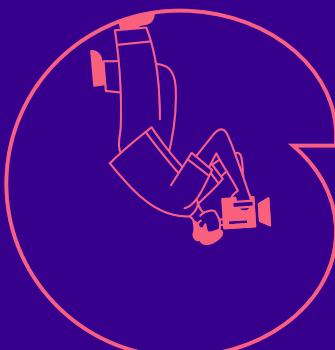


SCOTTISH MENTAL HEALTH ARTS FESTIVAL

SMHAF



REFLECTIONS

Celebrating the arts and mental health across Scotland

19 OCT – 8 NOV

Book tickets at mhfestival.com



Led by



National Partners



**The Baring
Foundation**



Supported by The Scottish Government's Children, Young People, Families and Adult Learning (CYPFAL) Third Sector Fund administered by Corra Foundation.



Supported by Film Hub Scotland, part of the BFI's Film Audience Network, and funded by Screen Scotland and National Lottery funding from the BFI.



SCREEN SCOTLAND
SGRÌN ALBA

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Media Partner



Design Partner



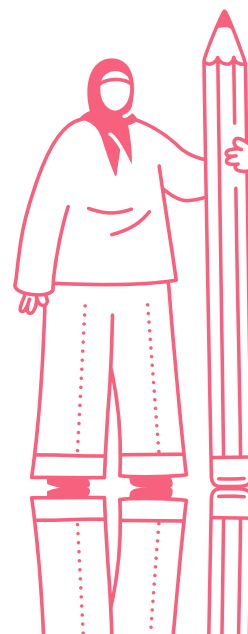
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WELCOME MERCOWE

In 2026, the Scottish Mental Health Arts Festival celebrates its 20th year, an opportunity to recognise two decades of mental health and creativity while looking at where we are now and where we might go next.

Our theme for this milestone year, Reflections, invites artists, communities and audiences across Scotland to pause, take stock and explore how our experiences, stories and creativity shape our mental health, individually and collectively.

Reflections invites us to slow down in a world moving so fast it can feel impossible to keep up. How do we find time to reflect when each day's headlines bring fresh political, economic and environmental upheaval? How can we understand our own needs when our lives are seldom calm and often charged with uncertainty?

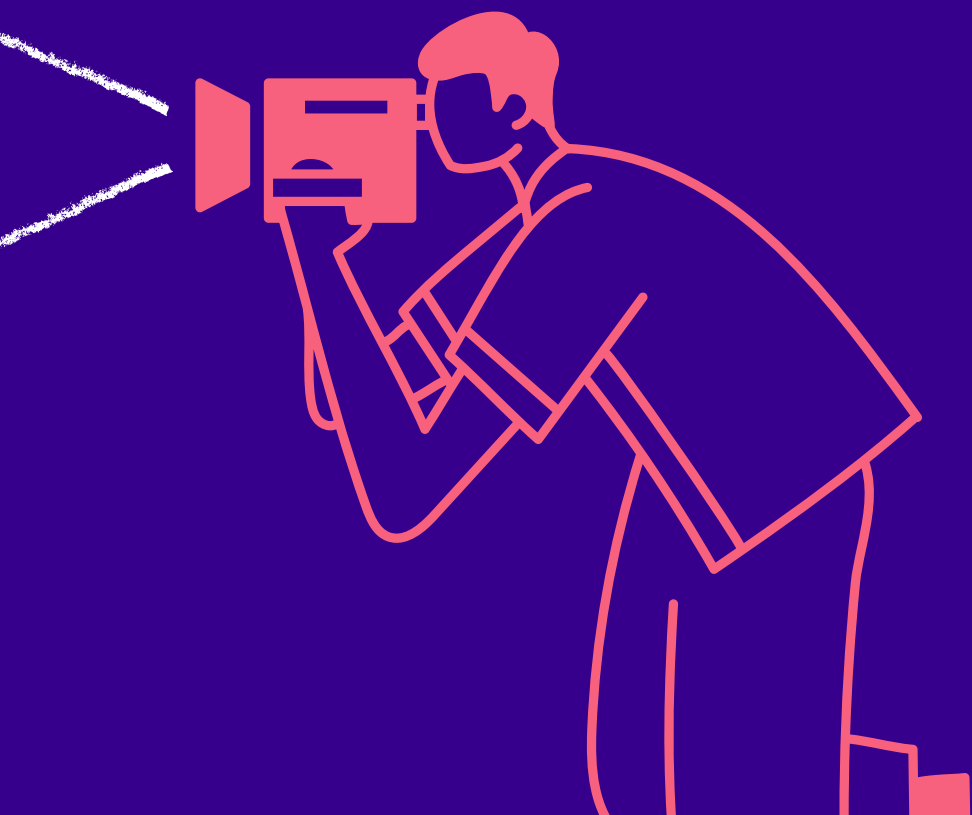
These questions feel particularly urgent at a time when the arts sector is facing profound challenges. In Glasgow, the loss of the CCA, a key festival venue since our first year in 2007, and the issues affecting Trongate 103, home to Project Ability and other vital organisations, remind us how vulnerable cultural spaces can be. Out of Sight Out of Mind, which engages thousands of people each year, also needs new long-term funding following cuts to community mental health services in Edinburgh.

Despite these challenges, there is real momentum for growth in arts and mental health. With support from the Baring Foundation, Creative Scotland is leading the development of a new Arts and Mental Health Framework. Across the UK, interest is also growing in how arts and creativity can help prevent mental health problems. Our programme offers its own reasons for hope, as it celebrates the passion, commitment and creativity of artists and communities who will be lighting up grassroots spaces and cultural venues across Scotland this October and November.

For 20 years, the festival has championed lived experience, challenged stigma, shaped conversations and celebrated creativity. It is more important than ever to reflect on what has shifted, what barriers remain and how looking back can help us imagine our future.

FOCUS ON FILM

ON EIRW LOCN?

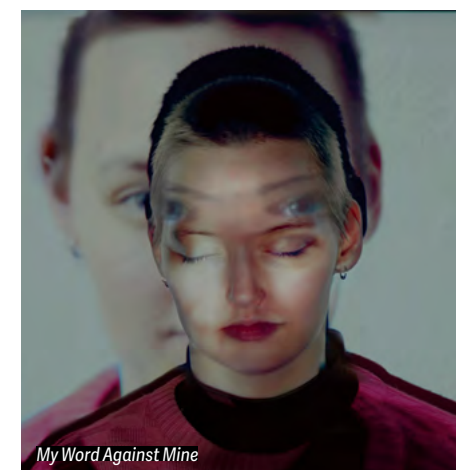


Join us in Glasgow, Edinburgh and Dundee for a wide-ranging programme of features, shorts and classic films exploring mental health through bold, imaginative and deeply personal cinema.

Essential to SMHAF since our very first festival in 2007, our International Film Awards celebrate outstanding cinema from Scotland, the UK and around the world. This year's filmmakers join an illustrious list of past winners that includes Carla Simón, Orlando von Einsiedel and Mike Hoolboom, alongside major Scottish talents such as Duncan Cowles, Hannah Currie and Zinnie Harris.

Moving from raw, observational documentary to inspired, theatrical reenactments, our winning films approach complex life experiences with honesty, imagination and care. They explore trauma, addiction, displacement, institutionalisation, neurodivergence and suicide among young

trans men, while reclaiming personal stories, challenging stigma and pushing boundaries to express what can be difficult to put into words.

