THEATRE
WORKSHOPS
LITERATURE
PASSION
MUSIC
VISUAL ART
FILM
COMEDY
DANCE
MENTAL HEALTH
Passion is central to our Festival’s ethos and spirit. Not only is it vital for driving people to explore mental health and challenge discrimination, it is at the heart of every great arts event and creative experience. Passion is evident in the enthusiastic support we receive from partners, artists, activists and audiences, who have helped us grow over the last nine years into one of the largest international social justice festivals. It is therefore fitting that our theme for 2015 is passion.

In this year’s Festival, we explore the emotional dimensions of mental health, looking at how we learn to live with our passions and make them work positively for us. In over 300 events across the country, we consider passion in all its forms – intensity, love, rebellion, excitement, hope and fear – and in particular, we celebrate our passion for the arts and the passion that artists have for the creative process.

Through co-producing events, we ensure that we give a voice to our entire community, including ethnic minority groups, LGBT activists and youth organisations, as well as people with mental health diagnoses and experiences. By sharing what excites us artistically – films, art, music, theatre, literature and more – we can help to open up conversations about mental health and go some way towards reducing stigma.

We hope that there is something for everyone to feel passionate about in this year’s programme.

The Festival Team

Welcome to the 2015 Scottish Mental Health Arts and Film Festival
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Even at the best of times, filmmaking tends to be an all-encompassing and exhausting process. But when people delve into their own life stories and present them for all to see on the big screen, it truly becomes a labour of passion. Many of the valiant films in this year’s programme involve individuals who are willing to openly explore what mental health means to them, whether they are in front of the camera, behind it or both. These brave and generous people deserve our gratitude and attention. The Scottish Mental Health Arts and Film Festival is proud to provide a platform for this important cinematic work to reach wider audiences and spark invaluable conversations.

More than ever before, SMHAFF is responsible for screening film firsts. Good Girl (p18, p31) and Ida’s Diary (p19, p31, p49, p54), two daring and revealing Norwegian documentaries, are being shown in Scotland for the first time. Dancing with Maria (p17, p30, p54), an entertaining and instructive look at a dance teacher in her 90s, is having its UK premiere, as are Juanicas (p18), Karen Garcia Casanova’s exploration of her Mexican family’s challenging experiences in Canada, and The Silence of the Flies (p30), which examines a mysterious suicide epidemic in the Venezuelan Andes. Dead When I Got Here (p17), set in a mental asylum run by its own patients, receives its European debut at the Festival.

Many of these films have been selected from submissions to our International Film Competition – the quality of the work received this year was so impressive that to pass it by for programming would have been to overlook some of the very best films available. That was certainly the case for Garnet’s Gold (p19), from the producer of Academy Award-winning documentaries Man on Wire and Searching for Sugar Man, and The Closer We Get (p18), which won Best International Documentary Feature at the prestigious Hot Docs festival earlier this year.

One of the most exciting aspects of this year’s core film programme is that half the features showcased are directed by women – a gender balance rarely found in a notoriously male-dominated industry. By screening films such as Rocks in My Pockets (p19, p31), Signe Baumane’s critically-acclaimed animation on five of her ancestors’ quest for sanity, the Festival has created an opportunity to observe female directors at the forefront of autobiographical and intensely personal filmmaking.

Special presentations in collaboration with Document International Human Rights Film Festival – 9999 (p18) – and Southside Film Festival – Sunset Boulevard (p17) – round out a selection of films spirited in both content and approach. All are certain to stimulate vigorous comment and debate in post-screening discussions, which, as ever, have the potential to be as fascinating as the films themselves.

Every single title in the programme has taken a huge effort to create. These films not only have their hearts in the right place but glow with impassioned artistry. We hope you will be as moved and inspired by the selection as we are.

Richard Warden
Passions are running high throughout this year’s theatre programme, encompassing national tours and local productions. Our diverse selection features traditional plays, physical theatre, dance and music, exploring issues including the destabilising effects of mental ill-health, turbulent relationships, gender identities and PTSD.

Touring throughout October, In Her Shadows (p10) is a new collaboration between A Blank Canvas and Jabuti Theatre, directed by Cora Bissett (Glasgow Girls, Roadkill and Grit). Fusing aerial and physical theatre, stunning projections and haunting music, it tells the story of a young woman who is thrown into mental turmoil after being rejected by her mother. To celebrate the centenary of Arthur Miller’s birth, Rapture Theatre are also touring the country with a new production of The Last Yankee (p11), one of the legendary writer’s last great plays. Another piece which focuses on a woman enduring severe mental ill-health, it is a classic depiction of the consequences of failing to live up to the American Dream.

Cultured Mongrel Dance Theatre return to the Festival with #Trans (p52), an innovative production exploring gender identity, sexual orientation and personal transformation. There is also an opportunity to get involved in the company’s unique choreographic process #TheSoloFilter (p51), which gives collaborators the chance to remake the work as they see fit. We have also joined forces with Luminate and A Play, A Pie & A Pint to bring Linda Duncan McLaughlin’s Descent (p16, p29) to the Traverse Theatre. This unflinching piece explores a couple’s turbulent emotions as they struggle to keep their love alive against the raging force of dementia.

Interactive performances feature strongly in this year’s theatre programme. The Guessing Game (p20) is a drama about mental health carers which invites audiences to respond to the questions it raises; In-Filled-Her (p57) is a beautiful promenade piece that journeys through Dumfries & Galloway College; while A Time for Passion (p38) is a cast-devised play that asks you to sing along and join in. For young children, we have Cheering Up the King (p55), an interactive storytelling session encouraging understanding of mental wellbeing.

Our regional programmes feature plenty of new productions which focus on a diverse range of issues. Edinburgh-based scholars and artists collaborate to present Purple (p28), a theatrical fantasia that challenges the boundaries of gender and identity. From Lanarkshire, Lost & Found (p36) is a new play about a grieving father dealing with his son’s suicide, while Lanes & Doorways (p36) tackles the stigma surrounding homelessness in a tale of humour and survival. Al Seed’s Oog (p46) is an intense dance-theatre production exploring the lasting psychological damage inflicted by conflict. Mental Health: Getting Better (p42) and the all-abilities production Nine Lives Theory (p53) both use history to explore mental health and passion, while Fable (p53) is an inventive piece about physical and psychological disintegration.

As part of an effort to build an ongoing Suspended Ticket movement, Cultured Mongrel are inviting socially-conscious festivalgoers to buy a theatre ticket for someone who would not otherwise be able to attend a performance. Through connections with a range of organisations, these tickets will be distributed to those who are most in need, giving people from all walks of life a vital opportunity to engage with arts and culture.

For more information or to donate, please visit: culturedmongreldance.com/suspendedtickets.html.

We look forward to seeing you at some of these special events across the country.

Andrew Eaton-Lewis
In Her Shadows
Presented by A Blank Canvas and Jabuti Theatre

Inside a multileveled dream space, two female performers explore a woman’s relationship with the complexity of her depression. When Amy returns to Scotland after spending years overseas and finds herself unexpectedly rejected by her mother, she is tested, pushed and thrown into her own mental turmoil.

In Her Shadows is a dance-mindscape, featuring aerial and physical theatre, supported by stunning projections and an original musical score. Directed by Cora Bissett, this unique visual performance viscerally challenges the stigmas surrounding depression.

Touring Theatre

THE LAST YANKEE
Supported by Creative Scotland and produced in association with The Beacon in Greenock

To celebrate the centenary of Arthur Miller’s birth, Rapture Theatre present one of the legendary writer’s last great plays. Leroy Hamilton is a descendant of one of America’s founding fathers but his modest life as a carpenter has left him estranged from his wife Patricia, who is in hospital and recovering from depression.

Over the course of a single day, Leroy and Patricia attempt to come to terms with their situation and take a tentative step towards reconciliation. Depicting the devastating consequences of failing to live up to the American Dream, The Last Yankee is humorous and ultimately uplifting, classic Miller that is not to be missed.

Thu 1 Oct
The Beacon Arts Centre, Greenock (p44)
Fri 2–Sat 3 Oct
Summerhall, Edinburgh (p24)
Thu 8 Oct
The Gaiety Theatre, Ayr (p56)
Fri 9–Sat 10 Oct
Perth Studio Theatre (p46)
Tue 13 Oct
Regal Theatre, Bathgate (p24)
Fri 16 Oct
Lanark Memorial Hall (p38)
Sat 17 Oct
Cumbernauld Theatre (p38)
Tue 20 Oct
Bowhill House, Selkirk (p57)
Wed 21 Oct
Motherwell Theatre (p38)
Thu 22 Oct
Eastwood Park Theatre, Giffnock (p21)
Fri 23 Oct
The Brunton, Edinburgh (p24)
Sat 24 Oct
 Tolbooth Theatre, Lanark (p45)
Tue 27 Oct
Catstrand, New Galloway (p57)
Wed 28 Oct
Paisley Arts Centre (p43)

Thu 29 Oct
Howden Park Theatre, Livingston (p24)
Fri 30 Oct
Harbour Arts Centre, Irvine (p56)
Sat 31 Oct
East Kilbride Arts Centre (p38)
Mon 2 Nov
The Lemon Tree, Aberdeen (p52)
Tue 3 Nov
Carnegie Hall, Dunfermline (p65)
Wed 4 Nov
Eastgate Theatre, Peebles (p24)
Thu 5 Nov
Eden Court Theatre, Inverness (p53)
Sat 7 Nov
Palace Theatre, Kilmarnock (p56)

Thu 22 Sep
The Universal Hall, Findhorn (p55)
Sat 26 Sep
Lochgelly Centre, Fife (p56)
Thu 8 Oct
The Traverse Theatre, Edinburgh (p25)
Sat 10 Oct
The Lemon Tree, Aberdeen (p51)
Tue 13 Oct
The Beacon Arts Centre, Greenock (p44)
Tue 20 Oct
Platform, Glasgow (p14)
Fri 23 Oct
Dundee Rep Theatre (p50)
Turntable

‘She started dancing to that fine, fine music; you know her life was saved by rock and roll’ (Lou Reed).

Turntable uses multiple art forms to explore how music can enrich our lives, aiming to reclaim music as a communal experience, while also celebrating each participant’s individual relationship with the key sounds and albums in their lives.

Turntable A is a series of workshops in which people come together to choose favourite records to play, share musical memories and reflect on the role music plays in their lives. These workshops will be hosted by partner organisations, including: Action in Mind, Stirling; Stafford Centre, Edinburgh; and Paisley Mental Health Support.

Turntable B is a pop-up music installation for cafes, libraries and other public spaces. At this event, we invite you to select and play a record of your choice, share your story in a one-to-one conversation and watch how your music connects with other people and transforms the energy in the space. Come and join Michael and the Turntable team at the venues opposite to take part in Turntable B. Remember to bring your stories, memories and most importantly your passion for music.

Presented by Michael John McCarthy in association with the Scottish Mental Health Arts and Film Festival

Sat 10 Oct
Scottish Storytelling Centre, Edinburgh (p26)

Wed 14 Oct
Sunshine Recovery Café, Paisley (p40)

Fri 16 Oct
Rattray Community Connect, Blairgowrie (p46)

Sun 25 Oct
Platform, Glasgow (p15)

Mon 26 Oct
The Birks Cinema, Aberfeldy (p46) (in association with the Luminate Festival)

Meet Des and Liz, our Festival’s Runners in Residence!

Des and Liz Mahagow are passionate about running. You may have encountered them carrying their homemade Olympic torch on an epic run around Scotland in 2012. Or as unofficial ambassadors for the Commonwealth Games in 2014, when they were joined by neighbour and amateur documentarian Dick Snapper as they took their People’s Baton around the country.

Now, Des and Liz are hitting the road again – this time to champion positive mental health. Their Take the Black Dog Out on a Walk Tour will wind its way around Scotland throughout October, raising plenty of questions and discussion about our attitudes towards the ‘Black Dog’.

Look out for Des and Liz at Festival events – and on a street near you!

Follow their adventures on Twitter – @desandliz – and look out for special announcements on the SMHAFF website and media pages.

Des and Liz are limbering up for their journey with a jog through the pages of the Festival programme – see if you can spot them!

The Take the Black Dog Out on a Walk Tour is a Mischief La Bas project, funded by Creative Scotland, in association with the Scottish Mental Health Arts and Film Festival.

The tour is dedicated to the memory of Ian Smith (1959-2014), co-founder of Mischief La Bas.

Find more information at www.mischieflabas.com

Take The Black Dog Out On A Walk Tour
Headspace in Glasgow

HEADSPACE 2015
Platform’s annual contribution to the Scottish Mental Health Arts & Film Festival is bursting with thought provoking film, theatre, music and visual arts.

Featuring a unique mix of contemporary artists performing with and alongside participants from the Platform to Health programme, this year’s Headspace features award-winning theatre director Cora Bissett, Santé Theatre and musicians RM Hubbert, Wounded Knee and Louise Quinn.

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

Thu 17 Sep–Sun 8 Nov
Various Times
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
Information: 0141 276 9696 (opt 1)
david@platform-online.co.uk

ASPIRE
Project Ability presents a large painting installation by its Aspire artists. This dynamic and vibrant exhibition combines artwork created throughout the year, encompassing a vast range of approaches to painting, subject matter and technique. Suitable for all.

Thu 17 Sep–Sun 8 Nov
10am–7pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
Free / No booking required
Information: 0141 276 9696 (opt 1)
david@platform-online.co.uk

LAUNCH EVENT
Platform’s annual celebration launches with Here One Day, a moving film about mental illness, suicide and family, and Sea Front, a beautiful animation about WW1. The screenings will be followed by a panel discussion which includes award-winning director Cora Bissett and an evening of uplifting music from Burkina Faso group Baba Commandant. 14+

Sat 10 Oct
4–10pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
Free / Booking required
Information: 0141 276 9696 (opt 1)
david@platform-online.co.uk

IN HER SHADOWS
A Blank Canvas and Jabuti Theatre present a visual performance of dance, aerial and physical theatre. See page 10 for full listing.

