Welcome

One of this festival’s core strengths has always been the connections it builds, between communities all across Scotland.

Each year the Scottish Mental Health Arts Festival has a new theme. Unusually for an arts festival, this theme is not decided by a sole artistic director or producer but by a vote. Before the programming process begins, our team of regional co-ordinators—dozens of activists, artists, and people who work in various healthcare settings all over Scotland—meet in one place and discuss what we would most like to express, as a community, through our programme. We brainstorm ideas and then we vote.

The theme we chose this year was Connected. On reflection, it’s strange that it’s taken us 13 festivals to pick it. One of this festival’s core strengths has always been the connections it builds, between communities all across Scotland, between people trying to find their creative voice and established artists, between the different worlds of activism, the arts, and healthcare, and between international communities, through our connections with mental health festivals across Europe, and in Australia and the USA. This, we decided, was something we wanted to celebrate.

This feels like a good year to be focusing on the ways in which we are all connected. Without wishing to make political statements, the prolonged Brexit process has created all kinds of divisions that won’t easily heal, and anxiety on a national scale. We are not addressing that directly, but we do want to tell lots of positive stories about connection. In Electrolyte, an award-winning piece of gig theatre at the Traverse and the Tron, a young woman finds her way back from a mental health crisis thanks to the support of her group of friends. In the films Evelyn and We Are All Here, a family and a hip hop community, respectively, come together to grieve for someone they dearly loved. In A Day of Failure, SMHAF’s associate artist Emma Jayne Park will bring together emerging and established names to talk honestly about their failures—not many things connect people more powerfully than admitting to our mistakes.

This will be a festival in which we celebrate the connections we’ve already made over our 13 years, as well as making some new ones. We hope you will join us at some of our events.

The Festival Team
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FESTIVAL

Highlights

Do you feel connected to other people? If so, how? And if you don’t feel connected to others, or to the world, what impact does this have on your mental health? Our festival theme this year has inspired artists, activists and community groups across the country to explore questions like these in all kinds of creative ways.

Our theatre programme includes Electrolyte (p8, 16, 23), a multi award-winning piece of gig theatre in Edinburgh and Glasgow telling the story of a woman isolated from her friends by a psychotic episode, and how she ultimately manages to reconnect with them. Holding it Together (p17) is a new performance piece in Glasgow by two young women brought together by their shared experience of grief. The show, by Jassy Earl and Chloe Smith, is produced by our associate artist Emma Jayne Park, who also curates A Day of Failure (p19), a gathering in Glasgow at which people will connect with each other by sharing their experiences of failure. Elsewhere, The Mental Health Monologues (p35), in Langtongate, sees six people sharing their mental health journeys, followed by a Q&A where the audience can join the conversation too.

For our visual art programme, Emily Furneaux has created She Stepped Backwards In Front Of the Words Behind Her (p16) an audio tour of Glasgow that will offer audiences an insight into her experience of psychosis. Elsewhere in Glasgow, All, Entire, Whole (p16) is a See Me curated group exhibition bringing together artists exploring mental health. Other exhibitions focus on people who are often discriminated against, such as gypsy/travellers (in Moving Minds’ show in Crieff) and refugees (Women’s Café Project, Edinburgh, p20) and the LGBT community, in exhibitions such as Belonging in Edinburgh (p17) and Queer Connections in Hawick (p34).

Our film programme this year has a particular focus on family connections, in films such as Evelyn and Irene’s Ghost, poignant and powerful feature documentaries about families processing the loss of a loved one to mental illness. You can read more about our prestigious International Film Awards programme, which features documentaries and dramas from all over the world selected from hundreds of awards entries, on p10.

Often the simplest and most effective way to connect with someone is just to start a conversation. This year’s film programme will include the chance to meet our guest filmmakers for pre-arranged one-to-one conversations. We’re also pleased to welcome back Lily Asch’s Real Talk:

Angela Barnes’ new show Rose Tinted. The comedian, who has previously performed at our Gala for Mental Health at the Edinburgh Fringe, is bringing last year’s sell-out Fringe show to the Stand Comedy Club in Edinburgh (p24) and Glasgow (p18) and we’re delighted to have her as part of our festival programme.
We are a blip. A speck of dust. To be wiped off the face of time like you might a bike chain’s rust. But to each of us, we are everything.”

Follow Jessie through gigs, parties, city streets and warehouses, journeying from Leeds to London, on a quest to find her mother.

Electrolyte is a multi-award winning piece of gig theatre that powerfully explores mental health for a contemporary audience. Written in spoken word poetry and underscored by original music ranging from “blasts of sound to lyrical sweetness” (The Scotsman), this exhilarating and powerful show is performed by six multi-instrumentalists who seamlessly integrate live music with expert storytelling.

Electrolyte won the 2018 Mental Health Fringe Award, a prize founded by the Mental Health Foundation in recognition of the most outstanding show exploring mental health at the Edinburgh Fringe. It also won The Stepladder Award, The LET Award, The Voice Mag Pick of The Fringe Award and the Pleasance Best Newcomer Award 2018.

We are delighted to welcome Electrolyte back to Scotland for a week of dates as part of a two-month tour of the UK and Ireland, also supported by the Mental Health Foundation. Electrolyte’s dates at the Tron Theatre are presented in association with Mayfesto.

There will be post-show discussions on Tuesday 14 May and Wednesday 15 May.

DON’T MISS IT

Electrolyte
Thu 14 May, 7.30pm
Traverse Theatre, 10 Cambridge Street, Edinburgh, EH1 2ED
0131 228 1404
W traverse.co.uk

Wed 15 May, 8pm
Tron Theatre, 63 Trongate, Glasgow, G1 5HB
0141 552 4267
W tron.co.uk

The Scottish Mental Health Arts Festival’s Writing Awards, in partnership with Bipolar Scotland, is one of SMHAF’s most enduring successes. An opportunity for first time writers to be published alongside established names, the ceremony is often where we discover what our festival is really about, as writers from across Scotland and further afield take inspiration from this year’s theme in poignant, powerful, personal and often ingenious and surprising ways.

This year the evening is hosted by best-selling author Ian Rankin and will open with a short set by one of Scotland’s top singer-songwriters, Emma Pollock. Our ten shortlisted writers will read from their work, before the awards presentation and a drinks reception.

Don’t miss the launch of 70 Stories, a year-long project to mark the 70th anniversary of the Mental Health Foundation. 70 Stories will connect pieces from our writing competition, stories from the first 13 years of SMHAF, and more to create a compelling portrait of mental health in 2019.

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The International Film Awards have always been an outlet for the Scottish Mental Health Arts Festival to stay connected to the wider world. On Friday 3 May, our annual awards ceremony will take place at CCA: Centre for Contemporary Arts in Glasgow, allowing us to welcome directors from across the globe as we celebrate the very best in mental health filmmaking.

Always an inspiring and memorable occasion, it is your chance to see what the award-winning titles mean to those who made them, get a first look at what is coming up over the weekend, and discover which film will be awarded our prestigious Grand Jury Prize.

The evening is hosted by leading film critic Alistair Harkness and concludes with an open reception at the CCA’s Saramago Café Bar.

Screening over the bank holiday weekend, our official selection features no fewer than 40 titles, filmed as close to home as Glasgow and as far afield as Australia, Canada and Paraguay. Four of these features no fewer than 40 titles, filmed as close to home as Glasgow and as far afield as Australia, Canada and Paraguay. We are also excited to be introducing sliding scale ticket pricing at all our venues and communities.

As always, we will host post-screening discussions with filmmakers and invited guests at the majority of our events. We look forward to giving you the opportunity to take in the vital stories presented across the programme and join us in conversation about the important issues these films explore.

### 2019 AWARD WINNERS

#### ANIMATION

**Herman Brown is Feeling Down**  
**DAN CASTRO, UK**  
Anxiety neatly interrupts a simple life in this colourful musical animation, created using digital and traditional techniques.

**2019 Award Winners**

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<th>Title</th>
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<td><strong>JOSE CARLOS TEIXEIRA, USA</strong></td>
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<td><strong>Evelyn</strong></td>
<td><strong>IAN CUNNINGHAM, UK</strong></td>
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<tr>
<td><strong>Community</strong></td>
<td><strong>An Open Door</strong></td>
<td><strong>ARISE YUTT JACOBSON, IRELAND</strong></td>
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### Post-Screening Activites

- **We Are All Here**
- **An Open Door**
- **I Love You**
- **Asylum**

### Full Day of Programming

- **Sat 4 May, 10.30am** | **Family Shorts** | **Sat 4 May, 6pm** | **Scottish Connections**
- **Sat 4 May, 1.15pm** | **Dramatic Shorts** | **Sun 5 May, 2pm** | **Community Counts**
- **Sat 4 May, 3.45pm** | **Documentary Shorts** | **Sun 5 May, 4.15pm** | **Radical Voices**
- **Sat 4 May, 6pm** | **Sliding Scale Ticket Pricing** | **Sun 5 May, 2pm** | **Community Counts**
- **Sat 4 May, 8.30pm** | **Dramatic Shorts** | **Sun 5 May, 6.15pm** | **With We Are All Here**

### Feature Documentary

- **The Song and the Sorrow**

### Mid-Length Documentary

- **An Artist’s Eyes**

### Short Documentary

- **I Love You**

### Drama

- **Asylum**

### Anti-Stigma

- **Evelyn**

### Community

- **An Open Door**

### Experimental

- **On Exile, fragments in search of meaning**

### Personal Narrative

- **Model Childhood**

### Voices of Experience

- **Asylum**

### Animation

- **Herman Brown is Feeling Down**

### Documentary Shorts

- **We Are All Connected**

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### Mid-Length Documentary

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FRI 3 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 across the globe. Hosted by critic Alistair Harkness and followed by a reception.
CCA Theatre
6.30–8.30pm (Doors 6pm)
FREE

FAMILY SHORTS

MORE EARTH WILL FALL
Directed by: Sam Liebmann, Lee McKarkiel
UK | 2017 | 74m
Portuguese with English subtitles
DOCUMENTARY
Structural violence leads to personal trauma in this intimate documentary, which tells the story of a single family living in one of Rio’s largest favelas. The precarity of daily life takes its toll on the mental health of the entire community, hitting especially hard within the fragile walls of Vito and Rosangela’s hut.
11.30am–1pm
£0–8

WE ARE ALL CONNECTED
DISCUSSION
An opportunity to have a one-to-one conversation in a quiet space with invited guests, including some of our award-winning filmmakers. Slots can be booked throughout the day, with full details available online.
CCA Space 11
11am–5pm
FREE

SAT 4 MAY
SCREENINGS AT:
Centre for Contemporary Arts, 350 Sauchiehall Street, Glasgow G2 3JD
Glasgow Film Theatre, 12 Rose Street, Glasgow G3 6RB