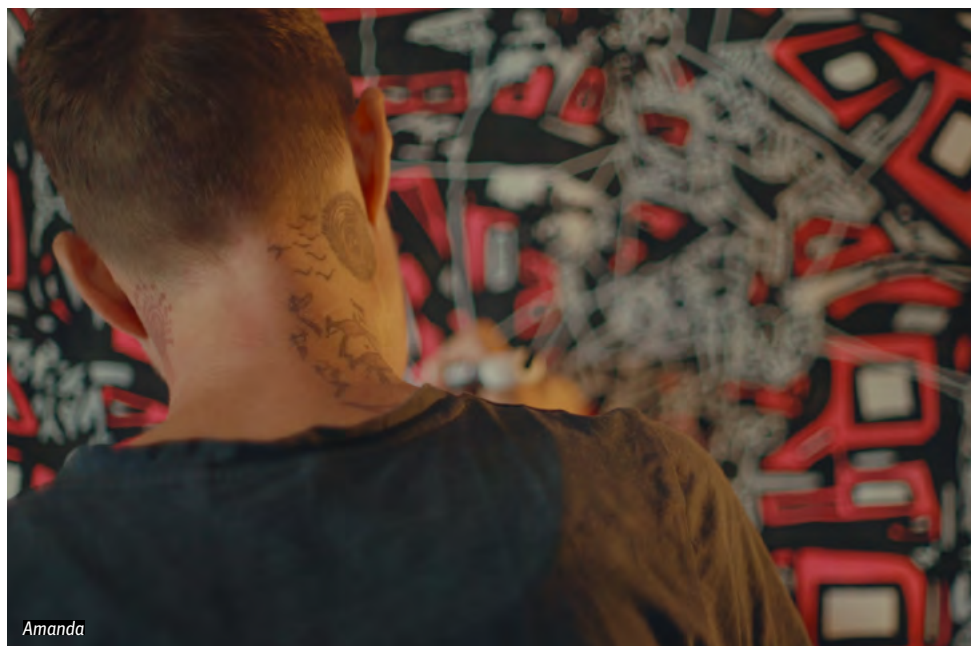


Beyond the competition, we are delighted to bring a series of special screenings to cinemas across Scotland. Acclaimed British filmmaker Clio Barnard returns with the highly anticipated *I See Buildings Fall Like Lightning*, weaving together five poignant stories of friendship, aspiration and the realities of the UK housing crisis. Special previews at Filmhouse and GFT play alongside the UK premiere of *Thorntree*, Edinburgh-based filmmaker Isaac Knights-Washbourn's insightful portrait of Rowan Alba's pioneering supported accommodation for alcohol-dependent men. We are also partnering with Hearing Voices Network Dundee to present *My Word Against Mine*, a revelatory documentary by Dutch filmmaker Maasja Ooms, at DCA.

As we reflect on SMHAF's history, we have also been considering how the relationship between mental health and cinema has changed. Films

have long shaped how we understand mental health problems, sometimes reinforcing harmful stereotypes, but also raising awareness, challenging stigma and allowing people to tell their stories in ways that are direct and immersive. We are excited to revisit two provocative landmark films, *A Woman Under the Influence* and *Carrie*, and explore in conversation what they have to say about mental health today.

Although the way we watch films has changed considerably over the last two decades, bringing people together in a cinema feels more important than ever. Post-screening discussions are at the heart of our film programme, offering space to sit with what we have seen, listen to different perspectives and open up the profound conversations that film can make possible.



Amanda



Rewilding the Mind: Hidden Trees

INTERNATIONAL FILM AWARDS

EVENT

INTERNATIONAL FILM AWARDS

Awards: Join us in our landmark 20th year to celebrate award-winning cinema from Scotland and across the world. Talented filmmakers have created bold, imaginative and deeply personal films and we're excited to share their incredible achievements. Meet this year's award-winners, get a glimpse of the screenings coming up over the rest of the weekend in Glasgow, and enjoy a drink and slice of pizza at our post-ceremony reception. Hosted by Raisah Ahmed.

- 🕒 Fri 23 Oct, 7.00pm–9.00pm
- 📍 The Social Hub, 15 Candleriggs, Glasgow G1 1TQ
- ♿ Wheelchair accessible
- 🎟 FREE
- mhfestival.com/filmawards26

Raisah Ahmed



AWARD WINNERS

COMMUNITY

THORNTREE (p.15)

dir. Isaac Knights-Washbourn (Croatia, UK, 2025)

Isaac Knights-Washbourn observes the routines of alcohol-dependent men at Thorntree, bringing the perspective of a documentary filmmaker and son of an addicted father.

- 🕒 **Glasgow Film Theatre:** Wed 4 Nov, 8.20pm–10.30pm
- 🕒 **Filmhouse:** Thu 5 Nov, 8.30pm–10.40pm

EXPERIMENTAL

HOME IS WHERE THE HEART IS (p.12)

dir. Timothée Engasser (France, 2025)

Between quest and cathartic ritual, Mia builds spaces filled with memories, recreating an architecture of violence through the eyes of a young girl who was sexually abused in her family home.

- 🕒 **Remaking Trauma:** Sat 24 Oct, 12.00pm–2.00pm

FEATURE DOCUMENTARY

TRINE ON FIRE (p.13)

dir. Alexander Lind (Denmark, 2025)

Eleven years after a fire led her to forensic psychiatry, Trine creates a raw performance to confront guilt and reclaim her freedom.

- 🕒 Sat 24 Oct, 7.30pm–9.40pm

HUMAN RIGHTS

ALLIES IN EXILE (p.12)

dir. Hasan Kattan (UK, 2026)

After filming Syria's revolution, Hasan and Fadi turn the camera inward, exploring friendship, displacement and survival in a British asylum hotel.

- 🕒 **Acts of Survival:** Sat 24 Oct, 2.30pm–4.30pm

PERSONAL NARRATIVE

PART FISH (p.13)

dir. Sophie Broadgate (UK, 2026)

Filmmaker Sophie Broadgate steps in front of the camera to explore autism, burnout and stimming, finding joy and self-acceptance in the natural environments in Cumbria.

- 🕒 **Rewilding the Mind:** Sun 25 Oct, 2.30pm–4.30pm

REFLECTIONS

AMANDA (p.12)

dir. José Miguel Jiménez (Ireland, 2025)

After years painting in solitude, Amanda prepares for her first retrospective, facing the raw vulnerability of turning personal pain into public expression.

- 🕒 Sat 24 Oct, 5.00pm–6.55pm

SHORT DOCUMENTARY

RENDERED IN LIGHT (p.12)

dir. Maria Marrone (UK, 2025)

Separated from his family in Gaza, software engineer Mosab builds virtual reality programmes to help people survive trauma, turning grief into action.

- 🕒 **Acts of Survival:** Sat 24 Oct, 2.30pm–4.30pm

VOICES OF EXPERIENCE

MOTHER CREATURE (p.12)

dir. Maria Tórgarð (Sweden, 2025)

A daughter attempts to pull the monster of her childhood out from under the bed in an original, deeply personal and creative film about her mother's mental illness.

- 🕒 **Remaking Trauma:** Sat 24 Oct, 12.00pm–2.00pm

YOUTH PERSPECTIVE

WHAT WILL I BECOME? (p.13)

dir. Lexie Bean, Logan Rozos (USA, 2025)

Directors Lexie and Logan travel across the United States, trying to understand their own trans boyhood through the legacies of two young men and exploring what community healing means.

- 🕒 Sun 25 Oct, 5.15pm–7.20pm



Mother Creature

PROGRAMME GUIDE

ONLINE

BOOKING

i All screenings at the Scottish Mental Health Arts Festival include a post-screening discussion. Please see our website listings for full details, including up-to-date guests, short film listings, and expanded content notes.

£ For all our events, we can offer a limited number of FREE community tickets. Please email us at smhaf@mentalhealth.org.uk to request a FREE ticket, or to make a booking for an organisation or community group.