Tue 20 Oct
7–8pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
£8 / £4.50 / £3.50
Booking: 0141 276 9696 (opt 1)

CRACKED
Set in a space between wellness and illness, Cracked is a new play about a first episode of psychosis and cultural difference. Written by award-winning playwright Mike Kenny in collaboration with the poet Julie Boden, this work juxtaposes verbatim text with stunning verse, weaving through social defeat, bullying and drug abuse with dark humour and percussive sound. There will be a post-show discussion. The play contains content which some people may find disturbing. 14+

Sun 25 Oct
4.45–6.30pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
Free / Booking required
Booking: 0141 276 9696 (opt 1)

FESTIVAL DAY
This year’s main event is bursting with thought-provoking film, theatre, music and visual arts from Creative Collective, RM Hubbert, Louise Quinn, Michael John McCarthy, Santé Theatre and more. All served with good humour, great food and a friendly welcome by hosts Sunday Social recovery café. 14+

Sun 25 Oct
12–6pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
Free / Booking required
Booking: 0141 276 9696 (opt 1)

TURNTABLE
A pop-up music installation seeking to reclaim music as a communal experience and show how it can enrich our lives. See page 8 for full listing.

Sun 25 Oct
12–4pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
Free / Booking required
Booking: 0141 276 9696 (opt 1)

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Sun 25 Oct
4.45–6.30pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
Free / Booking required
Booking: 0141 276 9696 (opt 1)

GENDER PROGRAMMING
A day of fancy dress, photography workshops, scratch performances, dinner, discussions and play readings. The event will also feature screenings of Miss Representation and The Mask You Live In – two award-winning films produced by The Representation Project.

Sat 31 Oct
10am–5pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
£8 / £4.50 / £3.50
Booking: 0141 276 9696 (opt 1)

rmhubbert.jpg

Headspace in Glasgow

Headspace in Glasgow
Film in Glasgow

OPENING DAY WITH MOVING MINDS
Kicking off our Festival in style, SMHAAF, in collaboration with VoX, will be taking over Kelvingrove Art Gallery & Museum to present a jam-packed day of festivities to celebrate diversity and wellbeing in our communities. There is something for all the family in this day of lively world music, colourful dance, entertaining theatre and exciting creative workshops.

Sat 10 Oct
10am–4pm
Kelvingrove Art Gallery and Museum, Argyle Street, Glasgow G3 8AG
Free / No Booking Required
Information: 0141 333 0099
jateele@mentalhealth.org.uk

GROWING PASSIONS
An exhibition featuring a range of artwork, including drawing, painting, crafts and ceramics. Join us to find out how people recovering from mental health problems have been nurturing their growing passions for art, film, gardening and woodwork, as a means to express their creativity.

Sat 10 Oct
10am–4pm
The Coach House Trust, 84 Belmont Lane, Glasgow G12 8EN
Free / No booking required
Information: 0141 334 6888

A PLAY, A PIE & A PINT: DESCENT
Linda Duncan McLaughlin’s Descent explores one couple’s struggle to keep their love alive when faced with the raging force of dementia. It takes an unflinching look at the guilt, anger and despair they experience, but also celebrates the courage, love, acceptance and even hope they bring to the fight. Entry includes a choice of pie and beverage and there will also be a post-show discussion. Produced by A Play, A Pie and A Pint at Òran Mòr, in association with the Traverse and Luminante.

Mon 12 Oct–Sat 17 Oct
1–2pm
Óran Mòr, Top of Byres Road, Glasgow G12 8QX
£7 / £12.50 / £10
Booking: 08444 771 000
www.ticketweb.co.uk

CREATIVE STEPS TO LIVING WELL
Creative Steps is a Plantation Productions project which links with health professionals to offer a programme of creative workshops and events, providing a stepping stone into community life. This exhibition showcases the work produced from the project.

Tue 20 Oct
1–3.30pm
Gallery 966, The Portal, 966 Govan Road, Glasgow G51 3AJ
Free / No booking required
Information: 0141 387 2596

RE-CONNECT
A day of film, discussion and information to explore the role of the mental health carer/supporter. This special event aims to encourage discussion on the role that family and friends play in the lives of those who have a mental health problem and the impact this can have. It also showcases opportunities available in the community to enhance health and wellbeing and meet others with similar caring and supporting experiences.

Mon 19 Oct, 1–4pm
The Art School, 20 Scott Street, Glasgow G3 6PE
Free / No booking required
Information: bgallagher@mentalhealth.org.uk

DANCING WITH MARIA
Screened in partnership with Southside Film Festival.
Fri 9 Oct
3–5.30pm
Pollokshaws Burgh Hall, 2025 Pollokshaws Road, Glasgow G43 1NE
£6 / £5
Booking: www.wegotickets.com/southsidefilmfestival

SUNSET BOULEVARD
Billy Wilder / US / 1950 / 110m / PG
Cast: William Holden, Gloria Swanson, Erich von Stroheim
Gloria Swanson as Norma Desmond, an ageing silent film queen, and William Holden as the struggling writer who is held in her thrall, created two of the screen’s most memorable characters for the film. Winner of three Academy Awards, director Billy Wilder’s orchestration of the bizarre tale is a true cinematic classic.

Screened in partnership with Southside Film Festival.
Wed 14 Oct
8–10pm
The Glad Café, 1006A Pollokshaws Road, Glasgow G41 2HG
£6 / £5
Booking: www.dancingwithmaria.eventbrite.co.uk
www.thegladcafe.co.uk

DEAD WHEN I GOT HERE
Screened in partnership with Document International Human Rights Film Festival.
Thu 15 Oct
7–9pm
Flourish House, 23–25 Ashley Street, Glasgow G3 6DR
Free / Booking required
Booking: 0141 333 0099
www.dead-when-i-got-here.eventbrite.co.uk
www.flourishhouse.org.uk
THE CLOSER WE GET
Karen Guthrie / UK / 2015 / 87m / NC
This exquisite autobiographical documentary, Scottish filmmaker Karen Guthrie returns to her family home when her mother Ann suffers a devastating stroke. At the same time, a revelation from her inescapable father forces her to come to terms with an astonishing secret, giving her one last chance to delve into her family’s past. Presented with tenderness, candour and unexpected humour, this tale of family survival deals with loyalty, dreams and redemption.
Mon 19 Oct
7.30–9.30pm
CCA, 350 Sauchiehall Street, Glasgow G2 3JD
£5 / £3
Booking: 0141 352 4900
www.cca-glasgow.com

GOOD GIRL (FLINK PIKE)
Solveig Melkraaen / Norway / 2014 / 73m / NC
Norwegian with English subtitles
Resourceful filmmaker Solveig Melkraaen is used to succeeding in everything she does. But when she receives a diagnosis of severe depression, she tries everything to return to her old self. Electroconvulsive therapy is the solution and quickly gives Solveig her life back, but the treatment raises questions about what it really means to be herself. This personal documentary explores perfection, control and fear with exuberance and wit.
Wed 21 Oct
7.30–9.30pm
CCA, 350 Sauchiehall Street, Glasgow G2 3JD
£5 / £3
Booking: 0141 352 4900
www.cca-glasgow.com

IDA’S DIARY
August B. Hanssen / Norway, Finland / 2016 / 86m / NC
Norwegian with English subtitles
Ida is a young Norwegian woman, struggling with an emotionally turbulent life brought about by Borderline Personality Disorder. Using footage from her own video diary shot over the last eight years, the film is about hope and courage, finding your own identity and daring to live.
Sun 25 Oct
2.15–3.15pm
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G54 9JW
Free / Booking required
Booking: 0141 276 9696 (opt 1)

THE CLOSER WE GET
Karen Guthrie / UK / 2015 / 87m / NC
In this exquisite autobiographical documentary, Scottish filmmaker Karen Guthrie returns to her family home when her mother Ann suffers a devastating stroke. At the same time, a revelation from her inescapable father forces her to come to terms with an astonishing secret, giving her one last chance to delve into her family’s past. Presented with tenderness, candour and unexpected humour, this tale of family survival deals with loyalty, dreams and redemption.
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Booking: 0141 276 9696 (opt 1)

ROCKS IN MY POCKETS
Signe Baumane / Latvia, US / 2014 / 93m / NC
‘In this crazy world, how do you stay sane?’ Latvian director Signe Baumane’s surreal animated feature traces the lives of five women in her family as they embark on a quest for sanity. Raising questions about how far our mental wellbeing and individual identities are shaped by genetics and society, Baumanė merges strange metaphors, provocative imagery and personal stories into a rich and daring cinematic vision.
Thu 22 Oct
7.30–9.30pm
CCA, 350 Sauchiehall Street, Glasgow G2 3JD
£5 / £3
Booking: 0141 352 4900
www.cca-glasgow.com

WITH A SONG IN YOUR HEART PREMIERE & FROM SCOTLAND WITH LOVE
This summer, the Govan Allsorts Community Choir and friends were invited to raid the vaults of the Scottish Screen Archive. The resulting short film With a Song in Your Heart will be screened here alongside Virginia Heath’s acclaimed documentary From Scotland with Love, made with footage from the same resource.
Tue 27 Oct
7–10pm
The Pearce Institute, Mary Barbour Suite, 840-860 Govan Road, Glasgow G51 3UU
Free / Booking required
Booking: 0141 445 1666

GARNET’S GOLD
Ed Perkins / UK / 2014 / 75m / NC
Lost and alone in the Scottish Highlands, Garnet Frost discovered a mysterious wooden staff which he believes marked the site of one of history’s great forgotten treasures – a spectacular fortune once owned by Bonnie Prince Charlie. Twenty years later, he is ready to return to this extraordinary landscape and uncover the secrets that it holds. Much more than a hopeful quest for gold, this intimate, resonant and visually striking documentary probes into the mind of a unique character who is desperately searching for meaning.
Wed 28 Oct
7–9pm
Flourish House, 23-25 Ashley Street, Glasgow, G3 6DR
Free / Booking required
Booking: 0141 333 0099
www.garnetsgold.eventbrite.co.uk

INTERNATIONAL FILM COMPETITION AWARD-WINNERS SCREENINGS
The Scottish Mental Health Arts and Film Festival’s annual open film submission gives filmmakers from all over the world a platform to engage with new audiences, exploring new realities and challenging the perceptions of mental health through films.
Following on from the International Film Awards ceremony, held on Thu 29 Oct at Edinburgh’s Filmhouse, we will be screening a selection of 2015’s winning films in Glasgow. Each event will be followed by a post-screening discussion. Expect to be moved and inspired by the films and the stories behind them.
Sat 31 Oct
1-3pm
Sun 1 Nov
7–9pm
The Art School, Glasgow School of Art, 20 Scott Street, Glasgow G3 6PE
Free / Booking required
Booking: www.ifc-screenings.eventbrite.co.uk

Film in Glasgow

THE CLOSER WE GET
Karen Guthrie / UK / 2015 / 87m / NC
In this exquisite autobiographical documentary, Scottish filmmaker Karen Guthrie returns to her family home when her mother Ann suffers a devastating stroke. At the same time, a revelation from her inescapable father forces her to come to terms with an astonishing secret, giving her one last chance to delve into her family’s past. Presented with tenderness, candour and unexpected humour, this tale of family survival deals with loyalty, dreams and redemption.
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Wed 21 Oct
7.30–9.30pm
CCA, 350 Sauchiehall Street, Glasgow G2 3JD
£5 / £3
Booking: 0141 352 4900
www.cca-glasgow.com
SMHAFF WRITING AWARDS
Join us to honour the very best submissions from SMHAA’s annual writing competition, held in partnership with Bipolar Scotland. Writers were asked to submit to categories including short stories, poems and letters, exploring the theme of passion in innovative and diverse ways. This showcase event will feature readings from the shortlisted entries and the awards presentation, followed by a drinks reception.
Thu 22 Oct
5.30–7pm
St George’s Tron Church, 163 Buchanan Street, Glasgow G1 2JX
Free / Booking required
smhaff@mentalhealth.org.uk

PASSIONATE ABOUT EVERYTHING
Using a variety of mediums, this exhibition explores the powerful feelings and experiences sparked by being passionate about life, crafts, politics, art, music, books, photography, writing...almost everything! The focus is on new work created in Leverndale Hospital over the last year.
Thu 22 Oct, 6–9pm
Leverndale Hospital, Recreational Therapy, 510 Crookston Road, Glasgow G63 7TU
Free / No booking required
Information: 0141 211 6477

THE GUESSING GAME
This interactive drama sees Derek and Jane’s happy family life suddenly turned upside down. The action stops and starts, stimulating lively discussion about the Triangle of Care and promoting unpaid mental health carers as equal partners in care. Developed by Headtorch on behalf of the Glasgow Association for Mental Health and the Mental Health Carers Forum.
Fri 23 Oct
1–2pm
The Summerhouse, Gartnavel Royal Hospital, 1056 Great Western Road, Glasgow G12 0XH
Free / Booking required
Booking: artinthegart@gmail.com

LIFE IS A CABARET
Now in its seventh year, this evening of music and comedy brings various arts and wellbeing groups together with the wider community.
A celebration of the performers’ passion, talent and achievements throughout the last year, the event takes place at the Kinning Park Complex.
Fri 23 Oct
7–11pm
Kinning Park Complex, 40 Cornwall Street, Glasgow G41 1AQ
Free / Booking preferred
Booking: 0141 445 1666

ARTISTS IN RESIDENCE: EXHIBITION
Artists from Project Ability will spend one week in residence at Art in the Gart venue, the Summerhouse. Taking inspiration from the surrounding environment, they will produce new work on the theme of passion. Join us to find out what they are inspired to create.
Fri 23 Oct
1–2pm
The Summerhouse, Gartnavel Royal Hospital, 1056 Great Western Road, Glasgow G12 0XH
Free / Booking required
Booking: artinthegart@gmail.com

