Hello.

There are various reasons why we chose Beginnings as the theme for our 12th annual festival.

Most obviously, 2018 marks an exciting new beginning for the Scottish Mental Health Arts Festival—the first time it has taken place in May rather than October. This has enabled us to try out a few new ideas, such as partnering with the Tron’s Mayfesto programme for the Glasgow premiere of Mental—voted by our panel of experts as the most outstanding mental health-themed show at last year’s Edinburgh Fringe. Also, there is a significant focus this year on young people. Research shows that 50% of adult mental health problems begin in early life, and much of our programme this year focuses on stories about beginnings—from JAm, a book created in partnership with the National Theatre of Scotland in which transgender and non-binary people from across the world describe their formative experiences, to Though This Be Madness, a brand new show by award-winning performer Skye Loneragan about the impact of new parenthood on mental health. Much of our film programme, too, explores young people’s mental health—don’t miss But Honey You Look Fine, in which a teenager shares her struggle with bulimia, and Rocknrollers, in which a young singer is supported through his depression by his two best friends—his band-mates.

Young people will also play a significant role in shaping this festival, thanks to an ambitious, youth-focused programme supported by the Year of Young People 2018 Event Fund and Creative Scotland. We believe the programme will also inspire young people from across the country to contribute to future festivals as they grow older.

As is always the case with our festival themes, the many artists, activists and organisations who are creating events for SMHAF, all over the country, will all respond to the idea of Beginnings in their own way. We’re very excited to see what they come up with—and to find out what you think too. Let’s begin!

The Festival Team
Research shows that 16 million people experience a mental health problem each year. By dealing with stress we can go a long way in tackling mental health problems such as anxiety and depression, and, in some instances, self-harm and suicide.

**Pin it!**
Join the movement and show your support by wearing our green ribbon pin badge, the international symbol for mental health awareness.

Order yours here: mentalhealth.org.uk/greenribbon

**Make a difference**
Text THRIVE to 70300 to give £3. 100% of your donation goes to support our vital work.

The Mental Health Foundation is the UK’s charity for everyone’s mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems.

We’d like to contact you with news and information about other campaigns, but if you’d rather we did not contact you again then include the words NO INFO at the end of your message e.g. THRIVE NO INFO.

**Get social**
Follow us for all the latest campaign updates and events happening during the week. Use the hashtag #MentalHealthAwarenessWeek to get involved!

mentalhealthfoundation
mentalhealth
mentalhealthfoundation

Find out more about the week: mentalhealth.org.uk/mhaw
FESTIVAL highlights

To celebrate our move to May, SMHAF 2018 has the theme Beginnings, placing a special focus on young people’s mental health and creating opportunities for artists and communities across the country to explore the theme in their own way.

Our biggest theatre programme to date features a four-night Glasgow run of Mental (p8), a powerful show about what it’s like to grow up with a mother who is bipolar, and the winner of the first Mental Health Fringe Award. Premiering at SMHAF, Though This Be Madness (p25, 27, 35) is a show about new parenthood and mental illness by theatre-maker Skye Loneragan. And, to coincide with the double bill of Eye / Adam at Dundee Rep Theatre (p37), the Mental Health Foundation, National Theatre of Scotland and Freight Design launch Am (p10), a moving and fascinating book of stories from transgender and non-binary people around the globe.

We also have four acclaimed theatre shows touring venues across Scotland: Don’t Panic! It’s Challenge Anneka, a frank and funny show about a young woman’s battle with anxiety, which channels the spirit of a famous TV presenter for whom no challenge is too big; Amy Conway’s Super Awesome World, in which writer-performer Amy Conway draws on her childhood love of computer games to explore her relationship with depression; Turntable, a show by MJ McCarthy about the impact of formative musical experiences on our lives; and Fisk, a rich tapestry of puppetry, movement and design by award-winning company Tortoise in a Nutshell.

The not-to-be-missed International Film Awards (p14) launches a weekend of film at Glasgow’s CCA (p16), featuring screenings of all our award-winning titles. Across the programme, there’s a strong emphasis on young people’s experiences, notably in Youth Perspective, showcasing work by supremely talented young filmmakers, and the pairing of Horizon alongside #will, exploring teenage mental health. There are impressive UK and International shorts programmes, while features Crazy and Second Spring focus on very different individuals seeking new beginnings in their lives. As always, we look forward to welcoming directors and others connected with these films to join us in discussion and celebration.

Performance highlights include the return of Flint & Pitch (p27), a Beginnings-themed showcase of spoken word, music and theatre, hosted by Jenny Lindsay at the Bongo Club. SMHAF Associate Artist Emma Jayne Park returns with her scratch night 5 Ways to Begin... in Glasgow (p20) and Edinburgh (p26), featuring works in progress from five performance artists exploring mental health through their work. The Box (p26), Julia James-Griffiths’ contemporary dance theatre piece exploring the impact of depression, premieres at Assembly Roxy. And we’re excited to join forces with Vox Liminis at Saint Luke’s to present interactive performance CON(SCRIPTED) (p20) and a gig to support the album launch for Not Known at this Address (p21), which brings together some of Scotland’s most celebrated songwriters with people who have first-hand experience of the criminal justice system.

We also have exciting programmes taking place in regions throughout Scotland. There’s a packed line-up in Renfrewshire, featuring their debut Youth Mental Health Arts Festival (p30); and Caring Conversations (p11), a collaborative exhibition exploring mental health stigma in health and social care. In Lanarkshire, Music for the Mind (p34) offers a variety of musical entertainment by local stars; Books and Bread for Beginners (p38) is an opportunity to try something new in Fife; in Aberdeen, Mental Health Movie Monthly launches Mental Health Awareness Week with a free screening of Mustang (p39), and SMHAF Highland’s highlights include the exhibition From Small Beginnings... (p43) and the popular annual Highland Gathering (p41).
Mental is an exploration of the mind with music, anecdotes and medical notes, telling the moving and personal story of one son’s relationship with his bipolar mother. Winner of the first ever Mental Health Fringe Award, presented by the Mental Health Foundation in August 2017, it was chosen by a judging panel of leading playwrights, critics and programmers as the most compelling show about mental health at last year’s Edinburgh Fringe. We are delighted to invite Kane Power Theatre back to Scotland for a four-night run at Tron Theatre, in association with Mayfesto.

Friday’s performance will be followed by an after-show discussion between Kane Power and Andrew Eaton-Lewis from SMHAF, on the themes explored in the show.

PRAISE FOR MENTAL
“...the most insightful mental health piece I’ve seen. Mental is a rich, thorough study of bipolar and caring; a love letter to a mother.”

★★★★★ Everything Theatre

“...an uplifting and positive celebration of human spirit, addressing important issues head-on without a hint of the worthy. That’s not an easy thing to do, but Kane Power Theatre have totally nailed it.”

★★★★★ The Reviews Hub

“...a tightly scripted, smartly performed production...blending heart-on-sleeve confessions with wry humour.”

★★★★★ The Stage

DON’T MISS IT

Mental

Wed 9 – Sat 12 May
Tron Theatre, 63 Trongate, Glasgow G1 5HB
0141 552 4267
tron.co.uk

FISK

BY TORTOISE IN A NUTSHELL

Fisk is a story of a man and a fish, and the unexpected impact they have upon one another. Examining themes of depression, support and interconnection, Fisk explores the lengths we can go to in order to escape from ourselves, yet also finds joy in even the deepest and darkest depths. Weaving together a rich tapestry of puppetry, movement and intricate design, alongside an evocative original soundtrack, the piece draws audiences into an immersive marine world.

Sat 5 May
Clydebank Town Hall (p16)
Sun 6 May
Byre Theatre, St Andrews (p38)

Thu 10 May
Combermaid Theatre (p34)
Fri 11 May
Dundee Rep Theatre (p37)

Sat 12 May
Brunton Theatre, Musselburgh (p24)

PRAISE FOR FISK

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AMY CONWAY’S SUPER AWESOME WORLD

Through the prism of video games, Amy Conway explores what depression is like and what it’s like to fight it, asking the audience to become her fellow adventurers in an interactive experience that asks difficult questions and quests for elusive sparks of joy in the deep dark multi-user dungeons of the soul.

Shortlisted for last year’s Mental Health Fringe Award, and previously seen as a work in progress at SMHAF 2016.

Sat 5 May
Cumbernauld Theatre (p34)
Sun 6 May
Paisley Arts Centre (p30)
Wed 9 May
The Lemon Tree, Aberdeen (p39)

DON’T PANIC! IT’S CHALLENGE ANNEKA

BY THE BUTTON

Bumbug? Check. Luminescent shell suit? Check. Positive attitude in the face of seemingly insurmountable challenges? Hell yeah! Inspired by real-life stories, this is a frank, funny and open exploration of a topic that too often remains taboo: the challenge of overcoming anxiety.

Join award-winning On the Button for this rollicker of a one-woman show that channels the spirit of the eponymous TV presenter for whom no challenge is too big.

Fri 11 May
Brunton Theatre, Musselburgh (p24)
Sat 12 May
Paisley Arts Centre (p32)
Thu 17 May
Macrobert Arts Centre, Stirling (p36)
Sat 19 May
The Lemon Tree, Aberdeen (p39)

TURNTABLE

BY MICHAEL JOHN MCCARTHY

Turntable started when musician Michael John McCarthy and his Great Aunt Kathleen connected over a stack of vinyl. Since then the Turntable team have toured her record case around Scotland, inviting listeners of all ages to investigate its contents while reflecting on the importance of music in their lives.

Don’t Panic! It’s Challenge Anneka

BY ON THE BUTTON

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The Lemon Tree, Aberdeen (p39)
Mental Health Foundation, National Theatre of Scotland, and Freight Design present

I Am

What’s it like to grow up as a transgender or non-binary person in Nigeria, Pakistan, Portugal or Russia?

I Am is a new book developed in partnership between the Mental Health Foundation and the National Theatre of Scotland’s Adam World Choir, a digital community of transgender and non-binary people from all around the world.

Two years in the making, the book – supported by Freight Design – is a collection of fascinating, moving tales from across the globe, stories about survival, stories about hope, joy and endurance and finding a place to call home.

I Am contains contributions from over two dozen members of the Adam World Choir – including Adam Kashmiry, whose own story is soundtracked by the choir in the National Theatre of Scotland’s hit show, Adam. The book is introduced by playwright Jo Clifford, whose autobiographical show Eve premiered alongside Adam at the 2017 Edinburgh Fringe.

