**

**MUSIC WORKSHOP** Join us for a free afternoon workshop to learn songs with RockUs Choir, then sing with us at our concert in the evening. Bring your friends and family to hear you perform rock and pop songs, as well as take in a guest appearance from A Choired Taste.

Workshop 2–5pm
Methodist Church Hall, 2 Gauze Street, Paisley PA1 1EP
FREE

Workshop 7.30–9.30pm
Methodist Church Hall, 2 Gauze Street, Paisley PA1 1EP
FREE

Workshop 7G £5

skiddle.com
WHAT'S ON IN Lanarkshire

EXHIBITIONS & ONGOING CALENDAR

THROUGHOUT OCT

POCKETS OF CALM WORKSHOP
In our pockets, we carry everything we need to make moves – our smartphones. In these interactive workshops from Healthy ‘n’ Happy, participants will use them to record what is calming in the sights and sounds around us and share their personal mini-movies with the community.
Across Cambuslang and Rutherglen
FREE 01355 261 000 w healthyhnhappy.org.uk

FROM 3 OCT

CLAY DESIGN WORKSHOP
Explore and experiment with clay, learning techniques such as pot throwing, slab building, pinch pots and coil building. Escape the worries of everyday life, reclaim some time for yourself and discover the possibilities clay has to offer.

10 Oct 3.30–4pm East Kilbride Arts Centre, Old Coach Road, East Kilbride, Glasgow G74 4DU

FREE 01236 632 828

11 Oct 1–3pm SL Lifestyles Carluke, Carnwath Road, Carluke ML8 4DR

FREE 01355 770 308

FROM 10 OCT

THE ART OF BEING ME DISCUSSION VISUAL ARTS WORKSHOP
This series of events provides a chance to connect with people who have experienced the positive impact of therapeutic arts, while participating in Bazooka Arts projects. Hear inspiring personal stories about reclaiming wellbeing and identity, try out a variety of therapeutic art and drama techniques, and visit an exhibition of artworks produced by the groups.

Theatre Tonic: Post-show discussion, following The Village
10 Oct 1.30–3pm East Kilbride Arts Centre, Old Coach Road, East Kilbride, Glasgow G74 4DU

The Art Stop: Exhibition & Workshop
EXHIBITION 23–27 Oct 11am–1pm WORKSHOP 27 Oct 11am–2pm
The Art Stop Pop-Up Shop and Gallery, The Quadrant Shopping Centre, 175 Main Street, Coatbridge ML5 3AJ

Coatbridge Community Centre: Workshop
23 Oct 11am–1pm Coatbridge Community Centre, 9 Old Monklands Road, Coatbridge ML5 3EA

Theatre Tonic: Workshop
24 Oct 1.30–3pm Westwood Hall, River Drive, Westwood, East Kilbride G75 8EY

All Stars Community Theatre: Workshop
24 Oct 10.30–11.30am Shawhead Community Centre, Berwick Street, Coatbridge, ML5 4NH

FREE 07742 017 312 e admin@bazookaarts.co.uk

FROM 13 OCT

SING IT! WORKSHOP
Learn new songs and honed techniques with experienced tutors at these song-filled adult singing sessions. No previous experience needed, but places must be booked in advance.

13 Oct 1–3pm Lanark Memorial Hall, St Leonard Street, Lanark ML11 7AB

FREE 01355 667 999

14 Oct 1–3pm St. Lily Cross Carluke, Carnwath Road, Carluke ML8 4DR

FREE 01355 770 308

FROM 14 OCT

RHYTHM OF LIFE!
WORKSHOP
Take part in these drum and percussion workshops for adults, featuring samba, Latin and African drumming. Come and try rhythms from around the world. No experience necessary, just an open mind!

14 Oct 1–3pm 17 Oct 7–9pm
St. Lily Cross Carluke, Carnwath Road, Carluke ML8 4DR

FREE 01355 770 308

28 Oct 1–3pm Lanark Memorial Hall, St Leonard Street, Lanark ML11 7AB

FREE 01355 667 999

FROM 20 OCT

ON ANY GIVEN NIGHT
THEATER
On another busy Saturday night in Glasgow, a group of four very different people gather together to survive a gruelling night on the city streets, armed only with their banner, wit and hope. A play from Geiz a Break Productions, written by Liam Lambe.

20 Oct 7.30–9.15pm Beltani Cultural Centre, John Street, Bellshill ML4 1RJ

FREE | Book: 0800 073 0518

26 Oct 7.30–9.15pm Rutherlegen Town Hall, 139 Main Street, Rutherlegen, Glasgow G73 2JJ

£12 | £10 | Book: 0141 623 5700

11 Nov 7.30–9.15pm East Kilbride Arts Centre, Old Coach Road, East Kilbride G74 4DU

£12 | £10 | 01355 261 000

TUE 10 OCT

THE VILLAGE THEATER
A funny, poignant new play by Theatre Tonic about life in a small village populated by characters with intriguing secrets. Embark on a rollercoaster ride of emotions as villagers try to get along, secrets are revealed and lives are reclaimed. This event also includes a post-show discussion with Theatre Tonic on their personal experiences of therapeutic theatre with Bazooka Arts.

1–3pm East Kilbride Arts Centre, 51 Old Coach Road, East Kilbride, Glasgow G74 4DU

FREE 01355 261 000

THU 12 OCT

THE ART OF LIVING AND LETTING GO WORKSHOP
Renowned mindfulness teacher Martin Sopelka discusses how to develop the art of letting go, helping to become happy and at peace. Our life is weighed down by thoughts and worries, so learn how to remove obstacles moment by moment. Includes a mindfulness meditation.

3–4pm Beltani Cultural Centre, John Street, Bellshill ML4 1RJ

£5 | £2.50 | 01355 261 000

Also Fri 20 Oct 7.30–8.30pm Rutherlegen Town Hall, 139 Main Street, Rutherlegen, Glasgow G73 2JJ

£5 | £2.50 | 0141 623 5700 w tickets@bazookaarts.co.uk

RECLAIM YOUR RIGHT TO WRITE!
WORKSHOP
With experienced writer and editor Catherine Bard. Starting from the theme Reclalm, explore new ideas and recycle old stories to produce your own fiction and poetry in a supportive workshop setting. No experience necessary but booking is essential.

