

# **Scottish Mental Health Arts Festival**

**Led by the Mental Health Foundation**

## **Gather**

**4-24 May 2022**

**[mhfestival.com](http://mhfestival.com)**

**The Scottish Mental Health Arts Festival is led by the Mental Health Foundation Scotland.**

**National Partners:**

Creative Scotland

Thrive Edinburgh

Edinburgh Health & Social Care Partnership

See Me

Baring Foundation

NHS Greater Glasgow & Clyde

The List

**Event Partners:**

Scottish Documentary Institute

Goethe Foundation

**Design Partner:**

Ilka

## Contents

Gather .....	4
Loneliness.....	6
Festival Highlights.....	7
Gathering .....	9
Though This Be Madness .....	14
Focus on Film .....	16
Community Commissions .....	29
Free Online Events .....	31
Edinburgh & Lothian .....	39
Glasgow.....	52
Lanarkshire .....	57
Renfrewshire.....	69
Ayrshire & Inverclyde.....	75
Forth Valley.....	80
Aberdeen & Moray .....	80
Angus & Dundee.....	86
Argyll & Bute .....	86
Borders and Dumfries & Galloway.....	88
Dumfries & Galloway .....	89
Stay Connected .....	90
Getting Help.....	91

## Gather

Welcome to the Scottish Mental Health Arts Festival 2022. After two years at a distance, we invite you to explore what it means to Gather.

Gather means to come together. We chose this theme to recognise how important it is for people to come together, enjoy the arts and be creative. The festival is now in its 16th year, and we know from experience the impact it can have in connecting communities, reducing social isolation and starting valuable conversations about mental health, something that affects us all.

This year, we want to explore what it means for us to gather. How does sharing a physical space – such as a theatre, gallery or community centre – influence how we experience art and boost our creativity? How does gathering with different groups of people, from close friends to complete strangers, affect our mental health and wellbeing? What difference does it make if we gather on a beach, in a woodland or around a fire? What if we just want to keep gathering online?

In asking these questions, we recognise that to gather means very different things to very different people. Gatherings are not always fully inclusive and can cause stress and anxiety for all kinds of reasons, no matter what form they take. Some of us have enjoyed getting back to the buzz of live events, while others have felt less isolated since gathering remotely went mainstream. We hope that this programme reflects the diversity of our audiences and offers everyone an opportunity to participate.

Of course, to gather does not only mean to come together as people. Throughout the programme, you will find opportunities to gather stories, gather memories, gather artworks and gather objects. There will be moments when we need to gather our thoughts or gather ourselves. Gathering is something we do to

make sense of our lives and experiences, and, explicitly or not, while creating art.

Finally, to gather can mean to bring things together from scattered places, which is fitting for a festival that happens all over Scotland. Wherever you are, we very much hope you can join us this May.

The Festival Team

# Loneliness

## Mental Health Awareness Week

**9-15 May 2022**

Loneliness affects the mental health of millions of people across the UK. We all know someone at risk of loneliness.

Mental Health Awareness Week is an opportunity for everyone to talk about how we can achieve good mental health.

This year, at the Mental Health Foundation, we'll be raising awareness about the link between loneliness and mental health problems. We'll also be exploring the impact of inequalities on loneliness.

Addressing loneliness is something we need to do as a society, in our communities and as individuals.

Events will take place throughout the week as part of the festival, using the arts and creativity to join the conversation about loneliness, connect communities and inspire gathering.

Mental Health Awareness Week is hosted by the Mental Health Foundation. Follow us for all the latest updates.

Website: [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

Twitter: [@MHFScot](https://twitter.com/MHFScot)

Instagram: [@MHFScot](https://www.instagram.com/MHFScot)

Facebook: [@mentalhealthfoundation](https://www.facebook.com/mentalhealthfoundation)

## Festival Highlights

How will you Gather with us this May?

We have hundreds of events in our programme – taking place across Scotland and online – all using the arts to bring people together, challenge perceptions and promote good mental health for all.

Here are a few highlights to get you started. Read on to find out what's happening near you.

### Gatherings

Our opening day *Gathering* is the first of many chances to come together. Gather outdoors for the Edinburgh *Thrive Gathering*, creative *Tree Chatter Walks* in the Highlands, Paisley's *Community Labyrinth Launch* and *The Big Gather* at Ardrossan South Beach. Inspiring Life is a day-long creative gathering in the Borders and we also have plenty of ways you can gather online.

### Theatre

*All of Me* is our headline show in Glasgow, while *One Mississippi* and *Though This Be Madness* go on tour. *We Are What We Overcome* tells the story of one man's journey to good mental health via a very bad idea, *The White Chip* is a rollercoaster ride through addiction and theatre, and *Ruby Slippers and Rainbows* showcases the role of community theatre in recovery.

### Film

Don't miss our *International Film Awards*, followed by a weekend of curated screenings and workshops. Beyond the official selection, join producer Siobhan Fahey for a special LGBTQ+ screening celebrating rabble-rousing doc *Rebel Dykes*, and director Tim Barrow for *Riptide* screenings in the

Highlands. The *North Ayrshire Wellbeing Film Festival* offers workshops, screenings and a feel-good hit.

## **Music**

*Djana Gabrielle* and *Two Stoned Birds* are among the musicians performing at SMHAF 2022. Join *Paragon Music* in Glasgow for an evening of music, dance and poetry, and the friendly *Mad Jam* community for live and online open mic nights. *Gather Thigither* for a showcase by Cumbernauld's *Fool On* and enjoy local *Sma'sh Hits* from Renfrewshire's music collective.

## **Visual Arts**

Take in collaborative exhibitions, including *A Gathering of Story-Art* in the Highlands and *Re-Connect* from Artlink Central. Go online to explore Renfrewshire's annual exhibition *Mindspace*, featuring textiles and small-scale paintings, and pieces from Art in Healthcare's collection in *Make Room for Art*. Solo displays include *Assemble*, a series of metal sculptures by SMHAF regular Jamie King.

## **Workshops**

Get involved to develop your creativity and support your wellbeing. *Come Gather the Gowans the Gither* offers a wee hour of online sketching, while *Writing for Wellbeing* is a supportive six-week course in Ayrshire. In Lanarkshire, there are workshops for everyone, with *Get Together Adventure Day* for young people, outdoor photography in *On Your Doorstep* and *Creative Crafting*.

## **Gathering**

Our 2022 festival opens with a day designed to celebrate and bring together our SMHAF community after two years of lockdown, while also exploring how we can gather in a more inclusive way. Gathering will feature live events at the CCA plus an online programme, with complementary events in Edinburgh, Ayrshire and Inverness.

The full day takes place at: CCA: Centre for Contemporary Arts, 350 Sauchiehall Street, Glasgow G2 3JD.

Tickets are booked separately for each event. Pay What You Can: £8 / £6 / £4 / £2 / FREE.

## **Gathering on Film**

Film: Gather together to watch a selection of warm and uplifting films on the big screen on our opening day. We showcase community-based projects which have inspired hope during the pandemic, alongside shorts by local and international filmmakers expressing the importance of connection for our wellbeing.

CCA Cinema, 2-3.45pm

[gathering-film-smhaf22.eventbrite.co.uk](https://gathering-film-smhaf22.eventbrite.co.uk)

## **Mental Health Arts Network: How Do We Gather?**

Discussion: The third of our new series of conversation events asks what lockdown should teach us about how we gather. What does it mean to gather? How do we do it better? Featuring a panel of insightful arts and mental health speakers.

CCA Cinema, 4-5pm

[we-gather-smhaf22.eventbrite.co.uk](https://we-gather-smhaf22.eventbrite.co.uk)

## **Gathering on Stage**

Music, Performance: Join us for a showcase of work commissioned by SMHAF during lockdown and highlights from the upcoming programme, including live performances by singer-songwriter Djana Gabrielle and Dundee-based spoken word and music two-piece 2 Stoned Birds.

CCA Theatre, 5-6.30pm

**[gathering-stage-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/e/gathering-stage-smhaf22)**

## **All Of Me (the Possibility of Future Splendour)**

**by Caroline Horton**

**Winner, Mental Health Fringe Award 2019**

*“Hello – I thought I’d introduce myself properly – As is polite.”*

Written and performed by Olivier Award nominee Caroline Horton – this is an intimate and absurd exploration of wanting to live, wanting to die and what can happen if we sit together with the dark. Grudgingly hopeful, occasionally funny, Caroline reunites with director Alex Swift (*Mess*) to bring you an unapologetically dark show about dark things.

*All of Me* was the 2019 winner of the Mental Health Fringe Award, which is presented each year by the Mental Health Foundation in recognition of the Edinburgh Fringe show that most compellingly explores the subject of mental health.

Postponed for two years due to the pandemic, we are delighted to be partnering with the Tron Theatre in Glasgow to present *All of Me* at the Scottish Mental Health Arts Festival.

*“All of Me is one of the most extraordinary, brave, vivid and uncompromising portrayals of living with depression that I’ve ever seen, thanks to Caroline’s honesty about her experiences and also her refusal to sugar-coat them in any way.”*

- Andrew Eaton-Lewis, Arts Lead, Mental Health Foundation

★★★★★ *“Theatrically alive at every moment” The Independent*

★★★★ *“It’s messy... it’s beautiful” The Guardian*

★★★★ *“Phenomenal” Time Out*

*14+: Themes of suicide and depression, Nudity, Strong language*

Thu 19-Sat 21 May

Tron Theatre, 63 Trongate, Glasgow G1 5HB

£19 / £16 / £14.50

Book: [tron.co.uk/shows/all-of-me](http://tron.co.uk/shows/all-of-me), 0141 552 4267

## **ONE MISSISSIPPI**

**From Bijli Productions, in association with Platform**

*"They say that the person you are at eighteen defines who you are going to become..."*

One Mississippi is a hard-hitting verbatim play that explores how the impact of childhood experiences shape men's adult lives, and the journey it takes them on.

Blending humour and storytelling with powerful elements of physical theatre, One Mississippi is an uncompromising insight into what takes us to breaking point.

Written by Mariem Omari (Revolution Days, If I had a girl..., The Trojans) and directed by Mark Jeary (Blackout)

*14+: Contains strong language and themes of suicide*

### **TOUR DATES**

Sat 30 Apr | Platform, Glasgow

Tue 3 May | The Revelator, Glasgow

Thu 5 May\* \*\* | Beacon Arts Centre, Greenock

Fri 6 & Sat 7 May\* \*\* | Assembly Roxy, Edinburgh

Tue 10 May | An Lanntair, Stornoway

Wed 11 May\*\* | Eden Court, Inverness

Fri 13 May | Kirriemuir Town Hall

Sat 14 May | The Lemon Tree, Aberdeen

\* Q&A

\*\* BSL interpretation

# Though This Be Madness

**Written and performed by Skye Loneragan**

*“Once upon a time... I don't have time!”*

Award-winning writer and performer Skye Loneragan brings her fragmented, semi-autobiographical portrayal of motherhood, sisterhood and experience of loved ones debilitating mental illness.