I Am will be launched at Dundee Rep Theatre in the week Adam and Eve are staged at the theatre as a double bill – watch out for further details on the SMHAF website.

SMHAF and See Me have commissioned artist Josie Vallely to create a new piece of work on the theme of mental health stigma in health and social care. Josie has been working with health and social care staff, students and community groups based in Paisley to explore their experiences and develop the exhibition. Participants have been creating work that questions the boundaries between our ‘professional’ masks and our true selves, and cross-examines how we care for ourselves effectively so that we can be there for others. Working with printmaking, collage and ceramics, the results are thought-provoking and larger than life.

Members of the Sunshine Recovery Café have contributed to the exhibition by creating a huge range of bespoke ceramic pieces, some of which will be on display in the gallery space and others which will be used as ‘living’ ceramics to facilitate conversations and explore how we create time and space to show people that we care.

Josie has also developed a bespoke space to share the work, in collaboration with ceramicist Kevin Worthington. The ‘gallery’ is a fun, colourful and living space where you are welcome to have a cup of tea, explore the artwork and get a guided tour from the artists.

There will be drop-in sessions throughout the festival, allowing you to come along and make your own work in response to the exhibition’s themes. Throughout the exhibition, everyone will be welcome to share their own experiences of mental health stigma and discrimination in health and social care settings.

Join us on Tuesday 8 May for the festival launch in Renfrewshire, where we celebrate the best of creativity and wellbeing in our communities. There will be poetry performances, talks from SMHAF and See Me, and a guided tour of the Caring Conversations exhibition.

PRAISE FOR EVE & ADAM

“An unforgettable thunderbolt of feeling.”

★★★★★
The Telegraph, on Adam

“It’s a story that is gradually becoming more familiar in this decade, but Jo Clifford is one of its great trailblazers, and to hear her own history, in her own voice, is a privilege, as well as a tremendously moving experience.”

★★★★★
The Scotsman, on Eve

ABOUT JOSIE

Josie Vallely is a Scottish artist and designer based in Glasgow. Her key areas of interest are in collaborative projects that explore place, health narrative and participation.

josievallely.com

ABOUT SEE ME

See Me’s vision is to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.

seemescotland.org

Caring Conversations

8-24 May

Tue/Sat/Fri 10-4pm

Renfrewshire Festival Launch

8 May

12-2pm

SMHAF Hub, 21 High Street, Paisley PA1 2AF

FREE 1am.josie@gmail.com
To celebrate Scotland’s Year of Young People 2018 and this year’s theme of Beginnings, SMHAF has developed four exciting new projects with young people, ensuring we have a strong youth voice at this year’s festival. This work is supported by the Year of Young People 2018 Event Fund.

SMHAF YOUTH PANEL
The Youth Panel will inform a series of youth focused events at SMHAF 2018 and create a record of the festival through the eyes of a younger audience. Over the past three months, pupils from three secondary schools have been working towards curating multimedia arts events in their schools, featuring an artist connected to the festival and a short film programme selected from this year’s submissions. Participants have taken part in workshops, giving them an insight into arts curation, event management, marketing and digital journalism, as well as power and purpose of the arts in relation to mental health.

VOX LIMINIS
KIN is an arts collective of 14-25 year olds who have been affected by the imprisonment of a parent or sibling. Working together, they make sense of their experience through creative means, and make art that speaks of their experience in a way that engages and provokes members of the public to think deeply about what it means to be a just society. Since October, KIN have been working towards CON(SCRIPTED) (p20) — a public event on 24 May as part of the Year of Young People 2018. An interactive performance encompassing poetry, soundscape, installation and sensory overload, KIN have worked closely with musicians, poets, sound and visual artists in prison, residential, school, youth group and professional settings.

INTO FILM SCOTLAND
Into Film are working with existing film clubs based in north and central Scotland to engage in a youth filmmaking initiative as part of SMHAF 2018. Into Film club members from Aberdeen, Edinburgh and Glasgow will come together to watch and discuss a curated programme of short films that will explore themes of mental health and Beginnings. Young people will then be supported by a professional filmmaker to engage in producing their own content and expressing their voice in response to the theme. The final production will be shared at showcase events within the respective Into Film Clubs to a wider school and local community audience as well as featuring in the Youth Perspective (p18) screening programme at the CCA during SMHAF 2018.

EMMA JAYNE PARK
Cultured Mongrel Artistic Director and SMHAF Associate Artist Emma Jayne Park will work with dancer James Fogerty in Hillhead Library throughout May 2018, collaborating with the three Primary 5 groups from Notre Dame Primary School to create site specific dance performances inspired by books for children and young people that work with the themes of mental health. The young people involved, their families and older pupils from the school will be invited to the library to watch and discuss the performances.

Scotland’s young people are shining in 2018
2018 puts Scotland’s young people in the spotlight, celebrating their talents and contributions as well as providing opportunities for them and their families to get involved in a variety of exciting activities across the country in celebration of the Year of Young People 2018. EventScotland proudly supports the Scottish Mental Health Arts Festival to showcase an inspiring programme of art, theatre, film, dance and more.

Find out more at visitscotland.com/yoyp2018 and join the conversation #YOYP2018
On Thursday 10 May, 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 stories about how these films came to be, and there will be an opportunity to see excerpts from all the winning titles.

On the night, we will also announce the winner of our prestigious Grand Jury Prize, awarded to a film that combines outstanding cinematic achievement with what the jury considered to be an important and heartfelt exploration of mental health. The evening will conclude with a drinks reception.

Over the following three days, we’ll be screening all the winning titles and a host of further selections, curated from submissions received from around the globe. More than 30 titles will be screened in total (many of them premieres), filmed as close to home as Glasgow, and as far afield as Australia, Senegal and the USA.

In keeping with our theme of Beginnings, young people’s experiences are represented throughout our programming, both in specially curated selections and individual titles. Whether rooted in fact or fiction, many of the films we’re presenting this year explore how mental health is shaped by our formative experiences, viscerally demonstrating the importance of empathy, friendship and support for children, teenagers and young adults.

Vital stories can be found across this year’s programme, told with passion, creativity and cinematic flair. Every one of these films deserves to be seen and experienced by a wide audience, so we encourage you to join us for as many screenings as you can over our four days at the CCA.

2018 AWARD WINNERS
ALL SCREENINGS AT CCA

ANIMATION

Maybe It’s Me
UK
An animator reconstructs images from his past, revealing his love for his grandfather and the unreliability of memory.
Fri 11 May, 5.30pm | UK Shorts

COMMUNITY

Riding Through the Dark
UK
Elite and non-elite cyclists tell of the demons they encounter as they ride through mental and physical darkness.
Fri 11 May, 5.30pm | UK Shorts

DOCUMENTARY

Crazy
USA
A man living with schizophrenia comes into conflict with the healthcare system as he attempts to exercise control over his treatment.
Fri 11 May, 8pm

DRAMA

Horizon
NETHERLANDS
A grieving teenager struggles to control her anger while preparing for a diving competition.
Sat 12 May, 2pm

EXPERIMENTAL

below the neck, above the knees
USA
A filmmaker shares diaristic stories from her life, contemplating her community’s experiences with bodily trauma.
Sun 13 May, 3.30pm | Embodied Trauma

PERSONAL NARRATIVE

Sanctioned
UK
After a sexual assault, a young woman uses life modelling to re-examine her relationship with her body.
Sun 13 May, 3.30pm | Embodied Trauma

SHORT DRAMA

Being Keegan
UK
A naval officer returns to his childhood home in Liverpool and the scene of a traumatic incident from his youth.
Fri 11 May, 5.30pm | UK Shorts

VOICES OF EXPERIENCE

Lou Bëth Xayma
BELGIUM
Using stop-motion techniques, artists at a Senegalese psychiatric clinic explore their experiences with art therapy.
Sat 12 May, 5pm | International Shorts

YOUTH PERSPECTIVE

But Honey, You Look Fine
AUSTRALIA
A young filmmaker documents her closest friend’s struggle with bulimia, using footage they recorded together.
Fri 11 May, 3.30pm | Youth Perspective

SHORT DOCUMENTARY

Rocknrollers
NETHERLANDS
A young singer is supported through his depression by his two best friends—their bandmates.
Sat 12 May, 5pm | International Shorts

Images, clockwise from top left: Being Keegan; Horizon; Crazy; Sanctioned
THU 10 MAY

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 around the world. Followed by a drinks reception. See p14-15 for more details.

UK SHORTS

INTERNATIONAL PREMIERE

Anita Krug-Netzger | Germany | 2017 | 8min English, French & German with English subtitles

DOCUMENTARY

Amidst rising concerns about young people’s mental health, this timely and insightful documentary reveals the impact that mindfulness training has on children and teenagers in educational settings across Europe. Are we seeing a new culture of consciousness emerge, which could enable young people to take responsibility for their own lives, for society and for the world?

UK SHORTS

SHORTS

There is no shortage of homegrown talent when it comes to filmmaking that addresses mental health. Through documentary, drama and animation, this selection of shorts demands we consider what might be going on beneath a person’s surface. Whether based in fact or fiction, these local stories all urge humanity, empathy and understanding.

CCA Theatre 5.30–7.30pm

FREE • uk-shorts-smhaf18.eventbrite.co.uk

YOUTH PERSPECTIVE

SHORTS

Discover four works by talented young filmmakers, addressing some of the most pressing mental health issues facing young people today. In Cotton Wool, a teenager and her seven-year-old brother must rapidly adapt to the role of young carers when their mother suffers a stroke. Bulldoze uses puppetry to show how mental health affects us all. Short doc But Honey, You Look Fine shows the importance of friendship in overcoming bulimia. Finally, Into Film Scotland showcase work from their youth filmmaking initiative (see p12).

CCA Cinema 3.30–5pm

FREE • youth-perspective-smhaf18.eventbrite.co.uk

FRI 11 MAY

THE SILENT GLOW: RECOVERING THE PRESENT

INTERNATIONAL PREMIERE

Glaucoo Sanchez | Netherlands | 2018 | 40min Dutch with English subtitles

DOCUMENTARY

In this coming of age drama, fiery 18-year-old Lieke is still grieving the loss of her mother but finds release as she trains for an upcoming diving competition. However, when her coach invites another girl to join the team, she slowly loses control of her emotions. Screened alongside Awil (Sweden, 2017, 22m) in which a teenage vlogger battles with online harassment and bullying, as well as pervasive suicidal thoughts.