10 Oct 10.30–11.30am Muirhead Community Centre, 1A South Muirhead Road, Cumbernauld G67 3AX

FREE 01238 632 828

Images, clockwise from top: On Any Given Night, Theatre Tonic; Catherine Bard

SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2017

mhfestival.com / 43
FRI 13 OCT
MUSHAIRA
Bazm-e-Urdu Scotland return to bring an evening of Mushaira or Urdu poetry to Bellshill. The evening provides both the poets and the audience with an opportunity to voice their thoughts. Part of the Encounters Festival, this event is open to all the community.
7:30–9:30pm
Bellshill Cultural Centre, John Street, Bellshill ML4 1BJ
FREE 01698 346 770

SAT 14 OCT
DRINK
COMBINED DOCUMENTARY and theatrical performance, this play explores an extreme case of alcohol addiction alongside everyday situations that are insidiously seen as socially acceptable.
8–9:30pm
Bellshill Cultural Centre, John Street, Bellshill, ML4 1BJ
FREE 0800 073 0918

SUN 15 OCT
GREAT POEMS FOR WELLBEING
LITERATURE
Join Lanarkshire poet Martin Stepek to explore some of his favourite uplifting poems from around the world, from well-loved classics to obscure Zen masterpieces. Readings and interpretations sure to make you feel good and optimistic in an uncertain world.
8–9pm
Old Coach Road, East Kilbride, East Kilbride Arts Centre Theatre, 8–9pm
FREE 01355 261 000

TUE 17 OCT
RECLAIM YOUR MENTAL HEALTH THROUGH THE PERFORMING ARTS
PERFORMING ARTS
Food On present an entertaining mix of comedy, singing, music, sketches, poetry and more, from a very talented group of people who have regained their confidence through the performing arts. Not to be missed.
1–3pm
Orbiston Neighbourhood Centre, Busby Road, Bellshill ML2 9EN
FREE 01698 425 911

THU 19 OCT
YOUR LIFE AS A WORK OF ART
WORKSHOP
Renowned mindfulness author Martin Stepek reframes our life as an opportunity to create an appreciation of beauty, love and compassion. Learn to control your mind to become the creator of your life, making it an ongoing work of art. Includes a mindfulness meditation.
4–5pm
Airdrie Town Hall, Stirling Street, Airdrie ML6 0AS
£5 01355 261 000

SAT 21 OCT
SOUNDMINDS
LITERATURE
Renowned children’s author Debi Gliori talks about her new book Night Shift, which she wrote and illustrated to help adults and teens understand they are not alone. The book examines how depression affects your whole outlook on life, and shows that there can be life beyond mental illness.
2–3.30pm
Rutherglen Library, 163 Main Street, Rutherglen G73 2HB
£10/£2.50 0845 161 5360

FRI 27 OCT
DEBI GLIORI: NIGHT SHIFT
LITERATURE
Renowned children’s author Debi Gliori talks about her new book Night Shift, which she wrote and illustrated to help adults and teens understand they are not alone. The book examines how depression affects your whole outlook on life, and shows that there can be life beyond mental illness.
2–3.30pm
Rutherglen Library, 163 Main Street, Rutherglen G73 2HB
£10/£2.50 0845 161 5360
WHAT'S ON IN Inverclyde

EXHIBITIONS & ONGOING CALENDAR

FROM 1 OCT

HILLENDS ART CLUB EXHIBITION

VISUAL ARTS

Come along and see this exhibition of artwork produced by members of Hillend SC Art Club, a friendly, tutor-led group for artists of all levels, including beginners.

Mon 9 Oct
9am–4pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
FREE 01475 723 723

FROM 9 OCT

SUPER HERO STORIES

VISUAL ARTS

An exhibition of work produced through RIG Arts’ Comic Book Art Class, which runs for Inverclyde’s young people on the autistic spectrum and with additional behavioural needs, helping to promote artistic expression in a safe environment.

16–28 Oct
9am–5pm
Tesco Extra, Dalrymple Street, Greenock PA15 1HJ
FREE 01475 649 359 E info@rigarts.org

TOOL FOR LIVING

VISUAL ARTS

Take part in these short informal sketch sessions led by SAMH Gateways, giving you an opportunity to experience their Tools for Living personal development workshops in community venues across Inverclyde.

Mon 9 Oct
10am–12.30pm
2zone, Dobble Place, Port Glasgow PA14 5UD
FREE 01475 728 628 E gatewaysto@samh.org.uk

INVERCLYDE THROUGH A LENS

VISUAL ARTS

An exhibition of Inverclyde, as seen through the lenses of Inverclyders. This display is made up of local images submitted to our open photography competition.

16–28 Oct
9am–5pm
Tesco Extra, Dalrymple Street, Greenock PA15 1HJ
FREE 01475 649 359 E info@rigarts.org

FROM 10 OCT

MENTAL WELLBEING STARTS WEE

VISUAL ARTS

A selection of local nursery children have been learning about their mental health by exploring emotions through art. Come along throughout the festival and see the work of our budding artists—from mini Monets to pint-sized Picasso!

15–26 Oct
9am–5pm
Tesco Extra, Dailymyle Street, Greenock PA15 1LE
FREE 01475 497 026 E melanie.mcintosh@ggc.scot.nhs.uk

FROM 11 OCT

RECOVERY JAM SESSION

WORKSHOP

A peer-led songwriting and music workshop covering all ability levels. We share experiences of mental health and addiction issues and work together to combat these. Guitars and djembe drums are available but feel free to bring your own instrument. All welcome.

11, 18 & 25 Oct
11am–12.30pm
Your Voice, 12/14 Clyde Square, Greenock PA15 1NB
FREE 01475 728 628

FROM 12 OCT

YOUR VOICE ART CLASS: OPEN DAYS

WORKSHOP

Come along and join us throughout the festival at our art class open days. We’ll be producing paintings and drawings exploring the theme of stigma. All welcome!

12, 19 & 26 Oct
10am–12pm
Your Voice, 12/14 Clyde Square, Greenock PA15 1NB
FREE 01475 728 628

FROM 16 OCT

CURIOS SHOES

THEATRE

The story of four intriguing characters on a journey from Here to There. Brought to life with live music and movement, the audience is invited to join a curious voyage in this bespoke performance specially created for people living with dementia. Places are limited, so booking is essential.

16–28 Oct
11am–12.30p.m, 2:30–3.50pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
FREE 01475 723 723 (opt 1) W beaconartscentre.co.uk E info@beaconartscentre.co.uk

FROM 23 OCT

THEMED BOOKBUG SESSIONS

LITERATURE

Free story, song, and rhyme sessions for babies, toddlers, pre-school children and their families. Throughout the week, local Bookbug sessions will have a Feelings theme.

26 Oct–2 Nov
Various times
Across Inverclyde W scottishbooktrust.com/bookbug-bookbug-sessions/find-your-local-sessions

FROM 25 OCT

COMMUNITY LEARNING & DEVELOPMENT ART SHOWCASE

VISUAL ARTS

Community Learning & Development run a variety of art and craft classes across Inverclyde. In this exhibition, they have teamed up to showcase a selection of their creative work. Come along to see the artwork and find out how to get involved.