THE SOCIAL HUB

15 Candleriggs, Glasgow G1 1TQ

£ Tickets for screenings at The Social Hub are: Pay What You Can (£12 / £10 / £8 / £6 / £4).

i See individual listings for booking links, or find all listings at www.mhfestival.com/focusonfilm.

👤 All screenings at The Social Hub will have descriptive subtitles.

GLASGOW FILM THEATRE (GFT)

12 Rose St, Glasgow G3 6RB

£ Tickets at GFT are: £7.40.

i www.glasgowfilm.org/scottish-mental-health-arts-festival

0141 332 6535

FILMHOUSE

88 Lothian Rd, Edinburgh EH3 9BZ

£ Tickets at Filmhouse are: £12.50 / £10 / £5 / £3. There are also FREE tickets available from the box office for carers or companions accompanying people purchasing an access ticket.

i www.filmhouse.org/scottish-mental-health-arts-festival
0131 380 5280

DUNDEE CONTEMPORARY ARTS (DCA)

152 Nethergate, Dundee DD1 4EA

£ Screenings at DCA are: £10 / £8 / £7 / £5.

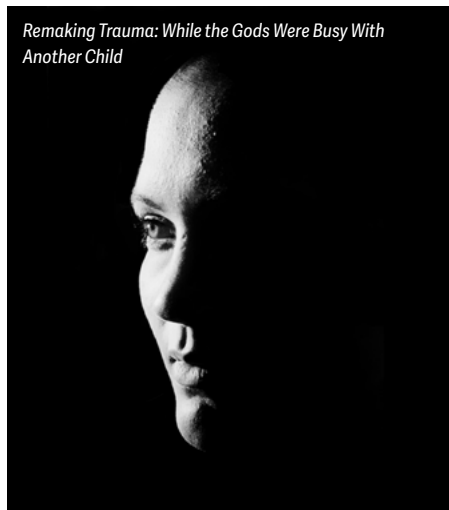
i www.dca.org.uk
01382 213 610

SCREENINGS IN GLASGOW, EDINBURGH & DUNDEE



🎬 Carrie (1976)

Remaking Trauma: While the Gods Were Busy With Another Child



SAT 24 OCT

REMAKING TRAUMA

Shorts: How can art help us revisit and remake traumatic memories? These four deeply intimate short films use virtual reality, performance, animation and archive to explore how childhood trauma shapes the body, home and identity. Profound and unflinching, they confront painful histories while opening up possibilities for understanding, transformation and hope.

- 👤 Age 18+: Includes themes of childhood abuse, domestic abuse, trauma, violence, drug use and nudity.
- 🕒 12.00pm–2.00pm
- 📍 The Social Hub
- 🎟 mhfestival.com/remakingtrauma



Acts of Survival: Rendered in Light

ACTS OF SURVIVAL

Shorts: In the shadow of war, displacement and occupation, survival becomes an act of creativity and resistance. Moving between Syria, Ukraine, Gaza and Kosovo, these intimate documentaries explore friendship, collective care, technological innovation and the courage to speak out, revealing how people transform grief and trauma into compassion, connection and hope.

Includes a post-screening discussion with filmmakers, co-presented with Counterpoint Arts.

- 👤 18+: Themes of conflict, trauma and sexual violence, including depictions of severe violence, injury and death.
- 🕒 2.30pm–4.30pm
- 📍 The Social Hub
- 🎟 mhfestival.com/actsofsurvival

AMANDA

dir. José Miguel Jiménez (Ireland, 2025)

Scottish Premiere

Documentary: Amanda has painted in isolation for years, using art as both expression and refuge. Now, she must face the challenge of speaking out about a painful past she wishes to leave behind. Once institutionalised and silenced, she reclaims her narrative through her unique artworks, evoking the chaos of her experience and marked by scars that mirror her own. As she prepares for her first retrospective, she navigates the vulnerability of sharing both her art and truth. Screening with a short film by Chance 2 Change. Includes a Q&A with Amanda Cullen, co-presented with VOX Scotland.

- 👤 Age 18+: Themes of self-harm, suicide, institutional abuse, and child sexual abuse, with strong language.
- 🕒 5.00pm–6.55pm
- 📍 The Social Hub
- 🎟 mhfestival.com/amanda



Trine on Fire

TRINE ON FIRE

dir. Alexander Lind (Denmark, 2025)

UK Premiere

Documentary: At 34, Trine set her house on fire, an act that led to a long-term stay in a forensic psychiatric hospital. Eleven years later, she is determined to begin anew and embarks on an ambitious theatrical project and documentary film. With support of filmmaker Alexander Lind, Trine works over three years to stage a production that fearlessly explores her deepest and darkest truths—a journey she hopes will finally bring her liberation. Includes a Q&A with director Alexander Lind.

- 👤 Age 18+: Themes of forensic psychiatry, eating disorders and gambling addiction, including references to self-harm, suicide, and violence.
- 🕒 7.30pm–9.40pm
- 📍 The Social Hub
- 🎟 mhfestival.com/trineonfire

SUN 25 OCT

WHERE I'M AT

Shorts: What helps young people stay mentally well? These five short films explore the pressures that they face as children, teenagers and young adults, from family difficulties and hidden health conditions to bullying and social media. Together, they show how supportive relationships, welcoming communities, creativity, physical activity and time in nature can offer connection, confidence and hope.

- 👤 Age 12+: Themes of suicide.
- 🕒 12.00pm–2.00pm
- 📍 The Social Hub
- 🎟 mhfestival.com/whereimat

REWILDING THE MIND

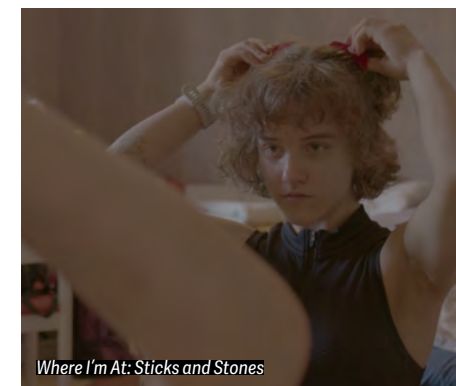
Shorts: Across changing seasons, remote landscapes and urban green spaces, these meditative short films celebrate the positive impact of nature on our mental health. Including a new documentary set within the Scottish therapeutic community of Lothlorien, this programme explores how listening, caring and connecting with our environment can help us process grief, find belonging and rediscover joy. Co-presented with Greenspace Scotland.

- 👤 Age 12+: Themes of suicide
- 🕒 2.30pm–4.30pm
- 📍 The Social Hub
- 🎟 mhfestival.com/rewildingthemind

LEXIE BEAN: YOUTH PERSPECTIVE

Workshop: Trans filmmaker and artist Lexie Bean, co-director of Youth Perspective award-winner What Will I Become?, leads an exploratory creative workshop for young people aged 16–25. The session will reflect on self-care, community healing and finding room to process difficult experiences, making for a welcoming and supportive introduction to the evening's screening.

- 👤 Age 15+
- 🕒 2.30pm–4.00pm
- 📍 The Boardwalk, 105 Brunswick St, Glasgow G1 1TF
- 🎟 FREE
- mhfestival.com/youthperspective



Where I'm At: Sticks and Stones

WHAT WILL I BECOME?

dir. Lexie Bean, Logan Rozos (USA, 2025)

Scottish Premiere

Documentary: Filmmakers Lexie Bean and Logan Rozos journey across the United States to understand their own trans boyhood through the legacies of two young trans men, while exploring what community healing means. This intimate and urgent documentary asks why the transmasculine community is particularly vulnerable to living briefly and dying quietly, and ultimately what will we become as a society?