ERMHAFF INFORMATION POINTS
Watch out for Mental Health Arts and Film Festival Information Points detailing up and coming events in and around East Renfrewshire. You can also find a variety of positive mental health and wellbeing resources.
Thu 1–Sat 31 Oct
Eastwood Council Offices, Giffnock G46 6UG
Barrhead Foundry, Barrhead, East Renfrewshire G78 1SW
Barrhead Health and Care Centre, Barrhead, East Renfrewshire G78 1SL
Clarkston Library, Clarkston Road, East Renfrewshire G77 8NE
Giffnock Library, Station Road, East Renfrewshire G46 6JF
Mearns Library, Mackinlay Place, East Renfrewshire G77 6EZ

ACUMEN WITH PULSE FM
Join Acumen on Pulse 98.4FM for the launch of East Renfrewshire’s Mental Health Arts and Film Festival, where they will be sharing what’s on in and around East Renfrewshire. Tune in to hear more about events and listen to music selected for the theme of passion.
Thu 1–Sat 31 Oct
Community Pulse Radio, Barrhead
Free / No booking required

BOOKBUG IS FEELING GOOD
Singing songs and sharing rhymes with your wee one is guaranteed to make you feel good. Join us at Bookbug sessions throughout the East Renfrewshire festival at the East Renfrewshire Libraries. Interactive sessions for children aged 0-4, plus parents and carers.
Sat 10–Sat 31 Oct
Across all East Renfrewshire Libraries
Free / No booking required
Information: www.ercultureandleisure.org/bookbug

WHIT’S YER PASSION?
East Renfrewshire festival members and partners present two afternoons of music, drama and poetry inspired by the theme of passion. Come along for light-hearted sessions designed to provide an opportunity for people to share and explore what they are passionate about. There will also be the opportunity to attend workshops exploring what people are passionate about; the work from these will be on display at venues throughout East Renfrewshire.
Mon 19 Oct, 1–4pm
Barrhead Foundry, Main Street, Barrhead G78 1SW
Mon 26 Oct
1–4pm
Giffnock Library, Fenwick Road, Giffnock G46 6JF
Free / No booking required
Information: HITeam@eastrenfrewshire.gov.uk

THE LAST YANKEE
Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.
Thu 22 Oct
7.30–9pm
Eastwood Park Theatre, Rouken Glen Road, Giffnock G46 6UG
£13 / £11 / £9
Booking: 0141 577 4956
www.eastwoodparktheatre.co.uk
LOOM WITH A VIEW
A day for beginners to try out weaving in the relaxing setting of Auld Kirk Museum. Develop traditional skills in constructing fabric, learning about the importance of colour and choices of yarn. Take your finished samples home.
Sat 10 Oct
11am–4pm
The Barony Chambers, Auld Kirk Museum, Cowgate, Kirkintilloch G66 1HN
Free / Booking required
Booking: 0141 777 3143
edlct.bookings@eastdunbarton.gov.uk

‘READAXATION’
Most of us enjoy reading for pleasure. But award-winning author and speaker Nicola Morgan takes it one step further, exploring her own term ‘readaxation’ to show how reading can reduce stress levels and improve wellbeing.
Wed 21 Oct
2–4pm
William Patrick Library, 2-4 West High Street, Kirkintilloch G66 1AD
Free / Booking required
Booking: 0141 777 3143
edlct.bookings@eastdunbarton.gov.uk

PULP FICTION
Learn paper making in the relaxing setting of Auld Kirk Museum, picking up traditional skills in pulping and pressing. See how different materials change the colour and texture of your paper. Samples will be posted out after the event.
Fri 23 Oct
11am–4pm
The Barony Chambers, Auld Kirk Museum, Cowgate, Kirkintilloch G66 1HN
Free / Booking required
Booking: 0141 777 3143
edlct.bookings@eastdunbarton.gov.uk

POTTERING ABOUT AT KILMARDINNY
A unique opportunity for beginners to try out ceramics in the creative environment of Kilmardinny House and grounds. Learn traditional skills, working with clay and ceramic painting, gaining an insight into the importance of texture and colour.
Fri 16 Oct
11am–1pm
Kilmardinny Arts Centre, 50 Kilmardinny Avenue, Bearsden G61 3NN
Free / Booking required
Booking: 0141 777 3143
edlct.bookings@eastdunbarton.gov.uk

Out Of Sight, Out Of Mind
OUT OF SIGHT, OUT OF MIND PRESENTS...
Returning for a third year, Out of Sight, Out of Mind is a series of powerful and compelling multi-art exhibitions, taking place in several venues and galleries across Edinburgh. Featuring diverse work from artists with experience of mental health issues, they aim to get us thinking and talking about mental health, raising awareness and challenging preconceptions.
Thu 1–Sat 31 Oct
11am–6pm
Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
Free / No booking required
Information: 07818 426 732
ursula.muller@edinburgh.gov.uk

OFF THE WALL BY CONVERSATIONS FOR CHANGE
Since January, this public art project has been generating dialogue about mental health around Edinburgh – this is a retrospective of their work to date. Guided by artist Pam Van de Brug, hosted by CAPS Advocacy and funded by SeeMe.
Sat 10–Sat 31 Oct
11am–6pm
Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
Free / No booking required
Information: 07919 106 332
kirsten@capsadvocacy.org

ATTITUDES
What does the experience of mental ill-health feel like from a young person’s perspective? Illustrator Eduardo Iturralde collaborates with young people to address this question and to challenge stigma in this exhibition.
Sat 10–Sat 31 Oct
11am–6pm
Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
Free / No booking required
Information: 07818 426 732
ursula.muller@edinburgh.gov.uk

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kirsten@capsadvocacy.org

FROM THE HEART
See page 28 for full details of this exhibition.
Thu 15–Thu 29 Oct
9am–6pm
Chaplaincy Centre, University of Edinburgh, 1 Bristo Square, Edinburgh EH8 9AL
Free / No booking required
Information: 07703 639 334
thealmaproject@gmail.com

MOVING MINDS
This fascinating exhibition by MECOPP and the Gypsy/Traveller Carers’ Project is open, honest and often humorous. Gypsy/Traveller contributors have shared their memories, artefacts, poetry and photographs, reflecting on the impact prejudice can have on mental health and wellbeing.
Thu 15–Thu 29 Oct
9am–6pm
Chaplaincy Centre, University of Edinburgh, 1 Bristo Square, Edinburgh EH8 9AL
Free / No booking required
Information: 07906 365 883
michelle@mecopp.org.uk

This exhibition is a collaboration between MECOPP Gypsy/Traveller Carers’ Project, Penumbra’s Edinburgh Self Harm Project, The Alma Project, Positive Steps for Young People, Barony Contact Point and CAPS Independent Advocacy.
**Edinburgh & Lothian**

**POSTCARDS FROM...**
Back for a fifth year, ‘Postcards From...’ invites artists to create postcard sized artworks in response to this year’s theme of passion. Each artist responded in their own unique style, using the medium of their choice, to contribute to an eclectic installation of over 200 original artworks.

**Launch:** Fri 25 Sep, 6–8pm
**Exhibition:** Fri 25 Sep–Fri 30 Oct
**The Gallery on the Corner,**
34 Northumberland Street, Edinburgh EH3 6LS
**Tue–Sat 11am–5pm**
**Launch:** Fri 25 Sep, 6–8pm

**Passionate About...**
This impressive series of painted windows explores the theme ‘passionate about...’ and invites passers-by to consider how pursuing our passions can keep us mentally healthy.

**Thu 1–Sat 30 Oct**
**24 Hours**
Augustine United Church, 41-43 George IV Bridge, Edinburgh EH1 1EL
**Free / No booking required**
**Information:** 0131 537 6734
**maxwell.reay@nhslothian.scot.nhs.uk**
**www.augustine.org**

**Arts Café**
A space for coffee, cake and passionate conversation. Come along to hear crafted stories about using our passions to improve our mental wellbeing. All very welcome.

**Thu 1, 8, 15, 22, 29 Oct**
**1.30–3pm**
Augustine United Church, 41-43 George IV Bridge, Edinburgh EH1 1EL
**Free / No booking required**
**Information:** 0131 537 6734
**maxwell.reay@nhslothian.scot.nhs.uk**

**The Last Yankee**
Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.

**Fri 2 and Sat 3 Oct**
**7.30–9pm**
Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
**£10 / £8**
**Booking:** 0131 560 1581
**www.summerhall.co.uk**

**Sarah Jones in Concert**
Sarah Jones shares stories of her life as a vicar near Gloucester and as a transwoman. A passionate singer-songwriter, Sarah has performed with her collection of guitars in folk clubs all over the UK. To hear more, visit www.sarahjones.org.uk.

**Sun 4 Oct**
**7.30–9.30pm**
Augustine United Church, 41-43 George IV Bridge, Edinburgh EH1 1EL
**£8 / £6 (tickets on door)**
**Information:** 0131 220 1677
**www.augustine.org**
**www.lgbthealth.org.uk**

**In Her Shadows**
An art exhibition created by participants from Outlook and the Be Arty Be Healthy project in Craigmillar.

**Decode:** A site-specific exhibition developed by Outlook students at various workshops during the summer.
**Denote:** Explore possible routes, including drama, for self-expression, as well as attending information and adult education sessions.

**Depict:** A Blank Canvas and Jabutí Theatre present a visual performance of dance, aerial and physical theatre.

**A Bird Does Not Sing Because It Has an Answer, It Sings Because It Has a Song**
This beautiful exhibition is the culmination of a series of craft workshops by the Link Up Women’s Support Centre community, in collaboration with artist and jeweller Fiona Hermse. The work explores themes of support, connection, nature, transience and expression.

**Launch:** Fri 9 Oct, 6–8pm
**Exhibition:** Sat 10–Fri 16 Oct
10am–4pm
Edinburgh Palette, St Margaret’s House, Gallery 3, 151 London Road, Edinburgh EH7 6AE
**Free / No booking required**
**Information:** 0131 661 9292
**info@link-upsupport.co.uk**
**www.fionahermse.co.uk**

**Traverse Theatre, 10 Cambridge Street, Edinburgh EH1 2ED**
**Price:** £16 / £13 / £8
**Booking:** www.traverse.co.uk

**Dépict, Decode & Denote**
A desire line is an informal path that pedestrians prefer to take to get from one location to another. Sometimes we need to create our own path and sometimes our own art.

**Dépict:** An art exhibition created by participants from Outlook and the Be Arty Be Healthy project in Craigmillar.
**Decode:** A site-specific exhibition developed by Outlook students at various workshops during the summer.
**Denote:** Explore possible routes, including drama, for self-expression, as well as attending information and adult education sessions.

**Depict:** A Blank Canvas and Jabutí Theatre present a visual performance of dance, aerial and physical theatre.

**A Blank Canvas and Jabutí Theatre**

**A Bird Does Not Sing Because It Has an Answer, It Sings Because It Has a Song**

**Due to:**

**Scottish Association for Mental Health**

**Encompass Community Arts**

**Because:**

**Passionate About...**
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**24 Hours**
Augustine United Church, 41-43 George IV Bridge, Edinburgh EH1 1EL
**Free / No booking required**
**Information:** 0131 537 6734
**maxwell.reay@nhslothian.scot.nhs.uk**
**www.augustine.org**

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**1.30–3pm**
Augustine United Church, 41-43 George IV Bridge, Edinburgh EH1 1EL
**Free / No booking required**
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**Depict:** A Blank Canvas and Jabutí Theatre present a visual performance of dance, aerial and physical theatre.

**A Blank Canvas and Jabutí Theatre**

**A Bird Does Not Sing Because It Has an Answer, It Sings Because It Has a Song**

**Due to:**

**Scottish Association for Mental Health**

**Encompass Community Arts**

**Because:**
TURNTABLE
A pop-up music installation seeking to reclaim music as a communal experience and show how it can enrich our lives. See page 12 for full listing.
Sat 10 Oct
12.30–4pm
Scottish Storytelling Centre, 43-46 High Street, Edinburgh EH1 1SR
Free / No booking required
Information: 0131 556 9579
www.scottishstorytellingcentre.co.uk

LIFE WITH ART IS GOOD FOR YOU
Space Artworks celebrates a special exhibition of artwork. The organisation provides a creative hub where artists with disabilities and carers can come together to produce and sell their art and designs.
Sat 10–Sat 31 Oct
Tue/Wed/Fri/Sat 11am–5pm, Thu 1–5pm
Space Artworks, 410 Morningside Road, Edinburgh EH10 5HY
Free / No booking required
Information: 07870 799 407
tinfo@spaceartworks.co.uk
www.spaceartworks.co.uk

WELLBEING MELA
A fun family day to celebrate diversity and promote positive mental health and wellbeing among Edinburgh’s varied minority ethnic communities. Enjoy music, dance, complementary therapies, basket making, henna and lots more in a relaxed and entertaining environment.
Sun 11 Oct
1–4pm
Out of the Blue, 36 Dalmeny Street, Edinburgh EH6 8RG
Free / No booking required
Information: 07906 365 883
michelle@mcopp.org.uk

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 as you experience this evening of hip hop presented by The State.
Tue 13 Oct
7–10pm
Walpole Hall, St Mary’s Cathedral, Palmerston Place, Edinburgh EH12 5AW
£3
Information: emma.thestate@gmail.com

METAMORPHOSIS
Contact Point users with lived experience of mental health issues showcase their work in this mixed-media visual arts exhibition. Come along to the launch on Wed 14 Oct for music workshops and performances, literary readings, film screenings and refreshments.
Launch: Wed 14 Oct
2–4pm
Exhibition: Thu 15, 22, 29 Oct
2–4pm
Barony Contact Point, 101 High Riggs, Edinburgh EH3 9RP
£1 donation / No booking required
Information: 0345 140 7777