26 Oct–8 Nov
9am–4pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
FREE 01475 715 450 E CLD.Admin@inverclyde.gov.uk

Images, top to bottom: Curious Shoes Bookbug

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TUE 10 OCT
CLYDESIDE SINGERS IN CONCERT
MUSIC A warm welcome awaits you at this concert from community singing group Clydeside Singers. Their ethos is based on music therapy in action whilst singing for fun! Based in Inverclyde, they have sung in various locations under the charity GCAS.

1–3pm Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
FREE 01475 846 317

THU 12 OCT
PARKLEA BRANCHING OUT: FLOWER FUN
WORKSHOP Join us in making seed bombs and flowers from recycled materials in our creative workshops set in this beautiful outdoor environment. Children must be accompanied by an adult at all times, and places booked in advance.

10am–12pm, 1–3pm Parklea Branching Out, Greenock Road, Port Glasgow PA14 0TR
FREE 01475 744 516

THU 19 OCT
MEMORIES ARE MADE OF THIS
MUSIC The ultimate feel good show: This rollercoaster journey through some of the greatest songs of the 50s, 60s and 70s will be a show to remember, featuring songs by Brenda Lee, Frank Sinatra, Dolly Parton, Elvis Presley and more.

2.30–4.30pm, 7.30–9pm Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
FREE £14 (£13)
01475 723 723 (opt 3)
info@beaconartscentre.co.uk

FRI 20 OCT
BARR’S COTTAGE WRITERS GROUP: OPEN DAY
WORKSHOP Come along to this informal Friday morning get together and meet the Barr’s Cottage Writers Group. Get involved and try your hand at writing flash fiction. Samples of the group’s work will also be on display.

10.30am–12pm South West Library, Barr’s Cottage, Greenock PA16 9HG
FREE 01475 497 026

SAT 21 OCT
NEU! REEKIE!
LITERATURE What does it mean to be mentally healthy in a world gone mad? Neu! Reekie!, “Scotland’s favourite avant-garde noise-makers” (The Skinny), have been invited by Scottish Mental Health Arts Festival, in partnership with Dundee Literary Festival, to curate a night of words, music and film that explores what kind of art we need in an age of anxiety. Neu! Reekie!—led by poets Kevin Williamson and Michael Pederson—are very much in demand, this year programming a most acclaimed and exciting artistic line-up announcement. Supported by Scottish Mental Health Arts Festival, Dundee Literary Festival, Creative Scotland and Dundee University.

8–11pm Bonar Hall, University of Dundee, Park Place, Dundee DD1 4HN
£20 (£19)
01382 386 015
info@beaconartscentre.co.uk

WHAT’S ON IN Dundee

WED 18 OCT
BEYOND THE BINARY: STORIES FROM TRANS & NON-BINARY PEOPLE
LITERATURE What’s it like to live as a transgender or non-binary person in Nigeria, Pakistan, Scotland or Russia? The National Theatre of Scotland’s Adam World Choir is a digital community of transgender and non-binary people around the globe. Together with the Mental Health Foundation and Freights Books, they are creating a new book of first person accounts by transgender and non-binary people worldwide. These are fascinating, moving, sometimes harrowing tales, stories about survival, hope, joy and endurance and finding a place to call home. Join us for an exclusive preview of the book at this special SMHAF event, presented in partnership with Dundee Literary Festival, Freights Books and the National Theatre of Scotland, Supported by Creative Scotland.

7–9pm Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
FREE 01475 723 723 (opt 1)
info@beaconartscentre.co.uk

Images, left to right: Welcome, My Son; Beyond the Binary; Welcome, My Son

Photo Credit: Jassy Earl

mhfestival.com / 49
WHAT'S ON IN Forth Valley

EXHIBITIONS & ONGOING CALENDAR

FROM 5 OCT

CREATIVE PRESCRIPTION

WORKSHOP
These welcoming workshops combine visual art, music, movement and story, providing positive opportunities for older people to share their experiences and skills. Part of Artlink Central’s social prescription service for people living with dementia in the Forth Valley community.

TUE 10 OCT

RECLAIM: FALKIRK

VISUAL ARTS
Exhibition featuring work from over 50 Forth Valley based artists, including established artists Lesley Anne Dirks, Catherine King and Karen Strang and input from final year students at local schools. Styles range from photorealism to surreal pieces, highlighting the talent and diversity of local artists.

THU 12 OCT

RECLAIM: STIRLING

VISUAL ARTS
Collaborative mixed media exhibition presented by Artlink Central and ReachOut with Arts in Mind. ArtSpace participants in Stirling worked with artist Aya Iguchi, and ReachOut members with Jacqueline Marr over a month-long period to create artworks inspired by the theme of Reclaim. There will also be a short lunch and learn event, Creating Mentally Well Workplaces, supported by Stirling University Innovation Park, followed by the exhibition launch.

EVENTS

FROM 10 OCT

RECLAIM: FALKIRK

VISUAL ARTS
Exhibition featuring work from over 50 Forth Valley based artists, including established artists Lesley Anne Dirks, Catherine King and Karen Strang and input from final year students at local schools. Styles range from photorealism to surreal pieces, highlighting the talent and diversity of local artists.

TUE 10 OCT

FREEDOM OF MIND CHOIR

MUSIC
FDAMH’s Freedom of Mind Choir will perform a selection of uplifting songs to celebrate World Mental Health Day, as well as the Reclaim exhibition opening, which runs at the same venue until Sun 15 Oct (see left). 
1-2pm
The Howgate Community Hub, High Street, Falkirk FK1 1HG
FREE 01324 671 600
emily.stewart@fdamh.org.uk

THU 12 OCT

RECLAIM: FELT WORKSHOP

WORKSHOP
Led by textile artist Lynne Innes, this workshop will guide participants through basic felt techniques, helping to reclaim boring everyday items and turn them into something beautiful.
2-4pm
The Howgate Community Hub, High Street, Falkirk FK1 1HG
FREE 01324 671 600
emily.stewart@fdamh.org.uk

THU 19 OCT

BEING FRANK

THEATRE
Written by the members of the FDAMH writing group and performed by the drama group, this play explores what it is like to live with poor mental health, focusing on one man’s struggle to regain his positive sense of wellbeing.
7-9pm
Barony Theatre, Borrowstoun Road, Bo’ness EH51 9RS
FREE 01324 671 600
emily.stewart@fdamh.org.uk

