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

with Merchants House of Glasgow and WM Mann Foundation
Welcome

A 10th year is a time for celebration, a time to look back and take pride in our achievements. The festival has grown exponentially since its first outing in 2007, now hosting over 300 events across the country and firmly rooted in the communities that create and inspire them.

Naturally this year is also a time to reflect, hence our festival theme – ‘time’. Time is explored in many ways in this year’s programme, from the way attitudes towards mental health have changed over time, to the impact time has on our minds and bodies. In an age when time so often seems to be running away from us, how do we maintain a healthy relationship with it?

We’re also using this time to think about where the festival might go next. We’re trying new things this year: we’ve commissioned a new touring play, exploring the life of Pink Floyd’s Syd Barrett; we’ve appointed our first associate artist, Emma Jayne Park, who presents an interactive dance performance for young audiences; we’re launching our film programme with our International Film Competition awards ceremony in the opening week; and we’ve co-programmed a day of events with the National Theatre of Scotland, among other new partnerships and ideas.

In other words, we’re as excited about SMHAF as we were back in 2007, and expect it to be around for some time to come. We would love to hear your thoughts on what the festival should look like in 2017 and beyond.

Meanwhile, we hope you choose to spend some time with us between 10 and 31 October.

THE FESTIVAL TEAM

In an age when time seems to be running away from us, how do we maintain a healthy relationship with it?
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**SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL 2016**

[MFESTIVAL.COM]
Focus on film

If ‘cinema is truth 24 times a second’, then this year’s film programme offers literally millions of valuable frames. However, every title is more than just a collection of worthy moments. The expertly crafted work being presented engages, entertains and provokes as it unfolds, revealing insights into mental health that are meaningful, original and authentic.

Once again, the festival has been entrusted with a number of premieres. #MyEscape (p29), in which refugees from Afghanistan, Eritrea and Syria document their own perilous journeys, screens in Scotland for the first time, as does David (p27), a gut-wrenching drama about a troubled young man dangerously asserting his independence. Also making its Scottish début is A Family Affair (p27, 29), the disquieting story of a remarkable 95-year-old woman, who is trying to reconnect with her estranged family in unexpected ways.

There are UK premieres for Shoulder the Lion (p27, 29), an adventurous and visually arresting documentary about three artists moving forward after losing a significant aspect of their creativity; Mind/Game: The Unquiet Journey of Chamique Holdsclaw (p30), the story of a basketball superstar’s uphill battle against the stigma of mental illness; and Me a Belgian, My Mother a Ghanaian (p31), a moving testimony to the immense impact felt when leaving family members behind. Making its European entrance, Dan and Margot (p26) sees a brave young woman explore the influence schizophrenia has had on her life.

Scottish documentaries visiting us on their successful UK tours include Battle Mountain: Graeme Obree’s Story (p31, 54), the inspiring account of the renowned cyclist and mental health advocate’s latest world record attempt; and Seven Songs for a Long Life (p26), which shows the power of song to uplift the spirits of hospice patients. Making its European entrance, Dan and Margot (p26) sees a brave young woman explore the influence schizophrenia has had on her life.

Nearly all of the films showcased were first brought to the festival’s attention through our rapidly growing International Film Competition. We received 1,600 submissions—a 300% increase on 2015’s figure—from over 100 countries. And a decade after the festival began as a weekend of film screenings, the International Film Competition awards ceremony (p29) returns to Glasgow for the first time in years. The Centre for Contemporary Arts (CCA) will not only host that stellar event on Tuesday 11 October, but will screen award-winning films and special presentations over the rest of the week, including two full days at the weekend (p30).

As always, vibrant post-screening discussions will conclude most of our film events. And not just in Edinburgh and Glasgow, but all over Scotland, local groups will bring their own flavour and flair to events that they’ve programmed. This year, we’re also very pleased to be premiering films alongside three other well-regarded festivals.

Over time, SMHAFF has developed a reputation for bringing titles to Scotland that might not otherwise have been shown here; films we believe have an important role to play in combating mental health stigma. Although the 2016 programme contains a wide variety of approaches and subject matter, there is one thing that all the films have in common—they will stay with you long after you leave the cinema.

RICHARD WARDEN

Over time, SMHAFF has developed a reputation for bringing titles to Scotland that might not otherwise have been shown here.
Spotlight on theatre

Take time for theatre during the 10th Scottish Mental Health Arts & Film Festival. Our programme features a host of special productions and collaborations, involving award-winning writers, directors, companies and performers, as well as events created by communities across Scotland.

Brought to you by acclaimed writer-director team Alan Bissett and Sacha Kyle (The Moira Monologues, The Pure, The Dead and the Brilliant and Bon this Faint), One Thinks of it All as a Dream (p12) is a vivid portrait of Pink Floyd frontman Syd Barrett, one of pop music's most influential, enigmatic and complex figures. Specially commissioned by the Scottish Mental Health Arts & Film Festival, this witty and poignant new production premieres at Glasgow’s Òran Mór, before dates at the Traverse Theatre in Edinburgh, and The Lemon Tree in Aberdeen. Òran Mór is also hosting a 70th birthday tribute to Syd Barrett (p12), with archive footage presents If I Forget to Remember (p42), telling the heart-breaking story of a family coping with Alzheimer’s Disease, and Shelley O’Brien performs She Wins All the Races (p21), a one-woman show based on her experiences growing up with two brothers born with Duchenne muscular dystrophy.

We have also two exciting collaborations exploring how mental health can inspire and is represented in the performing arts. Taking up residence at Home Away (p15), held at Glasgow’s Tramway as part of the National Theatre of Scotland’s 10th year celebrations, we present an entire day of discussion and rarely seen artwork, plus special guests Alan Bissett, Ian Barrett, John Cavanagh and Nicola Meighan. Aliens will be crash-landing throughout Scotland this October, as Experts in Short Trousers (p14), interactive promenade theatre for children, goes on tour. Created by SMHAF’s first associate artist Emma Jayne Park (Status Anxiety and #Trans), the show combines live percussion, dancing and play, offering unique opportunities for discovery and exploration. Award-winning theatre company Suit and Pace keeps the spotlight on young people’s mental health and wellbeing, returning to the festival with their interactive storytelling session Cheering Up the King (p35), telling the heart-breaking story of a family coping with Alzheimer’s Disease, and Shelley O’Brien performs She Wins All the Races (p21), a one-woman show based on her experiences growing up with two brothers born with Duchenne muscular dystrophy.

Further theatre highlights include Where the Crow flies (p23, p41, p50), an intriguing drama based on real interviews and stories from West Lothian women, and Super Awesome World: A Work in Progress (p34), an interactive performance from theatre-maker Amy Conway, which uses video-gaming to explore what it’s like to fight depression. Lorenzo Navani gives a one-off performance of his identity-themed Fringe hit Cracked Tiles (p35), Geez A Break Productions presents If I Forget to Remember (p42), telling the heart-breaking story of a family coping with Alzheimer’s Disease, and Shelley O’Brien performs She Wins All the Races (p21), a one-woman show based on her experiences growing up with two brothers born with Duchenne muscular dystrophy.

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It’s fitting that the theme this year is ‘time’, given the way in which our theatre programme explores mental health across different historical periods and at various stages of life.

ROB DICKIE
One Thinks of it All as a Dream

WRITTEN BY ALAN BISSETT
DIRECTED BY SACHA KYLE

“I’m simply asking, Mr Waters, how do you know it’s Syd who has the problem?”

London, 1967. Pink Floyd have just released their début album, the psychedelic masterpiece *The Piper at the Gates of Dawn*. But the behaviour of their frontman, Syd Barrett, has become increasingly erratic. Is he having a drug-induced breakdown? Or is he playing an elaborate joke on the band and the music industry?

This witty and poignant new play — specially commissioned by the Mental Health Foundation for the Scottish Mental Health Arts & Film Festival, and starring Euan Cuthbertson as Barrett — is both a vivid portrait of a revolutionary period in pop music and a character study of one of its most influential, enigmatic and complex figures, who would have been 70 this year.

Alan Bissett and Sacha Kyle are one of Scotland’s most acclaimed writer-director teams, creators of Edinburgh Festival Fringe hits such as *The Moira Monologues*, *The Pure*, *The Dead and the Brilliant* and *Ban this Filth!*.

A Scottish Mental Health Arts & Film Festival commission, co-produced with A Play, A Pie and A Pint, in association with Traverse Theatre and Aberdeen Performing Arts.
SMHAFF @ Home Away

SMHAFF is in residence at Home Away, the National Theatre of Scotland’s first ever festival of participatory arts, on Sunday 9 October. Join us for a day of performance and discussions.

SUN 9 OCT

TRANSGERDER LIVES: STORIES TO OVERCOME STIGMA
Playwright Jo Clifford leads a workshop exploring the impact of prejudice and stigma on transgender people — and how telling your own story, as Clifford is doing with her next show, Eve, can have a transformative effect.
10 - 11am

DARK MATERIALS: HOW DO YOU MAKE A SHOW ABOUT DEPRESSION?
SMHAFF is supporting three new theatre projects that explore depression — Super Awesome World is about computer games, Funky Town is a community-based project telling stories from people across Scotland, and Fisk is a parable about a man who falls in love with a fish. This is your chance to come meet the creators.
11.15am - 12.30pm

HOW THE LIGHT GETS IN: ILLUMINATING THE WORLD OF HOARDERS
Can you combine a research project on compulsive hoarding with a compelling piece of musical theatre? Theatre-makers Laura Cameron-Lewis and Shona Reppe have teamed up with hoarding expert Stelios Kiosses to do just that. They discuss the development of How The Light Gets In, performed by Camille O’Sullivan.
2 - 3.30pm

RD LAING: BIOGRAPHY & AUTHENTICITY IN THEATRE
A maverick figure in psychiatry — and still controversial — RD Laing is the subject of a new play by Pamela Carter, in development with the National Theatre of Scotland. Psychiatrist Dr Peter Byrne will join Pamela and host Gareth Vile to discuss authenticity, biography and “madness” in theatre.
4 - 5.30 pm

SMHAFF RECEPTION
Join the SMHAFF team for a drink and an introduction to our 10th year programme.
8 - 8.30pm

ADAM WORLD CHOIR
The Adam World Choir is a community of more than 100 trans and non-binary people from around the world, brought together to perform in the National Theatre of Scotland’s forthcoming production of Eve/Adam, supported by SMHAFF. For Home Away, members of the Adam World Choir come together for an event, directed by Cora Bissett, celebrating the diversity of trans and non-binary experiences.
8.30 - 10pm

ALL HOME AWAY EVENTS
TRAMWAY, 25 ALBERT DRIVE, GLASGOW G41 2PE

TICKETS
£30 | £26
SMHAFF @ HOME AWAY SPECIAL DELEGATE PASS
Includes all four daytime events, plus reception and Adam World Choir performance, as well as entry to New Delhi, Home Away’s other evening performance the same night.
£22 | £19
HOME AWAY DELEGATE PASS
Includes two daytime events, plus reception and two evening performances. Session places will be allocated on a first-come-first-served basis.

We have a very limited number of free passes — if you wish to attend any or more of the events but can’t afford a full-day pass, get in touch with our Arts Lead, Andrew Eaton-Lewis.
REATON-LEWIS@MENTALHEALTH.ORG.UK

Experts in Short Trousers

A special touring performance for children from associate artist Emma Jayne Park’s Cultured Mongrel Dance Theatre.

Cultured Mongrel Dance Theatre brings together unique combinations of skilled artists to create uncompromising performance work as a vehicle for social change.

Experts in Short Trousers is a fun and colourful promenade theatre piece with live percussion, dancing and play for children aged 4+ and their families.

Join Cultured Mongrel for this unique opportunity to discover and explore, helping a group of unruly aliens find their way home.

Experts in Short Trousers tours throughout Scotland as part of SMHAFF.

WED 5 OCT
BEACON ARTS CENTRE, GREENOCK (p53)

THUR 17 OCT
WOODEND BARN, BANCHORY (p58)

THUR 24 OCT
EAST KILBRIDE ARTS CENTRE (p45)

FRI 28 OCT
THE NEWLANDS CENTRE, EDINBURGH (p25)

More details on touring locations at CULTUREDMONGRELDANCE.COM

EXPERTS IN SHORT TROUSERS | SMHAFF @ HOME AWAY

ADAM WORLD CHOIR

Photo credit: Peter Dibdin
WHAT’S ON IN
EDINBURGH & LOTHIAN

EXHIBITIONS & ONGOING CALENDAR

SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL 2016
MHFESTIVAL.COM

FROM 3 OCT
AT PORTY LIGHT BOX
A site specific installation inside an old BT phone box in Portobello. Students at the Outlook Project have created visual expressions for the phone box panels, exploring the theme Tracing Time: Mapping Futures. The moods and rhythms of life are conveyed using imagery rather than words.
3 OCT–31 OCT 24/7
PORTY LIGHT BOX, PORTOBELLO HIGH STREET & BELLFIELD STREET, EDINBURGH EH15 2BP
FREE 0131 652 3715
E MARGARET@OUTLOOKPROJECT.CO.UK

FROM 10 OCT
AT SOUTHSIDE COMMUNITY CENTRE
An exhibition of photo poems, offering a different way to explore the language of poetry — revealing the magic when light is captured and transformed into something new. The moods and rhythms of life are conveyed using imagery rather than words.
3 OCT–31 OCT
SOUTHSIDE COMMUNITY CENTRE, 117 NICOLSON STREET, EDINBURGH EH8 9ER
FREE 0131 652 3715
E MARGARET@OUTLOOKPROJECT.CO.UK

FROM 4 OCT
SPACE & TIME
An exhibition hosted by Space Artworks, featuring guest artists from The Hive with some of our regular partners. A great chance to see work from some fantastic artists, including paintings, mixed media and collage on canvas.
4–29 OCT TUE | WED | SAT 11–5 pm, THU | FRI 1–5 pm
SPACE ARTWORKS, 410 MORNINGSIDE ROAD, EDINBURGH EH9 3SH
FREE 07870 799 407
E INFO@SPACEARTWORKS.CO.UK

OUT OF SIGHT, OUT OF MIND

TRACING TIME: MAPPING FUTURES

FROM 10 OCT
THE CLINIC AT OUT OF SIGHT, OUT OF MIND
The Clinic is a multi-sensory and interactive exhibition exploring pseudo-sciences. During their journey, visitors will encounter meditative and restorative installations such as reflexology beds, hypnotic films with repetitive patterns echoed in sculptural works and tactile installations.
10–30 OCT 11am –6 pm
SUMMERHALL, 1 SUMMERHALL PLACE, EDINBURGH EH9 1PL
FREE 0131 273 5116
E KIRSTEN@CAPSADVOCACY.ORG

OUT OF SIGHT, OUT OF MIND
FROM 8 OCT
Now in its fourth year, Out of Sight, Out of Mind is a powerful and ambitious series of exhibitions spread across several venues and galleries in Edinburgh. Created by 100 artists with experience of mental health issues, this diverse collection of multi-media works aims to get us thinking and talking about mental health, raising awareness and challenging perceptions.

A collaboration between MECOPP Gypsy/Traveller Carer’s Project, Outlook, The Alma Project, Space Artworks, Barony Contact Point, Penumbra Edinburgh Self Harm Project, Child and Adolescent Mental Health Services (CAMHS) and CAPS Independent Advocacy.

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THE ALMA PROJECT
FROM 10 OCT
Visually exciting and thought-provoking canvas-based artworks on the theme of time, from members of The Alma Project.

Out of sight, out of mind
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**EXHIBITIONS & ONGOING CALENDAR**

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**FROM 10 OCT**

**A SENSE OF BELONGING**

This photographic exhibition by WIFE (Women In Focus In Edinburgh) celebrates the unique things that give each of us a sense of inclusion despite our diverse and ever-changing lives.

**TIME TRAVELLERS AT OUT OF SIGHT, OUT OF MIND**

For this multi-sensory installation, Gypsy/Travellers and MECOPP have recreated a traditional bow camp—a place to live, learn and laugh. Listen to the voices and share stories around the fire, and together we can engage with our frailties and strengths. See p17 for full Out of Sight, Out of Mind listings.