JO MCFARLANE
‘Passion for wholeness’ is the theme of this year’s mental health Sunday service at Augustine United Church in Edinburgh. In this hour of music, silence, images, prayer and reflection, we will be sharing stories of how people’s passions have helped them to become more whole.
Sun 11 Oct
11am–12pm
Augustine United Church, 41-43 George IV Bridge, Edinburgh EH1 1EL
Free / No booking required
Information: 0131 537 6734
www.augustine.org.uk
maxwell.reay@nhslothian.scot.nhs.uk

BLUESKY
The culmination of a series of writing, film and digital arts workshops for 13-18 year olds, this presentation and performance event is packed with passion. BlueSky have given this group of young people the chance to show off their talent, drive and motivation.
Wed 14 Oct
2–3pm
The Firefly Studio, Howden Park Centre, Livingston, West Lothian EH54 6AE
Free / Booking required
Booking: 01506 333 005

SHRUNK IN THE WASH / MADNESS IN MODERN SCOTTISH LITERATURE
Through her work, acclaimed poet Jo McFarlane explores her encounters with psychiatrists in poignant, critical and humorous ways. Her readings are followed by a talk from Dr Allan Beveridge, fusing extracts and commentary to offer a fascinating insight into our obsession with madness.
Thu 15 Oct
7–9pm
Summerhall Anatomy Lecture Theatre, 1 Summerhall Place, Edinburgh EH9 1PL
Free / Booking required
Booking: 0131 273 5116
kirsten@capsadvocacy.org

CAFÉ VOICES
Storytellers Kate Craik and Michael Williams lead an evening of stories in the relaxed surroundings of the Storytelling Court. They are joined by the Playback Edinburgh group, who invite participants and audience members to share moments and stories from their lives.
Thu 15 Oct
7–9pm
Scottish Storytelling Centre, 43-46 High Street, Edinburgh EH1 1SR
£5
Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk
REBELS WITH A CAUSE
The Rebels with a Cause use creative writing to communicate messages about issues affecting their lives. This unique exhibition aims to inspire change using interactive posters, activated by touch.
Thu 15 and Thu 22 Oct
South Bridge Resource Centre,
Infirmary Street, Edinburgh EH1 1LT
Free / Booking required
Booking: 0131 652 3715
cld.op@edinburgh.gov.uk

DANCING SUNWISE
Explore how to walk ‘sunwise’ around the wellspring of your own creativity in this participatory workshop. Lea Taylor and Mairi Campbell bring an ancient tradition observed at Beltane into a modern context, using storytelling, creative movement and traditional music.
Fri 16 Oct
7–9.30pm
Scottish Storytelling Centre,
43-45 High Street,
Edinburgh EH1 1SR
£8 / £6
Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk

AFRICAN ART WORKSHOPS
Join Afro Art Lab for relaxing, family-friendly African art and textile workshops. Come along to two hour-long sessions, with a day in between to dry your artwork. Children welcome.
Mon 19–Sat 24 Oct
12.30–1.30pm and 3–4pm
Scottish Storytelling Centre,
Out of the Blue Drill Hall,
36 Dalmeny Street,
Edinburgh EH4 8RG
Free / Booking required
Booking: 07504 241 293
fudgeartist@yahoo.co.uk

LIVING WITH...
The LGBT community take centre stage in this evening of spoken word, poetry and music. Performances will explore and celebrate resilience in people managing long term conditions which affect their mental wellbeing. 13+
Sat 17 Oct
5.30–8.30pm
Scottish Storytelling Centre,
43-45 High Street,
Edinburgh EH1 1SR
£4 / £2
Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk

PURPLE
Brought to you by Edinburgh-based artists and scholars, this theatrical fantasia challenges the boundaries of gender and identity. Here, youth is the highest currency, passion has the force to trespass time and geography, and an act of forgiveness consumes nine lives.
Tue 20 Oct
7.30–9.30pm
Scottish Storytelling Centre,
43-45 High Street,
Edinburgh EH1 1SR
£6 / £4
Booking: 0131 556 9579
www.scottishstorytellingcentre.co.uk

A PLAY, A PIE & A PINT: DESCENT
Linda Duncan McLaughlin’s play Descent explores one couple’s struggle to keep their love alive when faced with the raging force of dementia. It takes an unflinching look at the guilt, anger and despair they experience, but also celebrates the courage, love, acceptance and even hope they bring to the fight. Entry includes a choice of pie and beverage and will include a post-show discussion. Produced by A Play, A Pie and A Pint at Oran Mór, in association with the Traverse and Luminate.
Tue 20–Sat 24 Oct
1–2pm (additional 7pm performance on Fri 23 Oct)
Traverse Theatre,
10 Cambridge Street,
Edinburgh EH1 2ED
£16 / £13 / £8
Booking: 0131 228 1404
www.traverse.co.uk

KEEP CALM & TAKE YOUR MEDS: BOOK LAUNCH
Join artist Lauren Stoneways as she launches the omnibus edition of her artwork from 2014, which covers many aspects of her journey through life with Borderline Personality Disorder. The book aims to increase understanding of and empathy towards those with the diagnosis.
Wed 21 Oct
7–10pm
Summerhall Café, Summerhall Place,
Edinburgh EH9 1PL
Free / Booking required
Booking: 0131 273 5116
kirsten@capsadvocacy.org

THE MENTAL WELLBEING INFORMATION EVENT
Inspired by a passion to share information with everyone affected by mental health issues, this event promises a rich mix of practical help and professional guidance. Throughout the day, you will also have the chance to celebrate recovery poetry, visual art, healthy eating, singing and music.
Thu 22 Oct
11am–4pm
Walpole Hall, St Mary’s Cathedral,
Palmerston Place, Edinburgh
EH12 5AW
Free / No booking required
Information: jane.x.sutherland@nhslothian.scot.nhs.uk

MOVE IT OUTDOORS
Have a passion for the outdoors or a fear of dance studios? Move It Outdoors is an informal way to participate in dance and movement. Start by taking part in an ordinary walking group, before Cultured Mongrel’s Emma Jayne Park gently leads you to move in different ways. Meet at the Orchard Centre at 9.45am in comfortable walking attire and suitable shoes.
Thu 22 Oct
9.45am–1pm
The Orchard Centre,
14 Lothian Street,
Bonnyrigg EH19 3AB
Free / No booking required
Information: ejp@culturedmongreldance.com
www.culturedmongreldance.com

FROM THE HEART
Part of Out of Sight, Out of Mind
You’ll find everything from sublime landscapes to One Direction in this exhibition by members of The Alma Project. Artists have used a variety of media to produce stimulating canvas-based artworks which explore the theme of passion.
Thu 15–Thu 29 Oct
9am–6pm
Chaplaincy Centre,
University of Edinburgh, 1 Bristo Square, Edinburgh EH8 9AL
Free / No booking required
Information: 07703 639 334
thestalmaproject@gmail.com

THEALMAPROJECT@GMAIL.COM
INFORMATION: 07703 639 334
FREE / NO BOOKING REQUIRED

SMHAFF
Scottish Mental Health Arts & Film Festival
SMHAFF
Scottish Mental Health Arts & Film Festival
SMHAFF
**Film in Edinburgh**

**THE SILENCE OF THE FLIES (EL SILENCIO DE LAS MOSCAS)**

*UK premiere*  
Elizier Arias / Venezuela / 2013 / 92m / NC  

Spanish with English subtitles  
Since the 1990s, a mysterious suicide epidemic has been spreading in rural communities across the Venezuelan Andes. Having lost their daughters to suicide, Marcellina and Mercedes are two women who share a tragic fate with many others in the region. This poignant documentary presents an idyllic landscape, permeated with stillness and violence.

**So You’re Going Crazy…**

*Hilary Dean / Canada / 2010 / 51m*  

Directed by Hilary Dean, this personal documentary combines interviews and animation to convey the experience of shifting reality and psychoses, aiming to promote understanding, reduce fear and offer hope.

**Dancing with Maria**

*Scottish premiere*  
Ivan Gergolet / Argentina, Italy, Slovenia / 2014 / 75m / NC  

Spanish with English subtitles  
Elderly Argentinian dancer Maria Fux has taught her method throughout her life, inspired by her inner rhythms and innate connection with music. At her vibrant Buenos Aires studio, she welcomes dancers from all backgrounds, including men and women with physical and mental impairments. Now, at the age of 90, her biggest challenge is the fight against the limits of her own body. This joyous documentary is alive with movement and passion.

**Good Girl (Flink Pike)**

*Scottish premiere*  
Solveig Melkeraaen / Norway / 2014 / 73m / NC  

Norwegian with English subtitles  
Resourceful filmmaker Solveig Melkeraaen is used to succeeding in everything she does. But when she receives a diagnosis of severe depression, she tries everything to return to her old self. Electroconvulsive therapy is the solution and quickly gives Solveig her life back, but the treatment raises questions about what it really means to be herself. This personal documentary explores perfection, control and fear with exuberance and wit.

**Rocks in My Pockets**

*Signe Baumane / Latvia / US / 2014 / 93m / NC*  

In this crazy world, how do you stay sane? Latvian director Signe Baumane’s surreal animated feature traces the lives of five women in her family as they embark on a quest for sanity. Raising questions about how far our mental wellbeing and individual identities are shaped by genetics and society, Baumane merges strange metaphors, provocative imagery and personal stories into a rich and daring cinematic vision.

**Ida’s Diary**

*August B. Hanssen / Norway, Finland, England / 2014 / 61m / NC*  

Norwegian with English subtitles  
Ida is a young Norwegian woman, struggling with an emotionally-turbulent life brought about by Borderline Personality Disorder. Using footage from her own video diary shot over the last eight years, the film is about hope and courage, finding your own identity and daring to live.

**SMHAFF Shorts**

Curated by Lauren Clarke, Charlotte Micklewright, Rebecca Padley and Emma van der Putten, recent graduates of the University of Edinburgh’s MSc Film, Exhibition & Curation programme, from SMHAFF International Film Competition submissions.

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*Scottish premiere*  
Solveig Melkeraaen / Norway / 2014 / 73m / NC  

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**Rocks in My Pockets**

*Signe Baumane / Latvia / US / 2014 / 93m / NC*  

In this crazy world, how do you stay sane? Latvian director Signe Baumane’s surreal animated feature traces the lives of five women in her family as they embark on a quest for sanity. Raising questions about how far our mental wellbeing and individual identities are shaped by genetics and society, Baumane merges strange metaphors, provocative imagery and personal stories into a rich and daring cinematic vision.

**Ida’s Diary**

*August B. Hanssen / Norway, Finland, England / 2014 / 61m / NC*  

Norwegian with English subtitles  
Ida is a young Norwegian woman, struggling with an emotionally-turbulent life brought about by Borderline Personality Disorder. Using footage from her own video diary shot over the last eight years, the film is about hope and courage, finding your own identity and daring to live.

**SMHAFF Shorts**

Curated by Lauren Clarke, Charlotte Micklewright, Rebecca Padley and Emma van der Putten, recent graduates of the University of Edinburgh’s MSc Film, Exhibition & Curation programme, from SMHAFF International Film Competition submissions.

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IN THE SHADOW OF THE CASTLE
An inspiring evening of spoken word and poetry, playing out in the spectacular setting of Edinburgh Castle’s Great Hall. This unique event is held in conjunction with the Scottish Poetry Library.
Thu 22 Oct
7–9pm
The Great Hall, Edinburgh Castle, Edinburgh EH1 2YT
Free / Booking essential for security
Booking: 0131 465 5549
Information: jackie.macfarlane@northedinburgharts.co.uk
Booking: 0131 315 2151

EDINBURGH CARERS COUNCIL PRESENTS: MUSIC MATTERS
Kathryn Joseph, winner of the 2015 Scottish Album of the Year Award, Yusuf Azak and The Son(s) provide us for an evening of unique voices for the launch of their fourth season.
Thu 22 Oct
7–10 pm
Electric Circus, 36-39 Market Street, Edinburgh EH1 1DF
£8
Booking: live.theelectriccircus.biz/tickets
Information: 0131 270 6087
james@edinburghcarerscouncil.co.uk

CONFLICT ON CANVAS
A thought provoking and graphic portrayal of the effect of conflict, both internal and external, by veterans from Erskine, the Personnel Recovery Unit, Scottish War Blinded and Veterans First Point Lothian (VPL). Showcasing the evident passion in the artists’ works, the event is hosted by VPL in their new premises at Argyle House.
Sat 24 Oct
12–3pm
Veterans First Point, Floor K, Argyle House, 3 Lady Lawson Street, Edinburgh EH3 9DR
Free / No booking required
Booking: 0131 220 9920
Information: northedinburgharts.co.uk

REMNERERING TOMORROW: REFLECTIONS ON WELLBEING
Expect honesty, hope, tears and laughter from the group who brought you the sell-out 1D Tenement Opera earlier this year. At this event, The North Edinburgh Theatre Group will use film, scripted and devised pieces to reflect on their own and others’ experiences around wellbeing.
Fri 23 Oct
7–9pm
North Edinburgh Arts, 15a Pennywell Court, Edinburgh EH4 4TZ
Free / Booking required
Booking: 0131 315 2151
admin@northedinburgharts.co.uk

DRAG KING WORKSHOP
Become a ‘drag king’ for the day in a safe, LGBT affirmative space. This workshop offers a fun opportunity to build confidence and explore masculinity. Outfit, humour and a sense of adventure required.
Sat 24 Oct
2.30–4.30 pm
Calton Centre, 121 Montgomery Street, Edinburgh EH7 5EP
Free (donation £2) / Booking required
Booking: dragking.eventbrite.co.uk
Information: 0131 553 5307
alison@lgbthealth.org.uk

DUNBAR DANCES WITH THEIR DEMONS
An exhibition of works collated from a creative workshop during Carers Week 2015. A collaboration between Edinburgh Carers Council, Carers of West Lothian and Edinburgh Carers Support Project, participants are from a range of caring backgrounds, including mental health.
Mon 26 and Tue 27 Oct
1–7pm
Edinburgh Carers Council, 1-3 Canon Street, Edinburgh EH3 6HE
Free / No booking required
Information: 0131 270 6087
info@edinburghcarerscouncil.co.uk