FRI 20 OCT

THE COOLIDGE EFFECT

THEATRE
As society’s access of pornography increases, so does our unwillingness to talk about it. The Coolidge Effect seeks to break this taboo. Devised from interviews with porn advocates, addicts, mental health experts and scientists, these unique stories and viewpoints are told through four interwoven narratives in this award-winning play.
7.30–8.30pm
Macrobert Arts Centre, University of Stirling, Stirling, FK9 4LA
£10.50 £8.50 £5.50 01786 466 666
W macrobertartscentre.org

FRI 13 OCT

RECLAIM YOUR IDENTITY: STORYTELLING WORKSHOP

WORKSHOP
Poet Janet Crawford leads a storytelling workshop, with a focus on the theme of reclaiming your identity. Join in some fun group exercises and explore a range of creative writing techniques to create your own piece of poetry or prose.
2–4pm
The Howgate Community Hub, High Street, Falkirk FK1 1HG
FREE 01324 671 600
emily.stewart@fdamh.org.uk

MON 16 OCT

RECLAIM: FILM SCREENINGS

FILM
A selection of short films created by FDAMH, in collaboration with local filmmakers and musicians. Showing various aspects of the FDAMH arts programme, including music, spoken word and drama, these films explore a range of mental health themes and highlight how important the arts are to recovery.
10–11.30am, 5–6.30pm & 7–8.30pm
Falkirk Library, Hope Street, Falkirk FK1 SAU
FREE 01324 671 600
emily.stewart@fdamh.org.uk

RESTLESS

THEATRE
Using speech, sound, physical theatre and materials, this unique, engaging and entertaining performance piece from Project Theatre Collective aims to explore, with compassion, some of our darkest fears and our loftiest dreams and ambitions that keep us awake at night. Ages 14+
8–9pm
Bowhouse Community Centre, Bowhouse Road, Grangemouth FK3 0EU
£13 (suggested donation) 01506 466 666
W projecttheatre.org.uk/restless
WHAT’S ON IN
Perth & Kinross

EVENTS

TUE 10 OCT

LION
Garth Davis / UK, Australia / 2016 / 118m / PG
Cast: Dev Patel, Nicole Kidman, Rooney Mara
FILM
A five-year-old Indian boy gets lost on a train and ends up on the streets of Calcutta, thousands of miles from home. After surviving many challenges, he is adopted by a couple from home. After surviving many streets of Calcutta, thousands of miles lost on a train and ends up on the streets of Calcutta, thousands of miles from home. After surviving many... face the man she hasn’t spoken to in years: her father Aubrey.

7-9.15pm
AK Bell Library Theatre, York Place, Perth PH2 8EP
FREE  01738 626 242  plusperth@msn.com

THE LEVELLING
Hope Dickson Leach / UK / 2016 / 83m / 15
Cast: Ellie Kendrick, David Troughton, Jack Holden
FILM
Hope Dickson Leach’s excellent debut feature is a superbly shot and piercingly acted realist tragedy. When Clover Cato receives a call telling her that her younger brother Harry is dead, she must return to her family farm and face the man she hasn’t spoken to in years: her father Aubrey.

7-8.30pm
The Birks Cinema, 1 Dunkeld Street, Aberfeldy PH15 2DA
FREE  01887 822 845

TUE 17 OCT

LA LA LAND
Damien Chazelle / USA / 2016 / 2h 12m / 12A
Cast: Ryan Gosling, Emma Stone
FILM
Sebastian and Mia are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

7-9.15pm
AK Bell Library Theatre, York Place, Perth PH2 8EP
FREE  01738 626 242  plusperth@msn.com

THU 19 OCT

MANCHESTER BY THE SEA
Kenneth Lonergan / USA / 2016 / 134m / 15
Cast: Casey Affleck, Michelle Williams, Kyle Chandler
FILM
After his brother dies, an uncle is obliged to return home to care for his nephew but finds himself having to face up to his own personal issues, along with his new responsibilities. Revisiting the painful events that caused him to leave Manchester, he struggles to reconcile himself with his past.

7-9.30pm
AK Bell Library Theatre, York Place, Perth PH2 8EP
FREE  01738 626 242  plusperth@msn.com

SUN 22 OCT

BATTLE MOUNTAIN: GRAEME OBREE’S STORY
Dave Street / UK, Spain / 2015 / 104m / 12A
FILM
The portrait of a Scottish sports legend, exploring the fragility of the mind and the mental strength required to break world records. Weaving archive footage, interviews and personal testimony, as well as the reality of building and racing bikes, the film sees Obree fighting his demons and finding the will to succeed.

7:30–9.30pm
Comrie Rural Hall, Nurses Lane, Comrie, PH6 2DZ
FREE  01738 626 242

Images, left to right: La La Land, Broken

TUE 24 OCT

BEING AP
Anthony Wonke / UK / 2015 / 101m / 12
FILM
Documenting one of Northern Ireland’s greatest ever sportsmen during his last racing season, Being AP is a fascinating mix of sacrifice, doubt, decisions, triumphs and failures. This is not just a story about racing; it’s about universal themes, recognisable to the widest audience.

7-9pm
AK Bell Library Theatre, York Place, Perth PH2 8EP
FREE  01738 626 242  plusperth@msn.com

SAT 28 OCT

SEXISM & MENTAL HEALTH: DROP IN WORKSHOP FOR WOMEN
WORKSHOP
Facilitated by theatre maker Julia Taudevin and Dr Iris Elliott, head of policy and research for the Mental Health Foundation, this drop-in workshop is a safe space for sharing and hearing experiences of the impact of sexist policy on our mental health. Using creative writing, spoken word, recorded sound and previously gathered testimony, participants are invited to come and go as they please, taking part in whatever way feels most comfortable. Part of ongoing research surrounding a new theatre show, Hysteria, which premieres at SMMF (p31). Presented in partnership with the WDW festival in Perth, 27-29 Oct.

For women only, including transwomen, those who were assigned female at birth, and all others who identify as female, genderqueer or nonbinary.

2-4.30pm
Perth Concert Hall, Mill Street, Perth PH1 5HZ
WOW Day Pass £22.50  Weekend Pass £27.50  01738 621 031  horsecross.co.uk

LIFE, ANIMATED
Roger Ross Williams / USA / 2015 / 92m / PG
FILM
The inspirational story of Owen Suskind, a young man who was unable to speak as a child until he and his family discovered a unique way to communicate by immersing themselves in the world of classic Disney animated films.

5.30-7.15pm
The Birks Cinema, 1 Dunkeld Street, Aberfeldy PH15 2DA
FREE  01887 822 845
WHAT’S ON IN THE Highlands

EXHIBITIONS & ONGOING CALENDAR

FROM 3 OCT

CAITHNESS MENTAL HEALTH SUPPORT GROUP EXHIBITION

VISUAL ARTS Art made by people who work with Caithness Mental Health Support Group. The artists, both new and experienced, are delighted to be sharing their creative expressions with a wider audience.