Not all stories wrap themselves around a beginning, a middle and an end. New motherhood doesn't afford the time for that kind of structure. Though This Be Madness is an inventive and darkly humorous story of many sisters that delves into the combined challenge of juggling new parenting alongside loved ones struggling with psychosis and depression.

In this fractured fiction told through poetry and performance, with a musical score co-created by Mairi Campbell, we meet a recovering mum bouncing on a Pilates ball in The Land of the Lounge Room. Determined to soothe her baby and 'stay on the ball', she tries finish her sentence and tell us how she is unable to reach her sister Ophelia, wrestling with a cataract on what Shakespeare calls the 'mind's eye'.

Wondering what delusions we might all share, she questions the silent war many of us are waging - with little ones, with loss or with prams that don't fold easily; and considers how can we nurture our collective sanity?

## TOUR DATES

Thu 21 & Fri 22 Apr\* | Eden Court, Inverness

Sat 21\* \*\* & Sun 22 May\*\* | The Studio, Capital Theatre, Edinburgh

Thu 23 Jun\* | Heart of Hawick

Fri 24 & Sat 25 Jun\* | The Catstrand, New Galloway

Sat 25 Jun\* | The Stove Network, Dumfries

Thu 14 Jul | Mull Theatre, Tobermory

\* Babe-in-arms performance

\*\* BSL-interpretation

## Focus on Film

Gather at the CCA in Glasgow for our four-day film festival, opening with our annual International Film Awards.

It marks the first time in three years that we've been able to welcome filmmakers and special guests to SMHAF in person. We're excited to celebrate their achievements in mental health filmmaking and join them for vital conversations about their films and the stories behind them.

In selecting the final programme, we've gathered over 30 titles from more than 350 submissions to our annual competition. We'll be showcasing some exceptional work by local filmmakers, as well as titles from countries including Brazil, Canada, Lebanon and Japan, putting a global lens on mental health and wellbeing.

Themes we'll be exploring include how family relationships affect and support our mental health, as in **Charm Circle**, director Nira Burstein's intimate and engaging portrait of her eccentric New York family, suicide prevention, including **I'll Stand By You**, documenting a vital initiative led by two inspiring women in rural Lithuania, and inequalities, particularly in our shorts programme **Who Cares?**, which focuses on how young people's mental health in relation to austerity, poverty and racism.

Join us for post-screening discussions with filmmakers and invited guests at every screening – visit our website for the latest announcements. Pay what you can ticket pricing and SDH captions are available across the programme, with BSL interpretation provided for selected discussions. As always, we hope to create a welcoming, inclusive and safe space to enjoy the films and discuss the issues they explore.



## **A La Folie, Léa Luiz de Oliveira, France**

A single mother whose son has been diagnosed with schizophrenia reflects on what it means to be a mother and a carer.

## **EXPERIMENTAL**

### **Prosopagnosia, Steven Fraser, Scotland**

An expressive animated documentary exploring the director's personal experiences with face-blindness through the contents of a memory box.

## **FEATURE DOCUMENTARY**

### **I'll Stand By You, Virginija Vareikyte and Maximilien Dejoie, Lithuania**

Two women, a psychologist and a police officer, embark on a challenging mission to reduce the record suicide numbers in their rural hometown.

## **HUMAN RIGHTS**

### **Uncle, Michelle Jones, United Kingdom**

Director Michelle Jones tells the story of losing her uncle Kenneth Severin, a young black man who died in police custody while experiencing mental illness.

## **SHORT DOCUMENTARY**

### **At the Feet of My Mother, Vincent Sparreboom, Netherlands**

Lucien gains the strength to confront his childhood trauma in this emotional journey through a family constellation therapy workshop.

## **SHORT DRAMA**

### **Too Rough, Sean Lionadh, Scotland**

After a night of intoxication, a hungover Nick wakes up next to his boyfriend Charlie and must conceal him from his homophobic and dysfunctional family.

## **VOICES OF EXPERIENCE**

### **Killing Myself Laughing, Maria Viola Craig, Scotland**

Now in her 70s, Margaret recounts her hopeful journey through mental illness, recovery and self-acceptance, aided by the famous clown doctor Patch Adams.

## FILM PROGRAMME

Unless specified, film screenings and workshops take place at CCA: Centre for Contemporary Arts, 350 Sauchiehall Street, Glasgow G2 3JD.

Tickets are Pay What You Can: £8 / £6 / £4 / £2 / FREE.

All screenings feature a post-screening discussion or Q&A with filmmakers.

SDH captions available for all screenings.

Tue 10

### Filmmakers in Conversation

Discussion: Nira Burstein (*Charm Circle*) joins Scotland-based filmmaker Sam Firth (*The Wolf Suit*) for an intimate artist conversation offering insight into their creative process, focusing on the challenges and ethics of making personal documentaries and sharing family stories within the context of mental health.

In partnership with the Scottish Documentary Institute.

8-9.15pm

Zoom

FREE | Book: [smhaf22-filmmakers-conversation.eventbrite.co.uk](https://www.eventbrite.co.uk/e/smhaf22-filmmakers-conversation)

Thu 12

### International Film Awards

Awards, Reception: Gather at the CCA for our annual awards ceremony! Honour the very best submissions to our competition, hear from award-winning filmmakers and find out



the loneliest members of their community, showing how effective suicide prevention can be.

1.30-3.15pm

Book: [stand-by-smahf22.eventbrite.co.uk](https://www.eventbrite.co.uk/stand-by-smahf22)

*15+: Themes of suicide*

Fri 13

### **Family Ties**

Shorts: Our family experiences can have a major impact on our mental health, for better or for worse. These films explore how different family relationships can provide essential emotional support or cause long-lasting harm, as well as how creative therapies can help us to unravel our past trauma.

3.30pm-5.40pm

Book: [family-ties-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/family-ties-smhaf22)

*18+: See website for content notes*

Fri 13

### **The Hive**

Chrisophe Hermans, Belgium, France, 2021, 81m, UK  
Premiere

Drama: Teenage sisters Marion, Claire and Louise grapple with the ups and downs of caring for their mother's bipolar disorder and the consequences this has for their independence. A tender and poignant first feature which hones in on the acute challenges of supporting a parent living with mental illness.

5.50-7.45pm

Book: [the-hive-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/the-hive-smhaf22)

*18+: Themes of suicide and self-harm, Sexual references*

Fri 13

### **Made in Scotland**

Shorts: This eclectic selection showcases titles in various genres and styles by talented filmmakers based in Scotland. All rooted in personal experiences, they explore themes of neurodiversity, cultural identity, body image, stigma, discrimination and poverty, giving an insight into the issues that most affect our mental health in Scotland.

8-9.50pm

**[made-in-scotland-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/made-in-scotland-smhaf22)**

*15+: See website for content notes*

Sat 14

### **Beautiful Minds**

Shorts: How can we better understand our unique realities? Through distinctive portraits of Brazilian poet, writer and activist Milton Freire, a survivor of human trafficking living with dissociative identity disorder, and three people seeking to rebuild their lives after treatment for psychosis in the Netherlands, we explore how finding meaning in voices and visions can help people accept who they are and thrive.

12-2pm

Book: **[beautiful-minds-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/beautiful-minds-smhaf22)**

*15+: See website for content notes*

Sat 14

## **A Bag Full of Purses**

Leonardo Petralia, Argentina, 2021, 83m

Documentary: Performance artist Celia works with rubbish her mother accumulates compulsively to develop a transformative creative project. Through documenting this journey of artistic expression and discovery, director Leonardo Petralia explores the intersection between art and life and its unexpected outcomes.

2-3.50pm

Book: [bag-purses-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/e/bag-purses-smhaf22-tickets-15123456789)

15+

Sat 14

## **Who Cares?**

Shorts: What happens to people at crisis point when they are faced with a lack of care and support in society, due to issues like inadequate psychiatric care, poverty, racism and discrimination? These films look at the devastating impact that failing to provide social security for people experiencing mental ill health can have, with an emphasis on children and young adults.

4-5.50pm

Book: [who-cares-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/e/who-cares-smhaf22-tickets-15123456789)

15+: *See website for content notes*

Sat 14

## **Lessons in Temperament**

Mitchell Cushman, Canada, 2021, 97m, International Premiere

Documentary: Adapted from the award-winning live theatrical memoir, this innovative documentary-dramatic hybrid uses piano tuning as a storytelling device to destigmatise and humanise mental illness. It examines the personal stories of musician James Smith and his three older brothers as they navigate living with schizophrenia, bipolar disorder, autism and obsessive-compulsive disorder.

5.55-7.55pm

Book: [lessons-temperament-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/lessons-temperament-smhaf22)

*15+: Themes of suicide, suicidal ideation, psychosis and violence*

Sat 14

### **Charm Circle**

Nira Burstein, USA, 2021, 78m, Scottish Premiere

Documentary: Winner of the Audience Award at Sheffield DocFest, Charm Circle is an intimate portrait of an eccentric New York family navigating the chaos that divides them. Filmmaker Nira Burstein returns to her childhood home to confront her tumultuous upbringing and explore whether she and her two sisters can reconnect with her parents.

8-10pm

Book: [charm-circle-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/charm-circle-smhaf22)

*15+: References to self-harm, suicidal ideation and psychosis*

Sun 15

### **Wood and Water**

Jonas Bak, Germany, France, Hong Kong, 2021, 73m, Scottish Premiere

Drama: As she enters retirement, a mother leaves behind her solitary life in rural Germany and memories of a once perfect family life and travels to protest-ridden Hong Kong, a place that has kept her son away from her for many years.

5pm-7.05pm

Glasgow Film Theatre, 12 Rose Street, Glasgow G3 6RB

Book: [glasgowfilm.org](http://glasgowfilm.org), 0141 332 6535

12+

## **Writing Awards**

The *Writing Awards*, held in partnership with Bipolar Scotland, is one of SMHAF's most enduring successes. It is an opportunity for new and experienced writers to be recognised for their work, which this year explores mental health and the theme of Gather.

Writers from across Scotland, the UK and further afield have submitted pieces in three categories, Fiction, Poetry and Creative Non-Fiction, to our competition. Shortlisted writers will have their work published in a collection — launched at the ceremony — and be invited to read on the night. Each year, their words provoke new ideas, emotions and reflections about what the theme means to different people.

To open the ceremony, there will be live music from a special guest, to be announced soon. Past performers have included Blue Rose Code, Emma Pollock, Beldina Odenyo Onassis and Siobhan Wilson. Afterwards, we will invite shortlisted writers, guests and audience members to join us for a reception.

With support from Creative Scotland, we are also pleased to offer a series of events to help you develop your writing. Learn from experienced writers in a series of online masterclasses, covering a range of genres and styles, and share your work with peers at our friendly *Writers' Café*.

See our website for full details.

## **Writing Awards**

Tue 24 May, 6.30-8.30pm

St George's Tron Church, 163 Buchanan Street, Glasgow G1 2JX

FREE

Book: [writing-awards-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/e/writing-awards-smhaf22)

Info: [smhaf@mentalhealth.org.uk](mailto:smhaf@mentalhealth.org.uk)

## Community Commissions

Community Commissions is a series of projects funded by the Baring Foundation, in which three artists are working with communities across Scotland to explore mental health issues. The projects will be showcased during SMHAF 2022.