**FESTIVAL OF IAN SMITH: A CELEBRATION OF DEATH**

An exhibition of paintings and installations examining our collective memory of past events. The artist's work explores how memories are laid down over a period of time, constantly being added to and subtracted from in the process.

**ESSENCE AT OUT OF SIGHT, OUT OF MIND**

Visual arts exhibition on the theme of ‘Time’, created by artists with lived experience of mental health issues. Treat yourself to a coffee and enjoy the exhibition. Join us for our closing event on Thu 27 Oct with live music and refreshments. See p17 for full Out of Sight, Out of Mind listings.

**STAINED GLASS WINDOWS: TIME FOR HOPE, FRIENDSHIP & TALKING**

Stained glass windows created during September 2016 by participants with lived experience of mental ill-health and carers. The panels will be displayed on the front doors of Augustine United Church.

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**FROM 14 OCT**

**REACHING FOR THE SUN: A STITCH IN TIME**

This beautiful exhibition is the culmination of a series of craft workshops by the Link Up Women's Support Centre community, in collaboration with quilt maker Lorna Fogden. The panels will be displayed on the front doors of Augustine United Church.

**ESSENCE AT OUT OF SIGHT, OUT OF MIND**

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**ONE THinks of IT ALL AS A DREAM**

Alan Bissett's witty and poignant new play—specially commissioned for SMHATF 2016—tells the story of Syd Barrett of Pink Floyd, one of 1960s pop music’s most influential, enigmatic and complex figures, who would have been 70 this year. Did Barrett (played by Euan Cuthbertson) have a drug-induced breakdown? Or was he playing an elaborate joke on the band and the music industry? Directed by Sacha Kyle. See p17 for more details. The evening performance on Fri 28 Oct features a post-show discussion with Alan Bissett.

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**FROM 25 OCT**

**COLLECTIVE AMNESIA**

An exhibition of paintings and installations examining our collective memory of past events. The artist's work explores how memories are laid down over a period of time, constantly being added to and subtracted from in the process.

**ESSENCE AT OUT OF SIGHT, OUT OF MIND**

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**FROM 28 OCT**

**FESTIVAL OF IAN SMITH: A CELEBRATION OF DEATH**

Begun last year as a tribute to artist, performer and Mischief La-Bas director, Ian Smith—who took his own life in 2014 after living with clinical depression—this festival returns with an eclectic mix of art, music, performance and installation, all investigating, challenging, confronting or celebrating death. The event is held in partnership with Mischief La-Bas and Summerhall.

**TIME IS ALL AROUND**

Working in partnership with St Columba’s Hospice, Edinburgh Printmakers exhibits work produced by its member artists, exploring how we find meaning and how the tragedy of terminal illness can be accompanied with hope and self-actualisation, through acceptance and reconciliation.

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**MON 10 OCT**

**REAL TALK**

An evening of storytelling, connection and honesty, creating a safe space to talk about one of our most beautiful assets — our minds. Attendees are given the opportunity to gain insight and understanding into each speaker’s individual experiences.

7–9pm
Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH1 1SR

**TUE 11 OCT**

**CREATIVE CARERS ART WORKSHOP**

Edinburgh Carers Council invite you to join fellow mental health carers for a creative art workshop facilitated by Light Bulb Arts. Decorate a journal or create a masterpiece to keep. No experience needed, just your imagination. All welcome, with lunch and materials supplied.

12.30–3.30pm
Edinburgh Carers Council, 1–3 Canongate (Corner Eyre Place), Edinburgh EH3 5HE

**WED 12 OCT**

**ROAD TO THE FUTURE**

An exciting, open event full of creative talent from Contact Point. View a range of visual art, have fun participating in our music workshop and enjoy performances of creative writing, song and drama. At this event, art is used to interpret how time can enhance our mental wellbeing. Refreshments available.

11am–4pm
Contact Point, 101 High Street, Tollcross, Edinburgh EH3 9NP

**THU 13 OCT**

**EVERGREEN**

Jupiter Artland Foundation, members of SEASONS and Redhall Walled Garden invite you to Evergreen, a short film and exhibition reflecting a year-long journey through this beautiful landscape in changing seasons. Participants draw inspiration from the Jupiter Artland permanent collection and respond to Nathan Coley’s ‘In Memory’.

5–6.30pm
Jupiter Artland, Bonnington House Steadings, Wilkieston, Edinburgh EH27 8BB

**TIME TO TALK**

Join a panel of reviewers for a lively audience discussion on issues raised in Jo McFarlane’s new book, ‘Transcending the Ghetto: reflections on mental health policy, practice and lived experience’. Topics include peer support, diagnosis, sexuality and love in the therapeutic relationship.

7–9pm
Summerhall Cafe, Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL

**TIME FOR TEA CAFÉ**

A drop in café representing a Time for Hope, a Time for Friendship and a Time for Talking. Puppets created at workshops facilitated by Morag Patterson will be on display, encouraging people to think about how they use their time in order to keep mentally well. Drinks are free of charge and you are welcome to bring your own lunch.

1.30–3pm
Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL

**CAN YOU HEAR ME NOW?**

Compèred by Dennis O’Donnell, new and established writers from across West Lothian come together to give readings of their work. Angela McCrimmon will also read from her newly published book ‘Can You Hear Me Now?’ and talk about her experiences in the mental health system.

6–7pm
Howden Park Centre, Howden, Livingston EH54 6AE

**SHE WINS ALL THE RACES**

A dynamic, heartening, one-woman show about growing up with the certainty of loss, with quirky, physical storytelling and a little ABBA! Based on performer Shelley O’Brien’s experience of growing up with two brothers born with Duchenne muscular dystrophy.

7.30–8.45pm
Scottish Storytelling Centre, 43–45 High Street, Edinburgh EH1 1SR

**BEYOND BORDERS: TIME & PLACE**

Creative workshops exploring the idea of identity and the experiences and influences which make us who we are. We will look at what shapes the places and communities in which we live and take part.

**CREATIVE CARERS ART WORKSHOP**
**FRI 14 OCT**

**SIMPLE TIMES**

An original theatre performance about growing up in the 50s and 60s, featuring music, stories and poetry. Devised and written by singer and actress Val Munro, with help from puppeteer Frieda O’Byrne.

7.30–9.45pm
NORTH EDINBURGH ARTS, 154 FERRYHILL COURT, EDINBURGH EH14 4IZ

**THE FLINT & PITCH REVUE**

A new cabaret style revue show curated by Jenny Lindsay, with spoken word, solo theatre, live lit and music. This one-off event explores mental health from multiple angles, featuring an extract from Harry Giles’s solo show ‘Drone’, exploring alienation and social anxiety through the life of a military drone, Glasgow-based singer-songwriter Finn Le Marinel, author and journalist Chitra Ramaswamy, and more top acts.

7–9pm
THE DUNGO CLUB, 66 COMPARE, EDINBURGH EH1 1SX

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**SAT 15 OCT**

**CHEERING UP THE KING**

The King is feeling down and it is up to the audience to cheer him up! Suit and Pace present this interactive storytelling session for children aged 5–8, a fun piece from an award-winning company, encouraging understanding of mental wellbeing.

11am–12pm
SCOTTISH STORYTELLING CENTRE, 43–45 HIGH STREET, EDINBURGH EH1 1SR

**HIP HOP DANCE: COAST TO COAST**

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

7–10pm
SCOTLAND THEATRE TRUST, 29–30 FERRY ROAD, EDINBURGH EH4 4AE

**THE BOX / THINKING IN THE FIRST PERSON**

A double bill of dance from Emma Jayne Park and Julia James-Griffiths. The Box explores the impact depression can have and how society responds. Thinking in the First Person is a highly physical combination of contemporary dance and b-boying.

7.30–8.10pm
SCOTTISH STORYTELLING CENTRE, 43–45 HIGH STREET, EDINBURGH EH1 1SR

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**MON 17 OCT**

**SMHAF WRITING AWARDS**

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

5.30–7pm
SCOTTISH STORYTELLING CENTRE, 43–45 HIGH STREET, EDINBURGH EH1 1SR

**TUE 18 OCT**

**TIME FOR REFLECTION: SUNDAY SERVICE**

The focus of this service is on giving time to activities and spiritual practices that maintain good mental health and wellbeing. Puppets will be used during the service, with puppet makers sharing their experiences. An open and inclusive event, we welcome people of any faith or none.

7–9pm
AUGUSTINE UNITED CHURCH, 117 NICOLSON STREET, EDINBURGH EH8 9ER

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**SUN 16 OCT**

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11am–12pm
SCOTTISH STORYTELLING CENTRE, 43–45 HIGH STREET, EDINBURGH EH1 1SR

**SPILLING THE BEANS**

An exciting new short film made by CAPS Independent Advocacy, featuring young people with experiences of eating disorders and including original music and artwork. The screening will be followed by a panel discussion.

7–9pm
SOUTHSIDE COMMUNITY CENTRE CAFÉ, 177 MICALSON STREET, EDINBURGH EH16 7ER

**WHERE THE CROW FLIES**

Ostracised by the community she lives in, Carrie feels isolated. Her husband is in prison for a crime he says he didn’t commit. Can she prove his innocence? Everything seems impossible, until a new neighbour moves in next door. Based on interviews and stories with women in Blackburn, West Lothian, Where the Crow Flies is a play about starting over, fighting for the truth, gaining trust and getting rid of the stamps that are put on us.

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**THU 20 OCT**

**SOMEWHERE BEYOND**

Join us for this workshop exploring the life of Scottish poet and novelist Jesse Ralston, who spent a year of her life in Cornhill Asylum. Following the workshop will be readings from writer and performance artist Sean Burn, as well as open spots to share your own pieces.

INDIWOOP 3–5pm
PERFORMANCE 5–7pm
SOUTHSIDE COMMUNITY CENTRE CAFE, 177 MICALSON STREET, EDINBURGH EH16 7ER

**SHE IS FIERCE**

Calling all young female wordsters, songstresses, poets, designers and art activists: come and experience Wonderland — where time is treated as treasure — in the Great Hall of Edinburgh Castle. Celebrate the creativity of young women with contributors from She Is Fierce magazine.

7–9pm
THE GREAT HALL, EDINBURGH CASTLE, EDINBURGH EH1 2YT

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7–9pm
THE GREAT HALL, EDINBURGH CASTLE, EDINBURGH EH1 2YT
FRI 21 OCT

SILENT CINEMA: SAFETY LAST! WITH A TRIP TO THE MOON

A dementia-friendly screening of George Melies’ A Trip to the Moon is paired with Harold Lloyd’s iconic film, Safety Last!, with live accompaniment by the devilishly talented pianist Will Pickvance.

3-4.30pm
INCLUDING A 20 MINUTE INTERVAL
FESTIVAL THEATRE, 13–29 NICOLSON STREET, EDINBURGH EH8 9FT
£3 | £1.50 (suggested)
0131 529 6000
ADMIN@NORTHEDINBURGARTS.CO.UK
E JOHN@NORTHEDINBURGARTS.CO.UK
SEVERING TIME

SAT 22 OCT

MAD JAM SONGWRITING WORKSHOP

Continuing the proud tradition of protest songs, we will explore where advocacy and music meets mental health. We aim to help participants creatively collaborate to produce a new protest song or piece of music. All welcome. No previous experience required.

3-6pm
SOUTHERN COMMUNITY CENTRE, 77 NICOLSON STREET, EDINBURGH EH8 9ER
FREE
0131 554 5307
E ADVOCANCY@ADVOCARD.ORG.UK
SEVERING TIME

SUN 23 OCT

WELLBEING MELA

This fun, family day out is an opportunity to celebrate diversity and promote positive mental health and well being with Edinburgh’s varied minority ethnic communities. Expect music, dance, complementary therapies, basket-making, workshops, henna and lots more in a relaxed and entertaining environment.

1-6pm
FREE
07786 486 880
DONNA@MECOPP.ORG.UK
SEVERING TIME

TUE 25 OCT

MOVING MINDS: COMMUNITY-LED DIALOGUE

Gypsy/Travellers lead this interactive awareness-raising workshop, attempting to dispel myths, promote dialogue and reflect on the impact prejudice can have on mental health and well being. Join us for one session only — booking is essential.

10am-1pm, 2-5pm
NORTH PARK CONFERENCE CENTRE, NORTH PARK, 57 ALBION ROAD, EDINBURGH EH7 5AY
FREE
10am (booking essential)
0131 270 6087
E JAMES@EDINBURGHCARERSCOUNCIL.CO.UK
TIME IS ALL AROUND: GALLERY DISCUSSION

Exhibiting artists from the Time Is All Around exhibition discuss the themes and processes that inspired the work they created during this project. In partnership with St Columba’s Hospice, artists developed work about the emotional realities of end-of-life and palliative care.

6-7.30pm
EDINBURGH PRINNMAKERS, 23 UNION STREET, EDINBURGH EH1 3LR
FREE
0131 554 2497
E INFO@EDINBURGHPRINNMAKERS.CO.UK
SEVERING TIME

FRI 28 OCT

EXPERTS IN SHORT TROUSERS

Help a group of unruly aliens find their way home in this fun and colourful promenade theatre piece for children aged 4+ and their families. See p14 for more information.

12.30-1.30pm, 3pm-4pm
THE NEWLANDS CENTRE, ROMANNOBRIDGE, WEST LINTON EH46 7BZ
£3 (adults) £1.50 (under 16s)
FULL DETAILS AT CULTUREDMONGRELDANCE.COM
FREE (under 16s)
SEVERING TIME

SAT 29 OCT

TIMELINE

Veterans First Point Lothian presents a photographic timeline of life in military service. Service users have provided photographs from their own or their family’s experience, which will be displayed chronologically to create a unique visual history.

11-3pm
FEDERICK ABBE HOUSE, 3 LADY LAWSON STREET, EDINBURGH EH3 9DR
FREE
07906 365 883
SEVERING TIME

SUN 30 OCT

LEITH IS BURNING: VOGUE BALL

LGBT Health and The State presents a screening of Paris Is Burning, Jennie Livingston’s documentary on the New York 1980s drag scene, followed by a dance-based vogue workshop and celebratory end-of-festival Vogue Ball. Come along to perform, dance, watch and socialise.

1-3.30pm
INFORMATION REQUIRED
4-6pm
FREE
10-1pm
THOMAS MORTON HALL, 29-30 FERRY ROAD, EDINBURGH EH6 4AE
FREE
VOGUEBALL.EVENTBRITE.CO.UK
SEVERING TIME

THU 27 OCT

EDINBURGH CARERS COUNCIL PRESENTS: MUSIC MATTERS

Admiral Fallow perform a special three-piece acoustic set at this annual event, alongside Edinburgh-based alternative band The Cathode Ray. This wonderful evening of live music will be followed by a DJ set, with additional support and guest DJ to be confirmed.

7pm-1am
E DEVICIRCUS, 36-39 HURRICK STREET, EDINBURGH EH1 1DF
£5
INFODEVICIRCUS.BIZ/LIVE-MUSIC
0131 220 9920
E INFO@EDINBURGHPRINNMAKERS.CO.UK
SEVERING TIME

EVENTS
**MON 10 OCT**

**DAN AND MARGOT**

_European Premiere_

**JAKE CHIRICO, CHLOE SUSA-SMYS | CANADA **
2015 | 75m

Margot believes she is being stalked and tormented by someone named Dan, but discovers she has schizophrenia. Now, she struggles to build a life as a young independent woman, while trying to reclaim the years she lost to the disorder. A brave and honest look at mental health, stigma and moving forward.

6pm – 8.45pm
_MURIEL SPARK BUILDING THEATRE, 51 LADBROKE ROAD, EDINBURGH EH10 5DL FREE _SEVEN-SONGS-FOR-A-LONG-LIFE.EVENTBRITE.CO.UK_

**SEVEN SONGS FOR A LONG LIFE**

**AMY HARDIE | UK **
2016 | 13m

A passionate and touching film that follows the journey of six hospice patients who, encouraged by one music-loving nurse, choose to sing through tender, vulnerable and funny moments of their lives. Filmed over three years at Strathcarron Hospice in Scotland, this is an intimate story exploring our changing relationship with death.