10am–5pm Caithness Horizons Museum, High Street, Thurso KW14 9AJ FREE 01855 865 264

HIGHLAND PARTNERS: RECLAMATION OF SELF

VISUAL ARTS This exhibition features original artwork about reclaiming aspects of our true selves. Created by members of the general public who work with Creativity In Care, Birchwood Highland, HUG, Befrienders Highland and more, on display outside the One Touch Theatre and in the community gallery space.

6pm–10pm Eden Court, Bishops Road, Inverness IV3 5SA FREE 01463 712 791 E karrle@creativityincare.org

FROM 26 SEP

TALES BY THE FIRESIDE: STORYTELLING WORKSHOPS

WORKSHOP STORYTELLING A series of storytelling workshops to create stories about resilience and reclamation, then practice delivering them for best effect. Participants will be invited to read the stories at a fireside event at Dunain Community Hall. The stories will be invited to read the stories at a fireside event at Dunain Community Hall. The artists, both new and experienced, are delighted to be sharing their creative expressions with a wider audience.

26 Sep 5.55pm Caithness Horizons Museum, High Street, Thurso KW14 9AJ FREE 01855 865 264

3 Oct 3.55pm

FROM 1 OCT

BOOKBUG

Free, fun and friendly events for babies, toddlers, pre-schoolers and their families to enjoy together. Come and share stories, songs and rhymes about mental wellbeing and catch the reading bug!

3–11 Various times Libraries across the Highlands FREE 01463 712 791 E karrle@creativityincare.org

IT’S KIND OF A FUNNY STORY: BOOK GROUPS

LITERATURE Join our book groups to read and discuss Ned Vizzini’s novel It’s Kind of a Funny Story, inspired by the American author’s own experiences of depression in 2004.

3–11 Various times Libraries across the Highlands FREE 01463 712 791 E karrle@creativityincare.org

FROM 5 OCT

RECLAMATION OF SELF: THE BIKE SHED

VISUAL ARTS Selected artworks on the theme of reclamation of self from members of SMHAF Highland partner organisations, including Birchwood Highland, Befrienders Highland, HUG, and Biora Learning Centre.

3–28 Oct Opening times vary (see local advertising, call or email to arrange a visit) The Bike Shed, 33 Grant Street, Inverness IV3 8BN FREE 01463 719 712 E catherine.merkinch.org.uk

HIGHLAND PARTNERS: RECLAMATION OF SELF

VISUAL ARTS This exhibition features original artwork about reclaiming aspects of our true selves. Created by members of the general public who work with Creativity In Care, Birchwood Highland, HUG, Befrienders Highland and more, on display outside the One Touch Theatre and in the community gallery space.

6pm–10pm Eden Court, Bishops Road, Inverness IV3 5SA FREE 01463 712 791 E karrle@creativityincare.org

FROM 7 OCT

POETRY IN MOTION: BEING OURSELVES

WORKSHOP These fun, family friendly creative writing workshops include a short inspirational walk, discussion, props and prompts, as well as refreshments. All welcome! No previous experience needed.

Fortrose 6 Oct 10.30am–12.30pm

Inverness Library, 66 Academy Street, Fortrose IV10 1TW FREE 01463 719 712

Alness 8 Oct 1.30–3.30pm

Alness Library, Avonlea Leisure Centre, High Street, Alness IV12 1QB FREE 01955 605 264

Ullapool 10 Oct 2–4pm

Ullapool Library, Mill Street, Ullapool IV26 2LN FREE 01463 719 712

Carl, Lochaber 11 Oct 10am–12pm

Carl Library, Glenfield Street, Carl, Fort William PH33 7DP FREE 01955 605 264

Fort William 13 Oct 2–4pm

Fort William Library, 4 High Street, Fort William PH33 6ED FREE 01955 605 264

Drumnadrochit 18 Oct 10.30am–12.30pm

Drumnadrochit Library (High School), Drummadronich IV43 9BA FREE 01955 605 264

Knoydart 21 Oct 10.30am–12.30pm

Lochinver Library, The Square, Knoydart PH34 4EF FREE 01463 719 712 E karrle@creativityincare.org

SMHAF HIGHLAND ANNUAL PHOTOGRAPHY EXHIBITION

VISUAL ARTS “Dreams are only dreams until you wake up and make them true.” Exhibition of work submitted to SMHAF Highland’s photography competition, which had this quote from Ned Vizzini’s novel it’s Kind of a Funny Story as its theme.

3–28 Oct Opening times vary (see local advertising, call or email to arrange a visit) The Bike Shed, 33 Grant Street, Inverness IV3 8BN FREE 01463 719 712 E kathal.duncan@befriendershighland.org.uk E alan.duncan@befriendershighland.org.uk

FROM 9 OCT

OUR LIVES

VISUAL ARTS An exhibition of photos by and of people with learning disabilities. This series of photographs, taken by People First Highland member John Gallon, shows people with learning disabilities reclaiming the right to normal independent lives.

9 Oct–Nov 5 Tue–Sat 10am–5pm (times may vary during winter)

Inverness Museum & Art Gallery, Castle Wynd, Inverness IV2 3EB FREE 01463 712 791 E karrle@creativityincare.org

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54 / Scottish Mental Health Arts Festival 2017 mhfestival.com / 55
THU 5 OCT

SMHAF HIGHLAND OPENING NIGHT

MULTI-ARTS
To launch SMHAF Highland, this celebratory night features an art and photography exhibition, live readings, and film screenings, all exploring mental health, stigma and this year’s theme of Reclaim. Hosted by Highland voluntary organisations and community groups.

6–9pm
The Bike Shed, 33 Grant Street, Inverness IV3 8BN
FREE
paulina.duncan@birchwoodhighland.org.uk
catherine@merkinch.org.uk

Hand to Hand
PERFORMING ARTS
This live performance showcases some of the work created by people at Befrienders Highland and HUG Action for Mental Health for their film Hand to Hand.

Hand to Hand
PERFORMING ARTS
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THU 12 OCT

WRITE TO RECOVERY WORKSHOP
A taster workshop of the Scottish Recovery Network’s popular writing programme Write to Recovery.

The workshop will focus on the promotion of strengths and resilience for people experiencing emotional difficulties or mental ill health.

6–8pm
The Bike Shed, 33 Grant Street, Inverness IV3 8BN
FREE
writetorecoverytaster.eventbrite.co.uk

THU 14 OCT

FORGET ME NOT: THE ALZHEIMER’S WHODUNNIT
THEATRE
Jim’s wife, a patient on a dementia ward, has died from what appears to be natural causes. Jim is a retired police detective, determined to solve one last murder. By turns hilarious and thought-provoking, this is a one-man comedy poetry theatre show that has a lot to say about how we treat and perceive people with dementia. Presented by Dingwall Word on the Street.

