

Platform To Health presents

HEADSPACE 2015 FESTIVAL DAY

SAT 25 OCT // 12 NOON – 6pm
FREE (Booking Required)

This year's main event is bursting with thought provoking film, theatre, music and visual arts all served with good humour, great food and a friendly welcome by festival hosts Sunday Social recovery café - an innovative recovery café model for those in recovery, suffering from poor mental health, isolated or lonely.

Headspace intends to raise awareness, reduce stigma and isolation, and link individuals and families to mental health support services.

Check out songs written and performed by **PLATFORM TO HEALTH** participants with Louise Quinn and the latest pop up performance from **CREATIVE COLLECTIVE**.

EASTERHOUSE CONVERSATIONS is the result of collaborative project that Scottish Album of the Year winner RM Hubbert (Hubby) and Wounded Knee (Drew Wright) had with the people living in Easterhouse. The discussions and relationships they developed inspired a suite of music and songs you can hear to celebrate Headspace 2015.

TURNTABLE is a pop-up installation about music, community and loneliness by Glasgow based musician Michael John McCarthy.

IDA'S DIARY: <http://www.idasdiaryfilm.com/>
Ida is a young Norwegian woman, struggling with a very turbulent emotional life caused by an emotionally unstable personality disorder.

For the last eight years, Ida has kept a video diary in order to ease her mind and structure her thoughts. In her diary we get a unique insight into a world of fear and anxiety, but also precious moments of everyday victories and self-discovery. Most importantly we get to witness her powerful struggle towards self-acceptance and a genuine appreciation of life.

Ida's Diary is a film about hope, about finding your own identity and daring to live.

Martin O'Connor's **THE MARK OF THE BEAST** is a new collection of spoken word pieces inspired by Glasgow and its relationship with alcohol. It explores a culture through a prism of morality, temptation, familial and societal attitudes and the city's history of addiction and poor mental health.



CRACKED by Sante Theatre.

Cracked is a ground-breaking new play by award winning writer Mike Kenny and poet Julie Bowden that combines verbatim text drawn from research at the University of Warwick and poetry performed by an ensemble of young adults from Platform's Young Company. They paint a vivid picture of the experience of emerging psychosis. The play explores the responses to seeking help from different ethnic cultural and religious backgrounds. It follows three narratives as they weave through social defeat, bullying and drug misuse with dark humour, percussive sound and beautiful verse. There will be an opportunity to discuss the issues raised after the show in Platform's café with the team including researchers and mental health activists.



Platform Visual Arts Commission

Platform have invited Project Ability artist Jonathan McKinstry to create a commissioned artwork inspired by Platform and the theme of this year's festival - Passion. Jonathan created the artwork during a short residency in September here at Platform. The completed work is being unveiled for the first time as part of our main Headspace event

FESTIVAL DAY TIMETABLE // SAT 25 OCT

Time	Activity
12:00	ARRIVALS & WELCOME: Tea & coffee
12:30	PERFORMANCE: Creative Collective
12:45	MUSIC: Easterhouse Conversations
13:15	LUNCH: and pop up performances
14:00	MUSIC: Platform To Health participants with Louise Quinn
14:15	FILM: Ida's Diary
15:15	COMFORT BREAK: Tea & Coffee
15:30	PERFORMANCE: Mark of The Beast by Martin O'Connor
16:15	VISUAL ARTS: Project Ability artist Jonathan McKinstry unveils his especially commissioned artwork for Headspace 2015
16:45	THEATRE: Cracked by Sante Theatre
18:00 - 18:30	POST SHOW Q&A: with Sante Theatre staff and mental health professionals
12:00 - 16:00	INSTALLATION: Turntable by Michael John McCarthy

HOW TO BOOK

For more info contact David...

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platform
TO HEALTH

HEADSPACE

Platform's Annual Celebration as Part of the
Scottish Mental Health Arts & Film Festival



10 - 25 Oct 2015

Platform To Health presents
HEADSPACE 2015

10 - 25 OCT 2015

FREE unless stated
(Booking Required)

NHS Greater Glasgow & Clyde North East Sector CHP and Glasgow East Arts Company are proud to present our annual celebration and contribution to the Scottish Mental Health Arts & film Festiva which is bursting with thought provoking film, theatre, music and visual arts.

Headspace will consist of a unique mix of contemporary artists performing with and alongside participants from our Platform To Health programme including Creative Collective; the multi-award winning theatre director Cora Bissett; amazing musicians RM Hubbert, Wounded Knee and Louise Quinn. There will be performances and installations from Michael John McCarthy, Sante Theatre and Martin O'Connor.

Project Ability's Aspire Exhibition will run throughout the festival.

Some events will directly tackle issues surrounding mental health and this should be considered at the time of booking.

Platform To Health is a year-round arts, leisure and learning programme to improve wellbeing. It prioritises working with people across North East Glasgow who are in recovery from addictions, experiencing poor mental health, vulnerable, lonely or isolated.