6pm – 7.45pm
_FILMHOUSE, 88 LOTHIAN ROAD, EDINBURGH EH3 9BZ £6 | £4 0131 228 2688 | FILMHOUSECINEMA.COM_

**TUE 18 OCT**

**A FAMILY AFFAIR**

**TOM FASSAERT | NETHERLANDS, DENMARK **
2015 | 110m

DUTCH WITH ENGLISH SUBTITLES

When Tom Fassaert’s 95-year-old grandmother invites him to visit her in South Africa, all he knows about her are his father’s stories about the 1950s femme fatale who put her two sons in a children’s home. An unexpected confession makes things more complicated than he could have ever imagined. Presented with Luminate, Scotland’s creative ageing festival.

6pm – 8.15pm
_FILMHOUSE, 88 LOTHIAN ROAD, EDINBURGH EH3 9BZ £6 | £4 0131 228 2688 | FILMHOUSECINEMA.COM_

**THU 20 OCT**

**GOOD GRIEF**

A moving selection of short films to encourage conversations about mortality. Through animation, documentary and drama, we experience the effect a loved one’s death has on those left behind, and follow the steps they take towards overcoming grief and embracing a different future.

WED 19 OCT

**DAVID**

_SCOTTISH PREMIERE_

**ERINNISSE HEUER, PATRYK REBISZ | USA, FRANCE, IRELAND, POLAND **
2015 | 75m

CAST: IGOR BARES, MIKULAS CIZEK, KAREL FINK

CZECH WITH ENGLISH SUBTITLES

Suffocated by his overprotective parents and tired of being a burden on their lives, a troubled young man decides to leave the security of his family to find himself and his place in life. An intimate coming-of-age story about independence, acceptance and the importance of letting go.

6pm – 7.45pm
_FILMHOUSE, 88 LOTHIAN ROAD, EDINBURGH EH3 9BZ £6 | £4 0131 228 2688 | FILMHOUSECINEMA.COM_

**SAT 29 OCT**

**GOOD GRIEF SHORTS**

A moving selection of short films to encourage conversations about mortality. Through animation, documentary and drama, we experience the effect a loved one’s death has on those left behind, and follow the steps they take towards overcoming grief and embracing a different future.

**MON 24 OCT**

**SHOULDER THE LION**

**ERINNISSE HEUER, PATRYK REBISZ | USA, FRANCE, IRELAND, POLAND **
2015 | 75m

CAST: IGOR BARES, MIKULAS CIZEK, KAREL FINK

CZECH WITH ENGLISH SUBTITLES

A blind photographer questions the power of images in a visually saturated culture, a hearing-impaired musician is forced to give up his dreams of the stage, and a brain-damaged boxer and painter searches for her new place in life. A stunning and innovative film about losing everything and reinventing your future.

6pm – 7.45pm
_FILMHOUSE, 88 LOTHIAN ROAD, EDINBURGH EH3 9BZ £6 | £4 0131 228 2688 | FILMHOUSECINEMA.COM_
Film in Glasgow

MON 10 OCT

THE PECKHAM EXPERIMENT
THE CENTRE
JH HOLMES | UK | 1947 | 21m

A POOL OF INFORMATION: THE SEARCH FOR POSITIVE HEALTH
JINI RAWLINGS | UK | 1993 | 35m

Originally images from THE PECKHAM EXPERIMENT

In the 1930s, two doctors sought to find out whether, given the right environment, families would naturally start to live full and flourishing lives. The Peckham Experiment led to the creation of the Pioneer Health Centre, a radical vision for encouraging health rather than curing disease. The Centre tells the story of the Jones family, whose lives were enlarged through this innovative community. In A Pool of Information, former members and staff gather in the original building to share their memories of the Centre and describe the legacy of positive health it left in their lives. Following the films is a discussion with Dr Jack Czauderna, Dr Margaret Hannah and Dr Lisa Curtice, trustees of the Pioneer Health Foundation, which keeps alive the Peckham Experiment’s legacy.

2pm–4pm
CCA CINEMA, 350 SCAUCHIEHALL STREET, GLASGOW G2 3JD
FREE | 0141 352 4900 | CCA-GLASGOW.COM

TUE 11 OCT

INTERNATIONAL FILM COMPETITION AWARDS CEREMONY

The Scottish Mental Health Arts & Film Festival’s annual open film submission gives filmmakers from all over the world a platform to engage with new audiences, explore new realities and challenge the perceptions of mental health through their work. This year, the International Film Competition saw 1,600 entries received from over 100 countries, including dramatic features, documentaries, shorts and animations. The annual not-to-be-missed awards ceremony honours the very best of these titles. Expect to be moved and inspired by excerpts from, and the stories behind, these impressive films.

6pm–8pm
CCA THEATRE, 350 SCAUCHIEHALL STREET, GLASGOW G2 3JD
FREE | 0141 352 4900 | CCA-GLASGOW.COM

WED 12 OCT

#MYESCAPE

SCOTTISH PREMIERE
ERINNISSE HEUER | GERMANY | 2016 | 90m

ARABIC, ENGLISH, GERMAN, SYRIAN, SOMALI, TURKMEN WITH ENGLISH SUBTITLES

In recent years, thousands of refugees have left their countries, families and old lives behind in search of safety, human rights and freedom. This heart-rending documentary uses footage shot by refugees from Afghanistan, Eritrea and Syria, intercut with unflinching interviews that connect the outer journeys they went on with the ones that took place within. Presented with Take One Action.

6pm–8pm
CCA CINEMA, 350 SCAUCHIEHALL STREET, GLASGOW G2 3JD
£5 | £3
0141 352 4900 | CCA-GLASGOW.COM

SHOULDER THE LION
UK PREMIERE
ERINNISSE HEUER, PATRYK REBISZ | USA, FRANCE, IRELAND, POLAND | 2015 | 75m

A blind photographer questions the power of images in our visually saturated culture, a hearing-impaired musician is forced to give up his dream of the stage, and a brain-damaged boxer and painter searches for her new place in life. A stunning and innovative film about losing everything and reinventing your future.

8.30pm–10.15pm
CCA THEATRE, 350 SCAUCHIEHALL STREET, GLASGOW G2 3JD
£5 | £3
0141 352 4900 | CCA-GLASGOW.COM

THU 13 OCT

BORDERLINE

KENNETH MACPHERSON | UK | 1930 | 71m

CAST: PAUL ROBESON, ESLANDER ROBESON, HILDA DOOLITTLE

Directed by Scottish filmmaker Kenneth Macpherson and starring poet HD (aka Hilda Doolittle) along with the renowned performer and civil rights activist Paul Robeson, Borderline was groundbreaking for its progressive treatment of race and sexuality. This silent film is also renowned for being ahead of its time in representing inner psychological states through avant-garde techniques. The screening is accompanied by an improvised live score from Rick Anthony and Duncan Marquiss of The Phantom Band.

7pm–8.45pm
CCA THEATRE, 350 SCAUCHIEHALL STREET, GLASGOW G2 3JD
£5 | £3
0141 352 4900 | CCA-GLASGOW.COM
MON 17 OCT

WALK A MILE IN MY SHOES
JOHANNA WAGNER | SWEDEN | 2016 | 52m
Capturing the indomitable Chris Young in his efforts to live with and raise awareness of borderline personality disorder, this creative and intimate portrait paints a complex picture. The documentary is preceded by inspiring short films made by people engaged with mental health services.

7pm – 9pm
THE GLAD CAFE, 350 SAUCHIEHALL STREET, GLASGOW G2 3JD
FREE
WALK-A-MILE-IN-MY-SHOES.EVENTBRITE.CO.UK

THU 27 OCT

YOUNG@HEART
STEPHEN WALKER | USA | 2007 | 107m
Documenting the final weeks of rehearsal for the Young at Heart Chorus in Northampton, Massachusetts, whose average age is 81. The film focuses on the octogenarian rock stars as they prepare new songs for a concert in their hometown in spite of several heartbreaking events. Presented with Luminate, Scotland’s creative ageing festival.

7pm – 9.30pm
FLOURISH HOUSE, 23-25 ASHLEY STREET, GLASGOW G3 6DR
FREE
YOUNG-AT-HEART.EVENTBRITE.CO.UK

FRI 28 OCT

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

7pm – 9.15pm
FLOURISH HOUSE, 23-25 ASHLEY STREET, GLASGOW G3 6DR
FREE
BATTLE-MOUNTAIN.EVENTBRITE.CO.UK

SUN 30 OCT

SEE ME SHORTS PRESENTED BY GLASGOW FILM FESTIVAL
Four short documentaries challenging perceptions of mental health in Scotland. Featuring a dancer expressing her experience of BPD, the relationship between a sufferer of hoarding disorder and his counsellor; a young artist exploring her PTSD through art; and a sports reporter tackling his social anxiety.

5–6.30 pm
GLASGOW FILM THEATRE, 12 ROSE STREET, GLASGOW G3 6RB
£5.50
0141 332 6535
GLASGOWFILM.ORG/THEATRE

WED 2 NOV

ME A BELGIAN, MY MOTHER A GHANAIAN
UK PREMIERE
ADAMS MENSAH | GHANA, BELGIUM | 2016 | 60m
DUTCH, ENGLISH, GA WITH ENGLISH SUBTITLES
At the age of 14, Adams travels to Belgium to live with his father. Three years after he leaves, his mother suffers a major stroke. Adams returns to Ghana six years later in search of his mother to seek answers about what has contributed to her present state of health. A deeply personal autobiographical piece following Adams’ emotional, psychological and spiritual journey as he tries to bring his mother to Belgium. Presented with Africa in Motion.

7pm – 8.30pm
PEARCE INSTITUTE, 840–860 GOVAN ROAD, GLASGOW G51 3UU
FREE
ME-A-BELGIAN.EVENTBRITE.CO.UK

FILM IN GLASGOW

INTERNATIONAL FILM COMPETITION SCREENINGS
Winning titles and special presentations from our International Film Competition submissions will be screened throughout the weekend. Selections include the Scottish premiere of A Family Affair (p27) and the UK premiere of Mind/Game: The Unquiet Journey of Chamique Holdsclaw, the story of a basketball superstar’s uphill battle against the stigma of mental illness.

10am – 1pm
CCA THEATRE, 350 SAUCHIEHALL STREET, GLASGOW G2 3JD
£ VARIERS
0141 352 4900 | CCA-GLASGOW.COM
More details at MHFESTIVAL.COM from Sep...

WALK A MILE IN MY SHOES

JOHANNA WAGNER | SWEDEN | 2016 | 52m
Capturing the indomitable Chris Young in his efforts to live with and raise awareness of borderline personality disorder, this creative and intimate portrait paints a complex picture. The documentary is preceded by inspiring short films made by people engaged with mental health services.

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WALK-A-MILE-IN-MY-SHOES.EVENTBRITE.CO.UK

YOUNG@HEART

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YOUNG-AT-HEART.EVENTBRITE.CO.UK

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FREE
BATTLE-MOUNTAIN.EVENTBRITE.CO.UK

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5–6.30 pm
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£5.50
0141 332 6535
GLASGOWFILM.ORG/THEATRE

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7pm – 8.30pm
PEARCE INSTITUTE, 840–860 GOVAN ROAD, GLASGOW G51 3UU
FREE
ME-A-BELGIAN.EVENTBRITE.CO.UK
WHAT’S ON IN GLASGOW

EXHIBITIONS & ONGOING CALENDAR

FROM 1 OCT

RECONNECT GLASGOW
A diverse exhibition of wall-based works by Project Ability’s ReConnect artists. This exhibition will represent every ReConnect artist with at least one work made in 2016. With over 40 artists on show, there will be a fantastic range of styles and subjects.

RECONNECT GLASGOW
FROM 1 OCT

BRANCHING OUT: PHOTOGRAPHY EXHIBITION
Forestry Commission Scotland’s Branching Out programme provides therapeutic woodland activities to those suffering from severe and enduring mental health conditions. Visit the Branching Out photography exhibition at the Mitchell Library and see how participants have captured the woodland.

8MM
A unique exhibition from Project Ability ReConnect members, showcasing work produced during a series of walks and workshops led by artist Alexander Storey Gordon. The exhibition focuses on the production, process and presentation of experimental approaches to 8mm film and moving image.

HEADSPACE

FROM 10 OCT

THE ART FACTORY
The Art Factory present a large collaborative installation created with artists in residence, Mitch Miller and Heather Lander. Inspired by stories and memories of Greater Easterhouse, members of the The Art Factory have created their own unique community map.

CREATIVE COLLECTIVE
Creative Collective members worked with artist Katy Dye on a restorative storytelling project that straddles art, technology and social engagement, bringing people and communities together. This installation takes the form of a recorded, spoken and written word tour of Easterhouse.

FROM 14 OCT

BRANCHING OUT: PHOTOGRAPHY EXHIBITION
Forestry Commission Scotland’s Branching Out programme provides therapeutic woodland activities to those suffering from severe and enduring mental health conditions. Visit the Branching Out photography exhibition at the Mitchell Library and see how participants have captured the woodland.

8MM
A unique exhibition from Project Ability ReConnect members, showcasing work produced during a series of walks and workshops led by artist Alexander Storey Gordon. The exhibition focuses on the production, process and presentation of experimental approaches to 8mm film and moving image.

FROM 17 OCT

ONE THINKS OF IT ALL AS A DREAM
Alan Bissett’s witty and poignant new play — specially commissioned for SMHAFF 2016 — tells the story of Syd Barrett of Pink Floyd, one of 1960s pop music’s most influential, enigmatic and complex figures, who would have been 70 this year. Did Barrett (played by Euan Cuthbertson) have a drug-induced breakdown? Or was he playing an elaborate joke on the band and the music industry? Directed by Sacha Kyle. See p12 for more details.

HEADSPACE

THU 6 OCT

PONDLIFE
A passionate one-man show that vividly illustrates the high stakes of classroom power play, Pondlife movingly explores the lasting legacy of childhood friendships and how to beat the bullies.

MON 24 OCT

INVISIBLE ARMY
Rabbie has noticed that people bump into him in the street and nobody ever really looks at him — they always look to the side or beyond him. This powerful show is all about caring, exploring the life of a young carer and why he feels invisible.

SAT 29 OCT

RULES OF THE DANCE FLOOR
A cross-generational interactive performance and audio event that celebrates the stories, histories and communities of Scotland’s dance floors.

ALL HEADSPACE EVENTS:
PLATFORM AT THE BRIDGE, 1000 WESTERHOUSE ROAD, GLASGOW G34 9JW
0141 276 9696 (OPT 1) | DAVID@PLATFORM-ONLINE.CO.UK

Photo credit: Jannica Honey

PONDLIFE

HEADSPACE

PONDLIFE
**MON 10 OCT**

**SUPER AWESOME WORLD: A WORK IN PROGRESS**

Super Awesome World is an interactive performance by theatre-maker Amy Conway that explores, through the prism of videogaming, what depression is like and what it’s like to fight it. This work-in-progress performance marks the end of the project’s second stage of development after the idea was selected for a Tron Lab. Amy also discusses the project as part of SMHAFF @ Home Away at Tramway on 9 Oct (left).

6–7 pm
CCA, 350 SAUCHIEHALL STREET, GLASGOW G2 3JD
£5 | £4
0141 352 4900 | CCA-GLASGOW.COM

**FELICITY WARD: 50% MORE LIKELY TO DIE**

As seen on The John Bishop Show, Russell Howard’s Good News, Live from the BBC, and heard on The Museum of Curiosity. In 2015 Felicity wrote a show about mental illness and her bumhole (IBS). Much to her surprise, more people saw it than her immediate family and a guy called Gavin. At the Edinburgh Festival Fringe it was the third-best reviewed comedy show. Always one to flog a dead horse, she has written another show about mental illness. This special SMHAFF show, for World Mental Health Day, is the only Scottish date of Felicity’s autumn UK tour.