CCA Theatre 5.30–7.30pm

FREE • uk-shorts-smhaf18.eventbrite.co.uk

CRAZY

SCOTTISH PREMIERE

Lise Zumwalt | USA | 2016 | 16min

DOCUMENTARY

After eight years in the mental health system, Eric takes the decision to exercise control over his treatment for schizophrenia. What follows is an intense struggle with the law, his doctors and his family, as he strives to find his own path to wellbeing. With a powerful human story at its heart, Crazy raises vital questions about human rights and stigma in the context of a system that fails to account for individual circumstances.

CCA Theatre 8–9.30pm

£5 / £3 • crazy-smhaf18.eventbrite.co.uk

SAT 12 MAY

HORIZON

UK PREMIERE

Lise Zumwalt | USA | 2016 | 16min

DOCUMENTARY

In this coming of age drama, fiery 18-year-old Lieke is still grieving the loss of her mother but finds release as she trains for an upcoming diving competition. However, when her coach invites another girl to join the team, she slowly loses control of her emotions. Screened alongside Awil (Sweden, 2017, 22m) in which a teenage vlogger battles with online harassment and bullying, as well as pervasive suicidal thoughts.

CCA Theatre 5.30–7.30pm

FREE • international-shorts-smhaf18.eventbrite.co.uk

INTERNATIONAL SHORTS

SHORTS

There are countless ways to compellingly address mental health on screen. This programme gathers some of the most accomplished examples from around the globe, demonstrating that borders are not barriers to understanding. Accounting for experiences with mental health at all stages of life and in diverse social contexts, the selected films hail from Africa, Australia and Europe.

CCA Theatre 5–7pm

FREE • international-shorts-smhaf18.eventbrite.co.uk

SECOND SPRING

SCOTTISH PREMIERE

Andy Kellister | UK | 2017 | 8min

CAST: Cathy Noden, Jenny Killick, Matthew Jure

DRAMA

After a series of unusual encounters, it’s obvious to those that know her best that Kathy is not herself. Then, despite receiving a rare diagnosis, she leaves the safety of her marriage for a man she barely knows, hoping to reconnect with herself in the mainland of his childhood home. This poignant and compassionate drama explores identity, freedom and what it means to be human.

CCA Theatre 7.30–9.30pm

£5 / £3 • second-spring-smhaf18.eventbrite.co.uk

SUN 13 MAY

EXPERIMENTAL SHORTS

SHORTS

Artistic representations of mental health are renowned for their experimentalism. This programme brings together diverse films from around the world, connected by their exceptional innovations in form, content and style. Blending multiple art forms, with roots in spoken word, dance, theatre and music, as well as radical approaches to storytelling, this selection embraces cinema at its boundaries.

CCA Cinema 1.30–3pm

FREE • experimental-shorts-smhaf18.eventbrite.co.uk

EMBODIED TRAUMA

DOCUMENTARY

In these complex and deeply personal documentaries, three women explore how their lives have been affected by traumatic experiences surrounding sexual assault. Below the neck, above the knees is an enquiry into generational trauma. Sanctioned examines how its subject is striving to embrace her body. And Laura’s Journey follows its protagonist as she revisits Morocco in an attempt to heal psychological wounds.

CCA Cinema 3.30–5.15pm

FREE • embodied-trauma-smhaf18.eventbrite.co.uk

IN MY MIND

SHORTS

The premieres of four short films made by Track Record Productions for BBC Scotland with well-known Scots talking honestly about mental health. Paralympian Samantha Kinghorn, actor Gavin Mitchell, model Misha Hart and footballer David Cox reveal how they look after their everyday mental wellbeing.

CCA Cinema 6–7pm

FREE • in-my-mind-smhaf18.eventbrite.co.uk
**EXHIBITIONS & ONGOING CALENDAR**

**FROM 8 MAY**

- **PARAGON MUSIC: MINDFUL DRUMMING**
  - WORKSHOP: Exclusive adult group drumming sessions focused on mental health and well-being. Meet new people, create and perform music together. Workshops are fully accessible. Ages 18–
  - CCA Theatre, 350 Sauchiehall Street, Glasgow G2 3JD
  - £6 | 0141 352 4900, paragon-music.org

**FROM 9 MAY**

- **MENTAL BY KANE POWER THEATRE**
  - THEATRE: Winner of the first ever Mental Health Fringe Award, Mental is an exploration of the mind with music, anecdotes and medical notes, telling the moving and personal story of one sets relationship with his bipolar mother. Friday’s performance will be followed by a discussion with Kane Power. See p8 for full details.
  - £12 May | 6–9pm
  - Tron Theatre, 63 Trongate, Glasgow G1 5HB
  - £11 | 0141 552 4267

- **FISK BY TORTOISE IN A NUTSHELL**
  - THEATRE: Fisk is a story of a man and a fish, and the unexpected impact they have upon one another. Examining themes of depression, support and interconnectedness, Fisk explores the lengths we can go to in order to escape from ourselves, yet also find joy even in the deepest and darkest depths. Weaving together a rich tapestry of puppetry, movement and intricate design, alongside an evocative original soundtrack, the piece draws audiences into an immersive marine world.
  - £8.50 | 7.30–8.20pm
  - Clydebank Town Hall, 5 Hall Street, Clydebank G81 1UB
  - £8.50 | 0141 276 9696

**FROM 21 MAY**

- **MARBLES: LOST & FOUND**
  - EXHIBITION: For 2018, Creative Therapies’ annual exhibition showcases work made in our education programme, Show On. Images created by children participating in art therapy sessions in Glasgow primary schools allow us glimpses into their inner worlds to provide a stimulating and thought-provoking show.
  - WED 9 MAY
  - £6 | 9am–5pm
  - South Block, 60 Osborne Street, Glasgow G1 5QH
  - £6 | info@creativetherapies.co.uk

- **FEEL GOOD IN THE WOODS**
  - WORKSHOP: Join this feel good woodland photo walk to capture spring beginnings, beautiful blossoms and tree canopies. Try new techniques to explore creativity, the mind and the great outdoors, sharing tea and healthy treats under the canopies. Try new techniques to explore creativity, the mind and the great outdoors, sharing tea and healthy treats under the canopies. All abilities welcome.
  - £75 | 10.30am–1.30pm
  - Pollok Country Park, 2060 Pollokshaws Road, Glasgow G43 1AT
  - £75 | 0141 276 9696

- **A MAD, BAD OR SAD ADOLESCENT BRAIN DEVELOPMENT AND WHY OUR MARBLES MATTER**
  - SEMINAR: Join us for an in-depth masterclass on adolescent brain development, to help you gain knowledge about the teen brain and build confidence.
  - £50 | 2-4pm
  - Scottish Youth Theatre, 105 Brunswick Street, Glasgow G1 1TF
  - £50 | mad-bad-sad-2018.eventbrite.co.uk

**EVENTS**

**SAT 5 MAY**

- **MAD, BAD OR SAD; FISK; MENTAL; FEEL GOOD IN THE WOODS; A MAD, BAD OR SAD ADOLESCENT BRAIN DEVELOPMENT AND WHY OUR MARBLES MATTER**

**SAT 12 MAY**

- **BEST MEDICINE COMEDY LIVE**
  - COMEDY: Come and watch this stand-up comedy performance, the culmination of an eight-week course for members of Platform’s Culture Café community group, led by Best Medicine Comedy.
  - £6 | 2.30–3.30pm
  - Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
  - £6 | 0141 276 9696 (option 2)

**THU 17 MAY**

- **FEEL GOOD IN THE WOODS**
  - WORKSHOP: Join this feel good woodland photo walk to capture spring beginnings, beautiful blossoms and tree canopies. Try new techniques to explore creativity, the mind and the great outdoors, sharing tea and healthy treats under the canopies. Try new techniques to explore creativity, the mind and the great outdoors, sharing tea and healthy treats under the canopies. All abilities welcome.
  - £75 | 10.30am–1.30pm
  - Pollok Country Park, 2060 Pollokshaws Road, Glasgow G43 1AT
  - £75 | 0141 276 9696

**FRI 18 MAY**

- **MAD, BAD OR SAD**
  - SEMINAR: Following on from the mornings Masterclass, Dr Williams will bring the theme of Mad, Bad and Sad to life by inviting panel members to tell personal stories about their engagement in working in adolescent wellbeing. ‘Going Mad’ will be used to bring these experiences to life and stimulate audience discussion.
  - £50 | 2-4pm
  - Scottish Youth Theatre, 105 Brunswick Street, Glasgow G1 1TF
  - £50 | mad-bad-sad-2018.eventbrite.co.uk

- **MAD, BAD OR SAD ADOLESCENT BRAIN DEVELOPMENT AND WHY OUR MARBLES MATTER**
  - SEMINAR: Join us for an in-depth masterclass on adolescent brain development, to help you gain knowledge about the teen brain and build confidence.
  - £50 | 2-4pm
  - Scottish Youth Theatre, 105 Brunswick Street, Glasgow G1 1TF
  - £50 | mad-bad-sad-2018.eventbrite.co.uk
WED 23 MAY

SMHAF WRITING AWARDS
LITERATURE
Join us to honour the very best entries from our annual writing competitions, held in partnership with Bipolar Scotland. Prepare to be inspired by the winning writers as they read from their work, while there will also be live music and a drinks reception.

6.30–8.30pm
St George’s Tron Church, 163 Buchanan Street, Glasgow G1 2JX
FREE
writing-awards-smhaf18.eventbrite.co.uk

THU 24 MAY

BEGINNINGS: FRESH IDEAS AND NEW DIRECTIONS
VISUAL ARTS
An evening offering opportunities to be inspired through observation, interaction and participation, featuring an exhibition of new works exploring fresh buds of creativity across indoor and outdoor spaces.

6–9pm
Recreational Therapy, Leverndale Hospital, 510 Crookston Road, Glasgow G53 7TU
FREE
0141 211 6647

CON(SIGNED)
PRESENTED BY VOX LIMINIS
THEATRE
You have been signed up to a game you never wanted to play. Your family member is in prison, only you can pass go. CON(SIGNED) is an interactive performance encompassing poetry, soundscap, installation and sensory overload. Booking advised as capacity is limited.