MORE EARTH WILL FALL

Irene’s Ghost
Directed by: Iain Cunningham
UK | 2018 | 79m
DOCUMENTARY
After the birth of his own child, director Iain Cunningham is inspired to find out the truth about the mother he never knew. Irene died when Iain was only three, and the family silence meant that she was alive only in his imagination. This poignant documentary merges filmed and animated sequences as it movingly rebuilds a lost life.
Followed by a Q&A with director Iain Cunningham.
Glasgow Film Theatre
1.15–3.15pm
£10.50 | £7.50

DOCUMENTARY SHORTS

I Love You
Directed by: Iain Cunningham
UK | 2018 | 79m
DOCUMENTARY
After the birth of his own child, director Iain Cunningham is inspired to find out the truth about the mother he never knew. Irene died when Iain was only three, and the family silence meant that she was alive only in his imagination. This poignant documentary merges filmed and animated sequences as it movingly rebuilds a lost life.
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Followed by a Q&A with director Iain Cunningham.
Glasgow Film Theatre
1.15–3.15pm
£10.50 | £7.50

Evelyn
Directed by: Orlando von Einsiedel
UK | 2018 | 95m
DOCUMENTARY
Twelve years after the suicide of their brother and son, Evelyn, a family reconciles to walk the length of the UK as they attempt to come to terms with their loss. This poetic and deeply personal film from Oscar-winning director Orlando von Einsiedel (The White Helmets, Virunga) explores the fabric of grief, the stories we tell ourselves and the enduring impact of love.
Glasgow Film Theatre
6–8.15pm
£10.50 | £7.50

EVELYN

Screws and a lack of mental health services lead to personal trauma in this intimate documentary, which tells the story of a single family living in one of Rio’s largest favelas. The precarity of daily life takes its toll on the mental health of the entire community, hitting especially hard within the fragile walls of Vito and Rosangela’s hut.
11.30am–1pm
£0–8

DRAMATIC SHORTS

More Earth Will Fall
Directed by: Sam Liebmann, Lee McKarkiel
UK | 2017 | 74m
Portuguese with English subtitles
DOCUMENTARY
Structural violence leads to personal trauma in this intimate documentary, which tells the story of a single family living in one of Rio’s largest favelas. The precarity of daily life takes its toll on the mental health of the entire community, hitting especially hard within the fragile walls of Vito and Rosangela’s hut.
11.30am–1pm
£0–8
SUN 5 MAY

SCREENINGS AT:
Flourish House, 23-25 Ashley Street, Glasgow G3 6DR

ETERNITY HAS NO DOOR OF ESCAPE
Arthur Borgnis | France | 2017 | 80m
French, German, English with English subtitles

DOCUMENTARY  This compelling documentary retraces the tumultuous history of outsider art, inviting us to question our aesthetic values and the ways we treat madness in our society.

COMMUNITY COUNTS
SHORTS  Shining a light on mental health communities in Scotland and Ireland, these films celebrate the creativity, resilience and personalities at their heart. These pioneering community spaces offer opportunities to stay connected through music, painting and walking, taking diverse approaches to supporting people in their recovery.

MON 6 MAY

SCREENINGS AT:
Centre for Contemporary Arts, 350 Sauchiehall Street, Glasgow G2 3JD

LOVE IN THE TIME OF ANTI-DEPRESSANTS
EUROPEAN PREMIERE
Paul Gallausch | Australia | 2018 | 66m

DOCUMENTARY  A compelling tale of love, dedication and dependence; this intimate documentary focuses on the dysfunctional relationship between a filmmaker and his mentally ill mother. Brimming with personality and deadpan humour – plus a unique score from street musician Basty H – this is essential viewing from an exciting new voice in Australian cinema.

COMMUNITY COUNTS
SHORTS  A family divided between England and Skye, a meaningful bond repaired in Glasgow, and a chance encounter with a Syrian artist, are just three of the stories explored in this selection. These shorts, featuring animation, documentaries and dramas, are all from directors who are connected to Scotland, whatever born, educated or working here.

ROBERTO BORGNI

THE SONG AND THE SORROW + WE ARE ALL HERE
DOCUMENTARY  Male suicide has long been prominent in the music industry and this powerful portrait explores the impact it can have on those who are left behind. In The Song and the Sorrow, Canadian folk singer Catherine MacLean recounts how the loss of her legendary father, Gene MacLean, has resonated throughout her life. We Are All Here examines the shockwaves sent through the Scottish hip hop community when 21-year-old Glasgow rapper Luno took his own life.

FINAL ASCENT: THE LEGEND OF HAMISH MACINNES
Robbie Fraser | UK | 2018 | 80m

DOCUMENTARY  At the age of 84, renowned Mountaineer Hamish Macinnes suffered from delirium after contracting an illness and emerged to find his memory gone. Piecing together his remarkable life using his books and films, this affecting documentary reflects his journey to recover his identity, representing his greatest challenge yet.

SCOTTISH CONNECTIONS
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DOCUMENTARY  Male suicide has long been prominent in the music industry and this powerful portrait explores the impact it can have on those who are left behind. In The Song and the Sorrow, Canadian folk singer Catherine MacLean recounts how the loss of her legendary father, Gene MacLean, has resonated throughout her life. We Are All Here examines the shockwaves sent through the Scottish hip hop community when 21-year-old Glasgow rapper Luno took his own life.

FINAL ASCENT: THE LEGEND OF HAMISH MACINNES
Robbie Fraser | UK | 2018 | 80m

DOCUMENTARY  At the age of 84, renowned Mountaineer Hamish Macinnes suffered from delirium after contracting an illness and emerged to find his memory gone. Piecing together his remarkable life using his books and films, this affecting documentary reflects his journey to recover his identity, representing his greatest challenge yet.

SCOTTISH CONNECTIONS
SHORTS  A family divided between England and Skye, a meaningful bond repaired in Glasgow, and a chance encounter with a Syrian artist, are just three of the stories explored in this selection. These shorts, featuring animation, documentaries and dramas, are all from directors who are connected to Scotland, whether born, educated or working here.

LOVE IN THE TIME OF ANTI-DEPRESSANTS
EUROPEAN PREMIERE
Paul Gallausch | Australia | 2018 | 66m

DOCUMENTARY  A compelling tale of love, dedication and dependence; this intimate documentary focuses on the dysfunctional relationship between a filmmaker and his mentally ill mother. Brimming with personality and deadpan humour – plus a unique score from street musician Basty H – this is essential viewing from an exciting new voice in Australian cinema.

COMMUNITY COUNTS
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MINDFUL DRUMMING
Fun, inclusive drumming sessions focused on mental health and wellbeing. Come along for the chance to meet new people and create music together. Sessions are led by Ghanaian musician Gameli Tordzro and a team of professionally trained music practitioners.

Tue 7, 14, 21 & 28 May 1–3pm
Theatre Royal, 282 Hope Street, Glasgow G2 3QA
£6 | 0141 354 0234, admin@paragon-music.org

ELECTROLYTE
An exhilarating piece of gig theatre that powerfully explores mental health for a contemporary audience. Electrolyte was the winner of the 2018 Mental Health Fringe Award.

15–18 May 8–9.30pm
Tron Theatre, 63 Trongate, Glasgow, G1 5HB
£11 | £8.50 | 0141 552 4267, tron.co.uk

BELONGING: LGBT WELLBEING COLLECTIVE
We are members of the LGBTQ community who have come together in Glasgow to communicate about our experiences with mental health. This exhibition, in collaboration with LGBT Health and Wellbeing, explores what belonging looks like for us and why it is important. Come and take part in the conversation.

23–26 May Thu 6–8pm, Fri–Sun 10am–5pm
Project Ability, Trongate 103, Glasgow G1 5HD
FREE | 0141 276 9696 (option 1)
info@platform-online.co.uk

HOLDING IT TOGETHER
BY JASSY EARL AND CHLOÉ SMITH
A multidisciplinary performance exploring grief that provides an intimate space for audience members to reflect, either aloud or internally, upon the feeling and evolving experience of grief.

30–31 May 7–8.30pm
2–3.30pm
Platform, 1000 Westerhouse Road, Glasgow G34 9JW
£5 | £4 | 0141 276 9696 (option 1)
E info@platform-online.co.uk

FROM 7 MAY
FROM 9 MAY
FROM 15 MAY
FROM 23 MAY
FROM 14 MAY
FROM 22 MAY
FROM 30 MAY

WHAT’S ON IN Glasgow
EXHIBITIONS & ONGOING CALENDAR

Clockwise from top left: She Stepped Backwards in Front of the Words Behind Her; Electrolyte; Holding It Together; Mindful Drumming

WHAT’S ON IN SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2019
LISTINGS ● GLASGOW
mhfestival.com
16 / 17
**FRI 10 MAY**

**LIMBO** ☑

**WORKSHOP** This interactive workshop has been designed by Kin, an arts collective of young people aged 14-25 years old who have experience of having a family member in prison. It explores issues of family imprisonment through a variety of creative exercises and role play. Booking essential.

1-3pm

Vox Liminis, The Music Shop, 217 Gallowgate, Glasgow G1 5DX

FREE ☑ roste@voxliminis.co.uk

**SAT 18 MAY**

**WELLBEING OF THE WOODS** ☑

**WORKSHOP** This feels good woodland photography will take notice of spring beginnings, capturing beautiful blossoms and trees canopies. Try new techniques to explore creativity, the mind and the great outdoors, sharing tea and healthy treats under the trees. You can use our weatherproof cameras but feel free to bring your own equipment. All abilities welcome. Booking essential.

Provided in partnership with Scottish Forestry (formerly Forestry Commission Scotland) and Open Aye.

10.30am-1.30pm

Pollok Country Park, 2060 Pollokshaws Road, Glasgow G41 2PE

FREE ☑ 07903 020 937, openaye@gmail.com

**THU 23 MAY**

**CONNECT TO THE MOMENT** ☑

**MULTI-ARTS** At Levendalwe, we connect meaningfully in creative pursuits with community partners, volunteers and artists to produce hopeful, meaningful and interesting collaborative art. This year’s event celebrates how we connect to art and how art connects us to others and our environment.

6-9pm

Recreational Therapy, Levendalwe Hospital, 510 Crookston Road, Glasgow G53 7TU

FREE ☑ 0141 231 6647

**FRI 24 MAY**

**IN THE INK DARK** ☑

**DANCE** Created by Luke Pell and performed by an eclectic group of dance and performance artists with original music, In The Ink Dark will explore different people’s experiences of loss through dance, design and poetry.