8–9.30 pm
CCA, 350 SAUCHIEHALL STREET, GLASGOW G2 3JD
£12 | £10
0141 352 4900 | CCA-GLASGOW.COM

**UNSIGNED AT BARROWLAND**

On World Mental Health Day, Music on Prescription showcases the power of music with Nordoff Robbins Scotland and Playlist for Life. Proceeds will be split equally between these music therapy services. Music from Glasgow band The Modests and special guests including Simple Minds’ Derek Forbes and Jill Jackson.

7.30–11 pm
BARROWLANDS, 244 GALLOWGATE, GLASGOW G4 0TT
£35
0141 204 5151 | MUSICONPRESCRIPTION.COM
FEEL GOOD IN THE WOODS

Hands-on creative session in Pollok Country Park, where participants will be given inspiration, encouragement and tools to create their own nature-based land art and then photograph it. Leaves, cakes, cameras and good times provided. All levels of ability will enjoy! In partnership with Forestry Commission Scotland and Open Aye Ltd.

1–4pm
POLLOK COUNTRY PARK, GLASGOW G43 1AT
FREE
07903 020 937 | OPENAYE@GMAIL.COM

SYD BARRETT: DREAM & REALITY

A 70th birthday tribute, with Alan Bissett, Ian Barnett, John Lavanaph and Nicola Meighan. In the week of One Thinks of it All as a Dream’s world premiere, join us to celebrate the life of Roger ‘Syd’ Barrett and dispel some of the myths about him — with the help of special guests, archive footage, and rarely seen artwork. See p12 for full details.

7.30–9.10pm
GRAN MOR, BYRES ROAD, GLASGOW G12 8RX
£10
02444 771 000

platFORUM OPEN MIC NIGHT

platForum invites you to this open mic evening, with all singing, performance and comedy contributions welcome. The service aims to provide a voice for people accessing mental health services, offering information, activation and networking opportunities.

7.30pm–LATE
SOY WESTERN CLUB, 20 CORKERHILL GARDENS, GLASGOW G52 1SE
FREE
0141 883 2447

WELL SAID! FILM SHOWCASE

This showcase of community films demonstrates the power of participatory filmmaking, not only to reduce stigma and raise awareness about issues in our communities, but also to inspire people to seek collective solutions. Come along and join the conversation.

3–9pm
PEARCE INSTITUTE, MARY BARBOUR SUITE, 640–660 GODFREY ROAD, GLASGOW G51 3UU
FREE
EVENTBRITE.COM/IV/WEBSITE-FILM-SHOWCASE-TICKETS-G51XG51

WED 26 OCT

THE GUESSING GAME

Derek’s wife Jane becomes mentally unwell and their happy family life is turned upside down. Whether you’re a carer, professional or service user, your opinions matter in this interactive drama. Come and discuss the Triangle of Care, advocating unpaid mental health carers as equal partners in care.

2.30–4pm
THE ALLIANCE, VENLAW BUILDING, 349 BATH STREET, GLASGOW G2 4AA
FREE
0141 552 5592
S.PATERSON@GAMH.ORG.UK

THU 27 OCT

OUT OF HARM

Young people use storytelling, photography and film to explore self-harm and the reasons for it. Experience real life and mythical tales of heroism and resilience, discovering how and why young people are still here to tell their tale.

7–8pm
STEREO, 20 RENFIELD LANE, GLASGOW G2 5AR
Also 29 OCT
7–8pm
GLAD CAFÉ, 1006a POLLOKSHAWS ROAD, GLASGOW G41 2HG
FREE
07811 394 058
ADMIN@CONFAB.ORG.UK

MON 31 OCT

GARY LITTLE: A LITTLE BIT PERSONAL

In his brand new show, Gary tells stories of paranoia, hillwalking, prison pen pals and being known as the guy with the dogs! One of the most consistent and funniest acts in Scottish comedy and a master storyteller, Gary’s humour is refreshing and in-your-face, with a wealth of material derived from a life lived to the full. His unflinching honesty with a hint of vulnerability has made him an audience favourite.

8–9pm
THE STAND, 333 WOODLANDS ROAD, GLASGOW G3 6NA
£10
0141 212 3389 | THESTAND.CO.UK
WHAT'S ON IN EAST DUNBARTONSHIRE

LISTINGS

MINDFUL LIVING

MON 10 OCT

MINDFUL LIVING

Martin Stepek, a renowned mindfulness teacher and author, will deliver a talk and practical session on how to strengthen mindfulness habits and develop greater clarity and calmness in your life.

2–3.30pm

MELNGAVIE LIBRARY, ALLANDER ROAD, MELNGAVIE G62 8PN

FREE  
0141 777 3143

BOOKING.EDLC.CO.UK/HORIZONS/CULTURE

TUE 11 OCT

LIVING LIFE TO THE FULL

A workshop by one of Action on Depression’s tutors, giving a taster session of their free course aimed at anyone who suffers from low mood. Find out how you can think more positively and build self-confidence.

2.55–3.30pm

BISHOPBRIGGS LIBRARY, 150 KIRKINTILLOCH ROAD, BISHOPBRIGGS G64 2LX

FREE  
0141 777 3143

BOOKING.EDLC.CO.UK/HORIZONS/CULTURE

CAREER CHOICES TO MAKE YOU HAPPY

If you feel anxious or upset about going to work, come and meet Career Development Consultant, Alison Spencer. She will help you analyse your skills and interests so you can plan a career that really fits your talents. No more dreading a Monday morning.

6.30–7.45pm

WILLIAM PATRICK LIBRARY, 2–4 WEST HIGH STREET, KIRKINTILLOCH G66 1AD

FREE  
0141 777 3143

BOOKING.EDLC.CO.UK/HORIZONS/CULTURE

WED 12 OCT

KENNETH STEVEN

Meet Scottish poet and author Kenneth Steven, who will be reading from his collections of beautiful, lyrical poems. Inspired by remote places and the natural world, expect his words to soothe and invigorate.

12.30–1.30pm

WILLIAM PATRICK LIBRARY, 2–4 WEST HIGH STREET, KIRKINTILLOCH G66 1AD

FREE  
0141 777 3143

BOOKING.EDLC.CO.UK/HORIZONS/CULTURE

MON 17 OCT

DRAWING TO MUSIC

New and experienced artists can participate in this experimental workshop, involving an introduction to mark-making and colour theory using varied musical clips. Ranging from mindfulness tracks to invigorating emotional pieces, see how music influences your mood and your style. Aimed at older people.

11am–2pm

LILLIE ART GALLERY, 3 TATTON ROAD, MILNGAVIE G62 8BZ

FREE  
0141 777 3143

BOOKING.EDLC.CO.UK/HORIZONS/CULTURE

WED 19 OCT

WALKING THROUGH THE VILLAGE

Join representatives from WALK for a gentle half hour stroll around the village of Lennoxtown, taking in an exhibition at the Travelling Gallery and discussing the importance of architecture to the local community. Finish up at the new Community Hub for light refreshments and an introduction to the local studies area.

11am–1pm

LENNOWXTOWN LIBRARY, 46 MAIN STREET, LENNOXTOWN G66 3UJ

FREE  
0141 777 3143

BOOKING.EDLC.CO.UK/HORIZONS/CULTURE

THU 20 OCT

PAUL CUDDIHY & THE BOOKENDS

Join local author Paul Cuddihy for a relaxing discussion on the importance of books and reading. He will be accompanied by his band The Bookends, who will be performing songs based on literature.

7–8.30pm

BISHOPBRIGGS LIBRARY, 110 KIRKINTILLOCH ROAD, BISHOPBRIGGS G64 2LX

FREE  
0141 777 3143

BOOKING.EDLC.CO.UK/HORIZONS/CULTURE
WHAT’S ON IN
EAST RENFREWSHIRE

EVENTS

FROM 10 OCT

BOOKBUG IS FEELING GOOD
Singing songs and sharing rhymes with your wee one is guaranteed to make you feel good. Take a trip down memory lane as we sing songs and rhymes from years gone by. For children aged up to four, and their grown-ups.

10–20 OCT VARIOUS TIMES
LIBRARIES ACROSS EAST RENFREWSHIRE
FREE
ALISON.MEECHAN@ERCULTUREandleisure.ORG

THU 13 OCT

THE GOOD OLD DAYS
Relive the good old days at a reminiscence afternoon. Memories will come flooding back as you browse old photographs and local history objects, sample food from across the decades and enjoy a cuppa while you chat about times gone by.

1–4pm
GIFFNOCK LIBRARY, STATION ROAD, GIFFNOCK, EAST RENFREWSHIRE G46 6JF
FREE
0141 577 4976

FRI 14 OCT

HOME HELP
Having reached the final stage of their lives, three men reflect on old memories and try to find ways to change situations in this play written by George Carson and directed by Liz Carruthers. The struggle against old age, ill health and loneliness is peppered with both humour and tragedy.

7.30–9pm
EASTWOOD PARK THEATRE, EASTWOOD PARK, ROUKEN GLEN ROAD, GIFFNOCK, EAST RENFREWSHIRE G46 6UG
£13 | £11
0141 577 4956
EASTWOODPARKTHEATRE.CO.UK

FRI 21 OCT

WHERE THE CROW FLIES
Ostracised by the community she lives in, Carrie feels isolated. Her husband is in prison for a crime he says he didn’t commit. Can she prove his innocence? Everything seems impossible, until a new neighbour moves in next door. Based on interviews and stories with women in Blackburn, West Lothian, Where the Crow Flies is a play about starting over, fighting for the truth, gaining trust and getting rid of the stamps that are put on us.

7.30 pm –10.15 pm
CLARKSTON HALL, CLARKSTON ROAD, EAST RENFREWSHIRE G76 8NE
£13 | £11
0141 577 4970
WHAT’S ON IN LANARKSHIRE

EXHIBITIONS & ONGOING CALENDAR

FROM 3 OCT

TIME

A month-long photography exhibition displaying the talents of the local Community Learning Camera Club. Supporting mental health awareness and wellbeing, the exhibition explores the theme of time and what it means to the individual.

11–2pm
EAST KILBRIDE ART CENTRE, CAFE AREA, 51 OLD COACH ROAD, EAST KILBRIDE G44 4DU
FREE
01355 261 000 | SLLCBOXOFFICE.CO.UK

FROM 11 OCT

MOMENTS IN TIME

In life, we experience many special moments of significance, when someone gives us a hand or we help others. Hundreds of people from Cambuslang and Rutherglen share these memories on canvas squares in mini-exhibitions throughout the community.

11–11.30pm
VARIOUS TIMES
THROUGHOUT CAMBUSLANG & RUTHERGLEN
FREE
2141 647 323 (Rutherglen)

FROM 11 OCT

MINDFULNESS: TIME AS A MIRAGE

Hear author and mindfulness teacher Martin Stopek give a talk on how to live in the moment while still planning for the future. Find out how mindfulness sessions can help you to think, plan and act.

11–2.30pm
LIBRARIES ACROSS LANARKSHIRE
FREE
01698 452 299 (FAIRHILL)

FROM 13 OCT

IF I FORGET TO REMEMBER

In this play, Bez A Break Productions presents one family’s story with humility, dignity and humour. It follows their heart breaking preparations as they are forced to cope with a family member’s failing health from Alzheimer’s disease.

11–11.30am
EAST KILBRIDE ARTS CENTRE, 51 OLD COACH ROAD, EAST KILBRIDE G44 4DU
CULTURE EAST
01355 261 000 | SLLCBOXOFFICE.CO.UK
FREE
01355 261 000 | SLLCBOXOFFICE.CO.UK

FROM 19 OCT

ANIMATION WORKSHOP: HAVE YOU GOT TIME?

A two-day creative animation workshop for children aged 8–15, using time as the theme. Time is a great topic for creating a story — you can lose it, step back or become a time traveller. The story is yours for the making.

10am – 2.10pm
SUMMERLEE PHOTO/VIDEO STUDIO, SUMMERLEE MUSEUM, HERITAGE WAY, COATBRIDGE ML5 1QD
FREE
01236 632 828

FROM 21 OCT

TRUST JACK FOUNDATION ARTS FESTIVAL

1F presents a selection of pieces from its art class, in which students have explored breaking preconceptions as they are forced to cope with a family member’s failing health from Alzheimer’s disease.

11–11.30am
EAST KILBRIDE ARTS CENTRE, 51 OLD COACH ROAD, EAST KILBRIDE G44 4DU
CULTURE EAST
01355 261 000 | SLLCBOXOFFICE.CO.UK
FREE
01355 261 000 | SLLCBOXOFFICE.CO.UK

THU 29 SEP

THE POWER OF MUSIC & POSITIVITY WORKSHOPS

Two workshops exploring music and positivity. In the first session, Soundsational Managing Director Tommy Chambers delivers a singing workshop, promoting positive energy and thoughts. Later on, join Britain’s Got Talent star Edward Reid to explore meditation and positivity.

2–3.15pm
MILLERMAST SUITE, COVILLE PARK COUNTRY CLUB, NEW JERVISTON HOUSE, MERRY STREET, MOTHERWELL ML1 4RG
FREE
01698 452 299 (Rutherglen)

TUE 4 OCT

SINGING WORKSHOPS

Enjoy yourself in this tutor-led workshop as you sing along to well known songs and learn some new ones along the way. Despite what you might think, everyone can sing, so come along and have some fun.

2–3.15pm
RUTHERGLEN TOWN HALL, 153 MAIN STREET, RUTHERGLEN G73 2JU
FREE
0141 641 5236

THU 6 OCT

IN THE MOOD

Take part in some community singing for wellbeing and enjoy tunes from the 1930s and 1960s, including a selection of old Scots favourites and more. Refreshments are included.

7–8.30pm
NORTH LANARKSHIRE HERITAGE CENTRE, HIGHLAND ROAD, MOTHERWELL ML1 3HU
FREE
0141 613 5700 (RUTHERGLEN)

TIME TO WRITE

Why not have some ‘me’ time to investigate the world of creative writing in this four week programme? Working with a tutor on the theme of time, explore the pleasure of creative writing. No previous experience necessary. Age 16 +

11–12pm
VARIOUS TIMES
THROUGHOUT CAMBUSLANG & RUTHERGLEN
FREE
01236 632 828

TAKE TWO

Learn new skills at this hand sewing workshop, enabling you to transform soft furnishings. A tutor will support you as you develop creative skills and build the confidence to realise your ideas. Sewing is a relaxing and rewarding hobby, so come along and give it a go.

1–3pm
SOUTH LANARKSHIRE LIFESTYLES, FARMILD ROAD, FARMILLO, RUTHERGLEN G73 2JU
FREE
0141 641 5236

SOUTH LANARKSHIRE LAUNCH CONCERT

Pop idol winner Michelle McManus hosts this special launch event for the 10th Lanarkshire festival. Joining the singer, actress and presenter will be Britain’s Got Talent star Edward Reid, the exceptional Soundsational Community Choir, local band Striking Off the Chains and a community jazz band. There will be a free light buffet following the concert.

7–9pm
COVILLE PARK COUNTRY CLUB, NEW JERVISTON HOUSE, MERRY STREET, MOTHERWELL ML1 4RG
FREE
01698 452 299 (Rutherglen)

CRAFT TIME

Learn new skills at this hand sewing workshop, enabling you to transform soft furnishings. A tutor will support you as you develop creative skills and build the confidence to realise your ideas. Sewing is a relaxing and rewarding hobby, so come along and give it a go.

11–12pm
SOUTH LANARKSHIRE LIFESTYLES, FARMILD ROAD, FARMILLO, RUTHERGLEN G73 2JU
FREE
0141 641 5236

CRAFT TIME

Learn new skills at this hand sewing workshop, enabling you to transform soft furnishings. A tutor will support you as you develop creative skills and build the confidence to realise your ideas. Sewing is a relaxing and rewarding hobby, so come along and give it a go.

11–12pm
SOUTH LANARKSHIRE LIFESTYLES, FARMILD ROAD, FARMILLO, RUTHERGLEN G73 2JU
FREE
0141 641 5236
**FRI 7 OCT**

**JEWELSCENE**

This enjoyable and relaxing beadwork jewellery making workshop is led by an experienced tutor who will take you step by step through the techniques which will enable you to create your own designs.