FINDING OUR VOICES: CREATING CHANGE THROUGH MUSIC & SONG
Advocacy meets music meets mental health in this celebration of the proud tradition of protest songs. As participants unleash their creativity, we help them collaborate to produce a new protest song or piece of music. All welcome. No experience required.
Sat 24 Oct
1.30–4.30 pm
Music Room, Out of the Blue Drill Hall, 36 Dalmeny Street, Edinburgh EH6 8RG
Free / Booking required
Booking: advocacy@advocard.org.uk
0131 653 5307

DUNBAR DANCES
With their demons. 31 Oct
4–8pm
Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
£6
Box Office: 0131 553 5307

CEILIDH CLUB
Edinburgh Ceilidh Club brings you a night to remember with the best bands and a caller to teach you the dances. Whether you have two left feet or are a seasoned ceilidher, everyone is welcome to join us and dance the night away.
Tue 27 Oct, 8–11pm
Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
£6
Box Office: summerhall.co.uk
MOVING MINDS: COMMUNITY LED DIALOGUE
Gypsies/Travellers lead interactive awareness-raising workshops, in an attempt to dispel myths, promote dialogue, discuss new ways of talking about mental health and reflect on the impact prejudice can have on mental health and wellbeing.
Wed 28 Oct
10am–1pm and 2–5pm
Norton Park Conference Centre, Norton Park, 57 Albion Road, Edinburgh EH7 5QY
Free / Booking required
Booking: donna@mecopp.org.uk

PUSH ME, PULL ME
Join the Writing Mums, poet Jenny Lindsay and singer-songwriter Polly Phillips for an evening of prose, poetry and song. The Writing Mums will share their work exploring the different faces of motherhood: the struggles, the highs and lows, the absurd and the sublime.
Wed 28 Oct
8–9pm
Dunbar Library, Bleachingfield Centre and Library, Countess Crescent EH42 1DX
£5
Booking: From Dunbar Library
www.coastword.co.uk

KEEPING MUM: THE SECRETS WE KEEP
Join the Writing Mums for a very special tea party. Exploring all those things left unsaid, the secrets, the dark and the light of motherhood through a workshop and readings from the group. Entry includes tea and baking.
Fri 30 Oct
9.30–11am
The Gibb Room, Dunbar Library, Bleachingfield Centre and Library, Countess Crescent EH42 1DX
£5
Booking: From Dunbar Library
www.coastword.co.uk

MAD JAM OPEN MIC
Anything goes at this friendly open mic night. Poets, comics, singers, songwriters: show us what you’ve got! Contact us to book a spot or just rock up on the night. BYOB.
Fri 30 Oct
7.30–11pm
Central Hall Shop, 2 West Tollcross, Edinburgh EH3 9BP
Free / Booking preferred
Booking: 0131 273 5116
kirsten@capsadvocacy.org

LANARKSHIRE SMHAAFF LAUNCH
The festival kicks off with a special showcase event hosted by Lanarkshire Links. It will feature a range of local talent, including a musical performance from ‘Striking off the Chains’, a poetry reading, Martin Stepek with his new mindfulness book and a preview of his new mindfulness film and much more.
Wed 23 Sep
12–1.30pm
Alona Hotel, Strathclyde Country Park, Hamilton Road, Motherwell ML1 3RT
Free / Booking required
Booking: 01698 265 232

MEN WITH PENS
An exhibition showcasing the creative endeavours and writing talent from local Airdrie group Men With Pens. The writing group is a great way to express yourself and evidence suggests that writing can improve mood, stress levels and depressive symptoms.
Wed 23 Sep–Thu 17 Dec
24 Hours
Airdrie Community Health Centre, Graham Street, Airdrie ML6 6DB
Free / No booking required
Information: men2001write@gmail.com
themenwithpens.weebly.com
www.facebook.com/TheMenWithPens

PASSION ART EXHIBITION
Do you have a passion for art or writing? We want you to share your passion with us! South Lanarkshire Council Network service and the Community Learning Home School Partnership invite you to share your artistic talents by submitting a painting, drawing, sculpture, photograph, poem or short story.
The artwork will be on display at East Kilbride Arts Centre throughout October in an exhibition supporting mental health awareness and wellbeing. Work should be handed in to the Arts Centre Reception between Mon 21 and Tue 29 Sep and will be returned after the exhibition.
Sat 3–Sat 31 Oct
11am–6pm
East Kilbride Arts Centre Café, 51 Old Coach Road, East Kilbride, Glasgow G74 4DU
Free / No booking required
Information: 01355 261 000
MARTIN STEPEK'S MINDFULNESS TRILOGY
Award-winning writer Martin Stepek returns to the festival to present three new works: Mindful Lanarkshire is a film exploring how mindfulness has developed locally; Poems of Hope and Experience is a volume of poetry; and Mindful Living 2 is a handbook on how to live mindfully.

Tue 13 Oct, 2–4pm
Strathaven Library, Glasgow Road, Strathaven ML10 6LZ
01355 241 575
Mon 19 Oct, 2–4pm
St Leonards Library, St Leonards Road, East Kilbride, Glasgow G74 2AT
01355 241 575
Wed 21 Oct, 2–4pm
Rutherglen Library, Greenhills Shopping Centre, East Kilbride G76 8TT
01355 242 951
Thu 29 Oct, 2–4pm
Greenhills Library, Greenhills Shopping Centre, East Kilbride G76 8TT
01355 242 951
Thu 29 Oct
Cornerstone House, 25 Haddington Way, Coatbridge ML5 5BF
2–3pm
Fri 16 Oct
Bowden Hill House Library, 51 Old Coach Road, East Kilbride, Glasgow G74 4DU
£5
Booking: 01355 261 000

LIVING LIBRARY
Borrow one of our human books and listen to their life story. Hear about their experiences, passions and recovery – and don’t judge a book by its cover! Suitable for anyone with a listening ear.
Sat 10–Sat 31 Oct
9am–9pm
Healthy n Happy, Number 18 at 18 Farmeloan Road, Rutherford G73 1QL
Free / Booking required
Booking: 0141 641 5236
gemma@healthynhappy.org.uk

SOMETHING
Memory deteriorates into white noise in this series of paintings by Richard Bliss, depicting the onset of Alzheimer’s disease. The result is a celebration of the life of the artist's mother, tinged with pathos.
Sat 10–Sun 25 Oct
9.30am–4.30pm
Stairwell Gallery, North Lanarkshire Heritage Centre, High Road, Motherwell, North Lanarkshire ML1 3HU
Free / No booking required
Information: 01698 452 122
suplibcl@library.s-lanark.org.uk

I AM I AM I AM
The poetry of Sylvia Plath and Maya Angelou is the starting point for this workshop, which explores writing about mental health stigma in a supportive environment. Be inspired, talk about the way it is and let your voice be heard.
Fri 16 Oct
2–3pm
Heart & Soul, 21-23 Hill Street, Wishaw ML2 7AT
2–3pm

MUSHAIRA
An evening of Urdu poetry or Mushaira held in conjunction with Encounters Festival and Bazm-e-Urdu Scotland. This event provides the audience as well as the poets with an opportunity to voice their thoughts. Everyone is welcome to sample this liberating slice of Asian culture.
Fri 16 Oct
7–9pm
Bellshill Cultural Centre, John Street, Bellshill ML4 4RJ
Free / Booking required
Booking: 01698 346 770
**STAND UP AGAINST STIGMA**

Lanarkshire’s finest talents stand together to stamp out stigma in this showcase event. Edinburgh Comedy Festival star Gillian Grant will compere the evening, which also includes a special drama from Inspire Theatre about stigma and young people.

**Fri 23 Oct**
7–10pm
St Ninians Church, Vicars Road, Stonehouse, Lanarkshire ML9 3EB
£5
Booking: 07754 914 480
admin@hopecafelanarkshire.org.uk

**THE LAST YANKEE**

Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.

**Fri 16 Oct**
7.30–9pm
Laing Memorial Hall, St Leonard Street, Lanark ML1 1AB
£12 / £10
Booking: 01355 667999
www.blkelblkel.uk

**BANNER OF HOPE**

Created by customers from Hope Café Lanarkshire, this beautiful banner is based on the Great Scottish Tapestry. Each panel has been designed to reflect what hope means to each individual artist.

**Tue 20 Oct**
10.30am–2pm
Tolbooth, 4 High Street, Lanark ML1 7EX
Free / No booking required
Information: 07754 914 480
admin@hopecafelanarkshire.org.uk

**SONGS FOR LIFE**

The Soundsational Community Choir and Edward Reid bring you two workshops focusing on using singing and relaxation techniques as coping mechanisms to help with stress and depression. A free concert will follow the workshops, which feature inspiring songs and personal stories from the choir, soloists and Edward.

**Thu 22 Oct**
3.30–6pm (concert 7.30pm)
Voice & Singing Workshop 3.30–5pm
Positivity & Mental Wellbeing with Edward Reid Workshop 5–6pm
South Dalziel Historic Building, 240 Orbiston Street, Motherwell ML1 2QF
Free / Booking required
Booking: enquiries@soundsationalmusic.co.uk

**A TIME FOR PASSION**

Presented by Theatre tonic and devised by the cast with Bazooka Arts, this play is inspired by many passions: antiques, cricket, 80s music, Star Trek, singing and Dr Who, to name a few. Poignant and funny, the show charts the movement of passion through ordinary lives and how our passions can change over time. Come along, sing along and join in.

**Wed 20 Oct**
1–3pm
East Kilbride Arts Centre, Old Coach Road, East Kilbride G74 4DU
Free / Booking required
Booking: 01355 261 000

**KIBBLE ALLSORTS**

For the fourth year running, Kibble Education and Care Centre presents Kibble Allsorts, an evening of live music, dance, film, animation and fun surprises. Using the theme of emotional wellbeing, pupils have been exploring related issues and collaborated to produce a showcase of their work.

**Thu 8 Oct**
7–10pm
Kibble Arts Centre, Goudie Street, Paisley PA1 1ES
Free / No booking required
Information: 0141 849 2200
elizabeth.aiken@renfrewshire.gov.uk

**FEEL GOOD FRIDAY**

Experience Renfrewshire’s creative talent and delve into the festival programme at this arts and recovery showcase, hosted by Radio Clyde’s Gina McKie. During the event, she will also discuss her forthcoming book on confidence and self-esteem. Start your weekend right and feel good this Friday.

**Fri 9 Oct**
7–9pm
Saporito Café, 27 Gauze Street, Paisley PA1 1ES
Free / No booking required
Information: 0141 840 4441
alan@createpaisley.org.uk

**PASSIONATE ABOUT PHOTOGRAPHY**

Led by RAMH, the RMHAFF 2015 photography exhibition showcases the best photographs from a competition on the theme of passion. The winners will be announced at the Renfrewshire Festival Launch and you can see the full exhibition at Paisley Shopping Centre throughout the festival.

**Sat 10–Sat 31 Oct**
See station opening times
Paisley Gilmour Street Station, County Square, Paisley PA1 2DA
Free / No booking required
Information: 0141 849 2297
sarah.grant2@ggc.scot.nhs.uk

**INDOOR BUSKING WITH CREATE PAISLEY’S YOUNG MINDS**

Join us to hear musicians from Create Paisley’s Young Minds perform their work at this vibrant gig. The line-up will include singing twins Rachelle and Brittany Davies, who recently won Best Newcomer at the Scottish Unsigned Pop Music Awards. The event will raise awareness for Young Minds, a charity committed to improving the emotional wellbeing and mental health of children and young people.

**Fri 9 Oct**
7–9pm
East Kilbride Arts Centre, Old Coach Road, Stonehouse, Lanarkshire ML9 3EB
£5
Booking: 07754 914 480
admin@hopecafelanarkshire.org.uk

**VIOLENT CIRCLES: THE SHOW MUST GO ON**

A multitude of talented individuals perform an inspiring variety act showing what life is like for people experiencing mental health issues. Includes music, film, comedy, drama and much more.

**Wed 21 Oct**
7.30–10.30pm
United Services Club, 50–52 Mabel Street, Motherwell ML1 1TY
£2 / Booking required
Booking: 07506 950 885
lisamith@neighbourhoodnetworks.org

**SOUNDSATIONAL**

An installation of over 20 poems and interactive works of public art hidden in various locations around Paisley. Follow the map to find coloured bird boxes and QR codes, unlocking films, podcasts and interviews about mental health, wellbeing and heritage.

**#poetrytrail15**

**Sat 10–Sat 31 Oct**
Various times
Paisley Shopping Centre throughout the festival.
#poetrytrail15

**THE SHOW MUST GO ON AGAINST STIGMA**

Join us to hear musicians from Create Paisley’s Young Minds perform their work at this vibrant gig. The line-up will include singing twins Rachelle and Brittany Davies, who recently won Best Newcomer at the Scottish Unsigned Pop Music Awards. The event will raise awareness for Young Minds, a charity committed to improving the emotional wellbeing and mental health of children and young people.
FAR FROM THE CROWD
An evocative solo photography exhibition by the talented Steven Rygielski, who uses photography as a means to explore his own recovery.

Mon 12–Mon 26 Oct
9am–5pm
Paisley Arts Centre, 16 New Street, Paisley PA1 1EZ
Free / No booking required
Information: 0141 849 2297
sarah.grant2@ggc.scot.nhs.uk

CULTURE CLUB
FESTIVAL EDITION
Discover what SMHFAF events are on offer and discuss Matt Haig’s inspiring memoir Reasons to Stay Alive in this special festival edition of the Culture Club. A time for sharing cultural experiences and making plans of the Culture Club. A time for sharing in this special festival edition

Tue 13 Oct
8–10pm
The Spiegeltent, County Square, Paisley PA1 1BS
£3
Booking: www.thespree.co.uk
Information: 0141 618 6808
roisin.robertson@renfrewshire.gov.uk

SMHFAF @ THE SPREE: SING YOURSELF HAPPY
Three of Paisley’s most prominent choirs, Singing Through the Ages, RockUs and RockUs Junior, come together for a special celebration of songs at this year’s Spree festival. They will showcase the work they are doing to improve wellbeing, self-esteem and self-confidence, as well as singing songs old and new.