**Ross MacKay** is a Fife-based artist and has created *Caring Duets*, a project for carers and those they care for, drawing upon his lived experience of being cared for by his wife. Ross has been working with Gwen and Ian, a couple from Kirkcaldy, who have enjoyed creating different types of art throughout their lives. Through *Caring Duets* they have the opportunity to explore new art forms together. An online and in person exhibition will celebrate the work they have created throughout their lives, including brand new pieces created through the project.

**Robyn Woolston** is a visual artist who has been working with rural communities to create *Art Safari Highland*, a programme that actively embraces the Five Ways to Health and Wellbeing (New Economics Foundation) by providing a flexible space to experiment with new materials, explore new contexts and learn new skills. Participants are producing paintings that represent an 'A-Z of Mental Health' containing personal reflections, anecdotes and advice; the results will be on show at the Highland Folk Museum in Newtonmore throughout May, as well as online.

**Elaine Connell** is a midwife and artist who is working with a group of men to create an exhibition exploring the experiences of new fathers in Scotland, as they navigate the journey into parenthood during an unprecedented global pandemic. Traditionally maternity services have focused on the wellbeing of the mother and baby, but new dads are often neglected during this fragile perinatal period. The dads who have engaged with this project have bravely shared their

experiences through creative writing, photography, digital art and printmaking, and supported each other in doing so. The exhibition will provide a platform for conversations about dads' mental health and the importance of supporting the whole family.

See [\*\*mhfestival.com\*\*](http://mhfestival.com) for more information about the projects and how to access the work.

## Free Online Events

Wed 4

### **The Story of a Tree**

Film: Created by staff and patients at Leverndale Hospital, these two short multimedia films exploring themes of Gather and Loneliness will be available to watch online throughout the festival.

4-24 May

Glasgow

View: [mhfestival.com/projects/exhibition](https://mhfestival.com/projects/exhibition)

Info: [louise.bartholomew@ggc.scot.nhs.uk](mailto:louise.bartholomew@ggc.scot.nhs.uk)

Wed 4

### **Team**

Visual Arts: This new artwork by Erin Colquhoun is a plaster cast of two hands joining together, showing that it takes two or more people together to feel supported and safe, and to make the world a better place.

4-24 May

Edinburgh & Lothian

View: [mhfestival.com/projects/exhibition](https://mhfestival.com/projects/exhibition)

Wed 4

### **Create and Reflect: Participant Portraits**

Film: In these two short films, participants gather their thoughts and reflect on their experiences, after being referred to

Bazooka Arts' therapeutic art projects after experiencing loss, loneliness and isolation.

4-24 May

Lanarkshire

View: [mhfestival.com/projects/exhibition](https://mhfestival.com/projects/exhibition)

Info: [create@bazookaarts.co.uk](mailto:create@bazookaarts.co.uk)

Wed 4-Tue 24

### **Spread a Little Kindness**

Community: Renfrewshire Anti Stigma Alliance (RASA) presents a social media campaign to spread a little kindness using uplifting quotes and photographs. Follow on Twitter.

Any Time

Renfrewshire

Get Involved on Twitter: [@Ren AntiStigma](https://twitter.com/Ren_AntiStigma)

Info: [bernadette.reilly@renfrewshire.gov.uk](mailto:bernadette.reilly@renfrewshire.gov.uk)

Wed 4

### **Mindspace**

Visual Arts: Renfrewshire's annual exhibition features Comfort Blankets, two textile patchwork wall hangings made by patients at Royal Alexandra and Dykebar Hospitals during lockdown, and Flock, a display of up to 100 small-scale paintings of swans by patient groups and members of the community. These hopeful visual metaphors of re-gathering will be on display in the wards and open to the public online.

4-24 May

Renfrewshire

[mhfestival.com/projects/exhibition](https://mhfestival.com/projects/exhibition), Facebook:  
[@SMHAFRenfrewshire](https://www.facebook.com/SMHAFRenfrewshire)

Info: [Sarah.grant2@ggc.scot.nhs.uk](mailto:Sarah.grant2@ggc.scot.nhs.uk)

Wed 4

### **Make Room for Art**

Visual Arts: Art in Healthcare's Room for Art social prescribing programme provides visual art workshops for health and wellbeing. This online exhibition showcases works from their outreach programme and collection of pieces by Scottish artists, selected to explore the theme of Gather.

4-24 May

[artinhealthcare.org.uk](https://artinhealthcare.org.uk)

Info: [ursula@artinhealthcare.org.uk](mailto:ursula@artinhealthcare.org.uk)

Thu 5

### **Picturing My Story**

Storytelling: Now, more than ever, we need stories. Patient Voices and the University of Edinburgh showcase powerful digital stories where the authors have created both the narrative and imagery, followed by a discussion on mental health and storytelling.

16+: Themes of depression, anxiety, suicide, overdose, self-harm and bereavement

7.30-8.30pm

Zoom | Edinburgh & Lothian

Book: [edin.ac/3K7W8Yh](https://edin.ac/3K7W8Yh)

Sat 7

### **Sharing: Collective Conversations**

Workshop: Artists Tragicom Collective host this online discussion group and workshop focusing on exploring remote collaboration and connection through text and language. Aimed at people with a passion for the arts or an interest in online collectives.

10am-1pm

Edinburgh & Lothian

Book: [collective-conversations.eventbrite.co.uk](https://collective-conversations.eventbrite.co.uk)

Tue 10

### **Create and Connect: Online Creative Gathering**

Workshop: Bazooka Arts host a series of online art and writing workshops for participants across Scotland and beyond. Gather together to participate, create and share.

Creative Writing: Tue 10 May, 10.30am-12pm

Visual Arts: Tue 10 May: 10-11am & 1-2pm; Thu 12 May: 10-11.30am & Tue 17 May: 1-2pm

Lanarkshire

Zoom

FREE | Book: [\*\*create@bazookaarts.co.uk\*\*](mailto:create@bazookaarts.co.uk)

Tue 10

### **Why Am I Lonely When You Are There?**

Workshop: Artist Fiona Tong hosts a relaxing online art session to come together, be creative and talk about how we feel. Using collage materials, participants will create a vision board, helping to imagine their possibilities.

1-2pm

Zoom | Edinburgh & Lothian

FREE | Book: [why-am-i-lonely.eventbrite.co.uk](https://www.eventbrite.co.uk)

16+

Thu 12

### **Open Mind Network: Gather**

Young People, Workshop: Open Mind Network is a community of practice to discuss and champion the role of culture in improving wellbeing for children and young people. Join them to explore the theme of Gather in this “teach-meet” and open networking event.

4-5.30pm

Zoom | Renfrewshire

FREE | Book: [tinyurl.com/omn2022](https://tinyurl.com/omn2022)

Accessibility: Automated captioning available

Fri 13

### **Glass People and Glass Houses**

Workshop: Relationships are fragile as glass. Misunderstandings can cause a crack, which could grow and eventually shatter. This workshop uses creativity to help us see inside each other’s heads and better understand what we do and why we do it.

2-3.30pm

Zoom | Edinburgh & Lothian

FREE | Book: [glass-people.eventbrite.co.uk](https://www.eventbrite.co.uk/sccr@cyenians.scot),  
[sccr@cyenians.scot](mailto:sccr@cyenians.scot)

16+

Sat 14

### **Come Gather the Gowans the Gither**

Workshop: A wee hour with Fantoosh Sketching (Lynn Fraser) to connect with nature and honour the mighty dandelion. Sketch, feel good and celebrate the small things, using easily found materials and some yellow gowans to colour your work. No experience needed.

2-3pm

Zoom | Edinburgh & Lothian

FREE | Book: [gathergowans.eventbrite.co.uk](https://www.eventbrite.co.uk/gathergowans)

Sat 14

### **Mad Jam: Poetry & Prose Night**

Spoken Word: Join the friendly, inclusive Mad Jam community for an evening of entertainment and blether. Anyone is welcome to perform, just email to book a slot. Run by and for folk with experience of mental health issues.

7-9.30pm

Zoom | Edinburgh & Lothian

FREE | Book: [mfmc11266@gmail.com](mailto:mfmc11266@gmail.com)

Sun 15

### **Let's Gather Our Thoughts**

Workshop: Join artist Fiona Tong in this creative workshop to help you gather your thoughts, reflect and pause. Take a minute to think about nothing, still your mind, then open your eyes to paint.

11am-12pm

Zoom | Edinburgh & Lothian

FREE | Book: [lets-gather-our-thoughts.eventbrite.co.uk](https://lets-gather-our-thoughts.eventbrite.co.uk)

18+

Wed 18

### **Gathering Your Thoughts**

Discussion: Join the AIMS Creative Group for an afternoon of discussion and creativity in response to their latest multi-disciplinary project. It explores communication and the languages we use, with our words, voices, faces and bodies.

1-3pm

Zoom | Ayrshire

FREE | Book: [advocate@aimsadvocacy.org.uk](mailto:advocate@aimsadvocacy.org.uk)

16+

Mon 23

### **Bullet Journaling for Beginners**

Workshop: Bullet journaling enthusiast Sam Kay will share this creative method to support good mental health. Use it to organise, track moods, highlight triggers, notice when self-care

is needed and more. You'll be posted a journal and tools to get started.

10am-12pm

FREE | Book: [pam@capsadvocacy.org](mailto:pam@capsadvocacy.org)

Thu 26

## **Re-Connect**

Visual Arts, Discussion: Artlink Central host an online conversation with artists, partners and organisers involved in their Re-Connect group exhibition. See the main Re-Connect exhibition in Forth Valley for full details about the exhibition.

12-1.30pm

Zoom | Forth Valley

FREE | Book: [reconnect-talk.eventbrite.co.uk](https://reconnect-talk.eventbrite.co.uk)

*Accessibility: Captioning and transcripts provided*

## Edinburgh & Lothian

Wed 4

### **Thrive Launch**

Multi-Arts: Thrive Edinburgh host a live launch event to welcome people back to SMHAF in Edinburgh & Lothian. Enjoy a showcase of artists participating in local events throughout the festival.

4-6pm

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

FREE | Book: [thrive.edinburgh@nhslothian.scot.nhs.uk](mailto:thrive.edinburgh@nhslothian.scot.nhs.uk)

Thu 5 & Wed 18

### **Circle Dancing**

Workshop: An opportunity to try out circle dancing, a mix of traditional and choreographed dances to music from around the world. Dance steps will be taught and adapted to suit each group, some gentle and some more energetic. No experience required.

2-4pm

The Salisbury Centre, 2 Salisbury Road, Edinburgh EH16 5AB

FREE | Book: [auntynana@googlemail.com](mailto:auntynana@googlemail.com)

18+

*Accessibility: Stairs in venue*

Fri 6

## **Connecting Mind and Body**

Workshop: Taoist tai chi practitioner Jasmine Reavley leads this creative movement workshop, which involves gentle stretching, toning and turning. Find grace and deep release in the flowing movements.