**2–4 pm**

RUTHERGLEN TOWN HALL, 139 MAIN STREET, RUTHERGLEN G73 2JJ

FREE 01355 261 000 | SLLCBOXOFFICE.CO.UK

**SAT 8 OCT**

**FOR THERE IS HOPE**

This remarkable film explores the life and death of Ian Stepek, the Polish-born entrepreneur who survived a Soviet labour camp and discovered a new lease of life in South Lanarkshire. Profoundly moving, tragic, uplifting and unmissable.

**10am–4pm**

MOTHERWELL SHOPPING CENTRE, 139 MAIN STREET, RUTHERGLEN G73 2JJ

FREE 01355 261 000 | SLLCBOXOFFICE.CO.UK

**FRI 14 OCT**

**MUSHAIRA**

In conjunction with Encounters and Bazm-e-Urd, Scotland, sample a taste of South Asian culture with an evening of Urdu poetry or Mushaira. Mushaira allows the poets and the audience to voice their thoughts, giving opportunities to realise the therapeutic benefits of self-expression.

**7.30–9.30pm**

BELLSHILL CULTURAL CENTRE, JOHN STREET, BELLSHILL ML4 9YU

FREE 07900 073 070

**MON 17 OCT**

**IS THIS THE TIME OF YOUR LIFE?**

What will you do with your life and time? It’s a big question for a young person to answer. In this devised theatre piece, Arride Youth Theatre explore the concepts of life and time to their outer limits.

**7–8 pm**

ARRIDE TOWN HALL, STRUING STREET, ARRIDE ML6 0AS

FREE 01698 346 782

**TUE 18 OCT**

**WELLBEING & HAPPINESS WORKSHOP WITH EDWARD REID**

Join Edward Reid, known for making the country laugh on Britain’s Got Talent, for a wellbeing workshop filled with positive chat, guided meditation and songs that will leave you feeling relaxed and ready for life.

**3.30–5.30pm**

MOTHERWELL SHOPPING CENTRE, 51 OLD COACH ROAD, EAST KILBRIDE G74 4DU

FREE 07900 073 070 | GRAPHICS@REELTIMEMUSIC.NET

**FRI 21 OCT**

**THE THERAPY ROOM’S COMEDY WEEKENDER**

Laughter is the best medicine at the Therapy Room, with punchy one-liners, witty comebacks and comedy genius. Including Friday night stand-up with Gary Delaney, comedy-legend Milton Jones performing live on Saturday, and a family-friendly show on Sunday.

**FRI 21 OCT**

**WITH GARY DELANEY, 21 OCT**

**2–4 pm**

MOTHERWELL CONCERT HALL & THEATRE, WINDMILLHILL STREET, MOTHERWELL ML1 1AB

FREE 01698 346 782

**FRI 21 OCT**

**WITH GARY DELANEY, 21 OCT**

Full details at CULTURENL.CO.UK

**TUE 25 OCT**

**IN TIME YOU WILL RECOVER**

An entertaining mix of comedy, singing, music, sketches and poetry from a very talented group of people who have regained their confidence through the performing arts. Not to be missed.

**1–3pm**

GIRNSTON NEIGHBOURHOOD CENTRE, BUCBY ROAD, BELLSHILL ML4 9BN

FREE 07900 073 070

**WED 19 OCT**

**EXPERTS IN SHORT TROUSERS**

Help a group of unruly aliens find their way home in this fun and colourful promenade theatre piece for children aged 4+ and their families. See p14 for more information.

**2–4pm**

51 OLD COACH ROAD, EAST KILBRIDE G74 4DU

FREE 07900 073 070 | SLLCBOXOFFICE.CO.UK

**SAT 29 OCT**

**TRUST JACK FOUNDATION COMEDY NIGHT**

TJF presents its first comedy spectacular, with some of Scotland’s bestest and funniest comedians, including TJF’s very own Colin Higgins. Come along for a great, fun-filled night.

**7.30pm–11midnight**

LOW WATERS MINERS’ WELFARE SOCIAL CLUB, 4 ALNESS STREET, HAMILTON ML3 6RU

FREE 07713 842 498 | CONTACT@TRUSTJACKFOUNDATION.CO.UK

**SAT 29 OCT**

**WITH TRUST JACK FOUNDATION, 29 OCT**

**TRUST JACK FOUNDATION COMEDY NIGHT**

Laughter is the best medicine at the Therapy Room, with punchy one-liners, witty comebacks and comedy genius. Including Friday night stand-up with Gary Delaney, comedy-legend Milton Jones performing live on Saturday, and a family-friendly show on Sunday.

**FRIDAY NIGHT COMEDY WITH GARY DELANEY, 21 OCT**

**2–4 pm**

MOTHERWELL CONCERT HALL & THEATRE, WINDMILLHILL STREET, MOTHERWELL ML1 1AB

FREE 01698 346 782

**SUNDAY NIGHT COMEDY WITH GARY DELANEY, 23 OCT**

**2–4 pm**

MOTHERWELL CONCERT HALL & THEATRE, WINDMILLHILL STREET, MOTHERWELL ML1 1AB

FREE 01698 346 782

**WED 19 OCT**

**EXPERTS IN SHORT TROUSERS**

Help a group of unruly aliens find their way home in this fun and colourful promenade theatre piece for children aged 4+ and their families. See p14 for more information.

**2–4pm**

51 OLD COACH ROAD, EAST KILBRIDE G74 4DU

FREE 07900 073 070 | SLLCBOXOFFICE.CO.UK

**TUE 25 OCT**

**IN TIME YOU WILL RECOVER**

An entertaining mix of comedy, singing, music, sketches and poetry from a very talented group of people who have regained their confidence through the performing arts. Not to be missed.

**1–3pm**

GIRNSTON NEIGHBOURHOOD CENTRE, BUCBY ROAD, BELLSHILL ML4 9BN

FREE 07900 073 070

**TUE 11 OCT**

**THE TIME OF OUR LIVES**

This play by Theatre Tonic weaves together the life stories of its characters, looking at their relationships with each other and how they change over the course of the action. Funny and poignant, it is a moving portrayal of the effects of time.

**1–3pm**

EAST KILBRIDE ARTS CENTRE, 51 OLD COACH ROAD, EAST KILBRIDE G74 4DU

FREE 07900 073 070 | SLLCBOXOFFICE.CO.UK

**SAT 15 OCT**

**SOUNDMINDS**

A fun-packed family event in Motherwell Shopping Centre. Come and listen to local bands showcasing their talent, have a go at playing African drums and DJ decks at our instrument taster sessions, and take some time to enjoy some music for your mental health.

**10am–4pm**

MOTHERWELL SHOPPING CENTRE, 51 OLD COACH ROAD, EAST KILBRIDE G74 4DU

FREE 07900 073 070 | SLLCBOXOFFICE.CO.UK
EXHIBITIONS & ONGOING CALENDAR

FROM 6 OCT
PASSING TIME
Opening on National Poetry Day, this inspiring poetry exhibition across Renfrewshire’s train stations will engage and surprise commuters. The work on display, produced by local Renfrewshire poets, is on the theme of time.

FROM 10 OCT
MADE IN THE MILL
A collective of artists with lived mental health experience have created art installations in Renfrewshire Health Centres. With paintings, lino printing, stitching, felting and children’s murals, there is something to engage and surprise all visitors.

TEMPUS FUGIT AT MADE IN PAISLEY
In this exhibition, artworks created on silk explore the seasons and the passing of time. Produced by the Charlestown Centre’s Start to Art Group, the work will be exhibited within the Made in Paisley exhibition in A Collaborative Space at Paisley Museum and Art Galleries.

FROM 11 OCT
TEMPUS FUGIT
In this exhibition, artworks created on silk explore the seasons and the passing of time. Produced by the Charlestown Centre’s Start to Art Group, the work will be exhibited within the Made in Paisley exhibition in A Collaborative Space at Paisley Museum and Art Galleries.

RECOVERY FEST
Recovery Fest is a new addition to the Renfrewshire programme, with a focus on events that raise awareness of recovery for people with mental ill health and addiction experiences.

FROM 10 OCT
RECOVERY PATTERN
An artist in residence, in collaboration with Renfrew’s Graduate Intern Community Artist, will be working with various addiction services across Renfrewshire, offering clients the opportunity to engage in creating a Recovery Pattern design for fabric and products.

WRITE INTO RECOVERY AT SUNSHINE RECOVERY CAFÉ
A showcase of inspirational poetry and prose created by the writers’ group at the Sunshine Recovery Café. Join us for readings, recitals and a celebration of recovery.

SAT 29 OCT
CELEBRATE RECOVERY
Come along to Paisley’s first Recovery Church, an open event which explores hope, faith and love as key elements in recovery. It includes recovery in all its forms, whether from addiction, mental health issues, living patterns, hurts, habits or hang-ups.

WED 26 OCT
RECOVERY FEST: THE BIG PEACE & JAM
Jon Paisley Guitar Club, the Buddy Beat, and a collection of musicians from across Renfrewshire for a Big Peace & Jam event. A celebration of recovery and music, the jam session is open to anyone who wants to play or listen in.

THU 27 OCT
THE BIG PEACE & JAM
An artist in residence, in collaboration with NetWork’s Graduate Intern Community Artist, will be working with various addiction services across Renfrewshire, offering clients the opportunity to engage in creating a Recovery Pattern design for fabric and products.

WED 26 OCT
WRITE INTO RECOVERY AT SUNSHINE RECOVERY CAFÉ
A showcase of inspirational poetry and prose created by the writers’ group at the Sunshine Recovery Café. Join us for readings, recitals and a celebration of recovery.

FRI 28 OCT
STRICTLY RECOVERY: TIME TO DANCE
Recovery Fest in partnership with RAMH provides an opportunity to dance. Try out the Lindy Hop, the Charleston or your own style. Dance to your favourite songs, watch demonstrations and have fun, while discovering how dance can contribute to mental health, wellbeing and recovery.

09.30–10.30pm
ST MATTHEW’S CHURCH, GORDON STREET, PAISLEY PAT 1XL
FREE
0141 849 2297
E SARAH.GRANT2@GGC.SCOT.NHS.UK
KAREN.KYLE@RENFREWSHIRE.GOV.UK

0141 849 2297

0141 849 2297

0141 849 2297

KAREN.KYLE@RENFREWSHIRE.GOV.UK
**TUE 4 OCT**

**POETRY AT SAPORITO**

Led by Knights of the Round Table, this evening of original poetry, prose and readings explores writing and mental health. Bring your own work to share or come and listen to how others craft their words.

7–9pm
SAPORITO CAFÉ, 27 GAUGE STREET, PAISLEY PA1 1ES
FREE
J.FIGMENTUM@GMAIL.COM

**MON 10 OCT**

**TIME OUT FOR WORLD MENTAL HEALTH DAY**

This official launch event for Renfrewshire Mental Health Arts & Film Festival features a taste of the programme to come, including film, music, theatre and words. This event is by invitation only, and gets underway with a light lunch and exhibition.

12–1.30pm
NEW STREET, PAISLEY PA1 1EZ
PAISLEY ARTS CENTRE,
7–9pm
FREE
SAPORITO CAFÉ, 27 GAUGE STREET, PAISLEY PA1 1ES
7–9 pm
FREE
SAPORITO CAFÉ, 27 GAUGE STREET, PAISLEY PA1 1ES
7–9 pm
FREE

**WED 19 OCT**

**PAISLEY’S WOMEN MAKING HISTORY: PAST & PRESENT**

Who are the women that made Paisley what it is and how are they celebrated? Led by The Women’s Library, this is an interactive workshop reflecting the place of women in Scotland’s history, through tales, quizzes and creative mapping.

10am–12pm
METHODIST CENTRAL HALL,
7 GAUGE STREET, PAISLEY PA1 1EB
FREE
0141 849 2297
E. SARAH.GRANT2@GGC.SCOT.NHS.UK

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**TUE 3 OCT**

**MUSIC & MENTAL HEALTH DAY**

**THU 13 OCT**

**MUSICAL DEMENTIA: WHERE DO WE GO FROM HERE?**

This unique event explores the contribution music makes to the lives of people with dementia. Dr Jane Bentley, a BBC Unsung Music Hero, will share learning and resources from her Churchill Travel Scholarship, through which she visited music practitioners in the Far East. Join Jane and other specialist practitioners in an exploration and idea sharing session, as we journey ‘Beyond the sing-song’.

9.30am–12.30pm
PAISLEY ARTS CENTRE,
NEW STREET, PAISLEY PA1 1EZ
FREE
0141 849 2297
E. SARAH.GRANT2@GGC.SCOT.NHS.UK

**BEATS WORKING**

Join the Buddy Beat, Paisley’s internationally recognised mental health drumming group, to explore drumming as a means to improve mental health and social wellbeing. This practical taster workshop is aimed at practitioners who would like to learn to use drumming as an activity in mental health and social care settings. No previous musical experience necessary.

1.30–3.30pm
PAISLEY ARTS CENTRE,
NEW STREET, PAISLEY PA1 1EZ
FREE
0141 849 2297
E. SARAH.GRANT2@GGC.SCOT.NHS.UK

**I JUST WASN’T MADE FOR THESE TIMES**

This panel event explores the relationship between music, the music industry and mental health. Join us for conversations with musicians and health professionals, exploring songwriting and wellbeing in the music industry.

4.30–6.30pm
PAISLEY ARTS CENTRE,
NEW STREET, PAISLEY PA1 1EZ
FREE
0141 849 2297
E. SARAH.GRANT2@GGC.SCOT.NHS.UK

**LOVE & MERCY**

Bill Pohlad | USA | 2014 | 121 m | 12A

**FREE**

THE WYND CENTRE, 6 SCHOOL WYND, PAISLEY PA1 2DB
2–4 pm
FREE
ALAN@CREATEPAISLEY.ORG.UK

**CHANGING STAGES DRAMA WORKSHOP**

Participate in a taster workshop with the Changing Stages drama group and see a performance of their recent piece ‘Time to Wrap’. No acting experience necessary.

2–4pm
THE WYND CENTRE, 6 SCHOOL WYND, PAISLEY PA1 2DB
FREE
0141 849 2297
E. SARAH.GRANT2@GGC.SCOT.NHS.UK

**FRI 21 OCT**

**CREATE CAFÉ: YOUNG MINDS**

Create Café hosts this special open mic night in partnership with youth mental health charity, Young Minds. Come along to listen, or get involved in the music, unleash your creative side and let your imagination go wild with our art station. This event is aimed at people aged 12–21 years old, and there will be a range of hot and cold drinks and cakes for sale.

7.30–10pm
BLEND CAFÉ, 25B CAUSEYSIDE STREET,
PAISLEY PA1 1UL
FREE
0141 849 2297
E. SARAH.GRANT2@GGC.SCOT.NHS.UK

**MON 24 OCT**

**MATKA (THE MOTHER)**

Lee Mackintosh Jones | POLAND | 2014 | 79m
FREE
THE WYND CENTRE, 6 SCHOOL WYND, PAISLEY PA1 2DB
7–9 pm
FREE
ALAN@CREATEPAISLEY.ORG.UK

A mesmerising human drama set in southern Poland. Abandoned by his father, nine-year-old Artur finds himself in a state-run orphanage. As his increasingly desperate mother searches for him, he starts to overcome the harsh realities of the orphanage with help from his kind carer Anna. A post show discussion with filmmaker Lee Mackintosh Jones will explore the themes in this poignant film. Presented with Diabolical Liberties and Paisley Community Trust.

3–5pm
THE WYND CENTRE, 6 SCHOOL WYND, PAISLEY PA1 2DB
FREE
0141 849 2297
E. SARAH.GRANT2@GGC.SCOT.NHS.UK
LISTINGS
==
RENFREWSHIRE

SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL 2016
MHFESTIVAL.COM

TUE 25 OCT

MAMMA MIA!