3–4pm
The National Hotel, Main Street, Dingwall IV15 9HA
Pay What You Want
robgee.co.uk
**SUN 15 OCT**

MAD TO BE NORMAL
Robert Mullan | UK | 2016 | 120m | 15
Cast: David Tennant, Elizabeth Moss, Gabriel Byrne
  
**FILM**
This drama tells the story of renowned Scottish psychiatrist RD Laing, one of Scotland’s greatest and most controversial thinkers, focusing on the experimental community he established at Kingsley Hall in East London during the 1960s. Before the main feature, a short musical film created by members of Befrienders Highland and HUG will be shown, exploring mental health and the positive effect of friendship.

7.45–9.45pm
Eden Court Cinema, Bishops Road, Inverness IV3 5SA
£6 / £5

**TUES 17 OCT**

SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2017
Eden Court Cinema, Bishops Road, Inverness IV3 5SA
7.45–9.45pm
The evening will begin with a short film produced by Birchwood Highland and HUG will be shown.

**WED 18 OCT**

SILVER LININGS PLAYBOOK
David O Russell | USA | 2012 | 123m | 15
Cast: Jennifer Lawrence, Bradley Cooper, Robert de Niro
  
**FILM**
David O Russell’s star-studded film is a light-hearted but sensitive take on bipolar disorder and recovery. The evening will begin with a short film produced by Birchwood Highland, and a panel discussion will follow the main feature.

7.45–8.45pm
Eden Court Cinema, Bishops Road, Inverness IV3 5SA
£6 / £5

**THU 19 OCT**

MAKE YOUR OWN VISION CARDS
**WORKSHOP**
A fun, easy and creative therapeutic drop-in workshop, giving you the opportunity to use a range of materials to create your own vision cards. Materials and support supplied. All welcome.

10.30am–4pm
The Perrins Centre, Ainden IV27 9UE
£6 / £5 (suggested donation)
  
**EVENTS**
 tickets@eden-court.co.uk
  
**SAT 21 OCT**

TALES BY THE FIRESIDE
**WORKSHOP**
Listen to stories of resilience and reclaimation in the beautiful natural setting of Dunan Community Woodland. Enjoy inspiring tales, hot drinks and a warm welcome around a hearth. Outdoor clothing and a torch essential. Audience will assemble and be led on a 15-minute walk to the performance site in the woodland. Not wheelchair accessible.

6.30–8pm
Dunan Community Woodland
Meet at entrance to SNH Great Glen House, Leachkin Road, Inverness IV3 8NW
FREE
  
**EVENTS**
 tickets@eden-court.co.uk
  
**FRI 27 OCT**

WILD
Jean-Marc Vallée | USA | 2014 | 115m | 15
Cast: Reese Witherspoon, Laura Dern, Gaby Hoffmann
  
**FILM**
Driven to the edge by the loss of her mother, the dissolution of her marriage and a headlong dive into self-destructive behaviour, Cheryl Strayed makes a decision to halt her downward spiral and put her life back together by hiking the famous Pacific Crest Trail. Followed by a panel discussion.

7.30–10pm
The Muir Hub, Great North Road, Muir of Ord IV6 7UA
£4 / £3

**EVENTS**
 tickets@eden-court.co.uk
  
**SUN 29 OCT**

AVATAR
James Cameron | UK, USA | 2009 | 162m | 12A
Cast: Sam Worthington, Zoe Saldana, Sigourney Weaver
  
**FILM**
A sequel set a decade after the events of the previous film. James Cameron’s visually stunning sci-fi epic, which tells the story of a paraplegic ex-Marine who finds himself on an exotic alien planet. A short film on connecting with nature for wellbeing will also be shown.

7.15–9.45pm
Eden Court Cinema, Bishops Road, Inverness IV3 5SA
£6 / £5

**EVENTS**
 tickets@eden-court.co.uk
WHAT’S ON IN Moray, Aberdeen and Dumfries & Galloway

LISTINGS ● MORAY | ABERDEEN | DUMFRIES & GALLOWAY

EVENTS

Moray

FROM 10 OCT

MORAY FEELGOOD FESTIVAL

FESTIVAL The Moray Feelgood Festival 2017 is this area of North East Scotland’s contribution to the Scottish Mental Health Arts Festival. This local festival has been run successfully for three years by Health and Social Care Moray. Moray Wellbeing Hub, a social enterprise run by those with their own experiences of crisis and challenge in mental health, has taken over coordinating the festival for 2017, and is working with a range of local partners in arts and wellbeing.

With over 60 events in 21 days, the Moray Feelgood Festival has something for all the family. Find out more online or through leaflets available from local libraries and community venues.

Highlights include Papershift workshops with Alison Simpson, reclaiming rags to make unique handcrafted paper; drumming sessions and workshops from The Penguin’s Tuxedo (youth samba band) and Carol Scorer (African drumming); and the screening of four new locally made films with a mental health focus: Shedding, focusing on fear; Father’s Footsteps, a personal look at Alzheimer’s; and Survivors Not Victims, looking at the mental and physical effects of stroke.

Hannah Laycock will be showing her acclaimed photographic series, Awakenings, looking at the mental and physical effects of MND, and award-winning children’s author Lari Don will be running three themed workshops at Elgin Library for various age groups, ranging from eight to adult, as well as nine other author-led workshops and events.

There will be sand dancing at Findhorn with Ruby Worth’s Dance Walking Moray, getting to live music with Living Golf at Cove sea, art, dance movement and eco therapy taster sessions, such as Earthtime’s Waddle Toddle; The Art of Mindfulness with Jan Grigg; and yarn bombed bicycles and clothes peg fairies popping up across Moray!

Come and join us!

10–30 OCT

moraywellbeinghub.org.uk

EVENTS

Aberdeen

TUE 10 OCT

MENTAL HEALTH MOVIE MONTHLY: ART WITH IMPACT

FILM Regular screening night Mental Health Movie Monthly presents this SMHAF event on World Mental Health Day, a presentation of short films followed by facilitated discussion around mental health. Refreshments provided.

Reception 5–6pm
Screenings 6–8pm
Room N242, Sir Ian Wood Building, Robert Gordon University, Garthdee Campus, Garthdee Road, Aberdeen AB25 7QG
FREE
01224 262 954, ed.r.warrender2@rgu.ac.uk

FRI 13 OCT

IT’S NOT OVER YET PERFORMING ARTS

WORKSHOP Emma Jayne Park and musician Nik Paget-Tomlinson lead a music and movement workshop based on her new performance piece It’s Not Over Yet, followed by a live performance in the evening. See left for more details.