3-4pm

The Studio, Santos Wellness Centre, 21 Albert Street,  
Edinburgh EH7 5LH

By Donation | Book: [jasminereavley@outlook.com](mailto:jasminereavley@outlook.com), 07585  
229 637

*Accessibility: Not wheelchair accessible*

Fri 6-Sat 21

## **Assemble**

Visual Arts: An exhibition of new work by Jamie King showcasing a series of sculptures made using metal, inspired by anthropology and his self-reflection on his mental health.

Opening: Fri 6 May, 6.30-8.30pm

Exhibition: 7-21 May, Mon-Sat 10am-6pm

Gallery 2, Edinburgh Palette, St Margaret's House, 151 London  
Road, Edinburgh EH7 6AE

FREE | Info: [pam@capsadvocacy.org](mailto:pam@capsadvocacy.org)

Fri 6 & Sat 7

## **One Mississippi**

Theatre: A hard-hitting verbatim play that explores the impact of childhood experiences on men. Blending humour and storytelling with powerful elements of physical theatre, *One*

*Mississippi* is an uncompromising insight into what takes us to breaking point.

7.30-8.45pm

Assembly Roxy, 2 Roxburgh Place, Edinburgh EH8 9SU

Tickets: £12 / 9 | [assemblyfestival.com/roxy](https://assemblyfestival.com/roxy), 0131 623 3030

*14+: Contains themes of suicide*

*BSL interpreted performance on Sat 7*

Sat 7, 14, 21 & 28

## **ReCreative**

Workshop: This series of workshops is designed to help you express yourself and have a good time. Try out a variety of therapeutic creative journaling techniques, using playful prompts to help you establish a habit to improve your emotional wellbeing.

10am-2pm

In-Person: Rutland Wellness, 10a Rutland Square, Edinburgh EH1 2AS

£33 (£11 / £8 individual sessions)

Online

£15 / £10 (£5 / £3 individual sessions)

Book: [luminastorm@gmail.com](mailto:luminastorm@gmail.com), Text: 07518 680 471

*Accessibility: No wheelchair access – free online sessions available to wheelchair users*

Sat 7

## **The Secret Balance**

Community: Reconnect your body and mind in this supportive workshop that combines painting with fruit and vegetables, meditation, sharing, learning and self-care. Express your emotions and be creative with others.

2-4pm

Art and Spirituality Centre, 6-8 Alexander Drive, Edinburgh  
EH11 2RH

FREE | Book: [invisiblecaims.com](http://invisiblecaims.com),  
[giada@invisiblecaims.com](mailto:giada@invisiblecaims.com)

*16+: Quiet space available*

Sat 7

### **Through/True Nature**

Workshop: Creativeflow Arts and The Planetary Healing Centre invite you to a creative and relaxing workshop in the woodland of Balerno, with guided visualisations, relaxation, movement practices, and intuitive art. Engage with the natural world and rediscover the beauty and richness of our inner landscape.

2-5pm

The Planetary Healing Community Woodland, Cockburnhill  
Road, Balerno, Edinburgh EH14 7JB

FREE | [infowellbeingstudio@gmail.com](mailto:infowellbeingstudio@gmail.com),  
[creativeflowart.com](http://creativeflowart.com), Elisa: 07556 575 645

*Accessibility: Narrow path to access the woodland*

Mon 9, 16 & 23

### **WanderWomen: Gathering**

Community: Gather with like-hearted women around a fire at the beach to relax, meditate and share stories. WanderWomen invite you to enjoy a walk, create a beach mandala, and, if you like, swim in the sea.

9.30-11am

Portobello Beach. Meet at Beach House Café, 57 Bath Street, Portobello, Edinburgh EH15 1HE

£30 / £24 (£15 / £12 with code DaysOutinScotland50)

Book: [wander-women.co.uk](http://wander-women.co.uk), Info: [anna@wander-women.co.uk](mailto:anna@wander-women.co.uk)

18+

Mon 9 & Tue 10

### **Art & Nature**

Workshop: Gather inspiration from nature in this workshop led by The Alma Project, starting with meditation to ground you. There will be the opportunity to create small sculptural pieces using natural elements and use creative writing to focus on what we can learn from nature.

Mon 9 May: 1-3pm

Tue 10 May: 12-2pm

East Gate, Royal Botanic Garden, Inverleith Row, Edinburgh EH3 5LP

FREE | Book: [thealmaproject@gmail.com](mailto:thealmaproject@gmail.com), Margaret: 07703 639 334

16+

*Accessibility: Quiet space available, Autism friendly*

Tue 10-Fri 13

### **My Mind Matters**

Visual Arts: A multimedia exhibition by people living in mental health supported accommodation services in Edinburgh. It provides a platform to talented artists who may not usually get the opportunity to exhibit their work.

10-13: Tue-Thu: 9am-5pm, Fri: 9am-2pm

Out of the Blue Drill Hall, 36 Dalmeny Street, Edinburgh EH6 8RG

FREE | Info: [chloe.brain@volunteeredinburgh.org.uk](mailto:chloe.brain@volunteeredinburgh.org.uk)

Wed 11

### **Making Contact**

Visual Arts, Music: Contact Point host an open exhibition showcasing creative work and installations by local artists. There will also be light refreshments and a performance by Om Music.

1-4pm

Contact Point, 101 High Riggs, Tollcross, Edinburgh EH3 9RP

FREE (Donations Welcome)

Book: [contactpointlothianteam@wheatley-care.com](mailto:contactpointlothianteam@wheatley-care.com), 0131 455 6868

*Quiet space available*

Wed 11 & Thu 26

### **Sunset Wander**

Community: Gather with like-hearted women in the woodlands of Holyrood Park to create a nature mandala, relax, meditate, share stories and watch the sun set over Edinburgh.

For ages 18+

Wed 11, 8-9.30pm & Thu 26, 8.30-10pm

Holyrood Park. Meet at St Margaret's Loch, Queen's Drive, Edinburgh

£30 / £24 (£15 / £12 with code DaysOutinScotland50)

Book: [wander-women.co.uk](http://wander-women.co.uk), Info: [anna@wander-women.co.uk](mailto:anna@wander-women.co.uk)

*Accessibility: Outdoor event, Quiet space available*

Thu 12

### **Out of Sight Out of Mind: Afternoon Tea**

Discussion: You are cordially invited to afternoon tea – in person or online – with the organisers of Out of Sight Out of Mind, an annual exhibition of artworks at Summerhall by people with experience of mental health issues.

Please email for access to the online event.

1-3pm

In Person: Cornerstone Centre, St John's Church, Princes Street, Edinburgh EH2 4BJ

Online: Zoom

FREE | Book: [pam@capsadvocacy.org](mailto:pam@capsadvocacy.org), Pam: 07989 402 634

*Accessibility: No parking*

Fri 13 May

## **Mama & Baby Wander**

Community: WanderWomen host this gentle walk for like-hearted mums and babies, creating space to breathe, reflect, share stories, enjoy some fresh air and make new connections.

9.30-11am

Kin Collective, 4 Duncan Place, Leith, Edinburgh EH6 8HW

£30 / £24 | £30 / £24 (£15 / £12 with code DaysOutinScotland50)

Book: [wander-women.co.uk](http://wander-women.co.uk), Info: [anna@wander-women.co.uk](mailto:anna@wander-women.co.uk)

18+

*Accessibility: Outdoor event, Quiet space available*

Sat 14

## **Thrive Gathering**

Community: Thrive Edinburgh invite you to this afternoon of art and creativity for SMHAF 2022. Come and gather with wonderful community organisations and artists from across Edinburgh.

2-4pm

Saughton Park, Balgreen Road, Edinburgh EH11 3BQ

FREE | Info: [thrive.edinburgh@nhslothian.scot.nhs.uk](mailto:thrive.edinburgh@nhslothian.scot.nhs.uk)

*Accessibility: Outdoor event*

Sun 15

## **Drumming Circle**

Music, Workshop: Connect to the rhythms of nature in this joyful drumming workshop. Being in a circle creates an atmosphere of unity, while singing, dancing and drumming will take you to a deeper level of experience and connection.

1.30-5pm

The Planetary Healing Centre Woodland Hut, Cockburnhill Road, Balerno, Edinburgh EH14

FREE (Donations Welcome)| Book: [commmunity-drumming-circle.eventbrite.com](https://www.eventbrite.com/commmunity-drumming-circle)

*Accessibility: Outdoor event, Not wheelchair accessible, May not be suitable for people with auditory hypersensitivity or epilepsy*

Sun 15

### **LGBTQ+ Film Afternoon: Rebel Dykes**

Film, Workshop: LGBT Health & Wellbeing and LGBT Youth Scotland, host an oral history workshop and screening to celebrate this rabble-rousing documentary set in 1980s post-punk London, including a Q&A with producer Siobhan Fahey.

This event is for LGBTQ+ people living in and travelling to Edinburgh.

Workshop: 2-3pm

Screening: 3.30-6pm

Duncan Place, 4 Duncan Place, Edinburgh EH6 8HW

FREE | [jules@lgbthealth.org.uk](mailto:jules@lgbthealth.org.uk)

*16+, Quiet space, descriptive subtitles, BSL interpreted discussion*

Wed 18

### **Architectural City Walk**

Community: Take part in this architectural walk around the city centre, led by Laurie Nelson, an active user of Contact Point. It's an opportunity to look at and learn about the different architectural styles that make up Edinburgh.

1-4pm

Meet at Contact Point, 101 High Riggs, Tollcross, Edinburgh EH3 9RP

FREE (Donations Welcome) | Info:

**[contactpointlothianteam@wheatley-care.com](mailto:contactpointlothianteam@wheatley-care.com)**, 0131 455 6868

*Accessibility: Requires 1-2 mile walk*

Wed 18

### **Arts Through Nature**

Workshop: This event for parents and children aged 0-16 offers a safe space to explore the creative possibilities that nature offers. Come prepared for teamwork and making art in a community setting.

1.30-5pm

Planetary Healing Community Woodland, Cockburnhill Road, Balerno EH14 7JB

FREE | Book: **[planetary-healing.org](http://planetary-healing.org)**, Claudia: 07504 438 763

*Accessibility: Outdoor event, Suitable for prams but not wheelchair accessible*

Wed 18

## **The White Chip**

Theatre: The Necessary Space presents Sean Daniels' hilarious, uplifting and honest rollercoaster ride through the minefields of addiction in the world of theatre. This UK premiere in the form of a reading will be followed by an open forum discussion on the stigma surrounding addiction.

7.30-9.30pm

Traverse Theatre, 10 Cambridge Street, Edinburgh EH1 2ED

FREE | Book: [traverse.co.uk](http://traverse.co.uk), 0131 228 1404,  
[boxoffice@traverse.co.uk](mailto:boxoffice@traverse.co.uk)

*14+: Themes of alcoholism, addiction, trauma and abuse*

Fri 20

## **Gathering at the Balm Well**

Storytelling, Craft: Balm Well is an ancient healing well where kings of Scotland once bathed, and pilgrims journeyed to share music and stories. Revive this tradition for modern times by sharing stories and making crafts with natural and recycled materials. No bathing!