7.30–9pm
Saint Luke’s, 17 Bain Street, Calton, Glasgow G40 2JZ
£10 | £12 on the door
gatecrash.org.uk/consigned

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, giving audiences an insight into performances that may appear at future SMHAF events.

7–9pm
Flourish House, 23–25 Ashley Street, Glasgow G3 6DR
£5 | £3
mhfestival.com

FRI 25 MAY

SAWTI PROJECT
VISUAL ARTS | WORKSHOP
Come see this exhibition of artwork created by asylum-seeking and refugee women. There will also be opportunity to take part in an interactive workshop, including stories from refugees, poetry and Theatre of the Oppressed tactics.

WED 23 JUNE 1–4pm
Centre for Contemporary Arts (CCA), 350 Sauchiehall Street, Glasgow G2 3JL
FREE
sawtiart.eventbrite.co.uk

DISTANT VOICES: NOT KNOWN AT THIS ADDRESS
PRESENTED BY VOX LIMINIS
MUSIC
The Distant Voices project invites you to the launch of a truly remarkable album. Not Known at this Address brings together some of Scotland’s most celebrated songwriters with people who have first-hand experience of the criminal justice system. Join artistic director Louis Abbott (Admiral Fallow) and special guests performing Not Known at this Address, alongside other songs from the Distant Voices project.

7.30–11pm
Saint Luke’s, 17 Bain Street, Calton, Glasgow G40 2JZ
£10 | £12 advance
voxliminis.co.uk/coming-up

SAT 26 MAY

MOVING MINDS
MULTI-ARTS
Now in its tenth year, Moving Minds is a day of celebration at Kelvingrove with events exploring diversity and mental wellbeing. Join us throughout the day for music, song, dance, a fashion show, a guided tour, interactive stalls and other creative activities.

10am–4pm
Kelvingrove Art Gallery & Museum, Argyle Street, Glasgow G3 8AG
FREE
jsteel@mentalhealth.org.uk

Images, anti-clockwise from top left: An Untold Story; Turntable; CON(SIGNED); Distant Voices; Not Known at this Address; Moving Minds.
WHAT’S ON IN
Edinburgh & Lothian

EXHIBITIONS & ONGOING CALENDAR

FROM 26 APRIL

STARTING POINT

VISUAL ARTS Members of The Alma Project exhibit a stimulating range of canvas-based artworks and textile hangings on the theme of Beginnings.

OPENING 26 APR 2-3.30pm
EXHIBITION 27 April-22 May
Mon–Fri, 9.30am–5pm
Chaplaincy Centre, University of Edinburgh, 1 Bristo Square EH9 9AL
FREE  07703 639 334

FROM 7 MAY

IN THE BEGINNING: WINDOW DISPLAY

VISUAL ARTS Three individually themed painted glass door panels displayed in front of Augustine United Church. The panels were created by service users, volunteers and staff who access NHS Lothians Department of Spiritual Care’s Community Mental Health provision.

7–27 May 24h
Augustine United Church, 42 George IV Bridge, Edinburgh EH1 1EL
FREE  maxwell.reay@nhslothian.scot.nhs.uk

FROM 8 MAY

STEPPING OUT FROM THE SHADOWS

VISUAL ARTS This photography and mixed media exhibition aims to identify and break down the labels which can be attached to young people. The metaphor of shadows is central to the project and can be seen in the work the young people have produced.

LAUNCH 9 MAY 3-5pm
EXHIBITION 9 May-2 June 9am-5pm
Strathbogie Partnership Centre, 146A West Main Street, Broughton EH6 2LH
FREE  01506 282 239  arts@nhslothian.gov.uk

FROM 10 MAY

FLOCKING INSTINCT 3

VISUAL ARTS Join artist Gordon Ackerman in constructing a 3D network of spheres. Using clay, paint and pre-made wooden connections, we will make a sculpture that explores the possibility for connections and belonging. Come at 1.30pm and stay as long as you like.

11–25 May 1–3.30pm
Out Of The Blue Drill Hall, 36 Dalmeny Street, Edinburgh EH6 8RQ
FREE  07798 047 324  info@gordonackermanart.com

FROM 11 MAY

A SENSE OF BELONGING: A SYRIAN KURDISH & SYRIAN FESTIVAL

MUSIC/ARTS A two-day festival featuring an exhibition, artist-led workshops with Nihad Al Turk and Susie Wilson, readings by author Halitham Hussein, film and photography by Lawrence Hussein, and a screening of short film Syrian Voices. Also Syrian and Kurdish food, topical information, children’s activities and storytelling.

13 May 12–5pm
14 May 9am–5pm
Augustine United Church, 42 George IV Bridge, Edinburgh EH1 1EL
FREE  maxwell.reay@nhslothian.scot.nhs.uk

FROM 14 MAY

HORIZONS AND BORDERS

VISUAL ARTS A mixed media exhibition inspired by the theme of Beginnings. The work on display has been created by a small group of artists working creatively at Tollcross Community Centre.

14 May 10am–5pm
Tollcross Community Centre, 127 Fountainbridge, Edinburgh EH3 9QD
FREE  pt2rd@gmail.com

THE BEGINNING OF THE END HAS ALREADY STARTED

POETRY A new form of poetry display. 14 x A4 sheets of original works by Dougie Soutar hanging on the walls of a quiet meditation space in the basement of an authentic city café.

14 May 11am–5pm
Himaya Cafe, 20 South Clerk Street, Edinburgh EH9 9PH
FREE  0131 273 5116  pam@capsadvocacy.org

FROM 17 MAY

LAUREN MAKES A MESS

VISUAL ARTS Lauren Stonebanks is a former medical student who fell down the rabbit hole of mental illness. She will be displaying some of her art in her favourite bookshop, Main Point Books. Come along for dubious art and great books.

IN THE BEGINNING: CAFÉ

FREE Drop in café with free tea, coffee and biscuits. Each café will feature a stimulating range of canvas-based artworks and textile hangings on the theme of Beginnings. The work on display has been created by a small group of artists working creatively at Tollcross Community Centre.

LAUNCH 14 May 3-5pm
EXHIBITION 14 May-2 June 9am-5pm
Strathbogie Partnership Centre, 146A West Main Street, Broughton EH6 2LH
FREE  01506 282 239  arts@nhslothian.gov.uk

FROM 18 MAY

IN THE BEGINNING: CAFÉ

FREE Drop in café with free tea, coffee and biscuits. Each café will feature a stimulating range of canvas-based artworks and textile hangings on the theme of Beginnings. The work on display has been created by a small group of artists working creatively at Tollcross Community Centre.

LAUNCH 18 MAY 3-5PM
EXHIBITION 18 MAY-2 JUNE 9AM-5PM
Strathbogie Partnership Centre, 146A West Main Street, Broughton EH6 2LH
FREE  01506 282 239  arts@nhslothian.gov.uk

FROM 22 MAY

NORTH EDINBURGH PORTRAITS

VISUAL ARTS What makes a thriving community alongside bricks and mortar? With 700 new homes being built around our venue, North Edinburgh Theatre project explores the histories of those who moved to Murihouse in the 1950s, creating a set of photographic portraits of characters they developed for the stage.

22 May–21 Jun
Muirhouse Library
FREE  admin@northedinburgharts.co.uk

FROM 24 MAY

MARBLES #3 LAUNCH

VISUAL ARTS To launch Marbles #3, this series of free film screenings depicts different experiences of mental health in movies, each followed by a panel discussion. Organised and hosted by Dear Diary and Marbles magazine, the indie publication exploring, dissecting and exploding mental health stigma.

24 May 10.10am
Muirhouse Library
FREE  info@marblesmag.com

THE WORLD THROUGH OUR EYES

VISUAL ARTS An exhibition of photographs created by women who participated in a project for International Women’s Day earlier this year. The work captures elements that resonate with their lives and the spaces they inhabit.

24 May-3 June
Mon–Fri 10am–3pm
St Brides Community Centre, 10 Orwell Terrace, Edinburgh EH12 2DZ
FREE  0131 458 5055  margaret.drysdale@edinburgh.gov.uk

FROM 26 MAY

INSIDE THE BEGINNING: CAFÉ

FREE Drop in café with free tea, coffee and biscuits. Each café will feature a stimulating range of canvas-based artworks and textile hangings on the theme of Beginnings. The work on display has been created by a small group of artists working creatively at Tollcross Community Centre.

LAUNCH 26 MAY 3-5PM
EXHIBITION 26 MAY-2 JUNE 9AM-5PM
Strathbogie Partnership Centre, 146A West Main Street, Broughton EH6 2LH
FREE  01506 282 239  arts@nhslothian.gov.uk

FROM 28 MAY

IN THE BEGINNING: CAFÉ

FREE Drop in café with free tea, coffee and biscuits. Each café will feature a stimulating range of canvas-based artworks and textile hangings on the theme of Beginnings. The work on display has been created by a small group of artists working creatively at Tollcross Community Centre.

LAUNCH 28 MAY 3-5PM
EXHIBITION 28 MAY-2 JUNE 9AM-5PM
Strathbogie Partnership Centre, 146A West Main Street, Broughton EH6 2LH
FREE  01506 282 239  arts@nhslothian.gov.uk

FROM 31 MAY

HI, HOW ARE YOU?

VISUAL ARTS An emotive photographic exhibition featuring work from Broughton High School pupils, as they respond to mental health issues young people face today.

31 May 10am–5pm
Main Point Books, 77 Bread Street, Edinburgh EH3 9AH
FREE  0131 229 4837

FROM 21 JUNE

J’AI UNE AME SOLITAIRE

VISUAL ARTS An exhibition of small photographic prints by Mark Gould examining social isolation and depression.

21 June–1 July
Mon–Fri 9am–5pm
Sat 10am-5pm, Sun 12noon-5pm
Fieldwork, 105 Fountainbridge, Edinburgh EH3 9QD
FREE  mark@mgould.com

Images, left to right: Starting Point; Stepping Out from the Shadows; HI, How Are You?
WED 9 MAY

WOMEN WRITING FOR CHANGE

WORKSHOP A writing workshop for women with lived experience of mental health issues. No writing experience necessary! Write to change minds, express yourself or your group’s opinion. Engage the people you are addressing using humour, empathy, stats, facts and images.