5.30–6.30pm

Alma Sun 28 May, 3-4pm

Platform, 1000 Westhouse Road, Glasgow G34 9JW

FREE ☑ 0141 276 9696 (option 1), platformonline.co.uk

**WELLBEING OF THE WOODS** ☑

**VISUAL ARTS** The Wellbeing of the Woods Project (The W0W Project) has been running wellbeing-enhancing urban forest based participatory photography workshops, to diverse groups in Glasgow across the seasons in 2017-2019. Over 50 people from 16 countries have taken part so far! This exhibition showcases some of the photographs and poems from participants on how creatively in the woods aids wellbeing.

Provided in partnership with Scottish Forestry (formerly Forestry Commission Scotland) and Open Aye.

10.30am-4pm

Kelvingrove Museum and Art Gallery, Argyle Street, Glasgow G3 8AQ

FREE ☑ 07903 020 937, openaye@gmail.com
WHAT’S ON IN
Edinburgh & Lothian
LISTINGS ● EDINBURGH & LOTHIAN

EXHIBITIONS & ONGOING CALENDAR

FROM 1 MAY

DISCONNECTED
VISUAL ARTS
A rare opportunity to view the photography of Patrick Kielast, giving an extraordinary insight into the recovery journey. By focusing on the people and the sights that we often walk by, his work challenges preconceptions about those who are excluded and dispossessed.

1-3 May Mon-Thu, 10am-4.30pm
Fri 10am-3pm
Cyrenians’ Flavour and Haver Cook School, 66-68 Jane Street, Edinburgh, EH6 6HQ
FREE
0131 455 6868, michellelloyd@cyrenians.scot

MAKING CONNECTIONS
VISUAL ARTS
An exhibition by students working in various media, including oil, acrylic, mixed media, lino printing and mono printing, charcoal, pencil, pen, ink and experiments with sculpture. Workshops will also take place on Monday afternoons.

EXHIBITION 3-23 May
WORKSHOP Mon 2-4pm
Tairocross Community Centre, 117 Fountainbridge, Edinburgh EH3 9QO
FREE
077288@gmail.com, 0131 221 1600

FROM 3 MAY

RANDOM SWITCH: COMMUNITY CONNECTIONS
VISUAL ARTS
Community Connections will create a chain within the community Random Switch will create and install a series micro-sculptures in cafes, workplace and community venues in Edinburgh. Get in touch to receive a map showing all the locations.

3-26 May All Day
Venues across Edinburgh.
FREE
Pam@casasadvocacy.org

CONTACT POINT: COMMUNITY CONNECTIONS
VISUAL ARTS
Exhibition by artists from Contact Point, highlighting the importance of people making connections in their communities and how this helps to improve mental wellbeing.

2-26 May Mon-Fri 8.30am-4pm
The South Wing, Eric Liddell Centre, 15 Morningside Road, Edinburgh EH10 4DH
FREE
0131 455 6868

FROM 6 MAY

A SENSE OF BELONGING: CONNECTED
VISUAL ARTS
Outlook art and social media students have been producing work on the theme of Connected for this A Sense of Belonging exhibition.

EXHIBITION Mon Feb 10am-2pm
St. Bridget’s Community Centre, Orwell Terrace, Edinburgh EH12 2ZD
FREE
074190.markham@ea.edin.sch.uk

WOVEN PATHS
VISUAL ARTS
An inspiring and colourful exhibition of paintings, textile collages and textile panels by members of The Alma Project.

EXHIBITION Mon-Fri, 9.30am-4pm
Chaplaincy Centre, University of Edinburgh, 1 Brosto Square, Edinburgh EH8 9AL
FREE
0131 657 3593, thealmaproject@gmail.com

FROM 9 MAY

MOVING MINDS: EXPHIBITION
VISUAL ARTS
An exhibition by students working in various media, including oil, acrylic, mixed media, lino printing and mono printing, charcoal, pencil, pen, ink and experiments with sculpture. Workshops will also take place on Monday afternoons.

EXHIBITION 3-23 May
WORKSHOP Mon 2-4pm
Tairocross Community Centre, 117 Fountainbridge, Edinburgh EH3 9QO
FREE
077288@gmail.com, 0131 221 1600

FROM 13 MAY

FACES AT OUR FEET, FACES OF THE STREET
VISUAL ARTS
Artist Jamie King has produced portraits of homeless people in Edinburgh, painted from photographs taken with agreement from each individual. Jamie’s experiences with mental ill health and schizophrenia give him the drive to paint.

LAUNCH Fri 10 May 6.30-9pm
EXHIBITION 11 May-30 May 10am-6pm
Edinburgh Palette, St Margaret’s House, 151 London Road, Edinburgh EH6 6AE
FREE
jamie69@hotmail.co.uk

BE-LONGING
VISUAL ARTS
An exhibition about being-longing! Longing to belong! We all need to belong to have a close connection with others and to be accepted just as we are.

LAUNCH Fri 10 May 6.30-9pm
EXHIBITION 11-24 May 10am-6pm
Edinburgh Palette, St Margaret’s House, 151 London Road, Edinburgh EH6 6AE
FREE
margaret.ramsay23@gmail.com

FROM 17 MAY

ART & NATURE
VISUAL ARTS
An exhibition showcasing varied artworks produced in a series of workshops to promote wellbeing through walking in nature and developing creative responses. Using photography and painting, community members of the Social Bite Village will experiment with the theme of Connected.

LAUNCH Fri 17 May 6-9pm
EXHIBITION 18-30 May Mon-Sat 10am-6pm
North Edinburgh Arts Theatre, 15a Pennywell Court, Edinburgh EH4 4TZ
FREE
stephenwhitstall@cyrenians.scot

FROM 30 JUNE

MACBETH: A PILGRIMAGE EXPERIENCE
VISUAL ARTS
Images of 15 windows combine to create a self-reflective, partly guided, pilgrimage experience. Step back through the years and journey across different themes, tracing a pattern of connections.

PILGRIMAGE EXPERIENCE Fri 10 May 10am–12.30pm
Thu 14 May 1:30-4pm
Wed 22 May 7-9.30pm
Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1BE
FREE
0131 517 6474, maxwell.r@nhslothian.scot.nhs.uk

20 / SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2019

mhfestival.com / 21
EXHIBITIONS (cont)

EVENTS

FROM 17 MAY (cont)

LAUREN MAKES A MESS

VISIT OUR LATEST
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.

17 May Mon–Sat, 12.30–5.30pm
Main Point Books, 77 Bread Street,
Edinburgh EH3 9AH
FREE  0131 228 4897
lauren.makes.a.mess@gmail.com

CLAY THERAPY

WORKSHOP A series of clay pieces will be created in an open workshop setting, with drop-in taster sessions. Visitors can experience throwing on the potter’s wheel and complete a simple project in hand-building with clay. Booking essential for the workshop.

DROP-IN Fri 17 May 1.30–4pm
Sat 18 May, 11am–12.30pm
WORKSHOP Sat 18 May 1–3pm
Leith Academy, 20 Academy Park,
Edinburgh EH6 8JL
FREE  07955 113 836
potter@leithacademy.com

FROM 24 MAY

FEELS: BREAK FREE, EXPERIENCE, CONNECT

VISUAL ARTS Hosted in a creative space to celebrate emotions, this exhibition features abstract feelings coming to life as you see, hear, touch and engage with them. There will also be talks, workshops and support circles to foster conversation and dialogue about emotional wellbeing.

24–30 May 10am–9pm
Edinburgh Palette, 51 London Road,
Edinburgh EH7 6AE
FREE  Facebook.com/feels2019

MON 6 MAY

THE HOUSE THAT MELTS WITH THE RAIN

THEATRE A reading of a new play by Jennifer Adam about a woman who refuses to leave her home despite it disintegrating around her. It explores how we can be affected by what we see in the news, the impact that can have on our mental state, and ultimately how we can find hope through the clouds.

7.30–10pm
Assembly Roxy, 2 Roxy Place, Edinburgh EH9 9SU
£5  assemblyroxy.com, 020 3623 3001

TUE 7 MAY

OUT OF SIGHT OUT OF MIND: AFTERNOON TEA

VISUAL ARTS Enjoy an afternoon tea with artists and organisers from Out of Sight, Out of Mind, a collaborative exhibition by people who have experienced mental health issues which takes place at Summerhall each October. Find out more about participating in 2019. All welcome.

1.30–3pm
Cornerstone Centre, St John’s Episcopal Church, Edinburgh EH1 1EL
FREE  pamel@capsadvocacy.org

MON 6 MAY

THE NATURE PLAY CONNECTION

VISUAL ARTS Being in natural, outdoor environments has been shown to improve self-esteem, positive mental health and wellbeing in young people. A series of outdoor play and environmental art workshops has resulted in this evocative sculpture. Dress for the weather as there will be a 20 minute countryside walk to The Youth Vision Bothy in the Pentland Hills. Booking essential.

10am–12pm
Next at Hartlaw Carpark, Balerno EH14 7AS
FREE  07793 986 092

FRI 10 MAY

FINAL ASCENT: THE LEGEND OF HAMISH MACINNES

VISUAL ARTS The affecting documentary follows a 20 minute countryside walk to The Youth Vision Bothy in the Pentland Hills. Booking essential.

6.10–8.10pm
Filmhouse, 88 Lothian Road, Edinburgh EH3 9BZ
£11  filmhousecinema.com
£9  filmhousecinema.com

SAT 11 MAY

MAD JAM OPEN MIC

MUSIC Get involved in an innovative hip hop project exploring expression through songwriting, live DJing and production sessions. It aims to help people who have experienced the care system and living with mental health stay connected through music.

12–3pm
Heavy Sound Community Music Studio, 56 High Street, Tranent, East Lothian EH33 1HH
FREE  info@heavysoundcic.com

MON 13 MAY

AN ARTIST’S EYES

DOCUMENTARY Reaching communities that other open mics do not, this event takes place in a friendly, inclusive and safe space, aiming to combat the stigma and loneliness associated with mental health. Try out your performance skills or be part of our friendly audience.

7–10pm (Doors 6.30pm)
Augustine United Church, George IV Bridge, Edinburgh EH1 2LD
FREE  £2 suggested donation
07484 196 853, mthene1226@gmail.com

TUE 14 MAY

ELECTROLYTE

THEATRE An exhilarating piece of gig theatre that powerfully explores mental health for a contemporary audience. Electrolyte was the winner of the 2018 Mental Health Fringe Award. The Scotsman. See p8.