Tue 13 Oct
8–10pm
Paisley Arts Centre, 16 New Street, Paisley PA1 1EZ
Free / No booking required
Information: 0141 849 2297
denise.mcdaid@ggc.scot.nhs.uk

THE BIG JAM @ THE RECOVERY CAFÉ
Bringing together guitarists, drummers and ukulele players from Renfrewshire and Inverclyde who use music and songwriting to support their recovery, this jam session is open to anyone who wants to play along or listen in. Each group will lead a session in the morning, before there is an opportunity to make music together.

Wed 14 Oct
10.30–12.30pm
Sunshine Recovery Café, St Matthew’s Church, Gordon Street, Paisley PA1 1XL
Free / No booking required
Information: 0141 849 2297
jeanette.alan@ggc.scot.nhs.uk

MENTAL
From the director of Muriel’s Wedding comes the tale of the Moochmore girls, who are certain they suffer from an undiagnosed mental illness because the alternative is that they are simply unpopular. When their mum suffers a nervous breakdown, their dad finds himself alone with five teenage girls he barely knows. Based on a real-life episode in director PJ Hogan’s adolescence, this raucous comedy is an affectionate and anarchic portrayal of a family in crisis. A panel discussion will follow the film.

Wed 14 Oct
7pm–10pm
Kirklandneuk Community Centre, Ness Road, Renfrew PA1 1DE
Free / Booking required
Booking: 0141 258 5206
ourplaceourfamilies@gmail.com

TURNTABLE
A pop-up music installation seeking to reclaim music as a communal experience and show how it can enrich our lives. See page 12 for full listing.

Wed 14 Oct
1–4pm
St Matthew’s Church, Gordon Street, Paisley PA1 1XL
Free / No booking required
Information: 0141 314 4022

THE RECOVERY CAFÉ
Join us as we launch all the exhibitions that make up the Paisley Poetry Trail. Follow the map to discover the hidden route and uncover artworks in 20 locations around the town. Meet outside Mile End Mill, Abbey Mill Business Centre, #poetrytrail15

Wed 14 Oct
1-3pm
Abbey Mill Business Centre, 12 Seedhill Road, Paisley PA1 1JS
Free / No booking required
Information: 0141 849 2297
sarah.grant2@ggc.scot.nhs.uk

WALK THE POETRY TRAIL
Mix with musicians, visual artists and writers at this Artist Gathering hosted by the Arts Collective of Paisley, a group that aims to use the arts to facilitate social action and transform our community. Come to perform or present your work among a positive community of local artists.

Fri 16 Oct
7.30–9.30pm
The Firebar at ECF, 20 Gordon Street, Paisley PA1 1XD
Free / No booking required
Information: 07725 347 009
corbin.neal.miles@gmail.com

READ IT, PASS IT ON!
Join us as we launch the joyous memoir about how to live better, love better and feel more alive. Pick up the book, read it and pass it on for someone else to enjoy. Share your thoughts on Twitter: #readitpassiton

Mon 19–Sat 31 Oct
8am–9pm
Saporito Café, 27 Gauze Street, Paisley PA1 1ES
Free / No booking required
Information: 0141 849 2297
jeanette.alan@ggc.scot.nhs.uk
POETRY NIGHT @ SAPORITO CAFÉ
Led by Knights of the Round Table and the Paisley Writers Group, this evening of original poetry and prose readings from local writers explores writing, creativity and mental health. Bring your own work to share or simply listen to how others craft their words.

TUE 20 OCT
1–7pm
Saporito Café, 27 Gauze Street, Paisley PA1 1ES
Free / No booking required
Information: 0141 882 4520
info@weavingmusicalthreads.com

MILL GIRLS ON TOUR
A unique blend of poetry, music and theatre, celebrating the lives of the resilient and passionate women who worked in the great thread mills of Scotland. 12+

SUN 25 OCT
3–4.30pm
Church of the Nazarene, Church Street, Paisley PA1 1ES
£6 / £4
Booking: 0141 849 2297
sarah.grant2@ggc.scot.nhs.uk

PASSIONATE ABOUT DANCE
Have you always wanted to learn to dance the Charleston or the Lindy Hop? Take a lunch break with a difference and join our taster swing and street dance workshop. During the break, you can also hear from specialist physiotherapist in mental health Claire Craig about her dance project for older people with mental health problems. Aimed at inexperienced dancers.

MON 26 OCT
12.30–2pm
Floor4orce Studio, Sir James Clark Building, Abbey Mill Business Centre, Paisley PA1 1JG
Free / No booking required
Information: 0141 314 4058
claire.craig@ggc.scot.nhs.uk

MENTAL HEALTH: GETTING BETTER
Journeying from the Bargarran Witch Trials in 1697 to Dykebar Psychiatric Hospital in the 1930s to mental health treatment in the 1960s and finally to the present day, this play uses Renfrewshire’s rich local history to explore changing perceptions about mental illness. Written and directed by Campbell Fraser of Dramatic Ideas in collaboration with Recovery Across Mental Health (RAMH), it is performed by people with lived experience of mental health issues.

FRI 23 OCT
7.30–9pm
Johnstone Town Hall, Johnstone PA5 8EG
Free / No booking required
Information: 0141 618 6808
roisin.robertson@renfrewshire.gov.uk

FRAME BY FRAME: FESTIVAL EDITION
Frame by Frame is a forum for local filmmakers and film lovers. This special festival edition will involve discussing using film for education and change, alongside screenings of films with mental health themes. The event includes the shorts Positive Steps: Film and Community (4pm), Frame by Frame: Best Foot Forward (6pm) and the feature I Am Me (8pm).

TUE 27 OCT
4–9.30pm
Paisley Arts Centre, 15 New Street, Paisley PA1 1EZ
Free / Booking required
Booking: 0300 300 1210
www.renfrewshire.gov.uk/onlinebooking

THE LAST YANKEE
Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.

WED 28 OCT
7.30–9pm
Paisley Arts Centre, 15 New Street, Paisley PA1 1EZ
£10 / £6
Booking: 0300 300 1210
boxoffice.renfrewshire.gov.uk

PASSENGE FOR LIFE
A display of artwork created by groups at Flexicare and Community Networks, celebrating the things the groups feel passionate about.

WED 28 OCT
1–5pm
Spinners Gate, 15 Maxwellton Road, Paisley PA1 2RH
Free / No booking required
Information: 0141 618 6808
roisin.robertson@renfrewshire.gov.uk
**Inverclyde**

**THE LAST YANKEE**
Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.

Thu 1 Oct
7.30–9.30pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
£12 / £10
Booking: 01475 723 723
www.beaconartscentre.co.uk

**UP, UP & AWAY**
The culmination of a participatory performance project for the over-50s in Inverclyde, this event lifts you to another world through material trapezes and aerial harness flying. Presented by All or Nothing, in partnership with the Beacon Arts Centre’s Platinum Project.

Sat 31 Oct
2.30–3.30pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
£5 (£8 double bill with Broth)
Booking: 01475 723 723
www.beaconartscentre.co.uk

**IN HER SHADOWS**
A Blank Canvas and Jabutí Theatre present a visual performance of dance, aerial and physical theatre. The culmination of a participatory project that offers all the components to become immersed in a world of imagination.

Tue 13 Oct
7.30–9.30pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
Free / No booking required
Information: 01475 715 353

**ALCOHOL TEAM INFORMATION DAY**
Exploring the experience of elders in 21st century Scotland, this event blends soup-making traditions with the rituals and revelations that trace changes in the lives of individuals, families and wider communities.

Sat 31 Oct
3.45–4.45pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
£5 (£8 double bill with Up, Up & Away)
Booking: 01475 723 723
www.beaconartscentre.co.uk

**PROMOTING RECOVERY SHOWCASE**
Drop in to learn about holistic therapy, healthy eating and fitness, as well as viewing an exhibition of artwork. The event is hosted by Moving Through, an abstinence-based project within the Inverclyde Integrated Alcohol Service that provides social, emotional and educational opportunities during recovery.

Wed 14 Oct
9am–3pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1HJ
Free / No booking required
Information: 01475 715 353

**Forth Valley**

**STARRING AT THE CEILING, LOOKING AT THE STARS**
This exhibition is a collaborative artistic response to historical materials from the Stirling District Asylum Archive. Artlink Central artist Sharon Quigley worked with a group of inpatients and staff at the now-named Bellshydye Hospital to produce these new sound recordings and printed artworks.

Sat 8 Aug 2015–Fri 1 Jan 2016
24 hours
Forth Valley Royal Hospital, Main Atrium, Larbert FK5 4DE
Booking: 0178 627 4000
www.macrobertartscentre.org

**PASSION & PAINT**
A full-bodied multimedia exhibition exploring poetry and prose infused with wild, passionate paint. The artworks on display are the collaborative response to the theme of passion from members of Reachout with Arts in Mind, who all experience mental ill-health, and local artist Iona Leishman.

Tue 13–Sat 31 Oct
Tue–Sat 10am–4pm
Reachout with Arts in Mind, Atrium, Unit 2, The Makers Village, Ludgate, Alloa FK10 2DE
Free / No booking required
Information: www.makers-gallery.co.uk

**THE LAST YANKEE**
This new dance-theatre piece from choreographer-performer Al Seed is an intense, physical, and poetic exploration of the trauma of conflict and the lasting psychological damage it can inflict. Utilising movement work and a powerful soundtrack, it leads audiences into the fractured mind of a shell-shocked soldier, who, against all odds, comes to terms with his demons and re-imagines his future.

Sat 24 Oct
7.30–9pm
Macrobert Arts Centre, University of Stirling, Stirling FK9 4LA
£8.50 / £6.50
www.macrobertartscentre.org

**AL SEED: OOG**
This new dance-theatre piece from choreographer-performer Al Seed is an intense, physical, and poetic exploration of the trauma of conflict and the lasting psychological damage it can inflict. Utilising movement work and a powerful soundtrack, it leads audiences into the fractured mind of a shell-shocked soldier, who, against all odds, comes to terms with his demons and re-imagines his future.

Sat 24 Oct
7.30–9pm
Macrobert Arts Centre, University of Stirling, Stirling FK9 4LA
£8.50 / £6.50
www.macrobertartscentre.org

**BROTH**
Design and health showcases outstanding examples of participant led design, developed by Artlink Central and NHS Forth Valley. Artists have worked with a wide range of patients including those with dementia and a mental health diagnoses to embed design into health settings.

Fri 2–Thu 22 Oct
Mon–Sat 10.30am–4.30pm
Dunblane Museum, The Cross, Dunblane, Perthshire FK15 0AQ
Free / No booking required
Information: www.reachoutwithartsinmind.org.uk
www.makers-gallery.co.uk

**LOOKING AT THE STARS, STARING AT THE CEILING**
This exhibition is a collaborative artistic response to historical materials from the Stirling District Asylum Archive. Artlink Central artist Sharon Quigley worked with a group of inpatients and staff at the now-named Bellshydye Hospital to produce these new sound recordings and printed artworks.

Sat 8 Aug 2015–Fri 1 Jan 2016
24 hours
Forth Valley Royal Hospital, Main Atrium, Larbert FK5 4DE
Booking: 0178 627 4000
www.macrobertartscentre.org

**DESIGN & HEALTH**
A full-bodied multimedia exhibition exploring poetry and prose infused with wild, passionate paint. The artworks on display are the collaborative response to the theme of passion from members of Reachout with Arts in Mind, who all experience mental ill-health, and local artist Iona Leishman.