2–4.30pm
Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL
FREE 0131 273 5116 E pam@capsadvocacy.org

THU 10 MAY

DON’T JUDGE A BOOK BY ITS COVER

LITERATURE Explore how literature can contribute to recovery and understanding of mental health. There will be a variety of speakers and discussion prompted by quotations from well-known books.

7.30–9.30pm
The Edinburgh Bookshop, 229 Bruntsfield Place, Edinburgh EH10 4DH
FREE 0131 447 1917

FRI 11 MAY

DON’T PANIC! IT’S CHALLENGE ANNEKA

BY ON THE BUTTON


7.30–8.30pm
Brunton Theatre, Ladywell Way, Musselburgh EH21 6AA
£13.50 / £11.50 / £8.50 0131 665 2240 W thebrunton.co.uk

SAT 12 MAY

INSPIRING LIFE

WORKSHOP An opportunity to visit our Depressed Cake Shop café and participate in workshops supporting mental health and wellbeing.

11am–3.30pm
Dalcross Arts Centre, 2 White Hart Street, Dalkeith, Edinburgh EH22 1AE
FREE 0131 272 1244

SAT 12 MAY

REBLOOM

WORKSHOP Contact Point showcases the work of artists with lived experience, demonstrating the positive impact of an on mental health. Join us for an exhibition of new work and performances, visit stalls selling original pieces and take part in our creative workshop.

12–4pm
Contact Point, 103 High Riggs, Tollcross, Edinburgh EH9 8PB
£1 £345 140 7777 E contactpointcontactteam@baronyhamsa.org.uk

TUE 15 MAY

OUT OF SIGHT, OUT OF MIND: AFTERNOON TEA

BARONYHA This is an informal talk and afternoon tea with artists and organisers of Out of Sight, Out of Mind, an annual exhibition of artworks by people who have experienced mental health issues. Find out about taking part in the October exhibition. All welcome.

2–3.30pm
Cornerstone Centre, St John’s Episcopal Church, Princes Street, Edinburgh EH2 4BJ
FREE 0131 273 5116 E pam@capsadvocacy.org

THU 17 MAY

HERE & NOW: IN MY SPACE

LITERATURE | VISUAL ARTS Join us to celebrate the publication of a book created by the OxPen Writing Group. Members will read extracts from their book alongside an exhibition of photographs that have been created specifically for this event.

11.30am–12.30pm
Oxgangs Library, 343 Oxgangs Road North, Edinburgh EH12 8LY
FREE 0131 656 5395 E margaret.drysdale@edinburgh.gov.uk

FRI 18 MAY

MIND TO MOVE

WORKSHOP | DANCE Hosts a movement workshop for those with experience of mental health issues. No dance experience necessary. The workshop will end with a short excerpt of The Box (see p89).

10am–12pm
North Edinburgh Arts, 15A Pennywell Court, Edinburgh EH4 4TZ
FREE 01721 723 244 E julia@jjgdance.com

SAT 19 MAY

MAD JAM OPEN MIC

MUSIC The Mad Jammers invite you to enjoy their latest show, with music, spoken word and general creativity. All in a safe space with a friendly, supportive and enthusiastic audience.

7–10pm
Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL
FREE 07712 100 252 E ralph@live.co.uk

THOUGH THIS BE MADNESS

SHOES IN THE WOODS Theatre How can we nurture our collective sanity? Bouncing on a plateaust ball in the Land of Lounge Room, a recovering mum is desperate to soothe her baby. Unable to reach her sister, who wrestles sometimes with a cataract on what Shakespeare calls the minds eye, she stitches together a pillow-book of tales told through poetry and performance. Over 14s only.

7.30–8.30pm
Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH1 1SR
£8 0131 556 9579 W scottishstorytellingcentre.co.uk

 IMAGES, left to right: Don’t Panic! It’s Challenge Annetka; Mind to Move; Though This Be Madness
**SUN 20 MAY**

**IN THE BEGINNING: REFLECTIVE WORSHIP SERVICE**

**COMMUNITY** A reflective worship service focusing on the importance of giving time to activities and spiritual practices that help support good mental health and wellbeing. This will be an open and inclusive event and will welcome people of all faiths and none.

10.45am-12.15pm
Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL
FREE
fiona.j.morrison@nhslothian.scot.nhs.uk

**THU 24 MAY**

**IT’S OUR PARTY**

**VISUAL ARTS | PERFORMING ARTS** It’s our party and everyone is invited! Bring a friend, dress up in your birthday best and let’s celebrate Year of Young People 2018 with a parade through Jupiter Artland. Join us for our tenth birthday with puppets and a good old fashioned party.

10.30am-12pm
Jupiter Artland, Bonnington House, Steadings, Wilkliston, Kirknewton, Edinburgh EH27 8BY
£8.50 | £6.50 | £4.50 | FREE
charlie-allanson-oddy@nhslothian.scot.nhs.uk

**THE BOX**

**PERFORMING ARTS** As part of our commitment to fostering new work that explores mental health, we are delighted to present and discuss new work, and participation includes free entry to Flint & Pitch. Beginnings at The Bongo Club. Open to newcomers and more experienced poets.

7.30-9.30pm
Assembly Roxy, 2 Roxburgh Place, Edinburgh EH8 9SU
£5 | £4.50 | £3.50 | FREE
roxy@assemblyfestival.com

catherine@jupiterartland.org

**FLINT & PITCH: BEGINNINGS**

**SPOKEN WORD | MUSIC** A special showcase on the theme of Beginnings, featuring a range of spoken word, music and theatre acts including internationally acclaimed spoken word poet. The workshop focuses on both writing and performance, culminating in new work, and participation includes free entry to Flint & Pitch. Beginnings at The Bongo Club. Open to newcomers and more experienced poets.

7.30–9.30pm
The Saltire Society, 9 Fountain Close, 22 High Street, Edinburgh EH1 1JX
FREE
flintandpitch@gmail.com

**TUE 22 MAY**

**ONCE UPON A TIME**

**VISUAL ARTS** Veterans First Point, Lothian, Floor K, Argyle House, 3 Lady Lawson Street, Edinburgh EH2 2DR
FREE
maxwell.reay@nhslothian.scot.nhs.uk

**SAT 26 MAY**

**BEGINNINGS: WRITING & PERFORMANCE WITH DEANNA RODGER**

**PRESENTED BY THE MENTAL HEALTH FOUNDATION AND FLINT & PITCH**

**WORKSHOP** An opportunity for 16-25 year olds to develop their writing and performance skills with Deanna Rodger, internationally acclaimed spoken word poet. The workshop focuses on both writing and performance, culminating in new work, and participation includes free entry to Flint & Pitch. Beginnings at The Bongo Club. Open to newcomers and more experienced poets.

10.30am-12pm
Jupiter Artland, Bonnington House, Steadings, Wilkliston, Kirknewton, Edinburgh EH27 8BY
£8.50 | £6.50 | £4.50 | FREE
maxwell.reay@nhslothian.scot.nhs.uk

**SPECKY AL’S SPECTACULAR**

**THOUGH THIS BE MADNESS**

**SPOKEN WORD | THEATRE** A night of disco, featuring everything from classic disco, 80s pop, Hi-NRG to the present day, giving people within the mental health community a safe place to dance and a fun night out. Open to all, LGBTQ+ inclusive.

7–10pm
Banshee Labyrinth, 29–35 Niddrie Street, Edinburgh EH1 1LG
FREE
DEVIA AL’EVENTBRITE.CO.UK

**TUE 29 MAY**

**IN THE BEGINNING, THERE WAS DISCO**

**COMMUNITY** A night of disco, featuring everything from classic disco, 80s pop, Hi-NRG to the present day, giving people within the mental health community a safe place to dance and a fun night out. Open to all, LGBTQ+ inclusive.

7–10pm
Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL
FREE
maxwell.reay@nhslothian.scot.nhs.uk
jules@lgbthome.org.uk
WHAT’S ON IN Renfrewshire

EXHIBITIONS & ONGOING CALENDAR

FROM 1 MAY

SPREAD A LITTLE KINDNESS
COMMUNITY
Renfrewshire Anti-Sigma Alliance presents a social media campaign to spread a little kindness, using uplifting quotes throughout May.
1/31May
FREE
@Renspreadalittlekindness
£ Audrey.Hall@ggc.scot.nhs.uk

PHOTOGRAPHY BY PEER FOCUS
VISUAL ARTS
Paisley Job Centre hosts a group photography exhibition of work by Peer Focus, a recovery-based photography group.
3/3May–31May
FREE
© 0141 849 2297
© sarah.grant2@ggc.scot.nhs.uk

ERSKINE HEALTH CENTRE ARTWORK
VISUAL ARTS
A permanent exhibition which reflects the local area and history of Erskine, created by Made in Residence artists who use creativity as part of their recovery.
3/3May–31May
FREE
© 0141 849 2297
© sarah.grant2@ggc.scot.nhs.uk

FROM 4 MAY

FAMOUS FAVOURITES
VISUAL ARTS
A new solo exhibition of art works by local artist Muni-Miku, who presents a humorous and, at times, macabre twist on famous paintings from the history of art.
4/3May–4/3May
FREE
© 0141 849 2297
© sarah.grant2@ggc.scot.nhs.uk

FROM 7 MAY

MY TIME
LITERATURE | VISUAL ARTS
Voluntary Arts Scotland matched poets with creative groups across Renfrewshire, celebrating local creativity and exploring how getting creative makes us feel. Drop into this exhibition to discover some of the creative groups happening on your doorstep and explore the link between creativity and wellbeing. Supported by Creative Scotland and Paisley 2021.
7/7May–7/7May
FREE
© 0141 849 2297
© sarah.grant2@ggc.scot.nhs.uk

FROM 8 MAY

CARING CONVERSATIONS
VISUAL ARTS
Brought together by artist Josie Vallely, this exhibition features work by people from across Renfrewshire, exploring the theme of mental health stigma in health and social care. There will also be a chance to take part in workshops with Josie and ceramicist Kileth Andrew Morris. See p21 for full details.
8/8May
Tue/Thu/Sat/Sun 10am–4pm
RMHAF Hub, 31 High Street, Paisley PA1 2AF
FREE
© lam.josie@gmail.com