Includes a post-screening discussion with co-director Lexie Bean.

👤 Age 15+: *Themes of transphobia, self-harm and suicide.*

🕒 5.15pm–7.20pm

📍 The Social Hub

🌐 mhfestival.com/whatwillbecome

REFLECTIONS FROM HOME

Shorts: Through distinctively Scottish and UK perspectives, this programme reflects on what we inherit from the people and places that shape us. These intimate dramas, documentaries and animations explore memory, addiction, parenthood and trauma, reflecting on what holds us back and what might help us move forward.

👤 Age 15+: *Themes of suicide, mild disturbing imagery, and images of scars and medical environments.*

🕒 7.50pm–10.00pm

📍 The Social Hub

🌐 mhfestival.com/reflectionsfromhome



TUE 27 OCT

CARRIE

dir. Brian de Palma (USA, 1976)

Classic: Celebrate the 50th anniversary of Brian De Palma's iconic cult classic with a special screening that explores the film through the lens of mental health. Experience Sissy Spacek in her unforgettable and groundbreaking performance as the vulnerable and deeply troubled Carrie White as she navigates the challenges of adolescence.

Includes a post-screening discussion exploring how mental health and young people are represented in genre cinema.

👤 Age 15+: *Horror, violence, blood, domestic abuse and nudity.*

🕒 8.40pm–11.00pm

📍 Filmhouse

WED 28 OCT

MY WORD AGAINST MINE

dir. Maasja Ooms (Netherlands, 2026)

Documentary: Five people who hear voices take part in an innovative form of therapy, where psychiatrist Dirk Corstens speaks both about and directly with their voices. Exploring who the voices are, what they want and how they relate to past experiences, the sessions open paths towards greater insight and acceptance. My Word Against Mine is a powerful, hopeful and vividly cinematic portrait of resilience, trauma and the human mind.

Includes a post-screening discussion with Dirk Corstens, co-presented with Hearing Voices Network Dundee.

👤 Age 15+: *Themes of childhood sexual abuse, trauma, suicide and voice hearing.*

🕒 7.30pm–10.00pm

📍 DCA

MON 2 & TUE 3 NOV

I SEE BUILDINGS FALL LIKE LIGHTNING

dir. Clio Barnard (UK, 2026)

Drama: A special preview screening of the highly anticipated new film from celebrated British filmmaker Clio Barnard. Adapted from Keiran Goddard's acclaimed novel of the same name, I See Buildings Fall like Lightning weaves together five poignant stories of childhood friends struggling to find their way and dreams of fulfilment amidst the stark realities of the UK housing crisis.

👤 Age 15+: *Strong language and drug use.*

🕒 GFT 🕒 Mon 2 Nov: 7.40pm–10.20pm

📍 Filmhouse 🕒 Tue 3 Nov: 8.30pm–11.05pm

WED 4 & THU 5 NOV

THORNTREE

dir. Isaac Knights-Washbourn (UK, Croatia, 2025)

Documentary: The debut feature from Edinburgh-based filmmaker Isaac Knights-Washbourn is an intimate portrait of Thorntree, Rowan Alba's pioneering supported accommodation for alcohol-dependent men. Rejecting conventional abstinence models, it enables residents to take control of their recovery without judgement or stigma. Knights-Washbourn brings rare insight and emotional resonance, drawing on his own experience as the son of an addicted father.

Includes a post-screening discussion with Isaac Knights-Washbourn and Rowan Alba, co-presented with Scottish Documentary Institute.

👤 Age 15+: *Themes of alcohol addiction and homelessness, with depictions of heavy alcohol use and strong language.*

🕒 GFT 🕒 Wed 4 Nov: 8.20pm–10.30pm

📍 Filmhouse 🕒 Thu 5 Nov: 8.30pm–10.40pm

SUN 8 NOV

A WOMAN UNDER THE INFLUENCE

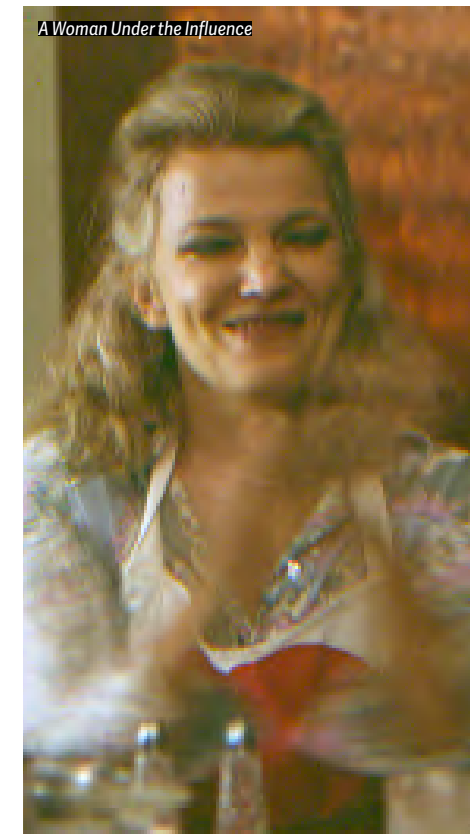
dir. John Cassavetes (USA, 1974)

Classic: A landmark achievement from John Cassavetes, A Woman Under the Influence is anchored by Gena Rowlands' electrifying and fearless portrayal of Mabel Longhetti, a housewife and mother navigating severe mental illness and the heartbreaking inability of her husband, played by the brilliant Peter Falk, to understand or support her. Includes a post-screening discussion exploring the history of women's mental health representation in film.

👤 Age 15+: *Themes of emotional distress, and volatile domestic conflict.*

🕒 3.30pm–6.50pm

📍 GFT



SMHAF AT SUMMERHALL

20th Anniversary



Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL

This year SMHAF is partnering with Summerhall in Edinburgh for a three-week programme of theatre, music, exhibitions and more, to mark our 20th year.

Our Summerhall theatre programme includes the return to Scotland of **Beth Wants the D** (29 Oct), Beth May's powerful solo show about living with bipolar disorder that won the 2025 Mental Health Foundation Fringe Award at the Edinburgh Fringe, and **The Rhinestone Cowboy** (23 & 24 Oct) a "blistering trip from Auld Reekie to the Land of fire and Ice" written and performed by Leith-based poet Hjarta and exploring schizophrenia.

On Thu 22 Oct, singer-songwriter **Jo Mango** will launch her SMHAF artist commission, a collection of new songs exploring the impact

of trauma, with a special live performance, coinciding with **Reflect, Reclaim, Reimagine**, an exhibition featuring our other commissioned artists this year, alongside the welcome return of the group exhibition **Out of Sight Out of Mind**, a vital part of the SMHAF programme for over a decade.

Alongside these events there will also be a programme of youth engagement supported by the Corra Foundation. Look out for announcements at www.mhfestival.com and via social media.

REFLECT, RECLAIM, REIMAGINE

Visual Arts, Exhibition



Nat Ophelia Walpole

An exhibition showcasing visual artworks by five artists commissioned to create new work in response to our 20th year theme, Reflections. Working across textiles, mixed-media collage, painting, photography and sculpture, Kelly Zou, Mairi Timoney, Nat Ophelia Walpole, Steven Jones and Jasmine Esme reflect on how identity, motherhood, bullying and trauma have shaped their mental health.

- 🕒 20 Oct–30 Oct, Tue–Sun 11am–6pm
- 🕒 Extended Hours: Thu 22 & 29 Oct, 11am–8pm
- 🎟 FREE
- 📧 smhaf@mentalhealth.org.uk
boxoffice@summerhallarts.co.uk

JO MANGO EP LAUNCH

Music



Singer-songwriter Jo Mango launches a new EP of songs commissioned by SMHAF, building on themes explored in her acclaimed 2026 album *The Light Switch*. Inspired by Nabokov's imagery, this final performance will explore how past trauma impedes on our image of the future, the past and our current selves.