PHYLIDA LLOYD | USA, UK, GERMANY | 2008 | 108 m | PG
CAST: MERYL STREEP, PIERCE BROSNAN, AMANDA SEYFRIED

Enjoy a fun afternoon singing along to a screening of Mamma Mia! Set on a Greek island and inspired by the songs of ABBA, this uplifting film follows a woman who is about to be married, when she discovers that any one of three men could be her father. Chaos ensues when she invites them all to the wedding without telling her mother. In partnership with Paisley Community Trust.

2–4 pm
THE WYND CENTRE, 6 SCHOOL WYND, PAISLEY PA1 2DB
£2
PAY ON DOOR
0141 849 2297
JEANETTE.ALLAN@GGC.SCOT.NHS.UK

WED 26 OCT

WHERE THE CROW FLIES

Ostracised by the community she lives in, Carrie feels isolated. Her husband is in prison for a crime he says he didn’t commit. Can she prove his innocence? Everything seems impossible, until a new neighbour moves in next door. Based on interviews and stories with women in Blackburn, West Lothian, Where the Crow Flies is a play about starting over, fighting for the truth, gaining trust and getting rid of the stamps that are put on us.

7.30–9 pm
PAISLEY ARTS CENTRE, NEW STREET, PAISLEY PA1 1EZ
£10 | £6
0300 300 1210

THU 27 OCT

KIBBLE ALLSORTS

An evening of entertainment showcasing live bands, film and dancers from West College Scotland. The event will also feature positive activities, a buffet, arts and crafts, and an exhibition.

7–9 pm
GANNOCHY CENTRE FOR EXPRESSIVE ARTS, KIBBLE, GOUDIE STREET, PAISLEY PA3 2LG
FREE
0141 849 2200
ELIZABETH.AITKEN@RENFREWSHIRE.GOV.UK

FRI 28 OCT

ARTS COLLECTIVE OF PAISLEY GATHERING

Mix with musicians, visual artists and writers at this Arts Collective gathering, which explores how the arts are used to facilitate social action and transform our community. Come to perform or present your work in a positive and encouraging environment.

7.30–9.30 pm
BLEND CAFÉ, 25B CAUSEYSIDE STREET, PAISLEY PA1 1UL
FREE
0141 849 2297
RICHARD.WEEKS@RENFREWSHIRE.GOV.UK

SAT 29 OCT

MENTAL HEALTH & FAITH

An exploration of how the Church can support people who are facing challenges with mental health and addiction. Join special guest speaker Dr Chris Williams, Professor of Psychosocial Psychiatry (Mental Health & Wellbeing) at Glasgow University, and others for an afternoon of film, discussion, speakers and personal stories.

2–4.30 pm
ST MATTHEW’S CHURCH, GORDON STREET, PAISLEY PA1 1XL
FREE
JEANETTE.ALLAN@GGC.SCOT.NHS.UK

TIME TO WRAP

A new and exciting piece of touring theatre, exploring Wellness Recovery Action Plans. Drama group Changing Stages will be performing the show at various locations in Renfrewshire throughout the Festival.

VARIOUS DATES & VENUES
BY INVITATION

THE LOOKING GLASS: A TIME FOR REFLECTION

Join the Arts Collective of Paisley for an interactive event exploring the theme of time through creative and reflective activities. You can also present your own art, based on the theme, in an open mic format. All forms of art are welcome and art supplies will be provided for activities.

7.30–9.30 pm
BLEND CAFÉ, 25B CAUSEYSIDE STREET, PAISLEY PA1 1UL
FREE
0141 849 2200
CORBIN.NEAL.MILES@GMAIL.COM

Best Foot Forward

Frame by Frame host the RMAFF edition of this regular event, which nurtures Renfrewshire’s emerging film scene. Watch an inspiring selection of local films with a social conscience, reflecting the community around us and celebrating those working to make it a better place.

7–9 pm
PAISLEY ARTS CENTRE, NEW STREET, PAISLEY PA1 1EZ
FREE
0141 849 2200
RICHARD.WEEKS@RENFREWSHIRE.GOV.UK

Events

POSITIVE STEPS

A session on socially engaged filmmaking with Paul Cameron, former Digital Media Manager at media co-op and now Digital Participation Officer in Renfrewshire. Join Paul as he explores how local directors and organisations can work together to achieve the best results.

5.30–6.30 pm
PAISLEY ARTS CENTRE, NEW STREET, PAISLEY PA1 1EZ
FREE
0141 849 2200
RICHARD.WEEKS@RENFREWSHIRE.GOV.UK

Frame by Frame: Festival Edition

In Association with Renfrewshire Leisure

TUE 25 OCT

Mental Health & Faith

MENTAL HEALTH & FAITH

An exploration of how the Church can support people who are facing challenges with mental health and addiction. Join special guest speaker Dr Chris Williams, Professor of Psychosocial Psychiatry (Mental Health & Wellbeing) at Glasgow University, and others for an afternoon of film, discussion, speakers and personal stories.

2–4.30 pm
ST MATTHEW’S CHURCH, GORDON STREET, PAISLEY PA1 1XL
FREE
JEANETTE.ALLAN@GGC.SCOT.NHS.UK

Time to Wrap

A new and exciting piece of touring theatre, exploring Wellness Recovery Action Plans. Drama group Changing Stages will be performing the show at various locations in Renfrewshire throughout the Festival.

VARIOUS DATES & VENUES
BY INVITATION

The Looking Glass: A Time for Reflection

Join the Arts Collective of Paisley for an interactive event exploring the theme of time through creative and reflective activities. You can also present your own art, based on the theme, in an open mic format. All forms of art are welcome and art supplies will be provided for activities.

7.30–9.30 pm
BLEND CAFÉ, 25B CAUSEYSIDE STREET, PAISLEY PA1 1UL
FREE
0141 849 2200
CORBIN.NEAL.MILES@GMAIL.COM

Mental Health & Faith

Mental Health & Faith

An exploration of how the Church can support people who are facing challenges with mental health and addiction. Join special guest speaker Dr Chris Williams, Professor of Psychosocial Psychiatry (Mental Health & Wellbeing) at Glasgow University, and others for an afternoon of film, discussion, speakers and personal stories.

2–4.30 pm
ST MATTHEW’S CHURCH, GORDON STREET, PAISLEY PA1 1XL
FREE
JEANETTE.ALLAN@GGC.SCOT.NHS.UK

Time to Wrap

A new and exciting piece of touring theatre, exploring Wellness Recovery Action Plans. Drama group Changing Stages will be performing the show at various locations in Renfrewshire throughout the Festival.

VARIOUS DATES & VENUES
BY INVITATION

The Looking Glass: A Time for Reflection

Join the Arts Collective of Paisley for an interactive event exploring the theme of time through creative and reflective activities. You can also present your own art, based on the theme, in an open mic format. All forms of art are welcome and art supplies will be provided for activities.

7.30–9.30 pm
BLEND CAFÉ, 25B CAUSEYSIDE STREET, PAISLEY PA1 1UL
FREE
0141 849 2200
CORBIN.NEAL.MILES@GMAIL.COM
**WHAT’S ON IN INVERCLYDE**

**EXHIBITIONS & ONGOING CALENDAR**

**FROM 10 OCT**

- **THEMED BOOKBUG SESSIONS**
  Free story, song and rhyme sessions for babies, toddlers, pre-school children and their families. Throughout the Festival, local Bookbug sessions will have a ‘feelings’ theme.

**VARIOUS DATES & VENUES THROUGHOUT INVERCLYDE**

- **FREE**
  - Inverclyde
  - *WHEN: 13–30 OCT 2016*
  - *TIME: 5pm – 7.30pm*
  - *LOCATION: CUSTOM HOUSE QUAY, GREENOCK PA15 1HJ*

**FROM 12 OCT**

- **MAKING TIME**
  Working with artist Anne McKay and Beacon Arts Centre, groups across Inverclyde collaborate in dance, drama and music workshops captured by Anne and her team through paintings and drawings.

  - **LAUNCH: 10 OCT** 10am –12 pm
  - **BEACON ARTS CENTRE, CUSTOM HOUSE QUAY, GREENOCK PA15 1HJ**
  - **FREE**
  - **INFO: BEACONARTSCENTRE.CO.UK**

- **MENTAL WELLBEING STARTS WEE!**
  A selection of local nursery children have been learning about their mental health by exploring emotions through art. Come along throughout the Festival and see our budding artists, from mini Monets to pint-sized Picassos.

  - **INVERCLYDE**
  - **WHEN: 12 OCT 2016**
  - **TIME: 4pm – 6pm**

- **FREE**
  - Inverclyde
  - *WHEN: 10 OCT 2016*
  - *TIME: 10am – 12pm*
  - *LOCATION: BEACON ARTS CENTRE, CUSTOM HOUSE QUAY, GREENOCK PA15 1HJ*
  - **INFO: MELANIE.MCINTOSH@GGC.SCOT.NHS.UK**

**EVENTS**

**WED 5 OCT**

- **EXPERTS IN SHORT TROUSERS**
  Help a group of unruly aliens find their way home in this fun and colourful promenade theatre piece for children aged 4+ and their families. See p44 for more information.

  - **10am – 11am, 1.30 – 2.30pm**
  - **THE BEACON ARTS CENTRE, CUSTOM HOUSE QUAY, GREENOCK PA15 1HJ**
  - **FREE**
  - **INFO: BEACONARTSCENTRE.CO.UK**
  - **Full details at CULTUREDMONGRELDANCE.COM**

**WED 12 OCT**

- **HEARTS, HANDS & MINDS**
  This one-day seminar shares some of the thinking, progress and results from the 11 projects that form part of the Hearts, Hands & Minds Therapeutic Art, Design and Activity Strategy for Inverclyde’s new £6.5m NHS Adult and Older Peoples’ Continuing Care Bed Facility – Orchard Grove.

  - **10am – 4pm**
  - **THE BEACON ARTS CENTRE, CUSTOM HOUSE QUAY, GREENOCK PA15 1HJ**
  - **FREE**
  - **FULL DETAILS AT CULTUREGREENRECOVERY.COM**
  - **INFO: MARION@WEVOLUTION.ORG.UK**
  - **DAVID@WIDE-OPEN.NET**

**FRI 21 OCT**

- **TIME TO WRITE**
  Meet the Barr’s Cottage Writers Group at this informal Friday morning get-together. Get involved and try your hand at some flash fiction writing! Samples of the group’s work will also be on display.

  - **10.30am – 12pm**
  - **SOUTH WEST LIBRARY, BARN’s COTTAGE, GREENOCK PA16 9HG**
  - **FREE**
  - **INFO: BEACONARTSCENTRE.CO.UK**
  - **MELANIE.MCINTOSH@GGC.SCOT.NHS.UK**
  - **07715 976 707**

**TUE 11 OCT**

- **ROSSIE KAY DANCE COMPANY – DOUBLE POINTS: K & M MOTEL**
  Athletic and intelligent dance double-bill from Rosie Kay (Best Independent Dance Company, Critics’ Circle National Dance Awards 2015). Double Points: K exhilirates, with a soundtrack of Bach, dubstep and electronics, while Motel is dark and seductive, inspired by the paintings of visual arts duo Huntly Mux.

  - **7.30 – 9.30pm**
  - **THE BEACON ARTS CENTRE, CUSTOM HOUSE QUAY, GREENOCK PA15 1HJ**
  - **FREE**
  - **INFO: BEACONARTSCENTRE.CO.UK**

**TUE 18 OCT**

- **VINTAGE TEA PARTY WITH WEVOLUTION**
  Come along and learn the SRG (Self-Reliant Group) way of working. Let’s have creative conversations over a vintage tea party — Wevo style! SRG members will share stories of how crafting has helped them cope better with anxiety, depression, and isolation.

  - **10am – 12pm**
  - **MOUNT KIRK CHURCH, 93 DEMPSTER STREET, GREENOCK PA15 4ED**
  - **FREE**
  - **INFO: MELANIE.MCINTOSH@GGC.SCOT.NHS.UK**
  - **01475 715 450**

**SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL 2016**

**MHFESTIVAL.COM**

WHAT’S ON IN
PERTH & KINROSS

EVENTS

WED 5 OCT

THE CARER
JEAN-MARC VALLEE | FRANCE | 2016 | 95m | 12
CAST: NICOLAS CAGE, SATIRA JALIL, GABRIELE GUGLIOTTI

MON 10 OCT

ROCKS IN MY POCKETS
SIGNE BAUMANE | LATVIA, USA | 2016 | 93m

TUE 11 OCT

WILD
JEAN-MARC VALLEE | FRANCE | 2016 | 98m | 12
CAST: REESE WITHERSPOON, LAURA DERN, GABY HOFFMAN

THU 13 OCT

BATTLE MOUNTAIN: GRAEME OBREE’S STORY
DAVE STREET | UK, SPAIN, USA | 2015 | 104m | 12
CAST: PHILIP FARRAND, GREGG BURTON

FRI 21 OCT

THE ROAD WITHIN
GREN WELLS | USA | 2014 | 100m | 18
CAST: ROBBIE SHEEHAN, DEV PATEL, ZOE KRAVITZ

TUE 18 OCT

DR WHO: VINCENT & THE DOCTOR
JONNY CAMPBELL | UK | 2010 | 47m
CAST: MATT SMITH, KAREN GILLAN, TONY CURRAN

WED 19 OCT

AN ANGEL AT MY TABLE
JANE CAMPION | NEZ, AUS, UK | 1990 | 158m | 15
CAST: KERRY FOX, ALEXIA KEOGH, KAREN FERGUSSON

WED 26 OCT

LIFE ON MARS
SIMON WEST | UK | 2007 | 110m | 12
CAST: CONLETH HILL, NIKI NEAL, KAREEM JABBAR

FREE SCREENING OF CONVERSATION WITH THE DOCTOR
AK BELL LIBRARY THEATRE, YORK PLACE, PERTH PH2 8EP

FRI 28 OCT

THE ROAD WITHIN
GREN WELLS | USA | 2014 | 100m | 18
CAST: ROBBIE SHEEHAN, DEV PATEL, ZOE KRAVITZ

FREE SCREENING OF CONVERSATION WITH THE DOCTOR
AK BELL LIBRARY THEATRE, YORK PLACE, PERTH PH2 8EP

This extraordinary animated documentary traces the lives of five women in the director’s family and their battles with depression and suicide. Raising questions about how far our mental wellbeing and personal identities are shaped by society and genetics, the film is rich and daring, with strange metaphors, provocative imagery and revealing stories.

2-4.30pm
AK BELL LIBRARY THEATRE, YORK PLACE, PERTH PH2 8EP
FREE 01738 626 242

Watching the doctor...and myself.

JONNY CAMPBELL

An inspiring documentary following the trials and tribulations of the Scottish racing cyclist, Graeme Obree, as he prepares for the world human-powered vehicle land speed record attempt in Nevada. The film will be followed by an informal discussion with its director, Dave Street.

1.30-4.30pm
AK BELL LIBRARY THEATRE, YORK PLACE, PERTH PH2 8EP
FREE 01738 626 242

Written by Richard Curtis, this beautiful and poignant episode of the BBC TV series sees the Doctor and Amy meet the post-impressionist painter Vincent Van Gogh. Battling with depression and gifted with a unique way of seeing the world, the artist must save Arles from an invisible monster, as well as come to terms with his own genius.

2-4.30pm
AK BELL LIBRARY THEATRE, YORK PLACE, PERTH PH2 8EP
FREE 01738 626 242

Based on New Zealand author Janet Frame’s autobiographical work, this film depicts her at various stages of her life. Afflicted with mental and emotional issues, Frame grows up in an impoverished family and experiences numerous tragedies during her youth, including the deaths of two siblings. Later, she finds acclaim for her writing while in a mental institution, and her success helps her move on with her life.

1-4.30pm
AK BELL LIBRARY THEATRE, YORK PLACE, PERTH PH2 8EP
FREE 01738 626 242

Inspired by her own history of disordered eating, Gren Wells was compelled to write this quirky comedy dealing with different forms of mental ill-health. A man with Tourette’s syndrome brings his OCD roommate and an anorexic woman along on a road trip to take his late mother’s ashes to the ocean.