2-3.30pm

Meet at Balm Well outside Toby Carvery, 41 Howdenhall Road, Edinburgh EH16 6PG

FREE | Info: [magicalnaturestories@gmail.com](mailto:magicalnaturestories@gmail.com)

*Accessibility: Outdoor event, Ground may be soft or uneven*

Fri 20

## **Bring Yourself**

Workshop: Led by Jasmine Reavley, a person-centred counsellor at The Oyster, this event combines a walking meditation, creating artistic images and group discussion to explore becoming yourself in relation to your primary care giver.

3-4pm

The Studio, Santoas Wellness Centre, 21 Albert Street,  
Edinburgh EH7 5LH

By Donation | Book: [jasminereavley@outlook.com](mailto:jasminereavley@outlook.com), 07585 229  
637

18+

*Accessibility: Not wheelchair accessible*

Sat 21

### **Mad Jam: Open Mic**

Multi-Arts: Join the friendly, inclusive Mad Jam community for an evening of entertainment and blether. Anyone is welcome to perform and all types of performance are welcome, just email to book a slot. Run by and for folk with experience of mental health issues.

For ages 16+ (14+ with adult)

6.30-9.30pm (Doors 6pm)

Augustine United Church (Sanctuary), 41-43 George IV Bridge,  
Edinburgh EH1 1EL

FREE (Donations Welcome) | Book: [mfmc11266@gmail.com](mailto:mfmc11266@gmail.com)

*Accessibility: Wheelchair accessible, but please email for details before attending*

Sat 21

## **Decorate a Mayan Mask**

Workshop: Mayan masks from the Yucutan region of Mexico feature decorative elements inspired by stars and nature. Mario from Gorgie Collective leads this creative workshop using various media to decorate your own Mayan mask.

4-6pm

Art and Spirituality Centre, 6-8 Alexander Drive, Edinburgh  
EH11 2RH

FREE | Book: [magoro.graphics@gmail.com](mailto:magoro.graphics@gmail.com)

18+

Sat 21 & Sun 22

## **Though This Be Madness**

Theatre: How can we nurture our collective sanity? Award-winning writer and performer Skye Loneragan presents her fragmented portrayal of motherhood, sisterhood and experience of loved ones' debilitating mental illness.

Babe in Arms Performance: Sat 21 May, 10.30-11.30am

Evening Performance: Sat 21 & Sun 22 May, 7.30-8.30pm

The Studio, 22 Potterrow, Edinburgh EH8 9BL

£15.50 / £13.50 | Book: [capitaltheatres.com](http://capitaltheatres.com), 0131 529 6000

*Accessibility: BSL-interpreted evening performance on Sat 21 May*

## Glasgow

From 30 April

### **One Mississippi**

Theatre: A hard-hitting verbatim play that explores the impact of childhood experiences on men. Blending humour and storytelling with powerful elements of physical theatre, One Mississippi is an uncompromising insight into what takes us to breaking point.

*14+: Contains themes of suicide*

Sat 30 April: 2.30-3.45pm

Platform, 1000 Westerhouse Road, Easterhouse, Glasgow G34 9JW

£8.50 / £5 / £4 | Book: [platform-online.co.uk](http://platform-online.co.uk), 0141 276 9696

Tue 3 May: 7.30-8.45pm

The Revelator, Barclay Curle, 739 South Street, Glasgow G14 0BX

Pay What You Can | Book: [bijlproductions.com](http://bijlproductions.com)

Wed 4 May

### **Gathering**

Multi-Arts: Our 2022 festival opens with a day designed to celebrate and bring together our SMHAF community after two years of lockdown, while also exploring how we can gather in a more inclusive way. Gathering will feature live events at the



Film, Awards: Gather at the CCA for our annual awards ceremony! Honour the very best submissions to our competition, hear from award-winning filmmakers and find out what is coming up over the weekend. Followed by a reception at Saramago Café Bar.

7-9pm (Doors 6.30pm)

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

Pay What You Can

Book: [film-awards-smhaf22.eventbrite.co.uk](https://www.eventbrite.co.uk/e/film-awards-smhaf22)

Sun 15

### **Paragon Gathering**

Music, Dance, Poetry: An evening of music, dance and poetry exploring how the arts contribute to our mental health.

Paragon's artists will share original new works reflecting on mental health, stigma, recovery and creativity.

7-9pm

The Glad Café, 1006a Pollokshaws Road, Glasgow G41 2HG

£10 / £5 | Book: [paragon-music.org](https://paragon-music.org), [lisa-paragon@btconect.com](mailto:lisa-paragon@btconect.com)

*Accessibility: Relaxed event, BSL interpretation provided*

Thu 19-Sat 21

### **All of Me**

Theatre: Caroline Horton's award-winning show is an intimate and absurd exploration of wanting to live, wanting to die and what can happen if we sit together with the dark.

7.30-8.40pm

Tron Theatre, 63 Trongate, Glasgow G1 5HB

£19 / £16 / £14.50 | Book: [tron.co.uk/shows/all-of-me](https://tron.co.uk/shows/all-of-me), 0141 552 4267

Fri 20

### **The White Chip**

Theatre: The Necessary Space presents Sean Daniels' hilarious, uplifting and honest rollercoaster ride through the minefields of addiction in the world of theatre. This UK premiere in the form of a reading will be followed by an open forum discussion on the stigma surrounding addiction.

Fri 20: 8-9.30pm

Tron Theatre 63 Trongate, Glasgow, G1 5HB

£5 | Book: [tron.co.uk](https://tron.co.uk), 0141 552 4267

*14+: Themes of alcoholism, addiction, trauma and abuse*

Sat 21

### **Moving Minds**

Community: A multi-arts event bringing together the asylum seeker and refugee community in a celebration of storytelling and community. Our programme involves a wealth of people sharing photography, dance, music, poetry and more. Delicious vegan food will be on offer too.

2-4pm

The Glad Café, 1006A Pollokshaws Road, Glasgow G41 2HG

Pay What You Can | Book: [moving-minds-smhaf22.eventbrite.co.uk](https://moving-minds-smhaf22.eventbrite.co.uk)

Info: [smhaf@mentalhealth.org.uk](mailto:smhaf@mentalhealth.org.uk)

Mon 23 May

### **Writers' Café**

Workshop: Come along to our friendly writers' café, hosted by an experienced facilitator. Try some writing exercises and share your work in a supportive space. Aimed at anyone with an interest in creative writing, particularly those who have previously entered our competition.

5.30-7.30pm

The Wild Olive Tree, St George's Tron Church, 163 Buchanan Street, Glasgow G1 2JX

Pay What You Can | [writers-cafe-smhaf22.eventbrite.co.uk](https://writers-cafe-smhaf22.eventbrite.co.uk)

18+

Tue 24

### **Writing Awards**

Writing: Shortlisted writers from the SMHAF writing competition will read from their work in our annual awards ceremony. It opens with a special live music performance and is followed by a reception.

6.30-8.30pm

St George's Tron Church, 163 Buchanan Street, Glasgow G1 2JX

FREE

Book: [writing-awards-smhaf22.eventbrite.co.uk](https://writing-awards-smhaf22.eventbrite.co.uk), Info: [smhaf@mentalhealth.org.uk](mailto:smhaf@mentalhealth.org.uk)

## Lanarkshire

Wed 4 & Tue 10

### **True Colours**

Visual Arts, Workshop: Getting Better Together host two expressive art workshops for children aged 8+ to promote positive mental health, giving community members an opportunity to create a collective artwork using graffiti and spray painting.

5.30-7.30pm

Getting Better Together, Shotts Healthy Living Centre, Kirk Road, Shotts ML7 5ET

FREE | Book: [kirstie.connor@shottshealthyliving.com](mailto:kirstie.connor@shottshealthyliving.com)

*Accessibility: Quiet spaces*

Wed 4-Thu 25

### **Young at Heart**

Dance, Workshop: Aimed at older people, these weekly workshops will give participants the opportunity to gather and learn a variety of fun-filled dance exercises. Take the class at your own pace, supported by Young at Heart's experienced tutors.

Wed 4, 11 & 25 May, 10-11am

East Kilbride Arts Centre, 51-53 Old Coach Road, East Kilbride G74 4DU

FREE | Book: 01355 261 000

Fri 6, 13 & 20 May, 10am-11am

Rutherglen Town Hall, 139 Main Street, Rutherglen G73 2HB

FREE| Book: 0141 613 5700

Mon 9, 16 & 23 May

Lanark Memorial Hall, St Leonard Street, Lanark ML11 7AB

FREE | Book: 01555 673 199

Tue 10, 17 & 24 May, 1-2pm

Town House Hamilton, 102 Cadzow Street, Hamilton ML3 6HH

FREE | Book: 01698 452 299

Thu 5, Mon 9 & Fri 13

### **Clydesdale Picture Gathering**

Community, Photography: Join Healthy Valleys for photography walks to capture the beauty of the everyday in Clydesdale. If you're unable to join a walk, you can email your photographs to see them featured in a virtual gallery.

Thu 5, 10-11am

Meet at Gillespie Centre, 74 High Street, Biggar ML12 6BJ

Mon 9, 11am-12pm

Meet at Langdykeside, Lesmahagow, ML11 0EQ

Fri 13, 1.30-2.30pm

Meet at The Classroom Castlebank Horticultural Centre, St Patrick's Road, Lanark ML11 9EG

FREE | Book: [walk@healthyvalleys.org.uk](mailto:walk@healthyvalleys.org.uk)

*Accessibility: Please email for details about the walks and accessibility information*

Thu 5

## **Get Together Adventure Day**

Workshop: Young tutors from Make and Create Arts lead a day of fun, creativity and adventure for young people aged 5-15 to explore the central role that communication can play in support our own and others' mental wellbeing. All materials provided, so just bring a packed lunch!

10am-3pm

New Wellwynd Parish Church, Airdrie ML6 0AG

£1 | Book: [makeandcreatearts.co.uk/book-now](https://makeandcreatearts.co.uk/book-now), Info: [makeandcreatearts.co.uk/adventure](https://makeandcreatearts.co.uk/adventure), [MakeAndCreateArts@gmail.com](mailto:MakeAndCreateArts@gmail.com)

Thu 5, 12 & 19

## **Inspiring Ceramics**

Crafts, Workshop: Escape the worries of everyday life and immerse yourself in the possibilities of clay. These ceramics workshops will give you the opportunity to be creative and experiment with clay, supported by an experienced ceramicist.

1.30-3.30pm

Hamilton Town House, 102 Cadzow Street, Hamilton ML3 6HH

FREE | Book: 01698 452 299

18+

Thu 5 & Fri 6

## **Ruby Slippers and Rainbows**

Theatre, Workshop: Join Theatre Tonic and Bazooka Arts for a performance workshop using scenes and themes from the Wizard of Oz to explore our collective road to recovery. Reflect

on rainbows, storms and being 'no place like home' for the past two years.