Workshop 2–4pm
Performance 7.30–8.30pm
The Stove, 100 High Street, Dumfries DG1 2BN
FREE
£5
dgartslive.org.uk

Dumfries & Galloway

SAT 28 OCT

IT’S NOT OVER YET: LIVING ROOM PERFORMANCES

Supported by DG Arts Live, four living room performances of It’s Not Over Yet are available for booking throughout Dumfries & Galloway. Please contact ejp@culturedmongreldance.com for more information.

Also Mon 30 Oct Various times
FREE (first-come-first-served)
ejp@culturedmongreldance.com

SUN 29 OCT

IT’S NOT OVER YET: LIVING ROOM PERFORMANCES

Supported by DG Arts Live, four living room performances of It’s Not Over Yet are available for booking throughout Dumfries & Galloway. Please contact ejp@culturedmongreldance.com for more information.

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ejp@culturedmongreldance.com

Images, clockwise from above:
It’s Not Over Yet, Sir Ian Wood Building, Robert Gordon University; Shedding, Papershift, Survivors Not Victims
TUE 26 SEP
Tales by the Fireside: Storytelling Workshops
H S 54

TUE 3 OCT
Open Mic Poetry Night
R 38
Clay Design
L 42
Tales by the Fireside: Storytelling Workshops
H S 54

WED 4 OCT
The Recovery Pattern
R 38

THU 5 OCT
Follow the Yellow Brick Road
G 22
SMHAF Highland Opening Night
H S 56
Hand to Hand
H S 56
Reclaim: An Anthology of Writings
H S 56

FRI 6 OCT
Follow the Yellow Brick Road
G 22

SAT 7 OCT
Poetry in Motion: Being Ourselves
H S 55

SUN 8 OCT
Reclaim Your Right to Write
L 43

THU 12 OCT
Claudine: Music Matters
G 26
International Film Awards
G 26
Hysteria
G 26
Creative Therapies Training Programme
G 21
Transformations
G 27
Break Every Chain: Breaking Chains Through Art
E&L 27
One Mississippi
E&L 29
Moving Forward
E&L 29
Cafe Voices
E&L 30
Space to Be: Cafe (Our Stories)
E&L 30
Reclaim Joy
R 37
Wire Time, Write Place
R 39
The Art of Living and Letting Go
L 43
Tools For Living
L 46
Your Voice Art Class: Open Days
L 47

FRI 13 OCT
Youth Perspective
G 16
Vivian, Vivian
G 16
Six Feet Over: Death & Documentary Panel Discussion
G 17
Community Counts
G 17
Community Filmmaking Presentation
G 17
International Shorts
G 17
Like Crazy
G 17
Summer 1998
G 17
Hysteria
G 20
Creative Therapies Training Programme
G 23
Neath Space
G 22
Switch
G 22
Inspire
G 22
One Mississippi
G 22
Drawing to Music
E&L 25
Mind to Move
E&L 33
Mad Jam Open Mic
E&L 33
Reclaim Joy
R 37
Buddy Beat in 10
R 38
Palsay Artists Collective: Reclaiming Joy!
R 38
Sing It
L 42
Moshpit
L 44
Tools for Living
L 46
Smash the Silence
L 48
Reclaim Your Identity: Storytelling Workshop
FV 53
Poetry in Motion: Being Ourselves
H S 55
It’s Not Over Yet
A S 63

SAT 14 OCT
Men’s Mental Health Day
G 38
Men, Interrupted & Men, Interrupted II
G 18
Men’s Mental Health Workshop
G 18
Being Greene
G 18
Becoming Cary Grant
G 18
Mystery
G 18
Marbles Exhibition Therapist Tours
G 18
Epic Animation Showcase
G 21
One Mississippi
G 22
5 Ways to Begin
G 23
Coast To Coast
E&L 32
Real Talk: Storytelling for Wellbeing
E&L 32
Reclaim Joy
R 37
Rhythm of Life
L 42
Drum
L 44
Poetry in Motion: Being Ourselves
H S 55
Forget Me Not: The Alzheimer’s Whodunit
H S 57

SUN 15 OCT
32 Pills: My Sister’s Suicide
G 39
No Place for a Rebel
G 39
Scottish Shorts
G 39
Dankopta
G 29
The Other Half
G 29
To Love Somebody Melancholy
G 29
Sunday Worship Service
E&L 32
Reclaim Joy
R 37
Great Poems for Wellbeing
L 44
Mad to be Normal
H S 57
Happy Birthday?
E&L 37
Writing for Change
E&L 33

THU 19 OCT
Breadboard
G 23
Platform Open Mic
G 23
Moving Minds
G 23
Break Every Chain: Breaking Chains Through Art
E&L 27
Moving Forward
E&L 29
Hysteria
E&L 29
Space to Be: Cafe (Our Space)
E&L 30
Living With the Lights On
E&L 32
Happy Birthday?
E&L 37
Writing for Change
E&L 33
Six O’Clock in Princes Street
E&L 37
Dear Diary
E&L 33
Changing Stages Perform
R 40
Stonie Nigh:
The General with Live Score
R 40
Your Life as a Work of Art
L 44
The Buddha and the World’s First Psychologist
L 44
Your Voice Art Classic: Open Days
I 47
Memories are Made of This
R 48
Being Frank
FV 51
Manchester by the Sea
PK 53
Make Your Own Vision Cards
H S 58

KEY
Alberton
A
Aberdeen
G
Dundee
D
Perth
D
Leith
D
Forth Valley
FV
Glasgow
D
Sameer
D
Highlands
H
Lanarkshire
L
Moray
M
Perth & Kinross
PK
Renfrewshire
R

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HIGHLIGHTS: FESTIVAL HIGHLIGHTS

62 / SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2017
EVENTS

**FRI 20 OCT**
- Living With the Lights On G 23
- Mysterial E&L 29
- Mind to Move E&L 32
- Recital Identity E&L 24
- Haizean: Book Launch E&L 34
- Inspiring Life E&L 24
- Fair & Prize: Recital This Tree E&L 34
- Keep on Stralin, Stralin, Stratin R 39
- Recital: Upcycling Workshop R 40
- Step Matter Always R 40
- Create Calm: Good Mental Health R 40
- Recovery Fest: Dykebar & Me R 40
- On Any Given Night I
- The Art Of Living and Letting Go L 43
- Bury’s Cushage Writers Group: Open Day I 48
- The Coolidge Effect FY 52