2-4.30pm
AK BELL LIBRARY THEATRE, YORK PLACE, PERTH PH2 8EP
FREE 01738 626 242

This extraordinary animated documentary traces the lives of five women in the director’s family and their battles with depression and suicide. Raising questions about how far our mental wellbeing and personal identities are shaped by society and genetics, the film is rich and daring, with strange metaphors, provocative imagery and revealing stories.

2-4.30pm
AK BELL LIBRARY THEATRE, YORK PLACE, PERTH PH2 8EP
FREE 01738 626 242

Supported by The Scottish Government and Creative Scotland
WHAT’S ON IN
FORTH VALLEY & DUNDEE

EXHIBITIONS, ONGOING CALENDAR & EVENTS

FORTH VALLEY

FROM 10 OCT

TIME

Reachout with Arts in Mind members, in collaboration with artist Iona Leishman, have produced wonderfully creative responses to the suggestive, all-embracing theme of ‘time’. The result is an exciting body of work, developed from peaceful holiday memories, contemplation in spiritual places and personal creative time spent at Reachout. This joint exhibition is hosted by Artlink Central and Reachout with Arts in Mind.

10–31 OCT
9 am – 5 pm
THE ART COLLECTION, PATHFOOT BUILDING, UNIVERSITY OF STIRLING, STIRLING FK9 4LA
FREE
01259 214 951

ARTSPACETIME

Working with contemporary Scottish artist Lesley Anne Derks, members of Artspace have been exploring time, particularly what it means to them as individuals and in relation to their health. Working across a spectrum of mediums, their visualisations are on show in this exhibition. Joint exhibition hosted by Artlink Central and Reachout with Arts in Mind.

10–31 OCT
9 am – 5pm
THE ART COLLECTION, PATHFOOT BUILDING, UNIVERSITY OF STIRLING, STIRLING FK9 4LA
FREE
01786 450 971

WED 5 OCT

YOUR VOICE

FDAMH, Falkirk’s Mental Health Association, and its Freedom of Mind Choir lead this performance to inform audiences about the positive effects of singing, as well as raise awareness of how to improve wellbeing, mental health and involvement in the community.

26 SEP, 6, 13, 20 OCT
7–9 pm
FORTH VALLEY ROYAL HOSPITAL, STIRLING ROAD, LARBERT, FALKIRK FK5 4WR
FREE
01324 671 600

MON 10 OCT

A MOMENT OF YOUR...

On World Mental Health Day, Artlink Central and partners are asking for a moment of your time. A number of interventions or happenings will be taking place in and around the Art Collection and Macrobert Arts Centre at Stirling University Campus throughout the day.

ALL DAY
THE ART COLLECTION & MACROBERT ARTS CENTRE, UNIVERSITY OF STIRLING, STIRLING FK9 4LA
FREE
01786 450 971

DUNDEE

IN PARTNERSHIP WITH THE DUNDEE LITERARY FESTIVAL

FRI 21 OCT

MIND YOUR HEAD:
JUNO DAWSON & CAT CLARKE

The mental health of children and young people has made numerous headlines this year, with reports of a huge increase in the number of children being prescribed anti-depressants, and of schools and NHS services struggling to cope. Can children’s authors reach out to young readers in a way that other adults can’t? YA author Juno Dawson, who has just published a teen advice guide called Mind Your Head, is joined by Cat Clarke, author of Tom, Enangled and The Last and the Found, for a frank discussion about the difficulties faced by young people today. Chaired by therapist and former Scotsman columnist Claire Black.

3.30–4.30 pm
BONAR HALL, UNIVERSITY OF DUNDEE, NETHERGATE, DUNDEE DD1 4HN
£3 | £2
01382 386 995
LITERARYDUNDEE.CO.UK

THAT WAY MADNESS LIES:
SHAKESPEARE & MENTAL ILLNESS

Mental illness looms large in Shakespeare’s plays, from Lear’s torment and Macbeth’s visions to Hamlet, his most fully developed study of a mind in turmoil. In the year of the Bard’s 400th anniversary, literary critic Stuart Kelly is joined by a panel of experts to discuss the playwright’s fascination with the subject and how his observations stand up four centuries later. With psychotherapist and former literary editor Peter Krawitz, Joyce McMillan, respected theatre critic of The Scotsman, and Professor Mark Robson of the University of Dundee.

5–6 pm
BONAR HALL, UNIVERSITY OF DUNDEE, NETHERGATE, DUNDEE DD1 4HN
£3 | £2
01382 386 995
LITERARYDUNDEE.CO.UK

Mind Your Head: Juno Dawson (Top) & Cat Clarke (Bottom)

Mind Your Head: Juno Dawson (Top) & Cat Clarke (Bottom)
EXHIBITIONS, ONGOING CALENDAR & EVENTS

HIGHLANDS

FROM 3 OCT
PLACES REMEMBERED & IMAGINED
A photographic exhibition exploring how minds ‘time travel’ to happiness, inspiring people to create models of places remembered and imagined. Contributing artists include people living with dementia, as well as families, children and individuals from Ross-shire, who work with Creativity in Care.

LAUNCH 3 OCT 4–6pm
MACPHERSON CENTRE, MILL STREET, ULLAPOOL, ROSS-SHIRE IV26 2UN
FREE 07716 111 585 | CREATIVITYINCARE.ORG

FROM 7 OCT
MIND YOUR HEAD: YOUTH ARTS EXHIBITION
Youth Highland has worked with youth groups in Highland to create art pieces exploring issues around mental health and wellbeing. The exhibition brings together final pieces exploring some of the pressures young people living in rural communities face.

LAUNCH 7–9pm
YOUTH HIGHLAND, THE PILLAR BOX, HIGH STREET, DINGWALL IV15 9HA
FREE 07976 756 567 | YOUTHHIGHLAND.ORG.UK

SUN 9 OCT
PLANES, TRAINS AND AUTOMOBILES
An advertising executive flying home for Thanksgiving finds himself seated beside a boisterous curtain ring salesman in this hilarious comedy. When their flight is rerouted due to a snowstorm, the salesman’s advice propels them into one disaster after another. Screening alongside short films created by local filmmakers, including work by Befrienders Highland members.

6.30–8.45 pm
EDEN COURT THEATRE, BISHOPS ROAD, INVERNESS IV3 5SA
£9.50 | £8.50 | £6
01463 234 234
EDENCOURT.CO.UK

THU 13 OCT
INFINITELY POLAR BEAR
MAYA FORBES | USA | 2014 | 90M | 15
CAST: MARK RUFFALO, ZOE SALDANA, IMOGENE WOLDSMARCK
Director Maya Forbes used her own childhood as inspiration for this poignant and funny film about two sisters growing up in the care of their bipolar father. The evening includes a short film by local organisation Creativity In Care, and an open audience discussion.

7–9 pm
EDEN COURT THEATRE, BISHOPS ROAD, INVERNESS IV3 5SA
£9.50 | £8.50 | £6
01463 234 234
EDENCOURT.CO.UK

THU 20 OCT
IT’S KIND OF A FUNNY STORY
ANNA BODEN, RYAN FLECK | USA | 2010 | 101 m | 12A
CAST: KEIR GILCHRIST, ZACH GALIFIANAKIS, EMMA ROBERTS
What’s a 16-year-old boy doing playing music and table tennis with adult psychiatric patients—on a school day? Adapted from Ned Vizzini’s novel, this comedy drama is kind of a funny story. Screening alongside a short film produced by Birchwood Highland about living with a mental illness.

7.45–9.45 pm
EDEN COURT THEATRE, BISHOPS ROAD, INVERNESS IV3 5SA
£9.50 | £8.50 | £6
01463 234 234
EDENCOURT.CO.UK

ABERDEEN

TUE 18 OCT
EXPERTS IN SHORT TROUSERS
Help a group of unruly aliens find their way home in this fun and colourful promenade theatre piece for children aged 4+ and their families. See p14 for more information.

11 am –12 pm, 3pm –4 pm
WOODEND BARN, BURN O’ BENNIE, BANCHORY AB31 5QA
01330 825 431 | WOODENDBARN.CO.UK
Full details at CULTUREDMONGRELDANCE.COM

FROM 1 NOV
ONE THINKS OF IT ALL AS A DREAM
Alan Brucett’s witty and poignant new play—specially commissioned for SMHFAF 2016—tells the story of Syd Barrett of Pink Floyd, one of 1960s pop music’s most influential, enigmatic and complex figures, who would have been 70 this year. Did Barrett (played by Euan Cuthbertson) have a drug-induced breakdown? Or was he playing an elaborate joke on the band and the music industry? Directed by Sacha Kyle. See p14 for more details.

11am–12pm, 3pm–4pm
WOODEND BARN, BURN O’ BENNIE, BANCHORY AB31 5QA
01330 825 431 | WOODENDBARN.CO.UK
Full details at CULTUREDMONGRELDANCE.COM

Photo credit: Jannica Honey
WHAT'S ON IN
FIFE, ARGYLL, AYRSHIRE & DUMFRIES

EXHIBITIONS, ONGOING CALENDAR & EVENTS

FIFE

FROM 5 OCT
ROADS TO SUCCESS
Exhibition of arts and crafts work by individuals in Fife with experience of mental health issues.
MON–SAT 10am –5pm
ROTHES WALLS, ROTHES SQUARE, KINGDOM CENTRE, GLENROTHES KY7 5SKN
FREE 07853 811101 | ONFIFE.COM

FROM 27 OCT
BOOK TIME FOR YOURSELF
Author and practitioner Martin Stepek leads this workshop exploring mindfulness practice. Take some time out for yourself and learn how you can improve your mental wellbeing.
VARIOUS DATES
KIRKCALDY GALLERIES, WAR MEMORIAL GARDENS, ABBOTSHALL RD, KIRKCALDY KY1 9YF
FREE 07906 365 883 01592 510 010 | ONFIFE.COM

FROM 29 OCT
TIME OUT: A CREATIVE EXHIBITION
An exhibition of work produced through a series of workshops and planned by Fife Service users.
THU–SAT 12–4pm
FIRE STATION CREATIVE, CARNEGIE DRIVE, DUNFERMLINE KY12 7AN
FREE 01383 611101 | ONFIFE.COM

ARGYLL & BUTE

FROM 10 OCT
MOVING MINDS
An opportunity to view this fascinating exhibition created by MECOPP and Gypsy/Travellers. In an open, honest, and often humorous way, Gypsy/Traveller contributors have shared their memories, artefacts, poetry and photographs, as well as reflecting on the impact prejudice can have on mental health and wellbeing.
10–31 OCT
TUE–FRI 12–6pm
THE ROCKFIELD CENTRE, STEVENSON STREET, OBAN PA34 5NA
FREE 07906 365 883 01592 611101 | ONFIFE.COM

AYRSHIRE & ARRAN

FROM 10 OCT
FROM SOIL TO SKY: AIR
Air can be thought of not just in the physical sense, but also as a space for conversation and ideas. The sculptures shown in this display are the outcomes from a day of partnership working between staff and service users at AIMS advocacy. Through the making of inflatables, we have worked together to represent the conversations we have shared throughout the project.
10–31 OCT
10am –5pm
WOODLAND VIEW GALLERY, WOODLAND VIEW, AYRSHIRE CENTRAL HOSPITAL, KILWINNING ROAD, IRVINE KA12 8SS
FREE 07906 365 883 01592 611101 | ONFIFE.COM

FROM 5 OCT
ROADS TO SUCCESS
Exhibition of arts and crafts work by individuals in Fife with experience of mental health issues.
MON–SAT 10am –5pm
ROTHES WALLS, ROTHES SQUARE, KINGDOM CENTRE, GLENROTHES KY7 5SKN
FREE 07853 811101 | ONFIFE.COM

FROM 27 OCT
BOOK TIME FOR YOURSELF
Author and practitioner Martin Stepek leads this workshop exploring mindfulness practice. Take some time out for yourself and learn how you can improve your mental wellbeing.
VARIOUS DATES
KIRKCALDY GALLERIES, WAR MEMORIAL GARDENS, ABBOTSHALL RD, KIRKCALDY KY1 9YF
FREE 07906 365 883 01592 611101 | ONFIFE.COM

FROM 29 OCT
TIME OUT: A CREATIVE EXHIBITION
An exhibition of work produced through a series of workshops and planned by Fife Service users.
THU–SAT 12–4pm
FIRE STATION CREATIVE, CARNEGIE DRIVE, DUNFERMLINE KY12 7AN
FREE 01383 611101 | ONFIFE.COM

DUMFRIES & GALLOWAY

TUE 25 OCT
EXPERTS IN SHORT TROUSERS
Help a group of unruly aliens find their way home in this fun and colourful promenade theatre piece for children aged 4+ and their families. See p14 for more information.
10am –5pm
WOODLAND VIEW GALLERY, WOODLAND VIEW, AYRSHIRE CENTRAL HOSPITAL, KILWINNING ROAD, IRVINE KA12 8SS
FREE 07906 365 883 01592 611101 | ONFIFE.COM

EXHIBITIONS, ONGOING CALENDAR & EVENTS

BOOK TIME FOR YOURSELF WITH MARTIN STEPEK
EXPERTS IN SHORT TROUSERS

PASSION FOR MENTAL HEALTH
This drop-in information event includes a selection of stalls from organisations that offer valuable support to those dealing with mental health issues.
12–4pm
ROTHES WALLS, ROTHES SQUARE, KINGDOM CENTRE, GLENROTHES KY7 5SKN
FREE 01592 611101 | ONFIFE.COM

BOOK TIME FOR YOURSELF WITH MARTIN STEPEK
EXPERTS IN SHORT TROUSERS

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LISTINGS = FIFE, ARGYLL, AYRSHIRE & DUMFRIES

MIFESTIVAL.COM

SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL 2016
DAILY DIARY

EVENTS

THU 29 SEP  
THE POWER OF MUSIC & POSITIVITY WORKSHOPS  L 43
SNARNSHIRE LAUNCH CONCERT  L 42

MON 3 OCT  
PLACES REMEMBERED  E &L 59

TUE 4 OCT  
POETRY AT SARPITO  R 48

WED 5 OCT  
EXPORTS IN SHORT TROUSERS  I 53
THE CARRIER  PK 54
YOUR VOICE  PK 54
PASSION FOR MENTAL HEALTH  R 43

THU 6 OCT  
PENDING AT HEADSPACE  G 23
IN THE MIX  L 40

FRI 7 OCT  
MIND YOUR HEAD YOUTH ARTS EXHIBITION LAUNCH  H 58

SAT 8 OCT  
FOR THERE IS HOPE  L 44

SUN 9 OCT  
SMARTY @ HOME AWAY  G 34
PLANES, TRAINS & AUTOMOBILES  H 59

MON 10 OCT  
REAL TALK  E &L 20
DAK AND MARKET  E &L 20
SEVEN SONGS FOR A LIFETIME  E &L 20
THE PEACOCK EXPERIMENT  G 29
WHERE THERE IS WISDOM, THERE IS A WORK IN PROGRESS  G 34
FELICITY WAKES  G 34
UNSIGNED AT BARROWLAND  G 34

TUE 11 OCT  
CREATIVE CARERS ART WORKSHOP  E &L 20
INTERNATIONAL TEAM COMPETITION AWARDS CEREMONY  G 24
LIVING LIFE TO THE FULL  E &L 38
CAREER CLUES TO MAKE YOU HAPPY  ED 38
THE TIME OF OUR LIVES  L 40
ROSE KAY DANCE COMPANY – DOUBLE POINTS & KETTLE  I 53
WILD  PK 54

WED 12 OCT  
ROAD TO THE FUTURE  E &L 20
WHITECAP  G 39
SHOULDER THE LOAD  G 29
KENNETH STEVEN  ED 33
LAUNCH: THIS IS YOUR TIME  I 52
CAREER MARKING TIME  I 52
HEARTS, HEARTS & MINDED  I 53

THU 13 OCT  
ROAD TO THE FUTURE: EXHIBITION  E &L 20
EVERYWHEN  E &L 21
CAN YOU HEAR ME NOW?  E &L 27
TIME TO TALK  E &L 25
SHE WHO TAKES ALL THE RACES  E &L 25
TIME FOR TEA: COFFEE  E &L 25
REFLECTIONS: TIME IS PLACE  E &L 27
BORDERLINE  G 29
SHAMING THE TIME TO...  G 30
CHICAGO  H 50
THE GOOD OLD DAYS  H 50
IF I FORGET TO REMEMBER  L 40
DRAWING TO MUSIC  ER 20
MY FATHER’S TIME OF YOUR LIFE?  L 44