7.30–9pm
Traverse Theatre, 10 Cambridge Street, Edinburgh EH1 2ED
£12  £10 student
0131 228 1404, traverse.co.uk

TUE 14 MAY
**TUE 14 MAY**

**OM MUSIC SANCTUARY**
**MUSIC** A concert by students and volunteers from OM Music Sanctuary, a charity which provides free music tuition, rehearsal space and recording facilities for the mental health community in Edinburgh

1–3.45pm

The Stafford Centre, 103 Broughton Street, Edinburgh EH1 3RZ
**FREE** 07417077072

**MEET YOUR EMOTIONAL HOMUNCULUS & THE BRAIN’S AMAZING DRUGS CABINET**

**WORKSHOP** Participants will have the opportunity to engage in activities directly linked to Cyrenians-SCCR’s psychoeducational and digital resources. They will sculpt their own emotional homunculus and create their own non-alcoholic ‘CranialCocktail’ to explore the brain’s amazing drugs cabinet

12–2.30pm

Midlothian Community Hospital Garden, 70 Eskbank Road, Bonnyrigg, Dalkeith EH22 3ND
**FREE** £14 / £12

**TUE 21 MAY**

**COMMUNITY CONNECTIONS**

**WORKSHOP** Contact Point Art Group hosts a day of creative activities, featuring a music workshop, original spoken word performances, an arts and crafts stall and an exhibition of new work.

12–4pm

**EXHIBITION** 12–2pm

Contact Point, 101 High Rigg, Tollcross, Edinburgh EH3 9HR
**FREE** 0131 455 6688

**ANGELA BARNES, ROSE TINTED**

**COMEDY** Following another sell-out run at the Edinburgh Fringe, Angela Barnes is back with her brand new show Rose Tinted. With stand-up and stories, Angela is trying, really trying, to look on the bright side of life.

8.30–10pm

Stand Comedy Club, 5 York Place, Edinburgh EH1 3JB
**FREE** 0131 558 7272, themead.co.uk

**EMERGING ARTISTS: MUSIC CONNECTIONS**

**WORKSHOP** In this engaging workshop, trainers from Gypsy/Om Music Sanctuary will highlight the benefits of a music curriculum in schools, focusing on the development of students’ skills and abilities. 

10am–12pm & 12.30–2.30pm

The Stafford Centre, 12A Newkirkgate, Edinburgh EH6 6AD
**FREE** 07417077072

**THU 16 MAY**

**MANDALA FOR MEDITATION WALLHANGING**

**WORKSHOP** Please join us for arts and storytelling to celebrate the completion of our Mandala for Meditation, created by our Storytelling and Arts Group. Booking essential.

10am–12pm & 12.30–2.30pm

Leith Community Centre, 12A Newkirkgate, Edinburgh EH6 6AD
**FREE** 0131 554 4750

**REAL TALK: STORYTELLING FOR WELLBEING**

**STORYTELLING** An evening of storytelling, connection and intimacy, creating a safe space to speak about one of our most beautiful assets, our mind. Attendees are offered an opportunity to gain insight and understanding into the individual experiences of the speakers.

7.30–9.30pm

Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH1 1SR
**FREE** 0131 556 9579
scottishstorytellingcentre.com

**POSTCARD POEMS & CONNECTED STORIES**

**STORYTELLING** We write to express our ideas and share experiences. The Dundee City Council group will be presenting their postcard poems in celebration of the written word. Followed by a storytelling session to support us and encourage us all to find our voices.

11am–12pm

The Stafford Centre, 103 Broughton Street, Edinburgh EH1 3RZ
**FREE** 07417077072

**THU 23 MAY**

**REAL TALK: STORYTELLING FOR WELLBEING**

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11am–12pm

The Stafford Centre, 103 Broughton Street, Edinburgh EH1 3RZ
**FREE** 07417077072

**FRI 24 MAY**

**OUR TOMORROW THEATRE** A sharing of scripts, devised pieces and short films written and performed by young members of the North Edinburgh Theatre project, exploring future hopes and current situations. An HLF Year of Young People project, Our Tomorrow questions what it takes to build a thriving community, whilst reflecting on the slum clearances and new town approaches of the past.

7–9pm

Also Sat 25 May, 2–4pm

North Edinburgh Arts Theatre, 15a Pennywell Court, Edinburgh EH4 1TZ
**FREE** 0131 315 2151
ticketsource.co.uk/north-edinburgh-arts
admin@northedinburgharts.co.uk

**ARTS PROJECTS IN LANARKSHIRE**

**WHAT’S ON IN Lanarkshire**

**FROM 3 MAY**

Arts projects in Lanarkshire schools are being used to raise awareness of mental health issues and challenge stigmatising attitudes.

Arts experiences challenge young peoples sense of themselves in a very different way to formal education, providing different opportunities for young people to explore their identity, skills and abilities. As a consequence, young people report a sense of enjoyment and achievement in creating art. They also demonstrate greater levels of motivation, improved self-esteem, self-awareness, resilience and community engagement. Many evaluations of arts interventions document their effectiveness in re-engaging young people.

All high schools in Lanarkshire were approached and 11 will be taking part in the festival this year, hosting a range of events including drama, art, comic strip development, music and literacy. All participating schools will showcase their developments with the school environment to fellow pupils, staff, parents and the local community.

3–26 May

Schools across Lanarkshire
**FREE** susan.mcinnis@lanarkshire.sct.nhs.uk

**Images**

Top: Angela Barnes, Rose Tinted;
Left to right: Moving Minds: Raising Awareness – A Pearl Fishing Jug; Meet Your Emotional Homunculus & The Brain’s Amazing Drugs Cabinet; Real Talk: Storytelling for Wellbeing
WHAT’S ON IN Renfrewshire

EXHIBITIONS & ONGOING CALENDAR

FROM 26 APRIL
PASSING TIME

MOVERS & SHAKERS

FROM 8 MAY
MOVING PARTS

FROM 7 MAY
MINDSPACE OPEN ART EXHIBITION

FROM 27 MAY
MINDSPACE OPEN ART EXHIBITION

FROM 13 MAY
ARTISAN’S INSTITUTE: WEAVING EXHIBITION

FROM 24 MAY
OPEN MIND FEST: YOUTH FESTIVAL

FROM 24 MAY
OPEN MIND FEST: LIVE STAGE

SAT 25 MAY
JOURNALISM AND MENTAL HEALTH

FROM 24 MAY
AUTISM, MENTAL HEALTH & CREATIVITY

WED 29 MAY
POETRY WORKSHOP

SUN 26 MAY
FILM COMPETITION

AWARDS CEREMONY & CELEBRATION

Images, clockwise from left: Mindspace Open Art Exhibition; Passing Time; Open Mind – Journalism and Mental Health; Open Mind – Workshop

PASSING TIME

VISUAL ARTS
An exhibition of poetry which celebrates positive mental health and wellbeing on the festival theme of Connected. Poetry will be on public display across nine station platforms in Renfrewshire and Inverclyde.

Any Time
Stations: Paisley Gilmour St, Paisley St James, Langbank, Bishopton, Port Glasgow, Lochwinnoch, Johnstone, Milbun Park, Howwood
FREE
sarah.grant2@ggc.scot.nhs.uk

MOVING PARTS

VISUAL ARTS
An exhibition of digital imagery and film by Peer Focus Recovery Photography Group which explores Paisley’s mechanised industrial past. The work was made in collaboration with artists from the Threadlines Project, part of Renfrewshire Council’s Paisley TH.CARS2 regeneration programme.

LAUNCH: WED 8 MAY 12-2pm EXHIBITION: 8-26 MAY Mon, Tue, Thu & Fri 9am-5pm, Wed 10am-5pm
Paisley Job Centre Plus, 49a High Street Paisley PA1 2AN FREE
threadlinespaisley@gmail.com

MINDSPACE OPEN ART EXHIBITION

VISUAL ARTS
An open art exhibition which celebrates wellbeing and creativity. Artworks on display represent the work of local art groups and artists who recognise the value of creativity to their wellbeing or who have used art as part of their recovery to health.

LAUNCH: TUE 7 MAY 12.30-2.30pm EXHIBITION: 7-22 MAY 10am-4pm
The Old Post Office Space, Piazza Shopping Centre, Paisley PA1 3EL
FREE
sarah.grant2@ggc.scot.nhs.uk

ARTISAN’S INSTITUTE: WEAVING EXHIBITION

VISUAL ARTS
As part of TH.CARS2, this exhibition of woven textiles has been made by a group of participants from the STAR Project, Phoenix Activity Group, RAMH, Incube, the DRC, and KAIRS with support from Clyde College weaving tutor Amy Bond.

LAUNCH: THUR 9 MAY 10am-6pm Made in Paisley, 69 High Street, Paisley PA1 2AY FREE
colin.begg@renfrewshire.gov.uk

OPEN MIND FEST: YOUTH FESTIVAL

A youth-curated strand of SMHAF based in Paisley. The festival explores youth mental health through everything from music, film and art, to theatre, poetry, and journalism.

All events and workshops are open to young people aged up to 25.

Paisley Arts Centre, 15 New Street, Paisley PA1 1EZ
marie@createpaisley.org.uk

OPEN MIND FEST: LIVE STAGE

MUSIC
A jam-packed programme of performances, workshops and panels, all showcasing the relationship between music, the arts and mental health. Hosted by Erskine Music and Media Studio.

10-26 MAY 11am–5pm FREE
emm.studio@hotmail.co.uk

JOURNALISM AND MENTAL HEALTH

WORKSHOP
An important workshop exploring how mental health is portrayed in the media, how this affects young people, and what we can do to improve this.

1-2pm
openmindjournalism.eventbrite.co.uk

POETRY WORKSHOP

A workshop with poet and journalist Robert Blair exploring poetry as a cathartic way to broach mental health issues.

2.30–3.30pm
openmindpoetry.eventbrite.co.uk

AUTISM, MENTAL HEALTH & CREATIVITY

WORKSHOP
Anxiety and depression affect up to 40% of the autism population. This workshop will explore how, with the correct support, people with autism can make a huge contribution to society.

4-5pm
openmindautism.eventbrite.co.uk

AWARDS CEREMONY & CELEBRATION

AWARDS
An awards ceremony and celebration of the work produced as part of Open Mind. The ceremony will be hosted by Create Paisley’s youth panel Young Creators who have co-designed this year’s festival.

7-9pm
openmindawards.eventbrite.co.uk

SUN 26 MAY

FILM COMPETITION

SCREENINGS
Screenings of the shortlisted films from the Open Mind Arts Competition

4-5.30pm
openmindfilm.eventbrite.co.uk

FREE
openmindawards.eventbrite.co.uk
EVENTS

SAT 4 MAY

FINDING YOURSELF: WALK AS ONE

COMMUNITY

ARTS

It’s World Labyrinth Day. Meet people from across the world join to walk labyrinths. STAR Project are inviting you to walk their outdoor, temporary labyrinth in Fountain Gardens and Walk as One at 1pm as part of their #FindingYourself project.

12-2pm (walk at 1pm)

Fountain Gardens, Love Street, Paisley PA1 2DZ
FREE
heather@star-project.org.uk

WED 8 MAY

FINDING YOURSELF

COMMUNITY

ARTS

Artist in Residence, Jim Buchanan, will be demonstrating the mental health benefits of labyrinth creation. These are creative workshops, aimed to increase confidence and wellbeing. No previous knowledge of labyrinths required.