11am-12.30pm & 1.30-3.30pm

East Kilbride Arts Centre (Studio Theatre), 51-53 Old Coach Road, East Kilbride G74 4DU

FREE | Book: [zoe@bazookaarts.co.uk](mailto:zoe@bazookaarts.co.uk), Info: 07742 017 312

16+

Fri 6

### **Spring Into Hope: Gather**

Visual Arts: MADE4U IN ML2 have worked with local primary school children to create an art trail exploring the theme of Gather in the Greater Wishaw area. Pick up a route guide at the venue or online to join the trails.

6-24 May

MADE4U IN ML2, Greenfield Drive, Cambusnethan, Wishaw ML2 8NT

FREE | Info: 01698 384 030

Fri 6, 13, 20 & 27

### **Nurturing Young Families**

Visual Arts; Workshop: HomeStart North Lanarkshire host these multimedia art workshops for mums aged under 25 with children aged under 5 in North Lanarkshire. Connect, reflect and share stories of hope, while creative a collaborative jigsaw representing health and wellbeing.

6-27 May, Fridays: 10-11.30am

West Church Community Hall, Main Street, Bellshill ML4 3DS

FREE | Info: [Amanda@Homestartnl.org.uk](mailto:Amanda@Homestartnl.org.uk)

Mon 9-Mon 16

### **Creative Crafting**

Workshop: Try a different craft activity each week in these workshops led by an experienced tutor. Activities will include silk painting, quilling and felt making. Crafting can help reduce anxiety, improve mood and increase happiness.

Mon 9 & 16 May, 10am-12pm

Hamilton Town House, 102 Cadzow Street, Hamilton ML3 6HH

FREE | Book: 01698 452 299

Tue 10 & 17 May, 1.30-3.30pm

Rutherglen Town Hall, 139 Main Street, Rutherglen G73 2JJ

FREE | Book: 0141 613 5700

Thu 12 & 19 May, 10am-12pm

Lanark Memorial Hall, St Leonard Street, Lanark ML11 7AB

FREE | Book: 01555 673 199

Mon 9, 16 & 23

### **Our Space Together**

Workshop: Aimed at young people aged 8-16, these weekly arts and crafts workshops encourage participants to discuss their experiences of Covid-19, using drawing, painting and crafts to express their feelings and emotions.

Mondays 9, 16 & 23, 6-7.30pm

VIP Arts and Sports Academy, McCulloch Avenue, Uddingston G71 6JW

FREE | Book: Heather: 07975 896 146, Info:  
[vipcommunityproject.co.uk](http://vipcommunityproject.co.uk)

Tue 10, Thu 12 & Fri 13

### **Slow Stitching, Sashiko Style**

Craft, Workshop: Join Healthy Valleys for a slow stitching workshop based on the Japanese art of Sashiko. Enjoy a cup of tea and create a unique piece of textile art using a stash of upcycled fabrics. No experience needed.

Tue 10, 7-9pm

The Lesser Hall, The Fountain, Abbeygreen, Lesmahagow  
ML11 0UD

Thu 12, 7-9pm

The Studio, St Brides Centre, Braehead, Douglas ML11 0PT

Fri 13, 2-4pm

The Classroom, Castlebank Horticultural Centre, St Patrick's  
Road, Lanark ML11 9EG

FREE (Donations Welcome) | Book:  
[Gail@healthyvalleys.org.uk](mailto:Gail@healthyvalleys.org.uk)

18+

Thu 12 & 19

### **On Your Doorstep**

Photography: Gather to celebrate your local environment at these photography workshops, held over two sessions in beautiful natural locations in South Lanarkshire. Indoor spaces may be used in adverse weather.

Thu 12 & 19 May, 10am-12.30pm

Calderglen Country Park, Strathaven Road, East Kilbride G75 0QZ

FREE | Book: 01355 261 000

Thu 12 & 19 May, 1.30-4pm

Chatelherault Country Park, Carlisle Road, Hamilton ML3 7UE

FREE | Book: 01698 452 299

18+

*Accessibility: Outdoor event*

Thu 12

### **Gather Round! We Have Something to Say!**

Workshop: Sometimes our voices can struggle to be heard in a world where everyone has something to say. NL2 and NLStudio host two community drama workshops, giving you the opportunity to voice your opinion and debate ideas in a fun and creative way.

1.30-3pm

NL2, Cumbernauld New Town Hall, Bron Way, Cumbernauld G67 1DZ

6-7.30pm

NLStudio, Bellshill Cultural Centre and Library, John Street, Bellshill ML4 1RJ

FREE | Book: 01698 403 120

18+

*Accessibility: Quiet spaces*

Thu 12

## **The Making of Hamilton Rain**

Discussion, Music: Join an onstage conversation between the people who co-wrote Hamilton Rain. Poet Martin Stepek and singer-songwriter Pat O'Neill discuss how they collaborated on the song, which explores loneliness, homesickness, fear and recovery.

6-8pm

Burnbank Centre, Burnbank, Hamilton ML3 0NA

FREE | Info: [hamilton-rain.eventbrite.co.uk](https://hamilton-rain.eventbrite.co.uk)

Fri 13

## **ReUnite**

Film, Young People: ReUnite was created by young people aged 12-20 to explore mental health, isolation, restrictions, gathering and being kept apart. The film will be screened in-person, before being released on social media.

Screening: 6-8pm

MADE4U IN ML2, Greenfield Drive, Wishaw ML2 8NT

Online Premiere: 8pm

## **MADE4U IN ML2 Facebook Page**

FREE | Info: [youth@made4uinml2.com](mailto:youth@made4uinml2.com), 01698 384 030

*Accessibility: Captioned screening*

Sat 14

## **Rain or Shine**

Visual Arts, Workshop: Join artist Gregory Moore for a day of outdoor sketching in a bucolic landscape. There is nothing quite

like the experience of working directly from life in the here and now. All materials and equipment provided.

10am-4pm

Summerlee Museum of Industrial Heritage, Heritage Way,  
Coatbridge ML5 1QD

FREE | Book: [culturenl.gov.uk/arts](https://culturenl.gov.uk/arts), 01698 274 545

*Accessibility: Outdoor event*

Sat 14

### **Clydesdale Community Initiatives: Music and Artworks**

Visual Arts, Music: Volunteers and supporters of Clydesdale Community Initiatives present an exhibition of artwork and photography, with music from a harp group. This event offers an opportunity to gather again and celebrates getting closer to nature during lockdown.

Accessibility: There is a tearoom on site for refreshments and accessible toilets. The event is dog friendly.

Clydesdale Community Initiatives, Langloch Farm, Hyndford Road, Lanark ML11 9TA

11-3pm

FREE

Info: 01555 664211, [enquiries@cciweb.org.uk](mailto:enquiries@cciweb.org.uk)

Sat 14

### **Mindful Marks**

Visual Arts: An exhibition showcasing a 12-week creative project for carers and parents who look after people with additional support needs and may have disabilities themselves.

The project, led by ARTernative, Waist Not Want Not and artist Madeline Mackay, aimed to improve wellbeing, self-esteem and creative ability.

2-4pm

Waist Not Want Not, Community Hub, 6 Greenhills Square,  
East Kilbride G75 8TT

FREE (Donations Welcome) | Info: [info@arternative.co.uk](mailto:info@arternative.co.uk)

Mon 16-Fri 20

### **Create and Connect: Gathered Inspiration**

Multi-Arts, Workshop: Bazooka Arts invite you to use visual arts, drama, creative writing and therapeutic movement to explore and respond to the nature environment. Each workshop will be led by a therapeutic artist and explore the theme of Gather.

10.30am-12pm

Summerlee Heritage Museum, Heritage Way, Coatbridge ML5  
1QD

FREE | Book: [create@bazookaarts.co.uk](mailto:create@bazookaarts.co.uk)

Wed 18

### **Challenge the Stigma**

Visual Art, Storytelling: Join The Beacons and All in the Family to create a collaborative multimedia artwork, promoting positive attitudes towards mental illness, support and recovery using a whole family approach.

10am-1pm

Blantyre Beacon, 1/3 Station Road, Blantyre G72 9AA

FREE | [admin@thebeacons.org.uk](mailto:admin@thebeacons.org.uk), 01698 755 926

*Accessibility: Family-friendly, Trauma-informed environment*

Wed 18

### **Connecting – Gathering – Belonging**

Young People, Workshop: Who Cares Scotland invite young people aged 8-18 to design and create a visual montage to be displayed in the local office. They will produce a visual representation of themselves and the collective group they make up together.

6-7pm

Who Cares? Scotland, 70 North Road, Bellshill ML4 1EN

FREE | Book: [escott@whocares.org](mailto:escott@whocares.org)

Thu 19

### **The Joy of Creating**

Discussion: Poet and artist Martin Stepek presents a talk on the positive emotions and states of mind that arise from being creative, including readings from his own work and a showcase of his visual artworks.

7-8.30pm

Burnbank Centre, Burnbank, Hamilton ML3 0NA

FREE | Book: [the-joy-of-creating.eventbrite.co.uk](https://the-joy-of-creating.eventbrite.co.uk)

Sat 21

### **Gather Thigither**

Performance: Fool On host this showcase of performances, supported by other mental health support groups in Cumbernauld. Enjoy live music and comedy from the group, who participate in performing arts workshops to support mental health recovery and resilience.

1-5pm

Cornerstone House Centre, 1 Esk Walk, Cumbernauld G67  
1BZ

FREE | Book: [gather thigither.eventbrite.co.uk](https://gather.thigither.eventbrite.co.uk)

## Renfrewshire

Sun 17 Apr-Sun 22 May

### **Happilele Lessons**

Workshop: Join Well Happy for a six-week introduction to ukulele for absolute beginners.

During the lessons, you will learn about the different parts of the ukulele and some simple chords and strumming patterns.

By the end of the course, you will be able to play at least one tune, if not more! There will also be chance to learn easy techniques you can use throughout the day to help boost happiness and increase resilience.

Follow Well Happy Life on **Facebook** and the Well Happy Band on **Facebook**.

17 Apr-22 May, Sundays 11am-12.30pm

Zoom

FREE | Book: **alaine@wellhappy.scot**, 07743 863 553

*12+, or accompanied by an adult*

Wed 4-Tue 24

### **Mental Health Mural Trail**

Visual Arts: Experience two captivating new murals in Shortroods, Paisley, created by artist Pete Stewart in collaboration with young people in Shortroods, CREATE Paisley and The Star Project. The murals explore neurodiversity, acceptance and difference, and mental health stigma.

4-24 May, Any Time

Neurodiversity Mural: Opp. NISA, 7 Mossvale Lane, Paisley PA3 2LT

Stigma Mural: 36 Blythswood Drive, Paisley PA3 2ES

FREE | Info: [lisa.liddle@createpaisley.org.uk](mailto:lisa.liddle@createpaisley.org.uk)

Sat 7

### **Community Labyrinth Launch**

Community: Join STAR Project for the launch of their community labyrinth on World Labyrinth Day. Hear from labyrinth artist Jim Buchanan to learn how labyrinths can support creativity and wellbeing and take a walk to reflect on your mental wellbeing.