THU 14 OCT  
LAUNCH: REACHING FOR THE SUN: YOUTH ARTS EXHIBITION LAUNCH  M 10

FRI 15 OCT  
LAUNCH: MAKING TIME  H 50
LAUNCH: THIS IS HOUR TIME  H 50
KENNETH STEVEN  SHOULDER THE LION  ROAD TO THE FUTURE  WED 12 OCT

SAT 16 OCT  
TIME FOR REFLECTION SUNDAY SERVICE  E &L 27
BENEDICTINE CHAPEL  E &L 27
INTERSECT: FILM COMPETITION SCREENINGS  G 30
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SUN 17 OCT  
SMARTF WRITING AWARDS  E &L 23
MAKE A MARK THAT LASTS  G 30
ONE THINGS OF IT AS A SHRAM  G 32
DRAWING TO MUSIC  ER 20
IF I FORGET TO REMEMBER  L 40

MON 18 OCT  
SILENT THEATRE  L 22
WHERE THE CROW FLIES  E &L 28
FAIRYTALE AFFAIR  E &L 27
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DELIVERING A HAPPINESS WORKSHOP WITH EDWARD RUD  L 45
VINTAGE TEA PARTY WITH MUSICALITY  I 53
IN WHOM VINCENTS THE SIEGE  PK 35
EXPERTS IN SHORT TROUSERS  A 19

TUE 20 OCT  
TIME TO THE ROAD TO THE FUTURE: EXHIBITION  E &L 27
BROKEN PANDURAS: TIME IS PLACE  E &L 27
SOMewhere BY YOURSELF  L 42
SHE IS FORCIBLE  E &L 23
INTERNATIONAL FILM COMPETITION WINNERS  E &L 27
ONE THINGS OF IT AS A SHRAM  G 32
FILLED OUTPUT IN THE WOODS  G 36
SOMETHING IN THE REALITY  G 30
STAIRWAY OPEN: MENTAL  G 30
PAK: CADDYSHACK THE BOOKS  ED 28
IN THE MOOD  R 43
CHANGING STAGES DRAMA WORKSHOP  R 49
IT’S KIND OF A FANNE’S STORY  H 50

WED 21 OCT  
SAINT CANANDA, SAFETY FIRST! WITH A TRIP TO THE MOON  E &L 24
WELLBEING MELA  E &L 24
IN TIME YOU WILL RECOVER  E &L 24
WHERE THE CROW FLIES  E &L 28
WHERE THE CROW FLIES  E &L 19
LAUNCH: TRASH FOUNDATION ARTIST TALKS  L 47
LAUNCH: TRASH FOUNDATION  ARTIST FESTIVAL  L 47
THE THERAPY ROOMS COMEDY WEEKEND: KEN DEAN & BEST FOOT FORWARD  R 49
THE THERAPY ROOM’S COMEDY  R 49

THU 22 OCT  
LAUNCH: COLLECTIVE AMNESIA  E &L 19
AND DAY SOMETHING WORKSHOP  E &L 24
AND DAY SNAPPING  E &L 24
ONE THINGS OF IT AS A SHRAM  G 32
IF I FORGET TO REMEMBER  L 42
THE TIME OF OUR LIVES  G 44
THE THERAPY ROOMS COMEDY WEEKEND: KEN DEAN & BEST FOOT FORWARD  L 45

MON 24 OCT  
SHOULDER THE LOAD  E &L 27
DIFABLE ARMY AT HEADSPACE  R 30
MASSA THE MATTERS  R 49

TUE 25 OCT  
ONE THINGS OF IT AS A SHRAM  E &L 19
MOVING HANDS COMMUNITY Art Dialogue  E &L 25
WILL SADDELL & SAD DIALOGUE  R 36
IN TIME YOU WILL RECOVER  E &L 25
SHOULDER THE LOAD  R 50
FRAME BY FRAME: POSITIVE STEPS  L 50
EXPRESS IN SHORT TROUSERS  FV 91

KEY

REGIONS

A	ABERDEEN

B	AYRSHIRE & ARRAN

C	DUNDEE

D	DUNFRIES & GALLOWAY

E	EDINBURGH & LOTHIAN

F	FORTH VALLEY

G	FIFE

H	FORTH VALLEY

I	HIGHLAND

L	LOTHIAN

P	PERTH & KINROSS

R	REGION

S	SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL 2016

E&I	SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL 2016

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**DAILY DIARY**

**EXHIBITIONS & ONGOING CALENDAR**

**WED 26 OCT**
- ONE THINGS OF IT ALL AS A DREAM [E &L]
- THE GUESSING GAME [G & B]
- WELLBEING & HAPINESS [EDINBURGH & LOTHIAN]
- BIOGRAPHY OF A SUNDAY [R]
- RECUPERATION AT THE BIG PIECE [J & C]
- WRITE INTO RECOVERY [DUNDEE]

**THU 27 OCT**
- ESSENCE AT OUT OF SIGHT [E &L]
- OUT OF MIND: CLOTHING EVENT [E &L]
- ROAD TO THE FUTURE: EXHIBITION [E &L]
- TIME FOR TEA&CARE: TEAING [E &L]
- EMBARRASSING CHOCOLATE CONCERTS [E &L]
- PRESENTS: MUSIC MATTERS [E &L]
- WORKSHOP WITH EDWARD REID [E &L]

**FRI 28 OCT**
- ONE THINGS OF IT ALL AS A DREAM [E &L]
- EXPORTS IN SHORT TRUCKERS [E &L]
- TIME IS ALL AROUND [E &L]
- BATTLE MOUNTAIN [G & B]
- EPIC CELEBRATION DAY AT HEADSPACE [G & B]
- STRICTLY RECOVERY, TIME TO DANCE [E &L]
- ARTS COLLECTIVE OF PASSEY: GATHERING [E &L]
- FUTURE GLASS: A TIME FOR REFLECTION [E &L]

**SAT 29 OCT**
- ONE THINGS OF IT ALL AS A DREAM [E &L]
- THE GUESSING GAME [G & B]
- WELLBEING & HAPINESS [EDINBURGH & LOTHIAN]
- BIOGRAPHY OF A SUNDAY [R]
- RECUPERATION AT THE BIG PIECE [J & C]
- WRITE INTO RECOVERY [DUNDEE]

**SUN 30 OCT**
- LEATH IS RUNNING: VOGUE BALL [E &L]
- SEE ME SHORTS PRESENTED BY GLASGOW FILM FESTIVAL [E &L]
- WILD FIRE & PA WLK [E &L]

**MON 31 OCT**
- GARY LITTLE: A LITTLE BIT PERSONAL [G & B]
- THE GUESSING GAME [G & B]
- OUT OF MIND [E &L]
- IF I FORGET TO REMEMBER [L & G]
- WELLBEING & HAPINESS [EDINBURGH & LOTHIAN]
- BIOGRAPHY OF A SUNDAY [R]
- RECUPERATION AT THE BIG PIECE [J & C]
- WRITE INTO RECOVERY [DUNDEE]

**TUE 1 NOV**
- ONE THINGS OF IT ALL AS A DREAM [A & B]
- THE GUESSING GAME [G & B]
- OUT OF MIND [E &L]
- IF I FORGET TO REMEMBER [L & G]
- WELLBEING & HAPINESS [EDINBURGH & LOTHIAN]
- BIOGRAPHY OF A SUNDAY [R]
- RECUPERATION AT THE BIG PIECE [J & C]
- WRITE INTO RECOVERY [DUNDEE]

**WED 2 NOV**
- ME A BELGIAN, MY MOTHER A GHANIAN [J & C]
- THE GUESSING GAME [G & B]
- OUT OF MIND [E &L]
- IF I FORGET TO REMEMBER [L & G]
- WELLBEING & HAPINESS [EDINBURGH & LOTHIAN]
- BIOGRAPHY OF A SUNDAY [R]
- RECUPERATION AT THE BIG PIECE [J & C]
- WRITE INTO RECOVERY [DUNDEE]

**THU 3 NOV**
- ONE THINGS OF IT ALL AS A DREAM [A & B]
- THE GUESSING GAME [G & B]
- OUT OF MIND [E &L]
- IF I FORGET TO REMEMBER [L & G]
- WELLBEING & HAPINESS [EDINBURGH & LOTHIAN]
- BIOGRAPHY OF A SUNDAY [R]
- RECUPERATION AT THE BIG PIECE [J & C]
- WRITE INTO RECOVERY [DUNDEE]

**FRI 4 NOV**
- ONE THINGS OF IT ALL AS A DREAM [A & B]
- THE GUESSING GAME [G & B]
- OUT OF MIND [E &L]
- IF I FORGET TO REMEMBER [L & G]
- WELLBEING & HAPINESS [EDINBURGH & LOTHIAN]
- BIOGRAPHY OF A SUNDAY [R]
- RECUPERATION AT THE BIG PIECE [J & C]
- WRITE INTO RECOVERY [DUNDEE]

**SAT 5 NOV**
- ONE THINGS OF IT ALL AS A DREAM [A & B]
- THE GUESSING GAME [G & B]
- OUT OF MIND [E &L]
- IF I FORGET TO REMEMBER [L & G]
- WELLBEING & HAPINESS [EDINBURGH & LOTHIAN]
- BIOGRAPHY OF A SUNDAY [R]
- RECUPERATION AT THE BIG PIECE [J & C]
- WRITE INTO RECOVERY [DUNDEE]

**FROM 1 OCT**
- RECONNECT GLASGOW [G & B]
- TIME IS ALL AROUND [E &L]
- STATION: HAMILTON [H & L]
- PLACES REMEMBERED & IMAGINED [H & L]

**FROM 2 OCT**
- TRACKING TIME: MAPPING FUTURES [E &L]
- TIME TO WRAP [E &L]
- MINDFULNESS: TIME AS A MIRAGE [E &L]
- TIME TRAVELLERS AT OUT OF SIGHT, OUT OF MIND [E &L]
- THE ART FACTORY AT HEADSPACE [E &L]
- CREATIVE COLLECTIVE AT HEADSPACE [E &L]
- TRUST JACK FOUNDATION COMEDY NIGHT [E &L]
- ANIMATION WORKSHOP: HAVE YOU GOT TIME? [E &L]

**FROM 3 OCT**
- SPACE & TIME [E &L]
- WILD FIRE & PA WLK [E &L]
- SPACES REMEMBERED & IMAGINED [H & L]
- ONE THINKS OF IT ALL AS A DREAM [A & B]

**FROM 4 OCT**
- TIME TO WRAP [E &L]
- MINDFULNESS: TIME AS A MIRAGE [E &L]
- TIME TRAVELLERS AT OUT OF SIGHT, OUT OF MIND [E &L]
- THE ART FACTORY AT HEADSPACE [E &L]
- CREATIVE COLLECTIVE AT HEADSPACE [E &L]
- TRUST JACK FOUNDATION COMEDY NIGHT [E &L]
- ANIMATION WORKSHOP: HAVE YOU GOT TIME? [E &L]

**FROM 5 OCT**
- WORKS TO SUCCESS [E &L]
- MINDFULNESS: TIME AS A MIRAGE [E &L]
- TIME TRAVELLERS AT OUT OF SIGHT, OUT OF MIND [E &L]
- THE ART FACTORY AT HEADSPACE [E &L]
- CREATIVE COLLECTIVE AT HEADSPACE [E &L]
- TRUST JACK FOUNDATION COMEDY NIGHT [E &L]
- ANIMATION WORKSHOP: HAVE YOU GOT TIME? [E &L]

**FROM 6 OCT**
- MINDFULNESS: TIME AS A MIRAGE [E &L]
- TIME TRAVELLERS AT OUT OF SIGHT, OUT OF MIND [E &L]
- THE ART FACTORY AT HEADSPACE [E &L]
- CREATIVE COLLECTIVE AT HEADSPACE [E &L]
- TRUST JACK FOUNDATION COMEDY NIGHT [E &L]
- ANIMATION WORKSHOP: HAVE YOU GOT TIME? [E &L]

**FROM 7 OCT**
- JEWELSCENE [J & C]
- MINDFULNESS: TIME AS A MIRAGE [E &L]
- TIME TRAVELLERS AT OUT OF SIGHT, OUT OF MIND [E &L]
- THE ART FACTORY AT HEADSPACE [E &L]
- CREATIVE COLLECTIVE AT HEADSPACE [E &L]
- TRUST JACK FOUNDATION COMEDY NIGHT [E &L]
- ANIMATION WORKSHOP: HAVE YOU GOT TIME? [E &L]

**FROM 8 OCT**
- MINDFULNESS: TIME AS A MIRAGE [E &L]
- TIME TRAVELLERS AT OUT OF SIGHT, OUT OF MIND [E &L]
- THE ART FACTORY AT HEADSPACE [E &L]
- CREATIVE COLLECTIVE AT HEADSPACE [E &L]
- TRUST JACK FOUNDATION COMEDY NIGHT [E &L]
- ANIMATION WORKSHOP: HAVE YOU GOT TIME? [E &L]

**FROM 10 OCT**
- THE CLINIC AT OUT OF SIGHT, OUT OF MIND [E &L]
- TIME TRAVELLERS AT OUT OF SIGHT, OUT OF MIND [E &L]
- THE ART FACTORY AT HEADSPACE [E &L]
- CREATIVE COLLECTIVE AT HEADSPACE [E &L]
- TRUST JACK FOUNDATION COMEDY NIGHT [E &L]
- ANIMATION WORKSHOP: HAVE YOU GOT TIME? [E &L]

**FROM 14 OCT**
- REACHING FOR THE SUN: A STITCH IN TIME [E &L]
- BRUNCHING DOT: PHOTOGRAPHY EXHIBITION [E &L]

**FROM 19 OCT**
- ANIMATION WORKSHOP: HAVE YOU GOT TIME? [E &L]

**FROM 21 OCT**
- TRUST JACK FOUNDATION ARTS FESTIVAL [E &L]

**FROM 22 OCT**
- COLLECTIVE ANMENSA [E &L]

**FROM 28 OCT**
- FESTIVAL OF VAN SMITH: A CELEBRATION OF DEATH [E &L]
- TIME IS ALL AROUND [E &L]

**FROM 29 OCT**
- TIME OUT: A CREATIVE EXHIBITION [E &L]

**KEY**
- ABERDEEN [A]
- ARGYLL & BUTE [B]
- EAST Ayrshire [E]
- EAST LANARKSHIRE [L]
- EAST Renfrewshire [R]
- FIFE [F]
- FORTH VALLEY [FV]
- INVERCLYDE [I]
- LANARKSHIRE [L]
- PERTH & KINROSS [P]
- REFINESHIRE [R]

*Selected dates only; see programme page for details.*
ROUND-UP
GETTING HELP | TAKING ACTION | FILM SUBMISSIONS 2017

Getting help

If you are worried about your mental health, seeking help early is the best way to get back on track. See your GP, or start by speaking 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
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
BREATHINGSPACE.SCOT

SEE ME
If you are 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
SEEMESCOTLAND.ORG

Calling all filmmakers

Do you have a film or film project that relates to mental health? Submissions can address specific mental health issues, but we are keen to encourage innovative and diverse perspectives. We’ll be accepting entries for our 2017 International Film Competition from early next year — see our website for details and guidelines.

mhfestival.com

Taking action

If you are 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.

DONATING
If you would like to help continue our vital work at the Mental Health Foundation, text THRIVE ART to 70330 to give £3.

Mental Health Foundation [registered charity 801130] will receive 100% of your donation. You may be charged for one text message at your network’s standard rate. Always get the bill payer’s permission. We’d like to contact you with information about other campaigns — if you’d rather we didn’t contact you again, then include the words NO INFO at the end of your message, i.e. THRIVE ART NO INFO. Charity text service provider Vir2 helpline 0330 660 0425.