#FindingYourself

Also Wed 15 May 10.30am–12.30pm

STAR Project, 12-24 Wallace Street, Paisley, PA1 2BY
FREE
0141 889 5850, heather@star-project.org.uk

GIRLS NIGHT IN

LITERATURE

Columnist and author Shan Lowe will discuss her book Because Mummy Said So! a funny collection of features about family life. Complimentary Prosecco, cocktails and chocolate will be served along with therapy sessions courtesy of Eve Spa. Refreshments and therapies included with entry

7–8.30pm

Erskine Library, Bridgewater Place, Erskine PA8 7AA
FREE
0141 300 1288

SILENT DISCO

DANCE

Join Active Communities and the Orange positive impact that textile making can have on people’s sense of health and wellbeing. Presentations from Prof Jacqueline Atkinson, Dr Alison Mayne and Dr Anna Fisk will be followed by a discussion. Booking advised.

1.30–3.30pm

Paisley Methodist Central Hall, 2 Gauze Street, Paisley PA1 2AY
FREE
0141 618 7939, th.cars2@renfrewshire.gov.uk

TUE 7 MAY

GET CONNECTED! FESTIVAL LAUNCH EVENT

CHILDREN & YOUTH

You are invited to the Renfrewshire Mental Health Arts Festival launch event, which kicks off the festival in style and gives a taste of events to come.

12.30–2.30pm

The Old Post Office Space, Piazza Shopping Centre, Paisley PA1 2EL
FREE
sarah.grant2@ggc.scot.nhs.uk

THU 9 MAY

WOMEN IN THE LANDSCAPE

LITERATURE

Our mental health and wellbeing benefit when we nourish our connections to landscape, earth and nature. Delve into poetry and fiction by women writers including Amy Liptrot and Helen MacDonald and discover how creative writing about ecology and environment can empower and nurture, in partnership with Glasgow Women’s Library.

26- and women only. All women-only events are inclusive of Trans and Intersex women, as well as non-binary and gender fluid people.

10am–12pm

Kilwin, 16 Quarry Street, Johnstone, Renfrewshire PA5 8DZ
FREE
kitty@activecommunities.co.uk

FRI 10 MAY

TEXTILES AND WELLBEING

DISCUSSION

A seminar as part of the Textiles and Wellbeing project. Join Active Communities and families in the Artist in Residence to support complex and gender fluid people. Intersex women, as well as non-binary, trans and gender fluid people. This event is inclusive of Trans and Intersex men.

10am–3.30pm

Gallowhill Community Centre, 166 Netherhill Road, Paisley PA3 4SF
FREE
0141 889 5850
info@activecommunities.co.uk

SUN 12 MAY

WALK WITH ME

FILM

A mindful afternoon on the theme of connectedness between ourselves, each other and the earth. A screening of Walk with Me, a mindfulness meditation documentary, will be followed by refreshments and a short movement workshop, led by mindfulness practitioner Vicky Kakas.

2–4.30pm

The Old Post Office Space, Piazza Shopping Centre, Paisley PA1 2EL
FREE
sarah.grant2@ggc.scot.nhs.uk

MON 13 MAY

ARTISAN’S INSTITUTE: WEAVING WORKSHOP

WORKSHOP

As part of TH.CARS2, join professional weaver Amy Bond for a drop-in weaving workshop.

1–4pm

Johnstone High Parish Church Halls, Gallowhill, Johnstone, Paisley PA5 8EE
FREE
tom.thebuddybeat@sky.com

TUE 14 MAY

DON’T BE BOARD!

COMMUNITY

Join other gaming enthusiasts in the Festival Hub for two afternoons of board game workshops. A range of fun and strategy games will be offered with refreshments and prizes to give you a taste of gaming. 

2–4pm

Johnstone High Parish Church Halls, Gallowhill, Johnstone, Paisley PA5 8EE
FREE
mariel@createpaisley.org.uk

FRI 17 MAY

CREATE CAFÉ: OPEN MIC

PERFORMANCE

Create Café is a free safe creative space for 12–21 year olds to express themselves through music or art and connect with friends. Presented by Open Mind Fest (p27).

7.30–10pm

Blend Coffee Lounge, 236 Causeyside Street, Paisley PA1 2UL
FREE
mariel@createpaisley.org.uk

Images, right top to bottom: Walk As One; Recovery Cafe; Textiles and Wellbeing
Image, far right: Create Café; Open Mic

SUN 15 MAY

WALK A MILE

COMMUNITY

ARTS

Renfrewshire Anti-Sigma Alliance (RASA) invites 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.

12.30–1.30pm

Fountain Gardens, Love Street, Paisley PA1 2DZ
FREE
heather@star-project.org.uk, bernadette.reilly@renfrewshire.gov.uk

THU 16 MAY

BUDDY BEAT: HIT THE BEAT

MUSIC

Join Renfrewshire’s award winning The Buddy Beat for a morning of rhythm and wellbeing. No experience necessary. Fun guaranteed.

10–11.45am

Johnstone High Parish Church Halls, Gallowhill, Johnstone, Paisley PA5 8EE
FREE
tom.thebuddybeat@sky.com

LISTINGS

SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2019

www.mhfestival.com
SAT 18 MAY

NATURAL DYING
WORKSHOP
As part of TH.CARS2, a daylong beginners’ workshop exploring natural dyeing techniques led by textile artist Gillian Steel. For ages 14+. Under 18’s must be accompanied by a participating adult. Materials provided.
10am-3.30pm
Gannochy Theatre, Kibble Education and Care Centre, Paisley PA3 2LG
FREE
0141 618 7939, th.cars2@renfrewshire.gov.uk

LAUGHTER YOGA AND MASK MAKING
WORKSHOP
Interactive talk and laughter yoga from Well Happy, followed by a creative mask making session encouraging people to think about the masks we wear in our lives and what that means for connection, communication and mental health.
2-4pm
Disability Resource Centre, 74 Love Street, Paisley, PA1 1DJ
FREE
01294 461 730, gwenmck@hotmail.com

THU 23 MAY

AT OUR BEST
MUSIC | DANCE
Music and dance performance by various artists. Putting people at the heart of their own creativity and delivery, connecting people through live performance, promoting wellbeing and good mental health.
11am-2.30pm
Johnstone Town Hall, 25 Church Street, Johnstone PA5 8EG
FREE
0345 688 3123, mary.christison@renfrewshire.gov.uk

WED 22 MAY

DANCE GROOVES
DANCE
Join the Renfrewshire Carers Centre for a gentle dance fitness session that connects diverse movements, great music and good vibes. Suitable for all levels and abilities.
12-12.45pm
The Renfrewshire Carers Centre, Unit 55, Embroidery Mill, Abbey Mill Business Centre, Paisley PA1 1LJ
FREE
0141 889 3643, donna@renfrewshirecarers.org.uk

FUNDAMENTAL CONDUIT & FRIENDS
MUSIC
Event showcasing arts project Fundamental Conduit who mix spoken word and music to create an exciting performance which promotes positive mental health for all participants. There will also be support from the Paisley Guitar Group and The Well Happy Band.
7-10pm
Caulum’s Cavern, 66 Old Snodden Street, Paisley PA1 2AP
25p (pay at door)
GW ENMC@HOTMAIL.COM
07837 110 504

SAT 25 MAY

FINDING YOUR FLOW
WORKSHOP
As part of TH.CARS2, a daylong exploratory workshop for beginners & refreshers in hand knitting led by professional knitter Rose Lottie. For ages 34+. Under 18’s must be accompanied by a participating adult. Materials provided.
10am-3.30pm
Gannochy Theatre, Kibble Education and Care Centre, Paisley PA3 2LG
FREE
0141 618 7939, th.cars2@renfrewshire.gov.uk

FRI 24 MAY

CLARSACH CONNECTING
MUSIC
Live music in hospital is known to positively affect the mental health and wellbeing of patients, visitors and staff. This concert by acclaimed harpist Rachel Hair brings modern and traditional music to elevate the atmosphere of the Royal Alexandra Hospital.
2-3pm
Atrium Balcony, Royal Alexandra Hospital, Corsebar Road, Paisley PA2 9PN
FREE
07931 697 187

DANCE GROOVES
DANCE
Join the Renfrewshire Carers Centre for a gentle dance fitness session that connects diverse movements, great music and good vibes. Suitable for all levels and abilities.
12-12.45pm
The Renfrewshire Carers Centre, Unit 55, Embroidery Mill, Abbey Mill Business Centre, Paisley PA1 1LJ
FREE
0141 889 3643, donna@renfrewshirecarers.org.uk

KIBBLE ALLSORTS: CREATIVE CONNECTIONS
MULTI-ARTS
Pupils and staff will present an evening of entertainment featuring the Kibble Band, short films, dance and musical theatre. In partnership with West College Scotland and other national arts organisations.
7-9pm
Gannochy Theatre, Kibble Education and Care Centre, Paisley PA3 2LG
FREE
07931 697 187

BIG PIECE & JAM
WORKSHOP
A showcase of talents and skills from workshops and group activities within the Sunshine Recovery Café.
10am-3.30pm
St Mathews Church, Gordon Street, Paisley PA1 1X
FREE
07931 697 187
**WHAT’S ON IN Ayrshire**

### EXHIBITIONS

#### FROM 1 MAY

**PHOTOGRAPHY EXHIBITION**

**VISUAL ARTS** The top 30 photographs from our photography competition will be displayed at an exhibition open to the public to start conversations on what connection means for mental health.

- **3-17 May**
  - Mon, Wed & Fri 9am-5pm, Tue & Thu 9am-9pm
  - Kilmarnock Campus, Hill Street, Kilmarnock, KA1 3HY
- **FREE**
- **eoghann.maccoll@centrestagemt.org.uk**

#### FROM 20 MAY

**LEADERSHIP CONNECT SHOWCASE**

**WORKSHOP** For three evenings, young people will host elements of Centrestage Projects and show how they support and help people to be the best they can. Come along and experience our unique approach to fun, food and folk.

- **20-22 May**
  - 2-4pm
  - Kilmarnock Campus, Hill Street, Kilmarnock, KA1 3HY
  - **FREE**
  - **julie.thorne@ayrshire.ac.uk**

### EVENTS

#### SAT 4 MAY

**PHOTOGRAPHY EXHIBITION**

**COMMUNITY** Join Lynne O’Neill at Vocal Spark to connect to your voice to enhance mental wellbeing, with songs from around the globe, not forgetting Burns Zentangle with Kate Lindsay will also give you the chance to use art and mindful meditation to help you relax and focus.

- **Vocal Spark** 1-3.15pm
  - Zentangle 3.30-5.15pm
  - Rizzelle Park, Monument Road, Ayr KA7 4NH
- **FREE**
- **kate@daisybizarre.co.uk**

#### FRI 17 MAY

**BIG SING**

A no-dialogue physical theatre piece exploring Alzheimers and the struggles faced by the sufferer and their loved ones as they try to remain connected.