Jo Mango is one of six SMHAF commissioned artists this year; this special live show will coincide with an exhibition of SMHAF artist commissions at Summerhall.



- 🕒 Thu 22 Oct, 7.30pm–9.00pm
- 📍 Red Lecture Theatre, Summerhall
- 🎟 Pay What You Can (£12 / £10 / £8 / £6 / £4)
mhfestival.com/jomango
- 📧 smhaf@mentalhealth.org.uk
Email to request a FREE ticket, or make a booking for an organisation or community group.

BETH WANTS THE D

Theatre



Winner of the Mental Health Foundation Fringe Award at the 2025 Edinburgh Fringe, Beth Wants the D is a candid and very funny autobiographical comedy about living with bipolar disorder, written and performed by Beth May. We are excited to be bringing the show back to Scotland for this exclusive performance.

'Beth's conclusion is clear-eyed: the point is not to "fix" bipolar, but to learn to live with it, though even that achievement comes tinged with doubt about its permanence. But there's a bittersweet beauty in accepting that conclusion.' The Scotsman.

Followed by a Q&A with the creative team.

- 🕒 Thu 29 Oct, 8.00pm–9.30pm
- 📍 Red Lecture Theatre, Summerhall
- 💷 Pay What You Can (£12 / £10 / £8 / £6 / £4)
mhfestival.com/bethwantstheD
- ✉ smhaf@mentalhealth.org.uk
Email to request a FREE ticket, or make a booking for an organisation or community group.



YOUNG PEOPLE'S GATHERING

Performing Arts

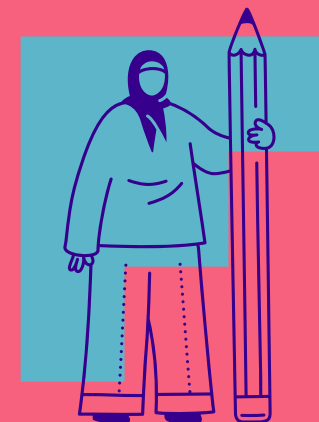


↑ Milly Sweeney performing at SMHAF 2025 © Ingrid Mur

What does it mean to be young in Scotland today? As part of SMHAF's young people's engagement programme, we present an evening of performance aimed at artists and audiences aged 16–25, reflecting on the big issues impacting young people and their mental health.

- 🕒 Fri 30 Oct, 7.30pm–9.30pm
- 📍 Red Lecture Theatre, Summerhall
- 💷 Pay What You Can (£12 / £10 / £8 / £6 / £4)
mhfestival.com/ypgathering
- ✉ smhaf@mentalhealth.org.uk
Email to request a FREE ticket, or make a booking for an organisation or community group.

WRITING AWARDS



Join us at the Tolbooth in Stirling for a live literary showcase and our annual prizegiving, inspired by this year's theme, Reflections, and hosted by poet Len Pennie.

The writing awards give new and experienced writers an opportunity to be recognised for work exploring mental health. Writers from across Scotland have been selected from nearly 250 entries spanning fiction, poetry and creative non-fiction. Shortlisted writers will be invited to read their work on the night, and their pieces will be published in a new collection featuring illustrations by local artist David Galletly.

The evening will also feature live music and spoken word performances, bringing writers, artists and audiences together to celebrate creativity and the many ways writing can illuminate our experiences of mental health.

The event will be followed by a reception in the Tolbooth café bar.

LEN PENNIE

Len Pennie is a poet who writes in both Scots and English. She writes passionately about the promotion of minoritised languages, survivors of domestic abuse and the destigmatisation of mental illness. Her two poetry collections, *poyums* and *poyums annaw*, were instant Sunday Times bestsellers. *poyums* won Scots Book of the Year in 2024 and the British Book Awards Discover Book of the Year in 2025.

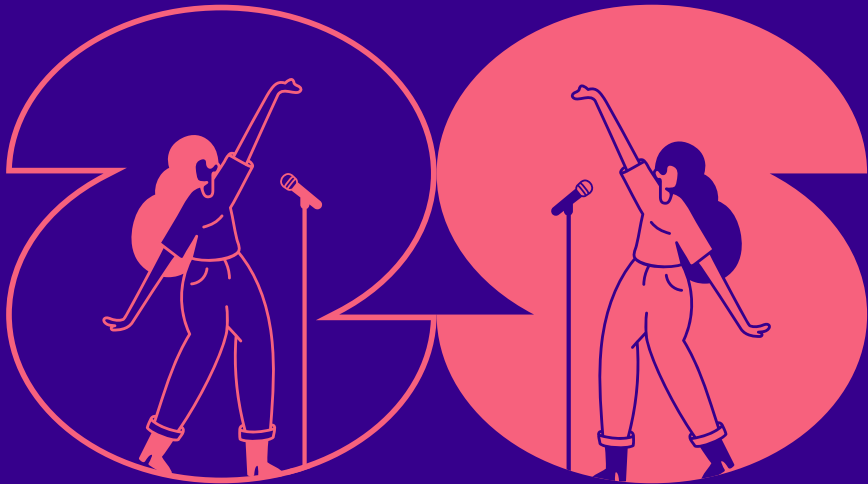
EVENT DETAILS

- 🕒 Fri 6 Nov, **Event:** 6.00pm–8.30pm
Reception: 8.30pm–9.30pm
- 📍 Tolbooth, Jail Wynd, Stirling FK8 1DE
- 💷 Pay What You Can (£12 / £10 / £8 / £6 / £4)
mhfestival.com/writingawards26
- ✉ smhaf@mentalhealth.org.uk
Email to request a FREE ticket or make a booking for an organisation or community group.

Writing Awards



REGIONAL EVENT LISTINGS



GLASGOW

GFV2COM

The Scottish Mental Health Arts Festival in Glasgow is led by the Mental Health Foundation. Glasgow is home to our annual International Film Awards and exciting film programme, featuring shorts, documentaries and dramas.

Shaped by a steering group of organisations across the city, including NHS Greater Glasgow & Clyde, as well as arts, public and third sector organisations, this year's regional programme is as dynamic as you'd expect from a city that's as well known for its warm, community spirit and gallus humour as it is for producing Turner Prize winners. From art and photography exhibitions to an open air dance performance in the mirror garden of the Glasgow Science Centre, there's truly something for all audiences: smash a giant brain piñata in a 'soft rage room' or take a moment to breathe in one of the wellbeing workshops on offer.

In one of Scotland's busiest cities, we hope our Glasgow programme offers moments to take a pause and reflect on both the city's rich heritage and where we are now.

mhfestival.com/glasgow



A Brief History of Neurodivergence
© Michael Aiden

FROM
SAT
19
SEP



RAISON D'ÊTRE

Visual Arts, Exhibition: A vibrant new body of work by Coco, an artist working in Project Ability's Reconnect studios. Across seven striking paintings, Coco explores the seven deadly sins, using bold colour, expressive portraiture and playful pattern to give each sin its own distinct character and mood. The works invite us to reflect on temptation, desire and human nature through Coco's unique aesthetic.

- 🕒 **Exhibition:** 19 Sep–31 Oct, Wed–Sat 11.00am–5.00pm
- 🕒 **Reception:** Sat 24 Oct, 2.00pm–4.00pm
- 📍 Project Ability (Gallery I), 1st Floor, Trongate 103, Glasgow, G1 5HD
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 exhibitions@project-ability.co.uk 0141 552 2822

FROM
SAT
19
SEP



STUART LOW

Visual Arts, Exhibition: The artist explores reflection through two contrasting visual worlds: tightly packed geometric forms and fluid, organic flowers. Sharp angles, repetition and fragmentation sit in harmony with the natural rhythm of petals and leaves, creating a dialogue between structure and spontaneity. Together, the works invite us to reflect on the balance between order, growth and change.