Tue 13–Sat 31 Oct
Tue–Sat 10am–4pm
Reachout with Arts in Mind, Atrium, Unit 2, The Makers Village, Ludgate, Alloa FK10 2DE
Free / No booking required
Information: www.macrobertartscentre.org

**THE LAST YANKEE**
Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.

Sat 24 Oct
8–9.30pm
Tolbooth Theatre, Jail Wynd, Stirling FK8 1DE
£12 / £10
Booking: 0178 627 4000
tolbooth.stirling.gov.uk
A JOURNEY TO SOMEWHERE
A digital installation on two screens in AK Bell Library, created in collaboration with patients in Murray Royal Hospital and their carers.
Thu 1–Sat 10 Oct
Tue/Thu 9.30am–8pm,
Wed/Fri 9.30am–5pm,
Sat 9.30am–1pm
AK Bell Library,
York Place,
Perth PH2 8EP
Free / No booking required
Information: 01738 444 949

A DIFFERENT ROUTE
Focusing on individual and family issues surrounding recovery and wellbeing, this short dramatic presentation follows a woman’s journey through experiences with the criminal justice system, substance use, mental health problems and a struggle to change her life.
Thu 8 Oct
1.15–3.15pm
The Soutar Theatre,
AK Bell Library, York Place,
Perth PH2 8EP
Free / No booking required
Information: 07766 991 570

MOVING MINDS
An opportunity to view this fascinating exhibition created by MECOPP and Gypsies/Travellers. In an open, honest and often humorous way, Gypsy/Traveller contributors have shared their memories, artefacts, poetry and photographs, reflecting on the impact prejudice can have upon mental health and wellbeing.
Fri 9–Fri 16 Oct
Mon–Fri 9am–10pm,
Sat 9am–5pm, Sun 9am–10pm
Bells Sport Centre,
Hay Street, Perth PH1 6HS
Fri 16–Fri 30 Oct
Tue–Thu: 10am–8pm,
Fri 10am–6pm, Sat 10am–1pm
Loch Leven Community Campus,
The Muirs, Kinross, Kinross-shire
KY13 8FQ
Thu 22–Thu 29 Oct
Tue/Thu 10am–7pm,
Wed/Fri 10am–6pm, Sat 10am–1pm
Breadalbane Community Campus,
Pittenzie Road, Aberfeldy PH15 2FJ
Fri 23 Oct–Wed 4 Nov
Tue–Thu 10am–8pm,
Fri 10am–6pm, Sat 10am–1pm
Strathearn Community Campus,
Pittenzie Road, Crieff, Perth
and Kinross PH7 3JN
Fri 12–30–3pm
Bells Sports Centre, Hay Street,
Perth PH1 6HS
Fri 16 Oct
1.30–3pm
Rattray Community Hall, Balmoral Road, Blairgowrie PH10 7AB
Free / No booking required
Information: 01738 626 242

THE LAST YANKEE
Rapture Theatre presents one of Arthur Miller’s last great plays.
See page 11 for full listing.
Fri 9 and Sat 10 Oct
Fri 8–9.30pm, Sat 2.30–4pm
and 7.30–9pm
Perth Studio Theatre,
185 High Street,
Perth PH1 6SU
E11 / E9 / E6
Booking: 01738 621 031
horsecross.co.uk

TURNTABLE
A pop-up music installation seeking to reclaim music as a communal experience and show how it can enrich our lives. See page 12 for full listing.
Fri 16 Oct
12.30–3pm
The Birks Cinema, Dunkeld Street,
Aberfeldy PH15 2WH
Free / No booking required
Information: 01887 822 845

STRIDE FOR LIFE
A series of social walks in various locations in Perth and Kinross, giving you an opportunity to access a free health check and general health information. You will also get a cuppa and the chance to view the Moving Minds exhibition by MECOPP after each adventure.
Wed 14 Oct (women only)
11.30am–1.30pm
Bells Sports Centre, Hay Street,
Perth PH1 6HS
Mon 19 Oct
2–4pm
Loch Leven Community Campus,
The Muirs, Kinross, Kinross-shire
KY13 8FQ
Thu 22–Thu 29 Oct
11am–1.30pm
Breadalbane Community Campus,
Pittenzie Road, Crieff, Perth
and Kinross PH7 3JN
Thu 29 Oct
11am–1.30pm
Strathearn Community Campus,
Pittenzie Road, Aberfeldy PH15 2WH
Free / Booking required
Booking: 01738 454 651
01738 454 650
wellbeing@liveactive.co.uk

‘HEROES OR RAJHANTLE?’
A WW1 Centenary exhibition which commemorates the contribution, service and sacrifice made by members of the Gypsy/Traveller community and explores the local impact of shell shock and combat stress then and now. Funded by the Heritage Lottery Fund.
Sat 10 Oct
11am–2pm
North Inch Community Campus,
Gowans Terrace, Perth PH1 8BF
Free / No booking required
Information: 07943 727 920
**Film in Perth**

**STILL ALICE**
*Richard Glazer / Wash Westmoreland*
USA / 2014 / 101m / 12A

Cast: Julianne Moore, Alec Baldwin, Kristen Stewart

Julianne Moore gives an Oscar-winning performance as Dr Alice Howland, a renowned linguistics professor at Columbia University who is diagnosed with early-onset Alzheimer’s disease. When words begin to escape her and she starts getting lost on her daily jogs, Alice is forced to confront this devastating reality.

**Tue 13 Oct**
2–4.30pm
The Soutar Theatre, AK Bell Library, York Place, Perth PH2 8EP
Free / Booking required
Booking: 01738 626 242

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**LARS & THE REAL GIRL**
*Craig Gillespie / USA / 2007 / 106m / 12A*

Cast: Ryan Gosling, Emily Mortimer, Paul Schneider

In this critically-acclaimed comedy, friends and family from a small Wisconsin town support the sweet but extremely shy Lars through his mental distress. When he develops a relationship with a life-size, anatomically-correct plastic woman, the community accept her as one of their own, giving Lars an opportunity to interact more with other people.

**Thu 15 Oct**
2–4.30pm
The Soutar Theatre, AK Bell Library, York Place, Perth PH2 8EP
Free / Booking required
Booking: 01738 626 242

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**THE ROAD WITHIN**
*Gren Wells / USA / 2014 / 100m / NC*

Cast: Zoë Kravitz, Robert Patrick, Dev Patel

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

**Fri 16 Oct**
6–9pm
The Birks Cinema, 1 Dunkeld Street, Aberfeldy PH15 2DA
Free / Booking required
Booking: 07990 834 092

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**IDA’S DIARY**
*August B. Hanssen / Norway / 2014 / 63m / NC*

Ida is a young Norwegian woman, struggling with an emotionally-turbulent life brought about by Borderline Personality Disorder. Using footage from her own video diary shot over the last eight years, the film is about hope and courage, finding your own identity and daring to live.

**Tue 20 Oct**
2–4.30pm
The Soutar Theatre, AK Bell Library, York Place, Perth PH2 8EP
Free / Booking required
Booking: 01738 626 242

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**SPRING, SUMMER, FALL, WINTER... & SPRING**
*Kim Ki-duk / South Korea, Germany / 2003 / 103m / 15*

Cast: Ki-duk Kim, Yeong-su Oh, Jong-ha Kim

In this serene Korean drama, a young Buddhist apprentice is being mentored by an aging monk at a secluded monastery when a girl arrives seeking assistance with her health. The shattering consequences of this meeting spark a journey of growth, transformation and recovery, set against stunning scenery.

**Thu 22 Oct**
2–4.30pm
AK Bell Library, York Place, Perth PH2 8EP
Free / Booking required
Booking: 01738 626 242

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**SILVER LININGS PLAYBOOK**
*David O. Russell / USA / 2012 / 123m / 15*

Cast: Bradley Cooper, Jennifer Lawrence, Robert De Niro

After a stint in a mental health institution, former teacher Pat Solitano moves back in with his parents and tries to reconcile with his ex-wife. Things get more challenging when Pat meets Tiffany, a mysterious girl with problems of her own. This star-studded film is a light-hearted but sensitive take on bipolar disorder and recovery.

**Sun 25 Oct**
6–9pm
The Birks Cinema, 1 Dunkeld Street, Aberfeldy PH15 2DA
Free / Booking required
Booking: 07990 834 092
Dundee

HEARD IT. SEEN IT. DONE IT.
Presented with the Dundee Literary Festival, ‘Heard It. Seen It. Done It.’ is a one-off cultural showcase of live music, spoken word, animation and film, which explores the possibilities of sound and voice in art, both internal and external. The event is conceived, curated and performed by voice hearers from The HaVeN plus surprise guests. Come with an open mind and expect the unexpected.
‘Heard It. Seen It. Done It.’ is an Edinburgh International Book Festival project, in partnership with Neu! Reekie! with ‘Heard It. Seen It. Done It.’ is an Edinburgh International Book Festival project, in partnership with Neu! Reekie!

Thu 22 Oct
8–10pm
Bonar Hall, University of Dundee, Dundee City DD1 1PB
£5
Booking: 01382 386 995
www.literarydundee.co.uk

REASONS TO STAY ALIVE
Presented with the Dundee Literary Festival, this event explores Matt Haig’s Reasons to Stay Alive. Described as a moving, funny and joyful exploration of how to live better, love better and feel more alive, Reasons to Stay Alive is more than a memoir of Matt’s own experience with depression: it is a book about making the most of your time on earth.
Matt will be joined by playwright Jo Clifford, musician Rachel Sermanni and Linda Irvine from NHS Lothian to celebrate Reasons to Stay Alive with a night of music and conversation exploring mental and physical health.
Fri 23 Oct
7–9pm
Bonar Hall, University of Dundee, Dundee City DD1 1PB
£5 / £3
Booking: 01382 386 995
www.literarydundee.co.uk

IN HER SHADOWS
A Blank Canvas and Jabuti Theatre present a visual performance of dance, aerial and physical theatre. See page 10 for full listing.
Fri 23 Oct
5–6pm
Bonar Hall, University of Dundee, Dundee City DD1 1PB
£5 / £3
Booking: 01382 386 995
www.literarydundee.co.uk

AFTERSHOCK
Over the last decades, we have sent thousands of people to fight on our behalf and called it heroism. But what happens when the heroes come back home, having lost their friends and killed their enemies, having seen and done things that have no place in civilian life?
In this event, Matthew Green discusses his new book Aftershock, which looks beyond the labels of shell shock and PTSD to get to the heart of today’s post-conflict experience. It pursues the question that the military are so reluctant to ask: why do people who are trained to thrive within the theatre of war so often find themselves ill-prepared for peace?
Fri 23 Oct
7–9pm
Bonar Hall, University of Dundee, Dundee City DD1 1PB
£5 / £3
Booking: 01382 386 995
www.literarydundee.co.uk

AFTERSHOCK
Matthew Green

IN HER SHADOWS
Matt Haig

AFTERSHOCK

A Blank Canvas and Jabuti Theatre present a visual performance of dance, aerial and physical theatre.
See page 10 for full listing.
Fri 23 Oct
7.30–8.20pm
The Lemon Tree, 5 West North Street, Aberdeen AB24 5AT
Price: £10 / £5 / £15 (pay it forward)
Booking:
www.aberdeenperformingarts.com
www.inhershadows.co.uk

BEST OF THE FEST: HERE ONE DAY AND SEA FRONT
A double bill featuring winning submissions from last year’s SMH AFF Film Awards. In Here One Day, filmmaker Kathy Leichter returns to her childhood home after her mother’s suicide and discovers a box of hidden audiocassettes. Sixteen years pass before she has the courage to listen to the recordings, which offer an emotional insight into her mother’s struggle with bipolar disorder and marriage to a state senator. See Front is a beautiful short film from Scottish animator Claire Lamond, produced as part of the WW1 commemoration project Moving Stories.
Wed 7 Oct
7.30–9pm
Woodend Barn, Burn O’Bennie, Banchory, Kincardineshire AB31 5QA
£6 / £5
Booking: 01330 825 431

#ThesoloFilter
Have you ever watched a performance and thought ‘I wish they had done this instead’ or ‘I could have done that better myself?’ #TheSoloFilter is a unique choreographic process that invites you to remake the choreography of Emma Jayne Park into the piece you wish you had seen. A five minute performance will be offered to six collaborators, who will each have sixty minutes to remake the piece as they choose. #TheSoloFilter will take place in an open rehearsal space on Sat 10 Oct and the final works will be performed during DanceLive’s Collaboration & Theft event on Sun 11 Oct.

Workshops: Sat 10 Oct
10–11am, 11am–12pm, 12–1pm, 1–2pm, 2–3pm, 3–4pm, 4–5pm
Citymoves, Schoolhill, Aberdeen AB10 1FQ

Free / No booking required
Information:
www.culturedmongreldance.com

Performance: Sun 11 Oct
7pm
Citymoves, Schoolhill, Aberdeen AB10 1FQ

#ThesoloFilter
CULTURED MONGREL PRESENTS: #TRANS
Original dance theatre exploring gender roles, gender identity and sexual orientation in modern life. #TRANS questions the point at which the comical stereotype becomes an offensive objectification, separates sexuality from sex, distinguishes passion from lust and explores the possibility of a person forever being in a state of transformation. Created using Cultured Mongrel's unique choreographic process #TheSoloFilter.
Created using Cultured Mongrel's unique choreographic process #TheSoloFilter, #TRANS will be performed as part of a special Quadruple Bill at DanceLive, also being in a state of transformation.

THE LAST YANKEE
Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.

NINE LIVES THEORY
In 1915, HMS Natal’s cat survives an explosion and magically travels 100 years in time through Highland towns Alness and Invergordon. Creativity in Care’s production with an all-abilities cast shares a passion for life in the places we call home. A discussion will follow the play.

STILL ALICE
Richard Glazier / Wash Westmoreland
USA / 2014 / 101m / 12A
Cast: Julianne Moore, Alec Baldwin, Kristen Stewart
Julianne Moore gives an Oscar-winning performance as Dr Alice Howland, a renowned linguistics professor at Columbia University who is diagnosed with early-onset Alzheimer’s disease. When words begin to escape her and she starts getting lost on her daily jogs, Alice is forced to confront this devastating reality.

AMOUR
Michael Haneke / France, Germany, Austria / 2012 / 127m / 12A
Cast: Jean-Louis Trintignant, Emmanuelle Riva
In this austere masterpiece from Austrian director Michael Haneke, sophisticated octogenarian couple Georges and Anne are forced to come to terms with a devastating stroke. Featuring extraordinary performances from Jean-Louis Trintignant and Emmanuelle Riva, AMOUR uncompromisingly in its approach, examining life’s beauty and fragility with shattering simplicity.

PASSION IN THE HIGHLANDS: LAUNCH NIGHT
An exciting night of art, film, creative writing and music. Highlights include SMHAFF Film Award-winning animator Claire Lamond presenting and discussing her short film Sea Front, as well as this year’s winning entry to the Rock Challenge.

THE LAST YANKEE
Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.

PASSION IN THE HIGHLANDS: ART EXHIBITION
A thrilling exhibition of painting, craftwork, sculptures, textiles and more, exploring the passions of people in the Highlands. The exhibition pieces will change throughout the month in order to showcase the talents of local people. Repeat visits are recommended.

PASSION FOR PLACE
A series of workshops aiming to increase participation in creative activities in North Highlands care and community settings. Led by local artist Joanne B Kerr, participants use mixed media to create personalised images of favourite places, views or buildings.

CREATIVE PASSION ON THE ISLE OF SKYE
A fun family day on the Isle of Skye, with activities including creative workshops, tai chi, massage, healthy walks, face painting, a pipe band and car boot sale. Soup, sandwiches, hot drinks and cakes are available.

FABLE
In this play, J runs so fast she bursts into a million tiny pieces, her atoms unknotting themselves and spreading across the universe. Blair stands on a broken pier with a glass of white wine in one hand and a pint of Guinness in the other, looking up at the stars.