- **Big Sing** 7-10pm
  - The Killie Browser, Kilmarnock Station, Community Village, Kilmarnock KA1 2AF
  - **£8 / £6**
  - **01563 551 505, 01563 523 431**

#### SAT 25 MAY

**DAD’S ARMY**

**THEATRE** Come and join the Centrestage Actors Company for a hilarious and moving romp back in time to World War 2. Featuring a live episode from the iconic hit sitcom Dad’s Army. Songs, sketches and surprises galore.

- **2-4pm**
  - Brass & Granite, 53 Orange Street, Kilmarnock KA1 2DD
  - **£10 / £8**
  - **01563 551 505, cenrestagemt.org.uk**

### CRUMBLE

**WORKSHOP** Experienced vocalist, coach and wellbeing trainer Lynne O’Neill invites you to join her for a two hour session of connecting into your voice to create a more confident you, enhance your wellbeing and express yourself through moving, shaking and singing!

- **7-9pm**
  - HAC Bar, 114-116 Harbour Street, Irvine KA12 8PZ
  - **£10**
  - **facebook.com/Lynne-ONeill-Wellbeing**

#### FRI 24 MAY

**THE UNLIKELY LADS**

**THEATRE** Rehearsals are filled with laughs and absolutely no experience is required. Why not come along and enjoy Dad’s Army, then come along for a free trial session tonight, when the company will come together to start new material. Get involved!

- **7-9pm**
  - Central Theatre, 11-13 James Little Street, Kilmarnock KA1 4AT
  - **FREE**
  - **01563 551 505, cenrestagemt.org.uk**

#### FRI 17 MAY

**MULTI-ARTS** A day of conversation, performance and art that explores the lived experiences of North Ayrshire and Arran’s mental health community. Discussions will centre around a piece of theatre by Marlem Omari and Mark Jeary that explores the fine line between mental health and mental illness.

- **9.30am-2.30pm**
  - The Harbour Arts Centre, 114-116 Harbour Street, Irvine KA12 BPZ
  - **FREE**
  - **01563 551 505, doing-it-our-way.eventbrite.co.uk**

#### SAT 25 MAY

**DOING IT OUR WAY**

Come and share an afternoon of all-family magical stories in our friendly pub. Listening and sharing stories helps us connect to who we are and where we really belong. All ages and abilities welcome. Booking essential.

- **2-4pm**
  - Brass & Granite, 53 Orange Street, Kilmarnock KA1 2DD
  - **£6**
  - **01563 551 505, cenrestagemt.org.uk**

#### THU 9 MAY

**STORYTELLING & STORYTELLING AFTERNOON TEA**

Come and share an afternoon of all-family magical stories in our friendly pub. Listening and sharing stories helps us connect to who we are and where we really belong. All ages and abilities welcome. Booking essential.

- **2-4pm**
  - Brass & Granite, 53 Orange Street, Kilmarnock KA1 2DD
  - **£6**
  - **01563 551 505, cenrestagemt.org.uk**

#### Thu 23 May

**STORYTELLING**

Come and share an afternoon of all-family magical stories in our friendly pub. Listening and sharing stories helps us connect to who we are and where we really belong. All ages and abilities welcome. Booking essential.

- **2-4pm**
  - Brass & Granite, 53 Orange Street, Kilmarnock KA1 2DD
  - **£6**
  - **01563 551 505, cenrestagemt.org.uk**

### THU 23 MAY

**STORYTELLING**

Come and share an afternoon of all-family magical stories in our friendly pub. Listening and sharing stories helps us connect to who we are and where we really belong. All ages and abilities welcome. Booking essential.

- **2-4pm**
  - Brass & Granite, 53 Orange Street, Kilmarnock KA1 2DD
  - **£6**
  - **01563 551 505, cenrestagemt.org.uk**

#### FRI 24 MAY

**BIG SING**

Centrestage Gospel Choir opens the door to anyone who would like to experience the joy of singing together, regardless of experience or age. Just come along and raise your voice!

- **7-8.30pm**
  - Centrestage, 11-13 James Little Street, Kilmarnock KA1 4AT
  - **£8 / £6**
  - **01563 551 505, cenrestagemt.org.uk**

#### FRI 17 MAY

**MULTI-ARTS** A day of conversation, performance and art that explores the lived experiences of North Ayrshire and Arran’s mental health community. Discussions will centre around a piece of theatre by Marlem Omari and Mark Jeary that explores the fine line between mental health and mental illness.

- **10.30am-2.30pm**
  - The Harbour Arts Centre, 114-116 Harbour Street, Irvine KA12 BPZ
  - **FREE**
  - **01563 551 505, doing-it-our-way.eventbrite.co.uk**

#### SAT 25 MAY

**DOING IT OUR WAY**

Come and join the Centrestage Actors Company for a hilarious and moving romp back in time to World War 2. Featuring a live episode from the iconic hit sitcom Dad’s Army. Songs, sketches and surprises galore.

- **7-9.30pm**
  - Centrestage, 11-13 James Little Street, Kilmarnock KA1 4AT
  - **£8 / £6**
  - **01563 551 505, cenrestagemt.org.uk**

#### TUE 28 MAY

**THE UNLIKELY LADS**

**THEATRE** Rehearsals are filled with laughs and absolutely no experience is required. Why not come along and enjoy Dad’s Army, then come along for a free trial session tonight, when the company will come together to start new material. Get involved!

- **7-9pm**
  - Centrestage, 11-13 James Little Street, Kilmarnock KA1 4AT
  - **FREE**
  - **01563 551 505, cenrestagemt.org.uk**

#### TUE 28 MAY

**THE UNLIKELY LADS**

**THEATRE** Rehearsals are filled with laughs and absolutely no experience is required. Why not come along and enjoy Dad’s Army, then come along for a free trial session tonight, when the company will come together to start new material. Get involved!

- **7-9pm**
  - Centrestage, 11-13 James Little Street, Kilmarnock KA1 4AT
  - **FREE**
  - **01563 551 505, cenrestagemt.org.uk**
WHAT’S ON IN
The Borders

EXHIBITIONS

FROM 3 MAY
WE LIVE BIG
VISUAL ARTS
A series of interactive art installations exploring mental health, based on the work of Nancy Golden’s We Live Big. Donations welcome.
3–26 May
Venues across the Borders
FREE
karenlerpiniere@hotmail.co.uk
07552 568 131

FROM 7 MAY
WRITING FOR WELLBEING
WORKSHOP
Creative writing workshops exploring the theme of being Connected for mental health and wellbeing. Have a go at writing for wellbeing with author Helen Boden. No experience necessary.
3–4.30pm
Mon 7 May
Duns Library, 49 Newtown Street, Duns TD11 3AU
FREE
libhawick@liveborders1.org.uk
01896 807 000, wellbeing.
hawickevents@liveborders1.org.uk
07958 158 181

FROM 10 MAY
OPEN THE CRAFT BOX
VISUAL ARTS
A diverse exhibition hosted by Scottish Borders LGBT Equality, featuring LGBT artists from the Scottish Borders. Be Here! Be Queer!
2.30–4pm
Fri 10 & 24 May
Peebles Community Centre, Walker’s Haugh, Peebles EH45 8AU
FREE
01896 807 000, wellbeing.
karenlerpiniere@hotmail.co.uk
07552 568 131

FROM 18 MAY
QUEER CONNECTIONS
VISUAL ARTS
A diverse exhibition hosted by Scottish Borders LGBT Equality, featuring LGBT artists from the Scottish Borders. Be Here! Be Queer!
3–4.30pm
Sat 19 May
MacArts, Bridge Street, Galashiels TD1 1SP
FREE
karenlerpiniere@hotmail.co.uk
07552 568 131

CREATIVE MUSIC WORKSHOPS
WORKSHOP
A series of creative workshops for participants to learn musical skills to promote wellbeing. Activities include vocalising, getting in touch with your breath and voice, and body-percussion. Express yourself and listen to each other in a safe, open-minded and inclusive space.
6–7pm
Fri 10, 17; 24 & 31 May
Wellbeing College, The Hive, Low Buckholmside, Galashiels TD1 1RT
FREE
01896 807 000, wellbeing.
college@health-in-mind.org.uk

EILDON TREE READINGS
WORKSHOP
A series of readings from the May issue of Eildon Tree magazine, which publishes new creative writing from driftwood. Chris’s work deals with gender identity, genderfluidity and non-binary genders. A safe, welcoming, diverse and inclusive space for making art.
12–4pm
Sat 26 May
Cornucopia, Unit 4, Towerdykeside, Hawick TD9 9EA
FREE
karenlerpiniere@hotmail.co.uk
07552 568 131

EVENTS

FRI 10 MAY
MEET & MAKE
WORKSHOP
This special crafting class is for families living with dementia and carers. Come along and enjoy using your hands and living in the moment. Led by Red Button Arts.
3.30–4pm
Sat 10 May
Peebles Community Centre, Walker’s Haugh, Peebles EH45 8AU
FREE
01896 807 000, wellbeing.
college@health-in-mind.org.uk

FRI 17 MAY
SONG WAVE
MUSIC
Come together to pay tribute to the reignited Rabbit from film director Scott Hutchison. Learn a new song, curated and arranged by Clare Watson, inspired by Frightened Rabbit’s ‘The Loneliness and the Scream’. Join 25minWave and post your pop-up performance on social media. Email to register your interest or go online to find out more.
All Day
FREE
health.improvement@borders.scot.nhs.uk, soundcycle.org

FRI 24 MAY
BAND NIGHT
MUSIC
Performances by several bands, including those who have used music as a way to manage difficulties with mental health and addiction. Featuring TDI from Addaction, The Lerpiniere in their first gig, local heroes Huffman and Spences, Emily Lerpiniere and The Cookie Folk. All proceeds to Inspiring Life: Evie Douglas Memorial Fund.
7–10pm
The Volunteer Hall, Langingtonate, Duns TD11 3AF
Donation
karenlerpiniere@hotmail.co.uk, 07552 568 131

TUE 21 MAY
RISE SHOWCASE
MULTI-ARTS
RISE Arts and Wellbeing Network host a showcase of recent arts and mental health work from the Borders, including a screening of 100 Heads, a short film by Works+ plus a free networking lunch.
9.30–2pm
Thu 21 May
Heart of Hawick, Kirksite, Hawick, TD9 9SA
FREE
health.improvement@borders.scot.nhs.uk

WED 22 MAY
SPRING INTO WELLBEING
WORKSHOP
An art workshop for students, offering the opportunity to play a part in creating a collage that will be displayed in the Wellbeing College.
1–3pm
Fri 22 May
Wellbeing College, The Hive, Low Buckholmside, Galashiels TD1 1RT
FREE
01896 807 000, wellbeing.
college@health-in-mind.org.uk

SUN 26 MAY
LGBT BORDERS: ART WORKSHOP
WORKSHOP
An art workshop hosted by LGBT Equality and artist Chris Kent, involving making small wooden cupcake holders from driftwood. Chris’s work deals with gender identity, genderfluidity and non-binary genders. A safe, welcoming, diverse and inclusive space for making art.
12–4pm
Sat 26 May
Cornucopia, Unit 4, Towerdykeside, Hawick TD9 9EA
FREE
karenlerpiniere@hotmail.co.uk
07552 568 131

SAT 1 JUN
INSPIRING LIFE
COMMUNITY
A creative day packed with creative workshops, music and stories, all to help you become a happier and healthier you. Drop in at any time and stay as long as you want. Run by the Eastgate Theatre Arts Centre with support from the Inspiring Life Trust and See Me. See full programme online.
1–8pm
Sat 1 June
Eastgate Theatre Arts Centre, Eastgate, Peebles, EH44 4AD
FREE
01721 725 777, eastgatearts.com
WHAT’S ON IN
East Dunbartonshire

EXHIBITIONS

FROM 3 MAY

LEARN WITH YOUR LIBRARY: COME & CONNECT
WORKSHOP Keep in touch with friends and family through technology. This relaxed small group environment is a great way to keep up with the times and meet like-minded people. Full details online.