- 🕒 **Exhibition:** 19 Sep–31 Oct, Wed–Sat 11.00am–5.00pm
- 🕒 **Reception:** Sat 24 Oct, 2.00pm–4.00pm
- 📍 Project Ability (Gallery II), 1st Floor, Trongate 103, Glasgow, G1 5HD
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 exhibitions@project-ability.co.uk 0141 552 2822

FROM
TUE
06
OCT



DIVE DEEP, THINK HARD!

Multi-Arts, Exhibition: An exhibition exploring Reflections from the perspectives of people who hear voices and/or have experience of self-harm. Through a range of visual artworks and creative writing, members of Time and Space share what this year's theme means to them.

- 👤 *References to self-harm and psychosis.*
- 🕒 **Workshops:** Tue 6 Oct & Fri 4 Nov, 11.00am–1.00pm
- 🕒 **Exhibition:** 21 Oct–8 Nov, Mon–Fri 9.00am–5.00pm
- 📍 Byres Community Hub, Clarice Pears Building, 90 Byres Rd, Glasgow G12 8TB
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 info@timeandspace.org.uk

FROM
SAT
10
OCT



RECLAIMING OUR POWER

Visual Arts, Exhibition: Reclaiming Our Power is a Mental Health Foundation project exploring the mental health impact of racism, particularly racist microaggressions, through creative peer support workshops. People from marginalised communities were supported by artists from a range of disciplines to produce artworks on this theme, and have co-curated an exhibition which conveys their everyday experience.

- 🕒 10 Oct–13 Dec, Mon–Thu & Sat 10.00am–5.00pm, Fri & Sun 11.00am–5.00pm
- 📍 Gallery of Modern Art, 111 Queen Street, Royal Exchange Square, Glasgow G1 3AH
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 Tim Street: tstreet@mentalhealth.org.uk 07702 868 218

FROM
MON
19
OCT**ART IN THE GART & PROJECT ABILITY**

Visual Arts, Exhibition: Each year Art in the Gart and Project Ability team up to present a colourful and inspirational exhibition in the Gartnavel Royal Hospital. This partnership has flourished over the years, with artworks made by artists from Project Ability's ReConnect studios, and artists who are inpatients at the Gartnavel Royal, all expressing themselves uniquely, within the unified theme of Reflections.

- 🕒 19 Oct 2026–1 Sep 2027, 10.00am–5.00pm
- 📍 Gartnavel Royal Hospital, The Hub, Ground Floor, Glasgow G12 0XH
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 exhibitions@project-ability.co.uk

**WED 21 OCT BEEN THERE, DONE THAT, WASHED THE T-SHIRT**

Spoken Word, Performance: Chik Duncan could wash for Scotland. In fact, in his time he has probably washed most of Scotland. And even some of England too. Join Chik for an hour or so of stravaiging through some forty years of anecdotes and poyums and hear that OCD isn't just about washing your hands and turning all your tins to face the same way. Abandon Soap All Ye Who Enter Here.

- 🕒 7.00pm–8.00pm
- 📍 The Alchemy Experiment, 157 Byres Road, Glasgow G12 8TS
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 Maeve.Grindall@seemescotland.org

THU 22 OCT MIRROR, ME

Dance, Performance: A Butoh-inspired dance performance exploring the fracturing of identity during extreme states in the mirror garden of the Glasgow Science Centre. This site-specific work is made by an artist with lived experience of psychosis and is an expression of their journey through dissolution, restoration and integration.

- 👤 *Themes of distress and self-harm.*
- 🕒 3.30pm–3.50pm
- 📍 Glasgow Science Centre, 50 Pacific Quay, Glasgow, G51 1EA
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 Georgia Harris: g.no.name.art@gmail.com

FROM
FRI
23
OCT**DIARY OF A SCHIZOPHRENIC**

Visual Arts, Exhibition: Diary of a Schizophrenic brings together eight years of self-portraits by artist Jamie King. At first glance they appear almost identical, but look closer and the differences emerge. Each painting reflects the internal space King was experiencing at the time, creating a remarkable visual diary of living with schizophrenia.

- 🕒 **Opening Party:** Fri 23 Oct, 6.00–8.00pm
- 🕒 **Exhibition:** 24–25 & 30–31 Oct 12.00–3.00pm; 26–29 Oct & 2–3 Nov 6.00–8.00pm
- 📍 O Street Limited, 39–41 Bank Street, Glasgow G12 8NE
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 keli@ostreet.co.uk



Diary of a Schizophrenic

FROM
FRI
23
OCT**INTERNATIONAL FILM AWARDS & SCREENINGS**

Film: Join us in our landmark 20th year to celebrate mental health themed cinema from Scotland and across the world. Talented filmmakers have created bold, imaginative and deeply personal films and we're excited to share their incredible achievements. Meet this year's award-winners at our annual awards ceremony and be moved and inspired by screenings throughout the weekend.

- 🕒 **International Film Awards:** Fri 23 Oct, 7.00pm–9.00pm
- 🕒 **Screening Programme:** Sat 24 & Sun 25 Oct, 12.00pm–10.00pm
- 📍 The Social Hub, 15 Candleriggs, Glasgow G1 1TQ
- ♿ Wheelchair Accessible
- 🌐 mhfestival.com/focusonfilm26

FROM
SAT
24
OCT**SOOTHE YOUR MIND WITH PASTEL NAGOMI ART**

Visual Arts, Workshop: Take a mindful break with Pastel Nagomi Art, a relaxing Japanese healing art. Use soft pastel powders, your fingertips and stencils to create beautiful artwork in a workshop led by a certified instructor. Explore breathing, tactile creativity and self-discovery in a calm, supportive setting. No art experience is needed.

- 👤 Age 12+
- 🕒 Sat 24 Oct & 7 Nov, 1.00pm–3.00pm
- 📍 iCafe Merchant City (Upper Floor), 72 Ingram Street, Glasgow, G1 1EX
- ⚠️ ♿ Restricted Wheelchair Access
- 🌐 £26 / £20
- 🌐 joystermindfulart.eventbrite.co.uk
- 📧 linktr.ee/joystermindfulart
- 📧 joysterworld@gmail.com

FROM
TUE
20
OCT**ON REFLECTION**

Photography, Exhibition: Photography exhibition by Anastazia Grace Hart and Ross Samson, who create portraits with people who have experienced mental health problems, including addiction, ADHD, PTSD and trauma. Each person helps decide how they are represented, sometimes enacting a scene that reflects their pain or path to recovery, often with a touch of humour.

- 🕒 **Opening:** Thu 22 Oct, 6.00pm–8.00pm
- 🕒 **Exhibition:** 20 Oct–8 Nov, Mon–Sun 9.00am–5.00pm
- 📍 Six Foot Gallery, Pentagon Centre, 36–38 Washington Street, Glasgow, G3 8EZ
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 rosssamson@btinternet.com
- 📞 Ross Samson: 07985 046 827

WED
28
OCT**TENEMENT LIFE: OBJECTS & MAKING**

Heritage, Workshop: Step back into 1800s Glasgow and explore everyday tenement life through museum object handling, shared memories, and creative lino printing. Inspired by the iconic patterns of Glasgow's historic tenement tiles, this workshop invites participants to reflect on home, memory, and connection, later creating their own unique lino print. These are separate workshops — attend either the morning or afternoon session.