12.30-2.30pm

Fountain Gardens, Love Street, Paisley, PA3 2DZ

FREE | Book: 0141 889 5850, [enquiries@star-project.org.uk](mailto:enquiries@star-project.org.uk)

Accessibility: Outdoor event

Mon 9 & 16

### **Children's Creative Workshop**

Young People, Workshop: The Diane Mitchell Music School invites children aged 5-13 to enjoy a music and drama workshop with confidence-building games, mindfulness, yoga and group singing. This fun, interactive session will encourage mixing with others to develop social skills.

Mon 9 & 16 May

5-9 Years: 4.30-5pm

9-13 Years: 5.30-6.30pm

The Diane Mitchell Music School, Brick Lane Studios 7-9 Weir Street, Paisley PA3 4DW

FREE | Book: [info@dianemitchellmusicshool.com](mailto:info@dianemitchellmusicshool.com), 0141 328 6983

*Accessibility: Toilet facilities not wheelchair accessible*

Wed 11 & 18

### **Music Café**

Workshop: Enjoy an afternoon of music with a professional tutor at the Diane Mitchell Music School. There will be ukulele, percussion instruments, djembe drums and singing, as well as companionship and conversation over tea, coffee and cake.

Wed 11 & 18 May, 2-4pm

The Diane Mitchell Music School, Brick Lane Studios 7-9 Weir Street, Paisley PA3 4DW

FREE | Book: [info@dianemitchellmusicshool.com](mailto:info@dianemitchellmusicshool.com), 0141 328 6983

*Accessibility: Toilet facilities not wheelchair accessible*

Fri 16-Tue 24

### **More Than a Space**

Exhibition, Workshop: Kairos celebrate their move into their new home with an artistic project using recycled materials to demonstrate what the community means to them. Enjoy the exhibition and take part in a welcoming crafting session.

Exhibition: 16-23 May, Mon-Fri 10am-5pm

Crafting Session: Tue 24 May, 12.30-2.30pm

Kairos Space, Abbey Mill Business Centre, Unit 56 Embroidery Mill, Paisley PA1 1TJ

FREE | Book: [nikki@kairoswomen.org](mailto:nikki@kairoswomen.org)

*Accessibility: Accessible venue, Quiet space*

Fri 16

### **CREATE Wellbeing Café**

Young People, Community: Join Create Paisley for a wellbeing café with creative activities, games, mindfulness and more. Create Café is a creative place for 12–21-year-olds to play music, make art, enjoy food & drinks and hear live music from some of Paisley's local talent.

7-9pm

Blend Coffee Lounge, 25B Causeyside Street, Paisley PA1 1UL

FREE | Book: [createcafe.eventbrite.co.uk](https://www.eventbrite.co.uk/createcafe)

*For 12-21-year-olds*

Tue 17

### **A-MAZE-ING Labyrinth Workshop**

Workshop: Join STAR Project for a workshop to learn how labyrinths can support wellbeing. Create your own labyrinth using different materials, use them to practice mindfulness, and take part in a guided walk to the community labyrinth in Fountain Gardens.

Tue 17 May: 12.30-2.30pm

Wed 18 May, 12-2pm

STAR Project, 12-14 Wallace Street, Paisley PA3 2BU

FREE | Book: 0141 889 5850, [enquiries@star-project.org.uk](mailto:enquiries@star-project.org.uk)

Wed 18

### **Gather at the Park for Walk a Mile**

Community: Renfrewshire Anti Stigma Alliance (RASA) invites you to their annual event to challenge discrimination and stigma, one conversation at a time. Gather together to walk, talk, listen and connect. Everyone is welcome!

12.30-1.30pm

Fountain Gardens, Love Street, Paisley PA3 2DZ

FREE | Info: [bernadette.reilly@renfrewshire.gov.uk](mailto:bernadette.reilly@renfrewshire.gov.uk),  
Bernadette: 07776 455 444

*Accessibility: Accessible for all abilities, Outdoor event*

Thu 19

### **Upcycled Bag Making**

Workshop: Make upcycled shopping bags using waste materials in this workshop hosted by RAMH. Learn how to cut material, sew by machine or hand, and print designs. Bags can be taken away or donated to the community pantry.

10am-1pm

RAMH REstore, 24 Causeyside Street, Paisley PA1 1UN

FREE | Book: [james.power@ramh.org](mailto:james.power@ramh.org)

16+

Sat 21

## **Wellbeing Gathering**

Community: Join Create Paisley and The Star Project to try new activities, share food, visit mental health murals, enjoy music and celebrate wellness in your local community. This event creates a welcoming space to learn about different ways to look after your wellbeing.

11.30am-2pm

Fountain Gardens, Love Street, Paisley PA3 2DZ

FREE | Book: [paisleywellbeinggathering.eventbrite.co.uk](https://paisleywellbeinggathering.eventbrite.co.uk)

Wed 25

## **Sma'sh Hits Showcase: SMHAF Special**

Music: Join music collective Sma'sh Hits for an evening of songwriting and special performances with a focus on the theme of gathering. Hosted by OneRen's arts team, Sma'sh Hits creates opportunities for people to come together and realise their creative ambitions.

7-11pm

The Bungalow, 15 Shuttle Street, Paisley PA1 1YD

FREE | Info: [marie.collins@renfrewshire.gov.uk](mailto:marie.collins@renfrewshire.gov.uk)

18+

## Ayrshire & Inverclyde

Thu 5

### **One Mississippi**

Theatre: A hard-hitting verbatim play that explores the impact of childhood experiences on men. Blending humour and storytelling with powerful elements of physical theatre, One Mississippi is an uncompromising insight into what takes us to breaking point.

7.30-8.45pm

Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ

£12 / £10 | Book: [beaconartscentre.co.uk](http://beaconartscentre.co.uk), 01475 723 723

*14+: Themes of suicide*

*BSL interpreted performance*

Wed 4

### **The Big Gather**

Community: Gather with students from North Ayrshire Wellbeing and Recovery College to create beach art, share stories, play games, enjoy a picnic, make a short film, and join a community drum circle on the sands.

1-3pm

Ardrossan South Beach, Opp. St Peters Church, Ardrossan KA22 8DU

FREE | Book: [Eventbrite](https://www.eventbrite.co.uk)

Wed 4 May-Wed 8 Jun

## **Writing for Wellbeing**

Workshop: Triple Act Theatre & Arts and Seahorse Bookstore present Writing for Wellbeing. This six-week writing course will create a non-judgemental, supported space to explore your own wellbeing, through writing exercises and an opportunity to perform.

4 May-8 Jun, Wednesdays 6-7.30pm

Seahorse Bookstore, 1A, Winton Buildings, Ardrossan KA22 8BY

£2 (£1 Members) | [tripleact.co.uk](http://tripleact.co.uk)

*Accessibility: Autism, Additional Support Needs (ASN) & Parent and Child Friendly*

16+

Mon 9

## **In Flow**

Visual Arts: Ayrshire artist and photographer Julie C Wilkes presents an oil painting demonstration and exhibition, helping you find a creative space and get into flow. Learn about her work and participate in a Q&A session.

1.30-3pm

Fullerton Connexions, Church Street, Irvine KA12 8PE

FREE | Book: [Eventbrite](#)

Info: [jeanette.allan@ramh.org](mailto:jeanette.allan@ramh.org)

Tue 10

## **Bucket Filling Roadshow**

Community: Students from North Ayrshire Wellbeing and Recovery College encourage people to engage with the positive psychology book *How Full Is Your Bucket?* By Tom Rath, giving unexpectedly in a public space to spread positivity and wellbeing.

1.30-3pm

Opposite Costa Coffee, 76 Dockhead Street, Saltcoats KA21 5EL

FREE | Info: [jeanette.allan@ramh.org](mailto:jeanette.allan@ramh.org)

Wed 11

## **Gather & Drum**

Workshop: Join Drum4UrLife for a community drum circle. Join the groove and experience fun and friendship through music-making. No experience necessary. Everyone has a heartbeat and everyone can drum!

1.30-3pm

Ardrossan Church of the Nazarene, Glasgow Street, Ardrossan KA22 8EU

FREE | Book: [Eventbrite](#)

Info: [jeanette.allan@ramh.org](mailto:jeanette.allan@ramh.org)

Thu 12

## **North Ayrshire Wellbeing Film Festival**

Film: A day of events exploring mental health and wellbeing using film, led by North Ayrshire Wellbeing and Recovery College and Fullerton Connexions. Take part in a filmmaking

workshop using your mobile phone and watch screenings of *Resilience*, a documentary to inform and challenge our understanding of adverse childhood experiences and toxic stress, and feel-good hit *The Greatest Showman*.

Workshop: 10am-12pm

Tickets: [Eventbrite](#)

Resilience: 1.30-3pm

Tickets: [Eventbrite](#)

The Greatest Showman: 7-9.30pm

Tickets: [Eventbrite](#)

Info: FREE | [jeanette.allan@ramh.org](mailto:jeanette.allan@ramh.org)

Fri 13

### **Wellbeing Walk & Snap**

Community: Enjoy a wellbeing photography walk in Ardrossan. There will be opportunity to chat with peers who have lived experience of mental health, practice mindfulness, and use your phone to take mindful photographs.

1.30-3pm

Meet at Dasher Gardens, Ardrossan KA22 7NN

FREE | Info: [jeanette.allan@ramh.org](mailto:jeanette.allan@ramh.org)

Wed 18

### **Fill Your Bucket**

Community: A lunchtime workshop based on Tom Rath's book *How Full Is Your Bucket?*. Expect stories around positive psychology, fun activities, and opportunities to learn how you

can become a bucket filler and bring positivity into your families and workplaces.

12-12.45pm & 12.45-1.30pm

Michael Lynch Centre for Enterprise, 71 Princes Street,  
Ardrossan KA22 8DG

FREE | Book: **Eventbrite**

Info: **jeanette.allan@ramh.org**

## Forth Valley

Mon 2 May-Fri 17 Jun

### **Re-Connect**

Visual Arts: Artlink Central host a group exhibition to explore gathering through creativity and using the arts to connect people during and after the pandemic. There will also be an exhibition tour featuring talks by participating artists and an online conversation about the project with artists, partners and organisers.

Exhibition: Mon 2 May-Fri 17 Jun: Any Time

Exhibition Tour: Tue 10 May: 12-1.30pm

Forth Valley Royal Hospital, Stirling Road, Larbert FK5 4WR

FREE | Info: [info@artlinkcentral.org](mailto:info@artlinkcentral.org)

*Accessibility: Quiet space, Dementia/autism friendly*

Online Discussion: Thu 26 May: 12-1.30pm

FREE | Book: [reconnect-talk.eventbrite.co.uk](https://reconnect-talk.eventbrite.co.uk)

## Aberdeen & Moray

Fri 6

### **Riptide**

Tim Barrow, United Kingdom, 2020, 90m

Cast: Tim Barrow, Elspeth Turner

Film: Discharged from a psychiatric hospital, Jacob attempts to resume his life in Edinburgh and control his schizophrenia. On a trip to the Highlands, he meets the charismatic Eva who claims to be the secret daughter of Ingmar Bergman. Followed by a Q&A with Tim Barrow.