Fri 10 May
Bearsden Academy, St Andrew’s Way, Bearsden G61 3AX
FREE 0141 942 8827

FROM 11 MAY

ROMAN MOSAICS
VISUAL ARTS Join us to create mosaics to be displayed in the garden, as part of the Antonine Wall Project. The mosaics will explore and represent the types of food grown and eaten by Roman soldiers who lived at the fort on the site. All ages welcome.

11–19 May
Bearsden Baptist Church, 14 Roman Road, Bearsden G61 2SL
FREE 0141 777 3143

EVENTS

SAT 4 MAY

DROP-IN SPINNING WORKSHOP Come along to our regular 1st Saturday of the month drop-in. This May, it’s drop-spinning! Try your hand at this traditional craft, find out what a ‘heddy-naddy’ is, and learn about Kirk’s textile history!

11am–10pm
Kirkintilloch Town Hall Union Street, Kirkintilloch G66 1DH
FREE 0141 777 3143

FRI 10 MAY

BEARSDEN FESTIVAL: OPENING NIGHT WORKSHOP Gather your friends and join us for the grand opening with art, food, music and our inaugural Community Awards ceremony, recognising volunteers who make a difference. With special guest host, comedian and broadcaster Hardeep Singh Kohli.

7.30–9.30pm
Bearsden Academy, St Andrew’s Way, Bearsden G61 3AX
FREE 0141 777 3143

SAT 11 MAY

ROBERT BURNS: THE PICTURE OF THY MIND LITERATURE New research suggests Scotland’s national poet, Robert Burns, was affected by a mood disorder. Moira Hansen will explore how that may have affected his life and played a part in shaping some of his best-known poems.

10–10.50am
New Kilpatrick Church Old Halls, New Kilpatrick Church Old Halls, 2 Douglas Place, Bearsden G61 1SH
FREE 0141 942 0731, main@BearsdenBaptistchurch.com, bearsdenfestival.org

WRITE FRAME OF MIND
LITERATURE Novelist Lisa Ballantyne leads a workshop on techniques to unleash thoughts and experiences onto the page, showing how shaping a piece of creative writing provides a positive approach to self-expression, harnessing emotions and experiences.

11.15am–12.45pm
New Kilpatrick Church New Halls, 28 Kirk Place, Bearsden G61 3RT
FREE bearsdenfestival.org, 07851 773 616

MON 13 MAY

TEXTILES FOR BEGINNERS: COLOUR THEORY WORKSHOP The relaxing teaching environment combines step by step tuition of what textile colour theory is and how colour can affect mood and personal outlook.

6–7.45pm, Also 20 May
Bishopbriggs Library, 170 Kirkintilloch Road, Bishopbriggs G64 2LX
FREE 07851 773 616

TUE 14 MAY

RELAXING READS
COMMUNITY Make some time for yourself and drop in to our relaxing reads sessions where you don’t even have to pick up a book but can just listen to a selection of short readings to raise your mood.

11am–12pm
Bearsden Library, 69 Drymen Road, Bearsden G61 3RT
FREE 0141 777 3021

SINGING WORKSHOP
WORKSHOP An informal choir workshop led by Prestonton Male Voice Choir but open to everyone. If you’re not sure about singing, why not come and listen? No music experience required.

7.30–10pm
Bearsden Cross Church, 59 Drymen Road, Bearsden G61 3SU
FREE 0141 942 0731, sing@bryan-marshall.com
WHAT’S ON IN Fife

**FRI 17 MAY**

**A VIEW FROM THE FRIDGE**

**THEATRE**

Huw MacLelland takes stock. Activism, anxiety, avocado? It’s all in the mix for this opinionated empty-nester. Join Footloose Creative Arts’ Fiona Stewart for an evening of gentle anarchy as she performs her sell-out Edinburgh Fringe one-woman show.

7.30–9.30pm

Beardsden Baptist Church, 14 Roman Road, Beardsden G61 2SL

FREE 0141 942 8827, bearsdenfestival.org

**SAT 18 MAY**

**SOMETHING LIKE HAPPY**

**LITERATURE**

Sascha Greene introduces her new novel Something Like Happy, which deals with attempted suicide, relationships and recovery. She will be joined by Professor Rory O’Connor of the University of Glasgow, who will talk about understanding suicidal behaviour. There will also be a Q&A.

2-3.30pm

All Saints Episcopal Church, Drymen Road, Beardsden G61 1BN

FREE 0141 942 8827, bearsdenfestival.org

**THU 9 MAY**

**MARTIN STEPEK: MINDFULNESS AND TECHNOLOGY**

**DISCUSSION**

Martin Stepek will deliver a talk on the theme of mindfulness and technology, exploring how we can make use of technology wisely, remaining in control of it rather than it being in control of us.

11am–12.30pm

Kirkcaldy Galleries, War Memorial Gardens, Kirkcaldy KY1 1YG

£5 | £4  kirkcaldy.galleries@onfife.com 01592 583 206

**THU 23 MAY**

**BEAUTIFUL BOY**

**FILM**

Based on the best-selling pair of memoirs from father and son David and Nic Sheff, Beautiful Boy chronicles the heartbreaking and inspiring experience of survival, relapse and recovery in a family coping with addiction over many years.

**CAPTIONED**

11am–1pm

Adam Smith Theatre, Bennachie Road, Kirkcaldy KY1 1ET

£6 01592 583 303, onfife.com

**FROM 13 MAY**

**ROADS TO SUCCESS**

**MUSIC**

This exhibition provides an opportunity for Fife based artists and creative writers with mental health issues to express themselves and showcase their work.

23 May–13 June

Mon–Fri 9am–6pm

Lochgelly Centre, Bank Street, Lochgelly KY1 3RD

FREE 01592 583 303, boxoffice.lochgelly@onfife.com

**COMEDY CAFÉS: CONNECT WITH THE COMMUNITY**

They say that laughter is the best medicine, so why not come along and connect with our Comedy Cafés? Ensy some of the top names in comedy, including a few Fife firsts and a selection of local comics.

**FRI 24 MAY**

7.30–9.30pm

Adam Smith Theatre, Bennachie Road, Kirkcaldy KY1 1ET

£10 01592 583 302, onfife.com

Lochgelly Centre, Bank Street, Lochgelly KY1 3RD

£10 01592 583 303

Sat 25 May

7.30–9.30pm

Bothes Halls, Kingdom Shopping Centre, Glenrothes KY7 5NX

£10 01592 611 101

Carnegie Hall, East Port, Dunfermline KY11 2JA

£10 01383 602 302, onfife.com
WHAT’S ON IN 
Angus

FROM 3 MAY

MILLENNIUM WOODLAND STORY CLUB
WORKSHOP 2017
If you go down to the woods today, you’re in for a big surprise. Listen to short stories told by the trees themselves, accessing QR codes using your smartphone. Tree ID sheets will be available for £1 from the Ranger Centre.

THU 9 MAY

A CELEBRATION OF CREATIVITY
VISUAL ARTS
A community event showcasing a range of artistic work spanning multiple disciplines, shared by people and groups aiming to raise awareness of mental ill health and challenge stigma.

Further dates and venues to be announced.

5–8 May
Sun 10am–5pm, Mon–Wed 10am–8pm
The Hub at Friscochm, Eastgate, Friscochm, Angus DD11 4TG
FREE 01324 829 214, shelia@communityenterprise.co.uk, facebook.com/anguscreative minds

TUE 7 MAY

FRUITING BODIES:
MAKE ROOM FOR THE MUSHROOMS
WORKSHOP
A creative workshop where you can learn how to weave a mushroom or toadstool from willow.

10am-12pm & 2–4pm
Forfar Loch Country Park, Craig o’ Loch Road, Forfar DD8 18T
£4.80 £2.70  angusalive.scot/tickets

WHAT’S ON IN THE Highlands

EXHIBITIONS & ONGOING CALENDAR

7 MAY TO 30 JUNE

CONNECTED
VISUAL ARTS
A new exhibition of work by artists from across the Highlands, celebrating connections and creativity for mental health. Curated by Creativity In Care.

10am–3pm
Eden Court, Bishops Road, Inverness IV3 5SA
FREE  karrie@creativityincare.org

EVENTS

SAT 4 MAY

PEACE CONNECTIONS
WORKSHOP
An exhibition of work created by families about making peace. Curated with Creativity In Care, Brora Learning Zone and Alcohol Counselling Service Ross & Sutherland.

10am–1pm
Brora Learning Zone, Carrol Cres, Brora KW9 6PQ
FREE 07922 812 214

SUN 5 MAY

MENTAL HEALTH & DIABETES
FACT
Short films exploring the impact of diabetes on people’s lives, including psychological thriller Sugar Drop, exploring the fear and effects of hypoglycaemia, and Mikey’s Line. This film takes a look at how the intense relationship between Carl Jung and Sigmund Freud gave birth to psychoanalysis.

5.15–7.30pm
Eden Court, Bishops Road, Inverness IV3 5SA
FREE 01463 234 234, gwen.harrison@diabetes.org.uk

THU 9 MAY

WOODLAND WALK, DANCE & RESCUE KNOTS
COMMUNITY
Join Creativity In Care for a creative walk in Evanton Woods, stopping for a fun mobile disco with refreshments and arts stalls. Along the way, you can join artist Lar MacGregor in weaving your own stories into handmade ropes and rescue knots.