- 🕒 10.30am–12.30pm & 1.30pm–3.30pm
- 📍 Gallery of Modern Art (GoMA), 111 Royal Exchange Square, Glasgow, G1 3BJ
- ♿ Wheelchair Accessible
- ££ FREE
- 📧 tenementlife.eventbrite.co.uk
catherine.grant@glasgowlife.org.uk

THU
29
OCT**CREATIVE CAFÉ: WELLBEING DOUGHNUTS**

Visual Arts, Workshop: Join us for a free Creative Café where you can decorate your own colourful Jesmonite doughnut and learn how art and design can help us reflect and talk about mental health. Enjoy tea, coffee, doughnuts, music and friendly conversation in a relaxed space. Take home your handmade creation and connect with others.

- 🕒 2.00pm–4.00pm
- 📍 Byres Community Hub, Clarice Pears Building, 90 Byres Road, Glasgow, G12 8TB
- ♿ Wheelchair Accessible
- ££ FREE
- 📧 byreshub@glasgow.ac.uk



The Art of Family Life © Ansel Adams

FROM
THU
29
OCT**THE ART OF FAMILY LIFE**

Visual Arts, Exhibition: Through oral history, audio-visual works and community gathering, the Art of Family Life reflects the creativity, joys and struggles of refugee communities who have settled in Glasgow. This sensitive exhibition and events programme has been developed with community members over a two-year period across Glasgow, exploring intangible cultural heritage, belonging and listening.

There will also be a series of events and workshops throughout the festival.

In partnership with the Scottish Oral History Centre at the University of Strathclyde and Listen Gallery. Funded by the National Heritage Lottery Fund.

- 🕒 Exhibition: 29 Oct–14 Nov, 2.00pm–7.00pm
- 📍 Listen Gallery, 35 Gallowgate, Glasgow G1 5AA
- ♿ Wheelchair Accessible
- ££ FREE
- 🌐 mhfestival.com/aofl
- 📧 Soizig Carey: scarey@mentalhealth.org.uk

MON
02
NOV**WILDFLOWER CIRCLE**

Multi-Arts, Workshop: A gentle creative gathering inspired by art and wellbeing. Through simple, unhurried prompts — grounding, reflection, connection — participants slow down, make something small with their hands, and share space with others. No art experience needed. Come as you are.

- 🕒 1.15pm–3.30pm
- 📍 The Byres Community Hub, Clarice Pears Building, 90 Byres Road, Glasgow, G12 8TB
- ♿ Wheelchair Accessible
- ££ FREE
- 📧 louisebartholomew@live.com
Cheryl.McGeachan@glasgow.ac.uk

MON
02
NOV**CHARMS AND AMULETS: OBJECTS & MAKING**

Heritage, Workshop: Explore the stories behind charms and amulets through museum object handling. Discover traditions of protection, luck, and personal meaning before creating your own amulet using tin embossing. This workshop invites participants to connect creativity, wellbeing, and what the objects that surround us can mean. These are separate workshops — attend either the morning or afternoon session.

- 🕒 10.30am–12.30pm & 1.30pm–3.30pm
- 📍 St Mungo Museum of Religious Life and Art, 2 Castle St, Glasgow, G4 0RH
- ♿ Wheelchair Accessible
- ££ FREE
- 📧 charmsamulets.eventbrite.co.uk
catherine.grant@glasgowlife.org.uk

MON
02
NOV**I SEE BUILDINGS FALL LIKE LIGHTNING**

Film: A special preview screening of the highly anticipated new film from celebrated British filmmaker Clio Barnard. Adapted from Keiran Goddard's acclaimed novel of the same name, I See Buildings Fall like Lightning weaves together five poignant stories of childhood friends struggling to find their way and dreams of fulfilment amidst the stark realities of the UK housing crisis.

- 👤 Age 15+: *Strong language and drug use.*
- 🕒 7.40pm–10.20pm
- 📍 Glasgow Film Theatre
12 Rose St, Glasgow G3 6RB
- ♿ Wheelchair Accessible
- ££ £7.40
- 🌐 www.glasgowfilm.org/scottish-mental-health-arts-festival
- 📞 0141 332 6535

TUE
03
NOV**PASS IT ON: ARTIST SHOWCASE**

Music, Performance: Find a feeling. Pass it on. An evening of live music and movement from artists at every stage of Paragon's Groove mentorship programme, celebrating the creative relationships that help ideas take flight. Every artist begins with an idea. Pass It On is about what happens next: when inspiration moves from mentor to artist, artist to artist, and from the stage to the audience.

- 🕒 7.00pm–9.30pm
- 📍 The Boardwalk, 105 Brunswick St, Glasgow, G1 1TF
- ♿ Wheelchair Accessible
- ££ Pay What You Decide (FREE–£15)
- 📧 sam-paragon@btconnect.com

WED
04
NOV**THORNTREE**

Film: The debut feature from Edinburgh-based filmmaker Isaac Knights-Washbourn is an intimate portrait of Thorntree, Rowan Alba's pioneering supported accommodation for alcohol-dependent men. Rejecting conventional abstinence models, it enables residents to take control of their recovery without judgement or stigma. Knights-Washbourn brings rare insight and emotional resonance, drawing on his own experience as the son of an addicted father. Includes a post-screening discussion with Isaac Knights-Washbourn and Rowan Alba, co-presented with Scottish Documentary Institute.

- 🕒 8.20pm–10.30pm
- 📍 Glasgow Film Theatre
12 Rose St, Glasgow G3 6RB
- ♿ Wheelchair Accessible
- ££ £7.40
- 🌐 www.glasgowfilm.org/scottish-mental-health-arts-festival
- 📞 0141 332 6535

SAT
07
NOV**MAD SOFT RAGE ROOM**

Multi-Arts, Workshop: If you've ever felt shamed for your 'madness', we invite you to the Mad Soft Rage Room. Smash a giant brain piñata, pillow fight the patriarchy, and have a good (muffled) scream. Through art, writing and playful participatory activities, explore the frustrations of mental distress, stigma and society. Together we'll transform our rage into creativity, connection and collective care.

👤 Age 18+: *Aimed at people with lived experience of mental health issues and marginalised groups. May include references to mental distress, psychiatric harm, coercion, trauma, self-harm and suicide.*

🕒 2.00pm–8.00pm

📍 Transmission Gallery, 28 King Street, Glasgow, G1 5QP

♿ Wheelchair Accessible

🎟 £10 (£25 solidarity ticket) / £5 / FREE

events.humanitix.com/mad-soft-rage-room

📧 hello@centreformadculture.uk (email for discounted tickets)

SAT
07
NOV**SEE YOURSELF HERE**

Crafts, Workshop: Join The Portal Arts for an afternoon of arts and crafts activities inspired by the theme of Reflections. Open to both adults and children, this event invites you to reflect on the skills and traits that make us fabulously unique and ask how our strengths can bring communities closer together. Activities include mirror decoration, collaborative poetry and more.

🕒 1.00pm–4.00pm

📍 The Portal Arts, 978 Govan Road, Glasgow G51 3AJ

♿ Wheelchair Accessible

🎟 FREE

📧 creativesteps@theportalarts.com
0141 445 1666

SAT
07
NOV**A BRIEF HISTORY OF NEURODIVERGENCE**

Theatre, Performance: Part disability history lecture, part autobiography, part agility course, part rant, part quiz and a whole lot of laughter! Blending theatre, storytelling and improvisation, Fiona will attempt to stay still long enough to offer us a glimpse into the neurodivergent experience, as we play, draw, guess, vote, and rewrite some of the more useless NHS mental health guidance.