FROM 10 MAY

BEGINNINGS: BROKEN PAGES MEND STAGES
THEATRE | WORKSHOP
Changin’ Stages Drama Group will perform an engaging piece of theatre around the experience and impact of poor mental health and addiction. All are welcome at the open workshop a week before.
10/10May
FREE
© 0141 404 7788
© Scre@m
© 0141 849 2297
© luckannadax@gmail.com

FROM 12 MAY

TEXTILE SKILLS SHARE
WORKSHOP
As part of the Paisley TH.CARS2 project, the Sma’ Shot Weavers in Residence invite you to join them for a weekend of DIY textile skills sharing. Drop in sessions will run both mornings, with a weaving workshop each afternoon. No experience necessary; tea, coffee and cake will be provided.
12/12May
FREE
© 0141 404 7788
© Scre@m
© 0141 849 2297
© th.cars2@renfrewshire.gov.uk

FROM 19 MAY

VIVID FOLIAGE
VISUAL ARTS
As part of the TH.CARS2 project, Screens for a weekend of DIY print workshops, inspired by Paisley’s textile heritage. Try your hand at screen printing, see prints made by Threadlines and RAMH, and get a copy of our collective newspaper Vivid Foliage—dedicated to creative writing and experimental print.
19/19May
12–4pm
RMHAF Hub, 31 High Street, Paisley PA1 2AF
FREE
© 0141 404 7788
© Scre@m
© 0141 849 2297
© th.cars2@renfrewshire.gov.uk

EVENTS

TUE 1 MAY

YOUTH MENTAL HEALTH FIRST AID TRAINING
COMMUNITY
An educational workshop suitable for anyone involved in supporting 11-17 year olds with mental health issues. Come along to increase your knowledge and skills in supporting others.
1–4pm
St Matthew’s Church, Gordon Street, Paisley PA1 1XL
FREE
© 0141 404 7788
© Scre@m
© 0141 849 2297
© reuben@ramh.org

OPEN MIC POETRY NIGHT
LITERATURE
Nights at the Round Table present their monthly open mic spoken word event, featuring original poetry and prose with a mental health theme. Come along to listen or take part, with chances to share your poems and stories with a supportive audience. Everyone welcome.
7–9pm
Bianco E Nero Cafe (formerly Supportas Cafe), 27 Gauze Street, Paisley PA1 1ES
FREE
© metcalkathryn2@gmail.com

0141 849 2297
01505 821 824
0141 849 2297
0141 849 2297

RMHAF Hub, 31 High Street, Paisley PA1 2AF
FREE
© metcalkathryn2@gmail.com

Images, clockwise from left: The Scre@mby Mandy Musz, Famous Favourites, Photography by Peer Focus, Sma’ Shot Weavers in Residence Heather Shields and Shielagh Tacey
Youth Mental Health Arts Festival

FESTIVAL
Renfrewshire’s first Youth Mental Health Arts Festival, this weekend of activities is presented as part of Scotland’s Year of Young People 2018.

Paisley Arts Centre, New Street, Paisley PA1 1EZ
☎ 0300 300 1210 | boxoffice.renfrewshire.gov.uk
@email alan@createpaisley.org.uk

FRI 4 MAY
CREATIVE SHOWCASE
MULTI-ARTS
To launch Renfrewshire’s Youth Mental Health Arts Festival, come and see how young people are using the arts to express themselves and explore issues affecting their mental health. Featuring dance, music, films, stories and poetry from Jump Dance Crew, Prima School of Dance, Rachelle and Brittany Davies, Sophie Paterson, Kibble, Create Paisley and more.

7-9pm FREE

SAT 5 MAY
WELL DIGITAL
WORKSHOP
A digital workshop for young people aged 12-21 led by Paisley YMCA. Try out the latest digital tools and technology, learn some new ways to express yourself and even play around with virtual reality.

1-3pm FREE ☎ 0345 889 2876
@email darran@paisleyymca.org

SUN 6 MAY
YOUTH FILM COMPETITION
MULTI-ARTS
An afternoon featuring films made by young people about mental health or the theme of Beginnings. Prizes and ongoing support will be awarded to the winners and runners-up.

4-6pm FREE

AMY CONWAY’S SUPER AWESOME WORLD
THEATRE
Through the prism of video gamer, Amy Conway explores what depression is like and what it is like to fight it, asking the audience to become her fellow adventurers in an interactive experience that asks difficult questions and searches for elusive sparks of joy in the deep dark multi-user dungeons of the soul. Ages 12+.

7-8pm £10 / £6

TUE 8 MAY
FESTIVAL LAUNCH: CARING CONVERSATIONS
MULTI-ARTS
Join us for the launch of the festival in Renfrewshire, which celebrates the best of creativity and wellbeing in our local area. There will be performances, activities and a guided tour of the Caring Conversations exhibition (see p11).

12-2pm RHVAF Hub, 31 High Street, Paisley PA1 2AF
FREE ☎ i.am.josie@gmail.com

WORKSHOP STORY CAFE: CHANGING STORIES
LITERATURE
Glasgow Women’s Library introduces some fabulous women who have taken on the menopause in fiction, poetry and more. Listen to entertaining and thought-provoking readings from the GWL collections and share in relaxed discussion and creative activities to explore how the menopause is the end of some things but can also be a new beginning.

1-3pm
@email karen.kyle@renfrewshire.gov.uk

WED 9 MAY
WALK A MILE
COMMUNITY
Renfrewshire Anti-Sigma Alliance (RASA) invite you to our annual event to challenge discrimination and stereotyping, one conversation at a time. This flat one-mile walk is suitable for all ages and abilities. Everyone is welcome.

12-2pm Fountain Gardens, Love Street, Paisley PA1 3PD
FREE ☎ bernadette.riley@renfrewshire.gov.uk

THU 10 MAY
SNAPSHOTS
VISUAL ARTS
Members of ROAR, Renfrewshire third sector organisation for older people, exhibit pictures that hold some memory, significance or element of a story for them. The images also act as snapshots of Paisley’s industrial or social past.

1-3pm RHVAF, Connections for Life, 59 Glasgow Road, Paisley PA1 3PD
FREE ☎ grant@roarforlife.org

SING YOURSELF HAPPY WITH ROCKUS CHOIR
MUSIC
Come and join RockUs Community Choir for an evening of singing and laughing. Feel the benefits that singing with like-minded people can add to your mental health.

7-9pm Salvation Army Hall, Mill Street, Paisley PA1 1EZ
£10 ☎ 0300 300 1210
@email grant@roarforlife.org

SAT 12 MAY
DON’T PANIC! IT’S CHALLENGE ANNEKA
THEATRE
Bumbag? Check. Luminescent shell suit? Check. Positive attitude in the face of seemingly insurmountable challenges? Hell yeah! Inspired by real life stories, this is a frank, funny and open exploration of a topic that too often remains taboo: the challenge of overcoming anxiety.

7.30-8.30pm Paisley Arts Centre, 15 New Street, Paisley PA1 3EZ
£10 / £6 ☎ 0300 300 1210
@email boxoffice.renfrewshire.gov.uk

Images, left to top to bottom: Youth Mental Health Arts Festival launch; Disney·Pixar Images, left top to bottom: Youth Mental Health Arts Festival launch; Disney·Pixar
©Disney/Pixar
SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2018

EVENTS

SUN 13 MAY

A NIGHT TO MAKE YOU WELL HAPPY

MUSIC

The Well Happy Band aims to teach you how to improve physical and mental health and resilience through laughter yoga, music, the arts and mindfulness. All while having fun, laughing with others and learning about yourself. Join us for a night of fun, laughter and audience participation.

10.30–11.30pm
The Bungalow Bar, Shuttle Street, Paisley PA1 1YD
FREE
07895 444 033
shaun.moore@btme.com

TUES 15 MAY

WORKSHOP STORY CAFE: NEW BEGINNINGS

LITERATURE

Relax while you listen to a story and poems being read aloud, then join in the discussion. We’ll hear work by selected writers from the shelves of Glasgow Women’s Library on the theme of Beginnings. Chill out, discover some new female authors, and enjoy the company.

1–3pm
Karaie, Active Communities, 16 Quarry Street, Johnstone PA5 8DZ
FREE
karen.kyle@renfrewshire.gov.uk

BREAKING THE MYTHS, FEARS & STIGMA ABOUT MENTAL HEALTH

WORKSHOP

A mental health awareness workshop focusing on minority ethnic communities in Renfrewshire. Featuring a range of presentations, including the film Open Secrets.

5.30–8pm
Paisley Campus, University of West of Scotland, High Street, Paisley PA1 2BE
FREE
breanne@breaking-the-myths-renfrewshire.eventbrite.co.uk

Fri 18 May

JESSIE NEWBERRY & THE IMPACT OF WOMEN ON PAILSEY’S DESIGN HERITAGE

WORKSHOP

As part of TWOPACZ, The History Girls give a presentation about Paisley-born Jessie Newbery, Glasgow Girl and founder of GSA’s Embroidery Department. They will then lead a workshop exploring the impact women have had on Paisley’s design heritage.

10.30–3pm
Paisley Arts Centre, 15 New Street, Paisley PA1 3LX
FREE
0141 638 7939
info@arts.co.uk

TIPS FOR GIRLS

FILM

Is it permissible to ‘spoon’ with a young man before you’ve engaged? Is dancing bad for your ovaries? Find out the answers to these burning questions and check out more useful, quaint and downright dangerous advice, plus fashion, health and beauty tips from the archives of Glasgow Women’s Library and the National Library of Scotland film archive.

6.30–9pm
Glasburn Bar, Fairway Avenue, Paisley PA2 8DX
FREE
0300 300 1188
renfrewshirelibraries.co.uk

MINDFULNESS & CREATIVE WRITING

WORKSHOP

Explore how practising mindfulness can help inspire the creative process, particularly in creative writing. Take time out to observe, explore and create.

7–9pm
St Matthews Church, Gordon Street, Paisley PA1 1XL
FREE
07837 310 504
mary.christison@renfrewshire.gov.uk

TUE 22 MAY

LADIES A, B AND C

FILM

A short docufilm created in partnership with Media Monty in which a group of Renfrewshire women explore and rediscover the life and times of locals who lived in the 19th century. Jane Arthur, Mary Barbour and three of the Mrs Coats.