7.30-9.30pm

Universal Hall, The Park, Findhorn, Forres IV36 3TZ

£6 / £5 | Book: [universalhall.co.uk](http://universalhall.co.uk), 01309 691 170

*15+: Themes of schizophrenia, psychosis and suicide*

Sat 14

### **One Mississippi**

Theatre: A hard-hitting verbatim play that explores the impact of childhood experiences on men. Blending humour and storytelling with powerful elements of physical theatre, One Mississippi is an uncompromising insight into what takes us to breaking point.

7-8.15pm

The Lemon Tree, 5 West North Street, Aberdeen AB24 5AT

£12 / £9 / £5 | Book: [aberdeenperformingarts.com](http://aberdeenperformingarts.com), 01224 641 122

*14+: Contains themes of suicide*

## Highlands & Islands

Sun 1

### **Art Safari Highland**

Visual Arts: Part of our Community Commissions, this exhibition consists of paintings representing an 'A-Z of Mental Health' with personal reflections, anecdotes and advice from a group brought together by artist Robyn Woolston. See Community Commissions for more details.

1-31 May: 10am-5pm

Highland Folk Museum, Aultlarie Croft, Kingussie Road,  
Newtonmore PH20 1AY

FREE | Info: 01349 781 650

Tue 3-Sat 28

### **A Gathering of Story-Art**

Visual Arts: Art for wellbeing can tell many stories. This year's SMHAF Highland exhibition at Eden Court presents work by artists involved with Creativity in Care, Rag, Tag n Textile, Birchwood Highland, High Life Highland and more.

3-28 May: 10am-9pm

Circle Bar, Eden Court, Bishops Road, Inverness IV3 5SA

FREE | Info: [hello@creativityincare.org](mailto:hello@creativityincare.org)

Mon 9

### **Riptide**

Tim Barrow, United Kingdom, 2020, 90m

Cast: Tim Barrow, Elspeth Turner

Film: Discharged from a psychiatric hospital, Jacob attempts to resume his life in Edinburgh and control his schizophrenia. On a trip to the Highlands, he meets the charismatic Eva who claims to be the secret daughter of Ingmar Bergman. This screening is followed by a Q&A with Tim Barrow.

7.30-9.30pm

Highland Cinema, Cameron Square, Fort William PH33 6AJ

Tickets: £10 / £7 | [highlandcinema.co.uk](http://highlandcinema.co.uk), 01397 609 696

*15+: Themes of schizophrenia, psychosis and suicide*

Tue 10 & Wed 11

### **One Mississippi**

Theatre: A hard-hitting verbatim play that explores the impact of childhood experiences on men. Blending humour and storytelling with powerful elements of physical theatre, One Mississippi is an uncompromising insight into what takes us to breaking point.

Tue 10 May: 8-9.15pm

An Lanntair, Kenneth Street, Stornoway HS1 2DS

£12 / £9 | Book: [lanntair.com](http://lanntair.com), 01851 708 480

Wed 11: 7.30-8.45pm

Eden Court, Bishops Road, Inverness IV3 5SA

£12 / £9 | Book: [eden-court.co.uk](http://eden-court.co.uk), 01463 234 234

*BSL interpreted performance*

*14+: Contains themes of suicide*

Fri 13

### **Tree Chatter Walk**

Community, Workshop: Creativity in Care and Evanton Community Wood host this walk to explore the amazing mycelium networks that connect underground root systems and hear about how trees communicate and support each other. At Mag's Wood, take part in root doodle story art.

11am-12.30pm & 2-3.30pm

Log Cabin, Evanton Community Wood, Evanton, Ross-shire IV16 9XT

Park in Evanton and walk up Chapel Street. Take path to the right for 5 min walk to log cabin.

FREE (Donations Welcome) | [hello@creativityincare.org](mailto:hello@creativityincare.org)

*Accessibility: Path is wheelchair and pram accessible. Please see the website or email for details on disabled access by car.*

Tue 17 & Wed 25

### **A Gathering of Leaves**

Writing: Creativity in Care host a series of readings from poetry book *A Gathering of Leaves*, written by people living with and without dementia, mental ill health, long-term conditions, and rural isolation. The poems are beautiful, poignant, funny and observational.

Tue 17 May, 2-3pm

Reference Room, Inverness Library, Farraline Park, Inverness IV1 1NH

Wed 25 May, 11am-12pm

Wick Library, 7 Newton Road, Wick KW1 5SA

FREE (Donations Welcome) | Info: [\*\*hello@creativityincare.org\*\*](mailto:hello@creativityincare.org)

## Angus & Dundee

Sat 7

### **Gender Neutral Clothes Swap**

Community: The Queer Dot hosts this trans and nonbinary inclusive event to help you find clothes that fit your body and soul. There will be a variety of sizes, styles and accessories, and you can also explore inspiring fabrics at Scrap Antics. Please wash donations beforehand.

12-2pm

Scrap Antics, Wellgate Shopping Centre, Victoria Road,  
Dundee DD1 2DB

FREE | Info: [thequeerdot@gmail.com](mailto:thequeerdot@gmail.com)

Fri 13

### **One Mississippi**

Theatre: A hard-hitting verbatim play that explores the impact of childhood experiences on men. Blending humour and storytelling with powerful elements of physical theatre, One Mississippi is an uncompromising insight into what takes us to breaking point.

For ages 14+: Contains themes of suicide

7.30-8.45pm

Kirriemuir Town Hall, 28/30 Reform Street, Kirriemuir, DD8 4BS

£12 / £9 | Book: [ticketsource.co.uk/whats-on/kirriemuir](https://ticketsource.co.uk/whats-on/kirriemuir),  
01241 435 800

## Argyll & Bute

Fri 6-Thu 12

## **Riptide**

Tim Barrow, United Kingdom, 2020, 90m

Cast: Tim Barrow, Elspeth Turner

Film, Drama: Discharged from a psychiatric hospital, Jacob attempts to resume his life in Edinburgh and control his schizophrenia. On a trip to the Highlands, he meets the charismatic Eva who claims to be the secret daughter of Ingmar Bergman.

6-12 May: Daily Screenings

Phoenix Cinema, 140 George Street, Oban PA34 5NX

Tickets: £10.70 / £8 | [obanphoenix.com](http://obanphoenix.com), 01631 562 905

*15+: Themes of schizophrenia, psychosis and suicide*

Sat 21

## **Gather at the Lochside**

Music: An outdoor gathering featuring performances of Scottish pop and rock by the Easy Club, collaborative art and refreshments. This is a welcoming and accessible event in pleasant surroundings. All players and singers welcome, with space for others to join in. Open to all.

12.30-5.30pm

Lochside, McEwan Road, Lochgilphead PA31 8SY

FREE | Info: [hugh.fife@yahoo.co.uk](mailto:hugh.fife@yahoo.co.uk)

## Borders and Dumfries & Galloway

Sat 21

### **Inspiring Life**

Multi-Arts: Enjoy a full day of creative workshops, performances, stalls and exhibitions, blending creativity and raising awareness about mental health. There are plenty of opportunities to try out innovative routes to living a balanced life.

1-7pm

Eastgate Theatre, Eastgate, Peebles EH45 8AD

FREE | Book: 01721 723 244

### **Six Wee Wordies**

Workshop: Join Bridget Dickson, Liam Rankin, Chik Duncan and Maeve Grindall from See Me Scotland to learn how to tell your story and inspire others with just six words!

### **Mind the Music**

Workshop: This hour-long workshop gives a taste of Nomad Best's Mind the Music project for mental wellbeing. Sing and play in tutor-led groups and take part in an up-beat drumming session. No experience necessary!

### **Creative Dance**

Workshop: Join Sara Boles to explore how dance can help improve your physical and mental wellbeing. No dance experienced required!

### **Creative Communication**

Workshop: Toby Wilson leads this practical drama workshop focussing on self-awareness, using voice, body language and movement.

## **Coming Together**

Multi-Arts, Performance: To close the day, there will be a series of performances, including the launch of Mixed Memories, an original song by Ali Cameron and Ryan Bis, *Out of My Mind and Into My Body*, a collaborative dance piece by choreographer Sara Boles and writer Riona Logan, and local musicians aiming to offer hope and inspiration to the community.

## **Dumfries & Galloway**

Sat 28

### **The Gaither Inn**

Community: Not your average dinner party, this is a community meal with a creative twist. Indulge in a hearty meal and enjoy conversation, community and creativity in a fun, relaxed and comfortable space to get the mind bogging with revolutionary ideas.

6-8pm

The Stove, 100 High Street, Dumfries DG1 2BJ

FREE | Book: [thestove.org/events](https://thestove.org/events), [info@thestove.org](mailto:info@thestove.org)

## Stay Connected

### Reach Out

If you have any questions about the Scottish Mental Health Arts Festival, you can contact us at [smhaf@mentalhealth.org.uk](mailto:smhaf@mentalhealth.org.uk).

If you want to know more about a specific event, please contact the organiser using the details provided in the listing. There may be further contact information for events on our website.

### Keep In Touch

The SMHAF team are always planning new events and projects exploring the arts and mental health.

Are you an artist developing a new project exploring mental health? Would you like to help improve mental health in the arts sector? Do you work for an organisation that would like to get involved in SMHAF 2023?

If so, we would love to hear from you. Get in touch to find out more about the festival and how to get involved.

Contact us at [smhaf@mentalhealth.org.uk](mailto:smhaf@mentalhealth.org.uk).

### Join the conversation online:

**#SMHAF22**

Twitter: [@MH\\_Arts](https://twitter.com/MH_Arts)

Instagram: [@mhfestival](https://www.instagram.com/mhfestival)

Facebook: [@mentalhealtharts](https://www.facebook.com/mentalhealtharts)

## Getting Help

We've all been living through uncertain and difficult times recently. Whether you're worried about the big stuff – or the small, it's OK to feel overwhelmed, down, or anxious – and it may help to talk about how you're feeling.

Usually, your GP is the first place you should go if you have concerns about your mental health that won't go away – or if you have thoughts about suicide at any time.

Call the **NHS 24 Mental Health Hub** on **111** if you need to get help when your GP isn't open or available.

**You may prefer to get free, confidential support by phone or online.**

### **Samaritans**

Samaritans volunteers are there to listen. The phone line is confidential, free to call and available 24 hours a day, 7 days a week.

**116 123**

**[jo@samaritans.org](mailto:jo@samaritans.org)**

**[samaritans.org](http://samaritans.org)**

### **Breathing Space**

Breathing Space is a free, confidential phone service for people in Scotland. It offers listening, advice and information about mental health.

**0800 83 85 87**

**[breathingspace.scot](http://breathingspace.scot)**

## **SHOUT**

Message SHOUT for free, confidential and anonymous text support on your mobile.

**85258**

**[giveusashout.org](http://giveusashout.org)**

## **Childline**

If you are a child or young person, you can contact Childline about anything. You can call for free or chat to a counsellor in a safe space online.

**0800 1111**

**[childline.org.uk](http://childline.org.uk)**

For more organisations that could help you with a range of worries, visit **[mentalhealth.org.uk/scotland-help](http://mentalhealth.org.uk/scotland-help)**.