1.30–4pm
Evanton Woods, Chapel Road, Evanton IV16 9KT
FREE 07716 111 585, karrie@creativityincare.org, larmacgregor.com

FRI 10 MAY

HIGHLAND HELLO PROJECT LAUNCH
COMMUNITY
Join Rag Skye at 11.30am for a walk over the bridge. Finish up at Kyleakin Hall for an exhibition, food, community art, craft tasters and stalls. Because no man/woman is an island!

11.30am–4pm
Assembly at Kyle of Lochalsh Bandstand, Kyle of Lochalsh IV40 8AG
FREE hello@fragtaskye.org

SAT 11 MAY

WALK A MILE
COMMUNITY
Join Rag Skye at 11.30am for a walk over the bridge. Finish up at Kyleakin Hall for an exhibition, food, community art, craft tasters and stalls. Because no man/woman is an island!

11.30am–4pm
Assembly at Kyle of Lochalsh Bandstand, Kyle of Lochalsh IV40 8AG
FREE hello@fragtaskye.org

SUN 12 MAY

A DANGEROUS METHOD
David Cronenberg / UK / 2012 / 99m / 15
Cast: Michael Fassbender, Keira Knightley, Viggo Mortensen
RATED
Hosted by Befrienders Highland and Mikeys Line. This film takes a look at how the intense relationship between Carl Jung and Sigmund Freud gave birth to psychoanalysis.

5.15–7.30pm
Eden Court, Bishops Road, Inverness IV3 5SA
£6 01463 234 234

Images from top: Dawn Chorus; Stories on an Island

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mafhestival.com / 41
EVENTS

SUN 12 MAY [CONT]

DUSK CHORUS
COMMUNITY
Connect with the sounds of nature on a short tour of the islands; including hot chocolate and stories around the fire. Suitable for all ages.
8-9.30pm
Ness Islands. Meet behind the skate park at Bught Road, Inverness IV3 5TH
FREE • 01463 725 561

WED 15 MAY

LAUGHTER YOGA
COMMUNITY
Relax and have fun by taking part in some gentle laughter yoga with Birchwood Highland.
2-4pm
The Spectrum Centre, 18 Margaret Street, Inverness IV2 1LS
FREE • 01463 236 507

THU 16 MAY

NATURE WALK & RESCUE KNOTS
COMMUNITY
Enjoy a gently paced nature walk from New Craigs to Dunain Community Woodland, celebrating the role of connecting to nature in mental health recovery. Fire, storytelling and hot drinks included! Along the way, join artist Lar MacGregor in weaving your own stories into handmade ropes and rescue knots.
1.30-3.30pm
Meet at 18 Academy Street, Inverness IV1 1JN
FREE • larmaclaggregor.com

SUN 19 MAY

THE WINTER GUEST
COMMUNITY
Alan Rickman, Meryl Streep and Nicole Kidman star in the affecting documentary The Hours. Directed by Stephen Daldry, the story of how the novel Mrs Dalloway affects three generations of women, all of whom, in one way or another, have had to deal with suicide in their lives. Screening hosted by HUG (Action for Mental Health).
5.15-7.30pm
Eden Court, Bishops Road, Inverness IV3 5SA
£10.50
eden-court.co.uk

FRI 24 MAY

CONNECTED TO THE MUSIC
COMMUNITY
Acoustic live music and singing in Whin Park, Inverness, brought to you by Creativity in Care. Befriends Highland and Mikey’s Line.
2-7pm
Whin Park, Bught Road, Inverness IV3 5TH
FREE • 07712 111 585

MURAL READINGS
SPOKEN WORD
Experience poetry and readings along the colourful mural alley way made by peer support groups Mikey’s Line, The Hive project and HUG (Action for Mental Health).
1.30-3pm
Meet at 19 Academy Street, Inverness IV1 1JN
FREE • larmaclaggregor.com

MON 20 MAY

ON TRACK
WORKSHOP
Mindful crafting demos and tuition from Rag Tag and Textile taking place aboard the Kyle to Inverness train.
12pm-3pm
Depart: Kyle of Lochalsh Station IV40 BAQ, 12.08
Arrive: Inverness Station, Academy Street, Inverness IV2 3PY, 14.42
FREE • hello@ragtagiskyre.org

SUN 26 MAY

THE HOURS
COMMUNITY
The story of how the novel Mrs Dalloway affects three generations of women, all of whom, in one way or another, have had to deal with suicide in their lives. Screening hosted by HUG (Action for Mental Health).
5.15-7.30pm
Whin Park, Bught Road, Inverness IV3 5TH
FREE • birchwoodhighland.org.uk/events

THU 23 MAY

NATURE WALK: CONNECTING WITH NATURE
COMMUNITY
Join us for a leisurely wellbeing walk around the old curling rink and mill pond at Backies near Golspie. Suitable for all abilities but wear sensible clothing and footwear. Please note, this is not the main Big Breakfast Walk.
1.30-3pm
Backies, Golspie. Meet at the old curling rink and mill pond at Backies near Golspie.
FREE • hello@ragtagiskyre.org

SAT 25 MAY

WALK-A-MILE
COMMUNITY
Join us for our fourth year of walking a mile through Inverness city centre to promote mental wellbeing and challenge mental health stigma. Led by Northern Constabulary Community Pipe Band, this event is family friendly and open to all ages.
11am-2pm
Fishermen’s Car Park, Bught Road, Inverness IV2 3SH
FREE • hug@spiritadvocacy.org.uk

THU 23 MAY

EWEN’S ROOM
COMMUNITY
Join us to work together to create a visual mindmap, exploring what being Connected means to people.
10am-4pm
Strontian Village Shop, 1 Dalmaur, Strontian PH36 4HZ
FREE • 01967 431 307

SUN 26 MAY

THE HOURS
COMMUNITY
The story of how the novel Mrs Dalloway affects three generations of women, all of whom, in one way or another, have had to deal with suicide in their lives. Screening hosted by HUG (Action for Mental Health).
5.15-7.30pm
Eden Court, Bishops Road, Inverness IV3 5SA
FREE • 01463 234 234, hug@spiritadvocacy.org.uk

FRI 24 MAY

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COMMUNITY
Acoustic live music and singing in Whin Park, Inverness, brought to you by Creativity in Care. Befriends Highland and Mikey’s Line.
2-7pm
Whin Park, Bught Road, Inverness IV3 5TH
FREE • 07712 111 585

FRI 17 MAY

MURAL READINGS
SPOKEN WORD
Experience poetry and readings along the colourful mural alley way made by peer support groups Mikey’s Line, The Hive project and HUG (Action for Mental Health).
1.30-3pm
Meet at 19 Academy Street, Inverness IV1 1JN
FREE • larmaclaggregor.com

FRI 24 MAY

CONNECTED TO THE MUSIC
COMMUNITY
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FREE • 07712 111 585

EVENTS

LISTINGS ● THE HIGHLANDS
SMHAF HIGHLAND GATHERING
IN THE LIGHT OF THE MOON
DANCE
Choreographed by Laura Johnston-Scott, with support from plan B, and danced with Laura MacLennan, this performance explores the patterns of mental ill health that often become coping mechanisms and the challenges involved in the journey towards recovery.

6–7pm
Inverness Town House, High Street, Inverness IV1 1JJ
FREE
07528 713 740, laurajohnston.it@gmail.com, facebook.com/IntheLightoftheMoonproject

SAT 3 MAY
SMHAF IN MORAY
ARTS FOR WELLBEING
LAUNCH DAY
MULTI–ARTS
Drop in to try a variety of arts and craft activities designed to promote positive mental health and improve wellbeing. These will include postcard exhibition, silent disco, Food for Mood and the Connected Moray map. Your chance to connect with the SMHAF in Moray team, meet with local creatives and learn new skills!
10am–4pm
St Giles Church, High Street, Elgin, Moray IV30
FREE
artsforwellbeingmoray@gmail.com

FRI 31 MAY
SILVER LININGS
PLAYBOOK
David O. Russell | USA | 2012 | 119 | 15
Cast: Bradley Cooper, Jennifer Lawrence, Robert De Niro

FILM
David O. Russell’s star-studded film is a light-hearted but sensitive take on bipolar disorder and recovery. Hosted by Mur of Ord Community Hub.
7.30–9.45pm
Muir of Ord Hub, Great N Road, Mur of Ord IV6 7SU
FREE 01463 870 588, hug@spiritadvocacy.org.uk

A STAR IS BORN
Bradley Cooper | USA | 2018 | 139 | 15
Cast: Lady Gaga, Bradley Cooper, Sam Elliott

FILM
Sunart Film Club presents the recent remake of A Star is Born, starring Lady Gaga. A musician helps a young singer find fame, even as age and alcoholism send his own career into a downward spiral.
7.30–10pm
Sunart Centre, Strontian PH34 4JA
£5 (£3 pay on the door) 01397 709 228

SAT 4 MAY
NONE FOR THE ROAD
THEATRE
Written by Karen Grant and Sam Young, and based on a true story, this play follows characters Grace and Sophie on their journey of sobriety. After a series of drunken arguments, they decide to try and save their relationship by stopping drinking alcohol for one year. A poignant and comical production featuring local talent.
Wed 15 & Fri 17 May 7.30–10.30pm
Owl Forest, Whiteinch Small Holdings IV36 3TS
Thu 16 May 7.30–10.30pm
James Milne Institute, Findhorn Village IV36 3YF
£7 £5 01397 709 372
buytickets.at/playingatlifeproductions
Out of Sight, Out of Mind
October 2019

Out of Sight, Out of Mind is an exhibition of artwork made by people who have experienced mental health issues; it will take place at Summerhall during October 2019.

The biggest exhibition of its kind in Scotland, it showcases work in many media, including paintings, drawings, sculptures, films, animations, and installations. The project is part of SMHAF’s year round arts programme.

Supported by NHS Lothian Health and Wellbeing, funded by Edinburgh & Lothians Health Foundation and hosted by CAPS Independent Advocacy.

Specific dates and opening times will be announced on www.mhfestival.com

For further information
pam@capsadvocacy.org or phone 07989 402 634

SMHAF 2020
Call for artists and filmmakers

We are already planning next year’s festival and would love to hear from artists of all disciplines who are developing mental health themed work that could be showcased in some form at SMHAF in May 2020.

You can contact our Arts Lead, Andrew Eaton-Lewis, at: aeanon-lewis@mentalhealth.org.uk

Our 2020 International Film Competition and Writing Awards will be open for submissions well in advance of the festival.

See www.mhfestival.com/submission for details.

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

**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

Taking action

Stay Connected

Photo: Chris Scott

Image: Stephanie Wilson, 0OSOOM 2018

Mental Health Foundation

RAISE AWARENESS
RAISE MONEY
RAISE THE ROOF!

HOST A MUSIC EVENT TO PROMOTE GOOD MENTAL HEALTH FOR ALL

mhflive.org.uk

#mhflive