1.30–3.30pm
Chancellors Hall, Paisley Campus, University of West of Scotland, High Street, Paisley PA2 8DX
FREE
0141 849 1123
mary.christison@renfrewshire.gov.uk

MUSIC

SOUNDS FOR SAMH

WORKSHOP

If you’d like to try drumming, out of the house and do something new, join Buddy Beat for an open morning of drumming, music and wellbeing!

2–8pm
Paisley Arts Centre, New Street, Paisley PA1 3LX
FREE
0300 300 1188
renfrewshirelibraries.co.uk

Sun 26 May

BUDDY BEAT OPEN MORNING

WORKSHOP

If you’d like to try drumming, meet new people or simply want to get out of the house and do something new, join Buddy Beat for an open morning of drumming, music and wellbeing!

10am–12pm
Johnstone High Parish Church Hall, Ludicrous Square, Johnstone PA5 8EE
FREE
thecubbybeat@sky.com

2018 SCOTTISH MENTAL HEALTH ARTS FESTIVAL

LISTINGS ● RENFREWSHIRE

Sun 13 May

The Well Happy Band

The Well Happy Band aims to teach you how to improve physical and mental health and resilience through laughter yoga, music, the arts and mindfulness. All while having fun, laughing with others and learning about yourself. Join us for a night of fun, laughter and audience participation.

10:30-11:30pm
The Bungalow Bar, Shuttle Street, Paisley PA1 1YD
FREE
07895 444 033
shaun.moore@btme.com

Fri 18 May

Jesse Newbery & The Impact of Women on Paisley’s Design Heritage

Jesse Newbery & The Impact of Women on Paisley’s Design Heritage

As part of TRWAPACZ, The History Girls give a presentation about Paisley-born Jessie Newbery, Glasgow Girl and founder of GSA’s Embroidery Department. They will then lead a workshop exploring the impact women have had on Paisley’s design heritage.

10am-12pm
Methodist Central Hall, 7 Gauze Street, Paisley PA1 1EB
FREE
berenette.reilly@renfrewshire.gov.uk

Fri 18 May

Tips for Girls

Tips for Girls

Is it permissible to ‘spoon’ with a young man before you’ve engaged? Is dancing bad for your ovaries? Find out the answers to these burning questions and check out more useful, quaint and downright dangerous advice, plus fashion, health and beauty tips from the archives of Glasgow Women’s Library and the National Library of Scotland film archive.

6:30-9pm
Glasburn Bar, Fairway Avenue, Paisley PA2 8DX
FREE
0300 300 1188
renfrewshirelibraries.co.uk

Fri 25 May

Paisley Artists’ Collective

Paisley Artists’ Collective

LITERATURE | MUSIC | VISUAL ARTS

Celebrate the Sunshine Recovery Festival’s 5th birthday with a free buffet, open mic performances from the Creative Writing Group, drama from Changing Stages, music from the Paisley Guitar Group, and comedy from William ‘Big Will’ Clark.

1-3.30pm
St Matthew’s, Gordon Street, Paisley PA1 3LX
FREE
0141 849 2297
colin.turner@ggc.scot.nhs.uk

Sat 26 May

Fundamental Conduit

Fundamental Conduit

MUSIC

Live performance from a collective of musicians and writers with a unique mix of music and spoken word. Plus chilled out, sci-fi inspired house grooves by Vindian City Beat Police.

8pm-12am
Colin’s Gaven, 66 Old Street, Paisley PA5 2AP
£8
0141 873 1104
gwenmck@hotmail.co.uk

Sun 27 May

Sounds for Samh

Sounds for Samh

MUSIC

Musical extravaganza with some of the most accomplished cover bands in the West of Scotland, followed by an all night party. All proceeds to SAMH.

2–8pm
The Bungalow Bar, Shuttle Street, Paisley PA1 1YD
FREE
0141 889 9976

Thu 24 May

Recovery Fest: Impact Showcase

Recovery Fest: Impact Showcase

MULTI-ARTS

Celebrate the Sunshine Recovery Festival’s 5th birthday with a free buffet, open mic performances from the Creative Writing Group, drama from Changing Stages, music from the Paisley Guitar Group, and comedy from William ‘Big Will’ Clark.

1-3.30pm
St Matthew’s, Gordon Street, Paisley PA1 3LX
FREE
0141 849 2297
colin.turner@ggc.scot.nhs.uk

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2–8pm
The Bungalow Bar, Shuttle Street, Paisley PA1 1YD
FREE
0141 889 9976

TUE 29 MAY

Frame by Frame: Reimagining Renfrewshire

Frame by Frame: Reimagining Renfrewshire

FILM

The story of how community arts engagement got us to Paisley 2021 and beyond! Frame by Frame presents this festival edition of its regular film night, showcasing the best of local filmmaking.

6.30-8.30pm
Paisley Arts Centre, New Street, Paisley PA1 3LX
FREE
richard.weekes@renfrewshire.gov.uk

Images, clockwise from top right:
Mindfulness & Creative Writing; Recovery Fest; Diversity Open Mic; Buddy Beat; Frame by Frame: Reimagining Renfrewshire; Paisley born Jessie Newbery, Glasgow Girl and founder of GSA’s Embroidery Department.

www.mhfestival.com
0141 618 7939
mhfestival@renfrewshire.gov.uk
WHAT'S ON IN Lanarkshire, Inverclyde and Dumfries & Galloway

Lanarkshire

SAT 5 MAY

AMY CONWAY'S SUPER AWESOME WORLD
THEATRE
Through the prism of video games, Amy Conway explores what depression is like and what it is like to fight it, asking the audience to become her fellow adventurers in an interactive experience that asks difficult questions and searches for elusive sparkles of joy in the deep dark multi-user dungeons of the soul.
7–8pm
Cumbernauld Theatre, Cumbernauld G67 2BN
£8 | £6
01236 732 887
wcumbernauldtheatre.co.uk

THU 10 MAY

FISK
BY TORTOISE IN A NUTSHELL
THEATRE
Fisk is a story of a man and a fish, and the unexpected impact they have upon one another. Examining themes of depression, support and interconnection, Fisk explores the lengths we can go to in order to escape from ourselves, yet also find joy in even the deepest and darkest depths. Weaving together a rich tapestry of puppetry, movement and intricate design, alongside an evocative original soundtrack, the piece draws audiences into an immersive marine world.
7.30–8.20pm
Cumbernauld Theatre, Cumbernauld G67 2BN
£8 | £6
01236 732 887
wcumbernauldtheatre.co.uk

THU 17 MAY

MUSIC FOR THE MIND
Hosted by Michelle McManus, with performances by Edward Reid and Soundsational, this evening of musical entertainment is guaranteed to lift your spirits. Also a preview of Mental H, a new musical about patients dealing with mental health problems and the challenges they face.
7.30–10pm (doors 7pm)
Motherwell Theatre, Windmillhill Street, Motherwell ML1 1AB
£8 | £4 | £20 family
01698 403 120
www.culturenl.co.uk

SAT 26 MAY

SOUNDMINDS
A fun-packed family event. Come listen to local bands showcasing their talent, have a go at playing African drums and DJ decks at our instrument taster sessions, and take time to enjoy music for your mental health.
10am–4pm
Motherwell Shopping Centre, Brandon Parade South, Motherwell ML1 3RB
FREE
01698 862 860

Inverclyde and Dumfries & Galloway

SAT 12 MAY

TURNTABLE
BY MICHAEL JOHN MCCARTHY
MUSIC
Turntable started when musician Michael John McCarthy and his Great Aunt Kathleen connected over a stack of vinyl. Since then the Turntable team have toured her record case around Scotland, inviting listeners of all ages to investigate its contents while reflecting on the importance of music in their lives. A performance exploring memory, identity, family and most importantly of all, the joy of music.
8–8.55pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1EQ
£12 | £10
01475 723 723
beaconartscentre.co.uk

THOUGH THIS BE MADNESS
BY SKYE LONERAGAN
SPOKEN WORD | THEATRE
How can we nurture our collective sanity? Bouncing on a pilates ball in the Land of Lounge Room, a recovering mum is desperate to soothe her baby. Unable to reach her sister, who wrestles sometimes with a cataract on what Shakespeare calls the mind’s eye, she stitches together a pillow-book of tales told through poetry and performance. Content from the show will also be shared in a daytime performance, specifically for parents with babes-in-arms.
1.30–2.30pm
The Stove, 100 High Street, Dumfries DG1 2BN
BABIES-IN-ARMS
FREE
7.30–8.30pm
The Stove, 100 High Street, Dumfries DG1 2BN
BABIES-IN-ARMS
FREE
£10 | £9
01387 252 435
WHAT’S ON IN
Forth Valley & Dundee

Firth Valley

TUE 15 MAY

WORDS ARE THE MESSAGE

THEATRE

Be inspired by a series of short readings on the theme ‘Letters to Myself’ from emerging and established writers, interspersed with uplifting songs from FDAMH’s award-winning Freedom of Mind Choir.

7–8.30pm
Falkirk Trinity Church Hall, Manse Place, Falkirk FK1 1JN
£3 | FREE
E admin@fdamh.org.uk

THU 17 MAY

DON’T PANIC! IT’S CHALLENGE ANNEKA

BY ON THE BUTTON

THEATRE

Bumbag? Check. Luminescent shell suit? Check. Positive attitude in the face of seemingly insurmountable challenges? Hell yeah! Inspired by real life stories, this is a frank, funny and open exploration of a topic that too often remains taboo: the challenge of overcoming anxiety.

7.30–8.30pm
Macrobert Arts Centre, University of Stirling, Stirling FK9 4LA
£30.50 | £25.50 | £15.50
01786 486 666
w macrobertartscentre.org

FRI 18 MAY

A CUP O’ KINDNESS

THEATRE

A short play in three acts exploring loss, anxiety, realisation and revelation, all based around three duos having a good chat and a cathartic cup of tea, setting their own and the world’s problems to rights.

7–9pm
Falkirk Trinity Church Hall, Manse Place, Falkirk FK1 1JN
£3 | FREE
E admin@fdamh.org.uk

Dundee

FROM 24 MAY

EVE / ADAM: DOUBLE BILL

THEATRE

National Theatre of Scotland presents two new uplifting, brave and deeply personal productions exploring extraordinary lives in transition. Following phenomenally successful runs at the Edinburgh Fringe 2017 and subsequent tour, Eve and Adam can both be seen together in one evening.