**SAT 21 OCT**
- Living With the Lights On G 23
- Mysterial E&L 29
- Inspiring Life E&L 34
- Beauty and the Beast R 42
- Sing It R 42
- Soundminds L 49
- Open Mike L 49
- Nad Rekker I 49
- Tales by the Fireside H 59

**SUN 22 OCT**
- Shrimp Dance G 24
- Rucksack Ridge R 42
- Batman Mountain: Graeme Obree’s Story P&K 53
- Poetry in Motion: Being Ourselves H 55

**MON 23 OCT**
- Wellbeing of the Woods G 24
- Coalbridge Community Centre: Workshop L 42
- Rhythm of Life L 42
- Themed Bookbug Sessions I 47

**EVENTS**

**FRI 24 OCT**
- Break Every Chain: Breaking Chains Through Art! E&L 27
- Themed Bookbug Sessions I 47

**FRI 27 OCT**
- Old Boy G 20
- Creative Therapies Training Programme G 23
- Sing It! L 42
- Themed Bookbug Sessions I 47

**SAT 28 OCT**
- Old Boy G 20
- Themed Bookbug Sessions I 47

**WED 25 OCT**
- Old Boy G 20
- The Stafford Centre Exhibition E&L 29
- Themed Bookbug Sessions I 47

**THU 26 OCT**
- Old Boy G 20
- Creative Therapies Training Programme G 21
- SSMAP Writing Awards G 24
- Break Every Chain: Breaking Chains Through Art! E&L 27

**SUN 29 OCT**
- Here, Today G 24
- Lem-Songs: Lavender Menace G 24
- Sing Yourself Happy R 42
- Themed Bookbug Sessions I 47

**MON 30 OCT**
- Great Poems for Wellbeing L 44
- Themed Bookbug Sessions I 47

**SUN 31 OCT**
- Reclaim Your Right to Worship L 42

**EXHIBITIONS & ONGOING CALENDAR**

**FROM 28 SEP**
- Creative Reclalm E&L 28 19 Oct

**FROM 1 OCT**
- New from Old E&L 28 31 Oct
- Spread a Little Kindness R 36 31 Oct
- And Breathe R 36 31 Oct
- Pockets of Calm L 42 31 Oct

**FROM 3 OCT**
- Calmness Mental Health Support Group Exhibition H 54 28 Oct
- Highland Partners: Reclamation of Self H 54 28 Oct

**FROM 5 OCT**
- Lumen Essence G 20 11 Nov
- Some Pictures G 20 11 Nov
- Creative Prescription: FV 50 19 Oct
- Reclamation of Self: The Bike Shed H 55 30 Oct
- Artists on a Postcard H 55 30 Oct
- SSMAP Highland Annual Photography Exhibition H 55 30 Oct

**FROM 9 OCT**
- Marbles: Lost & Found G 22 3 Nov
- Marbles Exhibition G 22 3 Nov
- Dispersed Lives, Gathered Stories E&L 28 27 Oct
- Voices of Experience E&L 28 27 Oct
- Paisley Job Centre Hosts Art R 38 30 Oct

**FROM 10 OCT**
- Space to Be: Reclalm E&L 27 31 Oct
- Shifting Sands E&L 28 29 Oct
- Constructed Voices E&L 28 29 Oct
- Art Buds Bridges E&L 28 29 Oct
- Recap: Window Display E&L 28 31 Oct
- Winter Coats R 37 17 Oct
- Passing Time R 37 23 Oct
- Reclam Your soul! Seftle Photography Exhibition R 37 31 Oct
- Mental Wellbeing Starts Wee I 48 29 Oct
- Underwrite Through a Letter I 48 29 Oct
- Recap: Falkirk FV 50 15 Oct
- Recap: Stirling FV 50 5 Dec
- Mary Feelgood-Festival M 60 30 Oct

**FROM 11 OCT**
- What Needs To Change? Exhibition G 20 27 Oct
- Out of Sight, Out of Mind E&L 26 29 Oct
- Central Library Exhibition E&L 27 29 Oct
- Penetrate Tree E&L 27 29 Oct

**FROM 23 OCT**
- St Matthew’s Presents: Nouveau Life R 37 27 Oct
- The Art Stop Exhibition L 42 27 Oct

**FROM 25 OCT**
- Community Learning & Development Art Showcalse I 47 8 Nov

**KEY**
- Aberdeenshire A
- Dundee D
- Forth Valley FV
- Glasgow G
- Highlands H
- Inverclyde I
- Lanarkshire L
- Moray M
- Perth & Kinross P&K
- Renfrewshire R

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ROUND-UP ● DAILY DIARY

**EXHIBITIONS & ONGOING CALENDAR**

**REGION PAGE UNTIL**
- Space to Be: Reclalm E&L 27 31 Oct
- Shifting Sands E&L 28 29 Oct
- Constructed Voices E&L 28 29 Oct
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- Inverclyde I
- Lanarkshire L
- Moray M
- Perth & Kinross P&K
- Renfrewshire R
Getting help

If you’re worried about your mental health, seeking help early is the best way to get back on track. See your GP, or start by talking to a friend or calling a helpline:

**SAMARITANS**

Samaritans volunteers are there to listen. The phone line is free to call and available 24 hours a day, 7 days a week. You can also email, text or visit branches in person.

116 123

w samaritans.org

**BREATHING SPACE**

Breathing Space is a free, confidential phone service, available to anyone in Scotland, providing listening, advice and information about mental health.

0800 83 85 87

w breathingspace.scot

Calling all artists and filmmakers

The next Scottish Mental Health Arts Festival takes place in **May 2018**. If you have completed or are developing a project that uses the arts to explore mental health, we’d love to hear from you.

mhfestival.com

Our theme for next year is Beginnings, and we welcome proposals from artists and performers working across various disciplines. We will also be open for film submissions from mid-October 2017. Films can address specific mental health issues, but we are keen to encourage innovative and diverse perspectives.

See our website for contact information, details and guidance.

DONATING

If you’d like to help continue our vital work at the Mental Health Foundation, text **THRIVE ART** to **70300** to give £3.

Mental Health Foundation (registered charity 801130) will receive 100% of your donation. You may be charged for one text message at your network’s standard rate. Always get the bill payer’s permission. As a charity we would like to contact you, to tell you a little about our work and how you can support us. If you’d rather we didn’t contact you, then include the words **NO INFO** at the end of your message, ie. **THRIVE ART NO INFO**. Charity text service provider Vir2 helpline 0330 660 0425.

Taking action

**SEE ME**

If you’re keen to take a stand for better mental health, get involved with See Me, Scotland’s national programme for ending stigma and discrimination in mental health. Led by SAMH and the Mental Health Foundation.

0141 530 1111

w seemescotland.org