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**Film in the Highlands**

**DANCING WITH MARIA**
Ivan Gergolet / Argentina, Italy, Slovenia / 2004 / 72m / NC

Elderly Argentinian dancer Maria Fux has taught her method throughout her life, inspired by her inner rhythms and innate connection with music. At her vibrant Buenos Aires studio, she welcomes dancers from all backgrounds, including men and women with physical and mental impairments. Now, at the age of 90, her biggest challenge is the fight against the limits of her own body. This joyous documentary is alive with movement and passion.

**Sat 17 Oct**
2–4pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£6 / £5
Booking: 01463 234 234
www.boxoffice.eden-court.co.uk

**IDA’S DIARY**
August B. Hanssen / Norway / 2014 / 63m / NC

Ida is a young Norwegian woman, struggling with an emotionally-turbulent life brought about by Borderline Personality Disorder. Using footage from her own video diary shot over the last eight years, the film is about hope and courage, finding your own identity and daring to live.

**Thu 22 Oct**, 6–8pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£6 / £5
Booking: 01463 234 234
www.boxoffice.eden-court.co.uk

**LITTLE MISS SUNSHINE**
Jonathan Dayton / Valerie Faris / USA / 2006 / 101m / 15

When seven-year-old Olive is invited to compete in the ‘Little Miss Sunshine’ beauty pageant in California, her eccentric family pile into their battered VW bus to help her achieve her dream. Exploring depression and hope, mental ill-health and wellbeing, this much-loved bittersweet comedy gets to the heart of what it means to be a family.

**Sun 25 Oct**
2–4.30pm
Eden Court Theatre, Bishops Road, Inverness IV3 5SA
£6 / £5
Booking: 01463 234 234
www.boxoffice.eden-court.co.uk

**THE LIST**
Morag McKinnon / UK / 2015 / 50m / NC

**Cast: Maureen Beattie**

Set in Quebec, *The List* is an award-winning story of a woman struggling to adjust to rural life. Increasingly isolated, she keeps life in order through obsessive list making. As her marriage struggles she befriends Caroline. When Caroline requests a favour she adds it to her list. The difference between remembering to do it, and neglecting to take it seriously, becomes the difference between life and death.

**Tue 27 Oct**
7.30–8.30pm
Craigmonie Centre, Glen Urquhart High School, Drumnadrochit IV36 3TZ
£12 / £10 / £6
Booking: www.findhorn.org
www.inershadows.co.uk

**IN HER SHADOWS**

**BODIES**

This collaborative, multi-art exhibition explores our complex relationship with food, and our responses to body image. Jenny Kelly and Maureen Sangster offer different perspectives and insights into challenging experiences that many will recognise.

**Fri 23–Sun 25 Oct**
11am–4pm
Buckhaven Beehive, 16 College Street, Fife KY6 9RD
Free / No booking required
Information: 01592 202 766
maureen.sangster@yahoo.co.uk

**THE LAST YANKEE**

Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.

**Tue 3 Nov**
7.30–9pm
Carnegie Hall, East Port, Dunfermline, Fife KY12 7JA
£13 / £11 / £7.50
Booking: 01383 602 302
onfife.com

**IN HER SHADOWS**

A Blank Canvas and Jabuti Theatre present a visual performance of dance, aerial and physical theatre. See page 10 for full listing.

**Tue 22 Sep**
7.30–8.20pm
The Universal Hall, Findhorn, Forres IV36 3TZ
£12 / £10 / £6
Booking: www.findhorn.org
www.inershadows.co.uk

**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 3-8, a fun piece from an award-winning theatre company, encouraging understanding of mental wellbeing.

**Sat 10 Oct**
11am–12pm and 2–3pm
The Arts Hub, Unit 4, The Postings, Hunter Street, Kirkcaldy KY1 1HN
Free / No booking required
Information: 07703 184 610
suitandpace@gmail.com

**THE LAST YANKEE**

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**Tue 3 Nov**
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Carnegie Hall, East Port, Dunfermline, Fife KY12 7JA
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Sat 10–Sun 18 Oct
12–4pm
Grassroots Café, 9 Craigard Road, Oban PA34 5NP
Free / No booking required
Information: 07553 115 457 siubhan@mecopp.org.uk

TRAVELLERS’ TALES: STORYTELLING
Join the acclaimed Scottish author and storyteller Jess Smith for a warm and wonderful evening, celebrating the traditions of Gypsies/Travellers.
Sat 17 Oct
7–9pm
Grassroots Café, 9 Craigard Road, Oban PA34 5NP
£5
Booking: Tickets at venue
Information: 07553 115 457 siubhan@mecopp.org.uk

THE LAST YANKEE
Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.
Thu 8 Oct
7.30–9pm
The Gaiety, Carrick Street, Ayr KA7 1NU
£15.50 / £14.50 / £12
Booking: 01292 288 235 ayrgaity.co.uk
Fri 30 Oct
7.30–9pm
Dumfries & Galloway College (Reception), College Gate, Bankend Road, Dumfries DG1 4FD
Free / Booking required
Booking: 07787 034 0072
07896 034 524 www.orphanedlimbs.com orphanedlimbs@gmail.com

GROWING FULFILMENT THROUGH COMMUNITY ARTS
Participants will engage in dynamic activities involving movement and music. In this workshop you will rediscover creative resources that ignite passion, motivation and fulfilment. This community arts workshop is part of Orphaned Limbs Collective’s residency at Dumfries & Galloway College.
Thu 8 Oct
10–11.15am
Dumfries & Galloway College (Reception), College Gate, Bankend Road, Dumfries DG1 4FD
Free / Booking required
Booking: 07787 034 0072
07896 034 524 www.orphanedlimbs.com orphanedlimbs@gmail.com

IN-FILLED-HER
A promenade performance featuring dance, music and film projection. The audience is led through spaces in Dumfries & Galloway College following the performers’ visceral journey of growing, shedding, rebuilding and moving on. Post-show discussion with performers included. Supported by Holywood Trust.
Fri 9 Oct
6–7.30pm
Dumfries & Galloway College, College Gate, Bankend Road, Dumfries DG1 4FD
Free / Booking required
Booking: www.orphanedlimbs.com orphanedlimbs@gmail.com

MOVING ON UP: YOUTH ARTS WORKSHOP
As part of a dance residency at Dumfries & Galloway College, Orphaned Limbs Collective are hosting an arts workshop for young people. Participants will have the opportunity to creatively explore strength, passion and overcoming obstacles through movement and live music.
Tue 6 Oct
10–11.15am
Dumfries & Galloway College (Reception), College Gate, Bankend Road, Dumfries DG1 4FD
Free / Booking required
Booking: www.orphanedlimbs.com orphanedlimbs@gmail.com

THE LAST YANKEE
Rapture Theatre presents one of Arthur Miller’s last great plays. See page 11 for full listing.
Tue 20 Oct
8–9.30pm
Bowhill House, Bowhill, Selkirk, Scottish Borders TD7 5ET
£12
Booking: 0175 022 204 bowhillhouse.co.uk
Tue 27 Oct
7.30–9pm
Catstrand, High Street, New Galloway, Castle Douglas DG7 3RN
£12 / £10
Booking: 0164 442 0374 catstrand.com
### Daily Diary

**THU 8 OCT**

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<th>Event</th>
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<tr>
<td>A Play, A Pie &amp; A Pint: Descent</td>
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<td>Metaphorism</td>
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<td>The Big Jam &amp; The Recovery Café</td>
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**SAT 10 OCT**

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<td>Headspace: Launch Event</td>
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<td>Opening Day with Moving Minds</td>
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<td>Loon With A View</td>
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<td>Find Your Voice &amp; Feel Good</td>
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<td>The Last Yankie</td>
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<td>In Her Shadows</td>
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<tr>
<td>#TheSoloFilter</td>
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<td>Creative Passion</td>
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<td>Cheering Up The King</td>
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**MON 12 OCT**

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<td>Depression &amp; Fiction</td>
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<td>Dancing Sunside</td>
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<td>I Am I Am I Am</td>
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<td>Mushairs</td>
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<td>The Last Yankie</td>
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<tr>
<td>Arts Collective of Paisley: Artist Gathering</td>
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<td>Walk the Poetry Trail</td>
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**SAT 17 OCT**

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<td>9999</td>
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<td>Living With...</td>
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<td>The Last Yankie</td>
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<tr>
<td>Dancing With Maria</td>
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<tr>
<td>Travellers Tales: Storytelling</td>
<td>A&amp;B</td>
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**MON 19 OCT**

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<td>A Play, A Pie &amp; A Pint: Descent</td>
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<td>Re-Connect</td>
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<td>The Closer We Get</td>
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<td>Whit’s Yer Passion?</td>
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<td>So You're Going Crazy?...</td>
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<td>Dancing With Maria</td>
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<tr>
<td>Martin Staple’s Mindfulness Trilogy</td>
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<td>Stride For Life</td>
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**TUE 20 OCT**

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<td>A Play, A Pie &amp; A Pint: Descent</td>
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<td>Demons: Launch</td>
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<td>Good Girl (Flink Pike)</td>
<td>E&amp;L</td>
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<td>SMHAAF Shorts</td>
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<td>Martin Staple’s Mindfulness Trilogy</td>
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<tr>
<td>Universal Comedy</td>
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<td>Poetry Night @ Saporito Café</td>
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<td>Ida’s Diary</td>
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<td>The Last Yankie</td>
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**WED 21 OCT**

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<td>A Play, A Pie &amp; A Pint: Descent</td>
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<td>Keep Calm And Take</td>
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<td>Your Meds Book Launch</td>
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<td>Rocks In My Pockets</td>
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<td>The Last Yankie</td>
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**THU 22 OCT**

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<td>Rocks In My Pockets</td>
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<td>SMHAAF Writing Awards</td>
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<td>Arts Café</td>
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<td>Move It Outdoors</td>
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<td>In The Shadow Of The Castle</td>
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<td>Edinburgh Carers Council Presents:</td>
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<td>Music Matters</td>
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<td>Songs For Life</td>
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<td>Rockus Community Choir</td>
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<td>Spring, Summer, Fall, Winter... &amp; Spring</td>
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<td>Heft It. Seen It. Done It.</td>
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<td>Passion For Place</td>
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<td>Ida’s Diary</td>
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**FRI 23 OCT**

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<td>Life Is A Cabaret</td>
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<td>Pottering About At Kilmardinny</td>
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<td>Pulp Fiction</td>
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<td>Reality &amp; Broad</td>
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<td>Stand Up Against Stigma</td>
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<td>Mental Health: Getting Better</td>
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<td>Reasons To Stay Alive</td>
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<td>In Her Shadows</td>
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<td>Finding Our Voices:</td>
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<td>Creating Change Through Music &amp; Song</td>
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<td>Drag King Workshop</td>
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<td>Dunbar Dances With Their</td>
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<td>FV</td>
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<tr>
<td>The Last Yankie</td>
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Exhibitions

See below for our fantastic range of exhibitions that run in venues across Scotland throughout the festival. Exhibitions are listed by starting date.

**STARTING SAT 8 AUG**

Staring At The Ceiling, Looking At The Stars (Until Fri 1 Jan 2016)  
FV 45

**STARTING SAT 8 AUG**

Moving Minds: The Main Event G 14

**MON 2 NOV**

International Film Competition Award-Winners Screenings  
G 19

**MON 2 NOV**

Headspace: The Main Event G 14

**WED 4 NOV**

The Last Yankee E&L 24

**THU 5 NOV**

The Last Yankee H 54

**FRI 6 NOV**

Mental Health: Getting Better R 42

**SAT 7 NOV**

The Last Yankee A&A 53

**WED 28 OCT**

Garnet's Gold G 19

**THU 29 OCT**

Headspace: Aspire (Until Sun 8 Nov) G 14

**FRI 30 OCT**

Far From The Crowd (Until Mon 26 Oct) R 40

**STARTING TUE 13 OCT**

Passion & Paint (Until Sat 31 Oct) FV 45

**STARTING WED 14 OCT**

Promoting Recovery Showcase I 44

**STARTING THU 15 OCT**

Moving Minds (Until Thu 29 Oct) E&L 23

**STARTING FRI 16 OCT**

Enlightenment (Until Fri 23 Oct) L 37

**STARTING TUE 20 OCT**

Creative Steps To Living Well  
G 16

**STARTING MON 19 OCT**

Bodies F 55

**STARTING TUE 21 OCT**

Artists In Residence: Exhibition G 20

**STARTING WED 22 OCT**

Passionate About Photography (Until Sat 31 Oct) E&L 26

**STARTING THU 23 OCT**

Passionate About Everything G 20

**STARTING FRI 24 OCT**

Artists In Residence: Exhibition G 20

**STARTING SAT 25 OCT**

Passionate About Photography (Until Sat 31 Oct) E&L 26
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 to a helpline:

SAMARITANS
Samaritans volunteers are there to listen. The phone line is available 24 hours a day, 7 days a week. You can also email, text or visit branches in person.
08457 90 90 90
www.samaritans.org

BREATHING SPACE
Breathing space is a Scottish service which provides a listening service, and information about mental health.
0800 83 85 87
www.breathingspace.scot

Calling all Filmmakers

Do you have a film or film project that relates to mental health? Film can address specific mental health issues but we are keen to encourage innovative and diverse perspectives.

We will be accepting entries for our international film submission from early 2016. Please see our website for details and guidelines.

mhfestival.com

Taking Action

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.
www.seemescotland.org
10th Anniversary

The Scottish Mental Health Arts and Film Festival celebrates its 10th anniversary in October 2016. We hope you can join us to take part in this landmark year.

We welcome ideas and proposals for events, productions and exhibitions on mental health and the arts.

Please visit our website for details and updates, or contact:

Gail Aldam and Lee Knifton on smhaff@mentalhealth.org.uk