24–26 May
7–10.30pm
Dundee Rep Theatre, Tay Square, Dundee DD1 1PB
£9–£25
01382 223 530
w dundeerep.co.uk

I AM: BOOK LAUNCH

LITERATURE

What's it like to grow up as a transgender or non-binary person in Nigeria, Pakistan, Portugal or Russia? I Am is a new book developed in partnership between the Mental Health Foundation and the National Theatre of Scotland's Adam World Choir, a digital community of transgender and non-binary people from all around the world. The book is launched in the week that Eve and Adam are staged as a double bill — look out for more details on our website.

See website for exact date & time
Dundee Rep Theatre, Tay Square, Dundee DD1 1PB
FREE
w mhfestval.com

FRI 11 MAY

FISK

BY TORTOISE IN A NUTSHELL

THEATRE

Fisk is a story of a man and a fish, and the unexpected impact they have upon one another. Examining themes of depression, support and interconnection, Fisk explores the lengths we can go to in order to escape from ourselves, yet also finds joy in even the deepest and darkest depths. Weaving together a rich tapestry of puppetry, movement and intricate design, alongside an evocative original soundtrack, the piece draws audiences into an immersive marine world.

7.30–8.20pm
Dundee Rep Theatre, Tay Square, Dundee DD1 1PB
£15 | £12 | £10
01382 223 530
w dundeerep.co.uk

Images, clockwise from left: Don’t Panic! It’s Challenge Anneka; A Cup o’ Kindness; Fisk; Eve; Adam
WHAT’S ON IN
Fife & Aberdeen

Fife

FROM 30 APRIL

ROADS TO SUCCESS

VISUAL ARTS
Celebrating the role of creativity in improving mental health and wellbeing, this annual exhibition showcases artworks and creative writing produced by people across Fife who have experienced mental ill health.
30 Apr–30 May
Lochgelly Centre, Bank Street, Lochgelly KY5 9RD
FREE
Tel: 0345 240 7777
E: amanda.foley@baronyha.org.uk

TUE 8 MAY

FISK

THEATRE
Fisk is a story of a man and a tort, and the unexpected impact they have upon one another. Examining themes of depression, support and interconnection, Fisk explores the lengths we can go to in order to escape from ourselves, yet also finds joy in even the deepest and darkest depths. Weaving together a rich tapestry of puppetry, movement and intricate design, alongside an evocative original soundtrack, the piece draws audiences into an immersive marine world.
8–8.50pm
Byre Theatre, University of St Andrews, Abbey Street, St Andrews KY16 9LA
£12 / £10
Tel: 01334 475 000
W: byretheatre.com

WED 23 MAY

BOOKS AND BREAD FOR BEGINNERS

WORKSHOP
Try something new with our mouth-watering bread making and books workshop. Bob’s Little Baking School will take you through the process of making bread from scratch. While your bread is baking, bestselling author Lisa Ballantyne will show you how books can make you feel good.
10am–1pm
Kety Community Centre, 92 Main Street, Kety, Fife KY4 0AQ
£11 / £12
W: online.com

FRI 25 MAY

TURNTABLE

THEATRE
Turntable started when musician Michael John McCarthy and his Great Aunt Kathleen connected over a stack of vinyl. Since then the Turntable team have toured her record over a stack of vinyl. Since then the Turntable team have toured her record case around Scotland, inviting listeners of all ages to investigate its contents whilst reflecting on the importance of music in their lives. A performance exploring memory, identity, family and most importantly of all, the joy of music.
7.30–8.25pm
Byre Theatre, University of St Andrews, Abbey Street, St Andrews KY16 9LA
£12 / £10
Tel: 01334 475 000
W: byretheatre.com

Aberdeen

WED 9 MAY

AMY CONWAY’S SUPER AWESOME WORLD

THEATRE
Through the prism of video games, Amy Conway explores what depression is like and what it’s like to fight it, asking the audience to become her fellow adventurers in an interactive experience that asks difficult questions and quests for elusive sparks of joy in the deep dark multi-user dungeons of the soul.
7–8pm
The Lemon Tree, 5 West North Street, Aberdeen AB24 5AT
£13.20 / £12.40 / £10
W: aberdeenperformingarts.com

SAT 19 MAY

DON’T PANIC! IT’S CHALLENGE ANNEKA

THEATRE
Bumfag? Check. Luminescent shell suit? Check. Positive attitude in the face of seemingly insurmountable challenges? Hell yeah! Inspired by real life stories, this is a frank, funny and open exploration of a topic that too often remains taboo: the challenge of overcoming anxiety.
7–8pm
The Lemon Tree, 5 West North Street, Aberdeen AB24 5AT
£13.20 / £12.40 / £10
W: aberdeenperformingarts.com

MON 14 MAY

MUSTANG

MUSIC
See 25 May event on opposite page for information.
5–5.30pm
Belmont Filmhouse, 49 Belmont Street, Aberdeen AB10 1JS
FREE
Tel: 01224 641 122
W: aberdeenperformingarts.com

SAT 26 MAY

TURNTABLE

THEATRE
See 25 May event on opposite page for information.
7.30–8.25pm
Kemnay Library, 01467 538 947
Kemnay Village Hall, 8 Aquithie Road, Kemnay, Inverurie AB51 5SS
£9
Tel: 01224 343 500
W: neatshows.co.uk/events

Images, clockwise from left: Turntable; Roads to Success; Mustang; Amy Conway’s Super Awesome World; Don’t Panic! It’s Challenge Anneka.
WHAT’S ON IN THE Highlands

FROM 7 MAY

FROM SMALL BEGINNINGS…

VISUAL ARTS

This year, the SMHAF Highland exhibition is led by Befrienders Highland, celebrating the arts in mental health recovery. The exhibition includes work by Birchwood Highland, HUG, Brora Learning Zone, Creativity In Care and Caithness MHSG. With grateful support from Highland Council and Eden Court.

7–27 May
9am–10pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
FREE
07716 111 585

FRI 4 MAY

STORIES ON AN ISLAND

STORYTELLING

Tales and entertainment to ignite a spark and connect with nature—a fun event for all ages! Meet in the circular, low-walled open space in the centre of the island.

6–7pm
Ness Islands, Inverness IV2 4QS
FREE
01463 725 561

MON 7 MAY

DAWN CHORUS AND BREAKFAST

MULTI-ARTS

Join us for our annual gathering to close SMHAF 2018. The evening will include film screenings and artworks, as well as performances from all the SMHAF Highland partners.

6–8pm
Inverness Town House, High Street, Inverness IV1 1JJ
FREE
smhaf@befriendershighland.org.uk

SUN 13 MAY

THE FISHER KING

Terry Gilliam | USA | 1991 | 137m | 15
Cast: Jeff Bridges, Robin Williams, Adam Bryant

FILM

Creativity In Care CIC present this screening of Terry Gilliam’s The Fisher King, which will be followed by a discussion with invited guests. A former radio DJ, despondent because of a terrible mistake he made, finds redemption in helping a homeless man who became an unwitting victim of his actions.

7.30–9.30pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£6 | £5 | 01463 234 234

SUN 20 MAY

GOOD WILL HUNTING

Gus Van Sant | USA | 1998 | 126m | 15
Cast: Robin Williams, Matt Damon, Ben Affleck

FILM

Will Hunting, a junior at MIT, has a gift for mathematics but needs help from a psychologist to find direction in his life. This screening is presented by Birchwood Highland and is followed by an audience discussion.

7–9pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£6 | £5 | £4 (suggested donation) 01463 234 234

THU 24 MAY

HIGHLAND GATHERING

MULTI-ARTS

Join us for our annual gathering to close SMHAF 2018. The evening will include film screenings and artworks, as well as performances from all the SMHAF Highland partners.

6–8pm
Inverness Town House, High Street, Inverness IV1 1JJ
FREE
smhaf@befriendershighland.org.uk

FRI 25 MAY

THE GOOD LIE

Philippe Falardeau | Kenya, India, USA | 2014 | 110m | 12A
Cast: Reese Witherspoon, Arnold Oceng, Ger Duany

FILM

The story of a group of Sudanese refugees who get the chance to resettle in America, and the employment counsellor trying to help them find work. Screening at SMHAF 2018 in conjunction with The Highlands Support Refugees. Feel free to bring blankets, toiletries or practical adults’ or kids’ shoes to donate on the night.

7–9.30pm
The Muir Hub, Great North Road, Muir of Ord IV6 7SU
£6.50 | 01463 870 588
info@muirford.org.uk

SUN 27 MAY

GHOST WORLD

Terry Zwigoff | USA, UK, Germany | 2001 | 111m | 15
Cast: Steve Buscemi, Thora Birch, Scarlett Johansson

FILM

Befrienders Highland invite you to join them for this screening followed by an audience discussion. Having planned to move in together after high school, two devious friends seeking a new direction respond to a dating ad for a joke, only to find it greatly complicates their lives.

7–9pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£6 | £5 | £4 (suggested donation) 01463 234 234

Images

Top, clockwise from top left: Good Will Hunting; Ghost World; The Fisher King; The Good Lie

Left, top to bottom: Dawn Chorus; Stories on an Island
Artworks for
Out of Sight, Out of Mind

If you have experienced mental health issues you are invited to submit artworks for an exhibition at Summerhall in Edinburgh during October 2018. Out of Sight, Out of Mind is part of SMHAF. Last year, over 200 people took part and exhibited paintings, drawings, films, projections, animations, sculptures, photography and installations, as well as taking part in artist talks and workshops.

You can submit artwork as an individual or as a group. Individuals can submit up to four works in any media. You’re welcome to respond to this year’s SMHAF theme, Beginnings, but this is not essential at all.

How to apply

Get in touch to request the short submission form, then just complete and return it by 31 July 2018.

Pam at 0131 273 5116 / E pam@capsadvocacy.org

Questions?

If you want to talk to us about any ideas or artwork you or your group might have, or if you have any questions, just drop us a line. We look forward to receiving your submission.

Artists and filmmakers
for next year’s festival

The next Scottish Mental Health Arts Festival takes place in May 2019. If you’re developing a project that uses the arts to explore mental health, we’d love to hear from you.

We welcome proposals from artists and performers working across various disciplines, as well as ideas for collaboration. We’ll also be open for film submissions later this year.

See our website for contact information, details and guidance.

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

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