<http://www.mhfestival.com/>

#Headspace

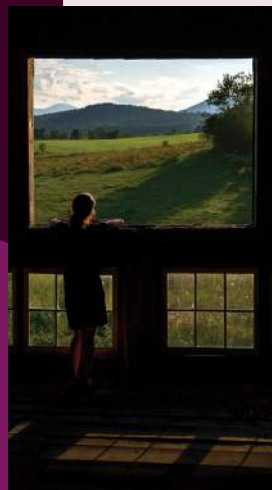
HEADSPACE 2015 LAUNCH EVENT

SAT 10 OCT // 4pm - 10pm
FREE BUT BOOKING REQUIRED

Baba Commandant normal ticket price applies £10/£7.50
£5 ticket deal if attending Headspace Launch Event. Please ask at Box Office at the time of booking.

Platform's annual celebration and contribution to the Scottish Mental Health Arts & film Festival launches with Kathy Leichter's moving film about mental illness, suicide and family, 'Here One Day'.

There will be a chance to informally discuss issues raised with representatives of the North East Glasgow Suicide Prevention Forum before sampling a community performance led by Universal Comedy and an evening of uplifting music by the inspirational Baba Commandant from the region of Burkina Faso.



Film
HERE ONE DAY

When filmmaker Kathy Leichter moved back into her childhood home after her mother's suicide, she discovered a hidden box of audiotapes. Sixteen years passed before she had the courage to delve into this trove, unearthing details that her mother had recorded about every aspect of her life from the challenges of her marriage to a State Senator, to her son's estrangement, to her struggles with bipolar disorder.

HERE ONE DAY is a visually arresting, emotionally candid film about a woman coping with mental illness, her relationships with her family, and the ripple effects of her suicide on those she loved.

View the trailer here: <http://www.hereoneday.com>

R: 12A | D: Approx. 76mins

There will be information and support provided at this event from **North East Glasgow Suicide Prevention Forum.**

Animation
SEAFRONT:

Claire Lammond's animation Sea Front, is set in a fictional Fife town during WWI. It uses sea shells and music as vehicles for the emotions experienced by a family and the community around them. Karine Polwart's beautiful score is based on four pipe tunes that the Black Watch regiment would have played at the time.

View the trailer here: <https://vimeo.com/92761923>

R: PG | D: Approx. 8mins

Performance
UNIVERSAL COMEDY

SAT 10 OCT // 6:30pm FREE (booking required)
Universal Comedy's extraordinary and talented comedy graduates, all of who are experiencing long-term ill health or mental health challenges, show audiences the lighter side of ill-health through hilarious and therapeutic stand-up comedy.

This unique Scottish charity and social enterprise provides ground-breaking, innovative comedy workshops and courses for people with long term health problems.

R: 14+yrs | D: Approx. 30mins

Music
BABA COMMANDMANT

Baba Commandant and the Mandingo Band are a contemporary group from Burkina Faso. The group is steeped in the Mandingue musical traditions of their ancestral legacy. The enigmatic lead singer Baba Commandant is an original and eccentric character who is a sort of punk activist for traditional Mandingo music and continues to redefine the boundaries between traditional and modern. Baba Commandant and the Mandingo Band are a formidable force steeped in DIY underground musical culture.

R: For All | D: Approx. 2hrs

LAUNCH EVENT TIMETABLE // SAT 10 OCT

Time	Activity
16:00	ARRIVALS & WELCOME: Tea & coffee
16:30	FILM SCREENING: Here One Day
17:45	A FEW WORDS: North East Glasgow Suicide Prevention Forum
18:00	COMFORT BREAK: Tea & Coffee
18:15	ANIMATION SCREENING: Seafront
18:30	UNIVERSAL COMEDY: Stand up performance
19:00	COMFORT BREAK: Tea & Coffee
19:30 - 22:00	MUSIC: Baba Commandant



Theatre

A Blank Canvas and Jabuti Theatre present
IN HER SHADOWS

TUE 20 OCT // 7pm
£8 / £4.50 / £3.50

Two female performers tell the story of Amy, who, after being overseas for years, returns home to Scotland to face challenges. Amy is tested, pushed and thrown into her own mental turmoil. A dance-mindscape featuring aerial and physical theatre which is supported by stunning projections and haunting music. Directed by the award winning Cora Bissett, In Her Shadows explores a young woman's relationship with the complexity of her depression whilst challenging the stigmas that surround it.
R: 14yrs+ | D: Approx. 50mins

POST SHOW PANEL DISCUSSION

The Scottish Mental Health Arts and Film Festival is supporting this performance with a panel discussion chaired by Andrew Eaton-Lewis of the Mental Health Foundation, who will discuss the issues raised by the show with director Cora Bissett and mental health specialists.

Visual Arts

Project Ability presents

ASPIRE AT PLATFORM

THURS 17 SEPT - SUN 8 Nov
FREE

Project Ability's Aspire artists present a large painting installation for their annual Platform show; a dynamic and vibrant body of work encompassing a vast range of approaches to painting, subject matter and techniques.