👤 Age 14+: *Themes of mental illness, trauma, grief, suicide and eating disorders.*

🕒 7.30pm–9.00pm

📍 The Old Gym Theatre, Govan Workspace, 6 Harmony Row, Glasgow, G51 3BA

🎟 Pay What You Decide (£10 / £7 / £5 / FREE)
historyofneurodivergence.eventbrite.co.uk

📧 fmoon87@gmail.com

SUN
08
NOV**A WOMAN UNDER THE INFLUENCE**

Film: A landmark achievement from John Cassavetes, *A Woman Under the Influence* is anchored by Gena Rowlands' electrifying and fearless portrayal of Mabel Longhetti, a housewife and mother navigating severe mental illness and the heartbreaking inability of her husband, played by the brilliant Peter Falk, to understand or support her. Includes a post-screening discussion exploring the history of women's mental health representation in film.

👤 Age 15+: *Themes of emotional distress, and volatile domestic conflict.*

🕒 3.30pm–6.50pm

📍 Glasgow Film Theatre
12 Rose St, Glasgow G3 6RB

♿ Wheelchair Accessible

🎟 £7.40

www.glasgowfilm.org/scottish-mental-health-arts-festival

📧 0141 332 6535

**ARGYLL & BUTE
VBCART & BULE**

Jean's Bothy is a mental health and wellbeing hub in Helensburgh, with over 450 members from across Helensburgh and Lomond. Their planning group have coordinated a multi-art exhibition of work in response to the theme of Reflections.

MON
02
NOV**SEE ME HEAR ME 4:
ANGLES OF REFLECTION**

Multi-Arts, Exhibition: Join Jean's Bothy for their fourth exhibition at SMHAF, showcasing groups' creative responses to this year's Reflections theme. Through photography, music, yoga, art, woodcraft and creative writing, we are invited to explore personal reflections and different perspectives on the world we share. Members have a voice and want to share it!

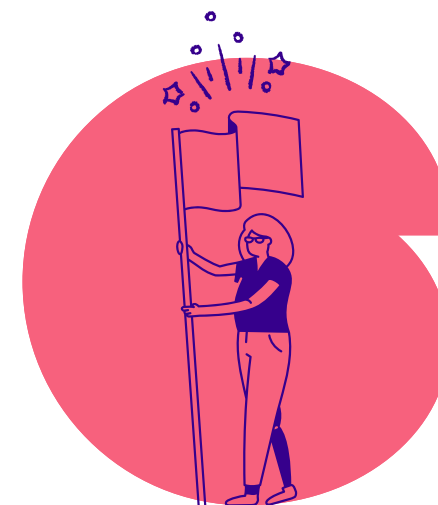
🕒 3.00pm–8.00pm

📍 The Tower, 81 Sinclair Street, Helensburgh, G84 8TR

♿ Wheelchair Accessible

🎟 FREE

📧 katrina.sayer@enable.org.uk
07542 226 390

**INVERCLYDE
IMAEBCGRADE**FROM
SAT
24
OCT**SOCIAL CREATIVE WEALTH
@ THE WYLLIEUM**

Multi-Arts, Exhibition: Social Creative Wealth explores self-reflection, creativity, mental health, and healing through photography, sculpture, drawing, performance art, writing, and found materials. Inspired by Joseph Beuys' *Social Sculpture*, it proposes creativity as a shared form of wealth that strengthens wellbeing, resilience, community, and our connection to nature through an evolving artistic journey.

🕒 **Opening:** Sat 24 Oct, 3.00pm–5.00pm

🕒 **Exhibition:** 25 Oct–8 Nov, Wed–Sun
12.00pm–5.00pm

📍 The Wyllieum, Custom House Way,
Greenock, PA15 1EG

♿ Wheelchair Accessible

🎟 FREE

📧 questions@wyllieum.com

LANARKSHIRE GVIWVK?HIBE

Lanarkshire have once again pulled together an extensive and exciting programme for the 20th Scottish Mental Health Arts Festival.

The overarching aim of the festival in Lanarkshire is to strengthen the links between arts, community and public organisations, led by Lanarkshire Recovery Network – a partnership with NHS Lanarkshire, North Lanarkshire Council, South Lanarkshire Council, and the voluntary sector.

For those looking for hands-on activities, there are lots of sessions with a focus on using mindfulness to reflect, create and improve your wellbeing. Photography is a key theme, with camera-less pinhole photography workshops and nature walks with disposable cameras. Or you could try your hand at sculpture, mask making, ceramics or textile workshops.

Discover hidden gems at art exhibitions, film screenings, writing events and live performances, all showcasing the talent of local artists and their unique perspectives on this year's theme.

 Camera-less Photography: *The Balls of Wool that My Mother Span* by Wilma Smith



FROM
TUE
29
SEP



THROUGH THE LENS

Multi-Arts, Community: Lanarkshire Links invite you to explore the theme of Reflections using various art forms. Inspiration will come from nature walks throughout Lanarkshire where you'll use disposable cameras to capture mindful moments. In creative groups you'll recreate these film pictures and memories through poetry, sketching and painting.

- 🕒 **Nature Walks:** Wed 14 & Tue 20 Oct 1.30–3.30pm
- 📍 Baron's Haugh Nature Reserve, Manse Rd, Motherwell, ML1 2QW
- 🕒 **Creative Workshops:** Tue 29 Sep & Mon 26 Oct 1.30–3.30pm
- 📍 GLO Centre, 78 Muir Street, Motherwell, ML1 1BN
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 Becca Hibbard: 07349 983 119
Beccahibbard@lanarkshirelinks.org.uk

FROM
THU
01
OCT



PAUSE, REFLECT AND CREATE

Writing, Workshop: These uplifting and inspiring creative writing workshops are centred around the theme of Reflections, encouraging participants to slow down, pause, and explore their thoughts, memories and experiences. Combining mindfulness techniques with creative exercises, the session offers a supportive space where participants can reconnect with their imagination.

- 👤 Age 18+
- 🕒 Thu 1, 8, 22 & 29 Oct: 6.00pm–7.30pm
- 📍 Newmains Community Trust, 15 Manse Road, Wishaw ML2 9AX
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 Mclverla@northlan.gov.uk

FROM
WED
14
OCT



HIDDEN WORLDS – WORKSHOP

Visual Arts, Workshop: What is inside us that others don't see? What is inside us that we don't see? Take time to reflect on who you are and who you want to be with this family friendly workshop. Using a variety of materials, create 3D images delving into yourself. Combine origami, decoupage and layered paper art techniques to reflect on what is hidden inside you.

- 🕒 Wed 14 & 28 Oct, 11.00am–3.00pm
- 📍 Summerlee Museum of Scottish Industrial Life, Heritage Way, North Lanarkshire, ML5 1QD
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 aylesmakes@gmail.com
07555 650 418



Hidden Worlds

FROM
FRI
16
OCT**CAMERA-LESS PHOTOGRAPHY WORKSHOPS**

Photography, Workshop: Step into the darkroom and discover the art of camera-less photography. Using light, objects and photo-sensitive paper, create unique photograms inspired by the theme of Reflections. This free, hands on 60-minute workshop is perfect for all ages, including families, and offers a creative introduction to traditional black and white photographic processes at Summerlee Photomedia.

🕒 Fri 16 & Sat 17 Oct

Sessions: 10.00am–11.00am, 11.30am–12.30pm, 1.00–2.00pm & 2.30–3.30pm

📍 Summerlee Photomedia Studio, Ironworks Building, Summerlee Museum of Scottish Industrial Life, Heritage Way, Coatbridge, ML5 1QD

♿ Wheelchair Accessible

££ FREE

📧 Photomedia@northlan.gov.uk
07540 948 325

FROM
MON
19
OCT**AIRDRIE ART CONNECTION**

Visual Arts, Exhibition: Airdrie Art Connection invite you to their first ever exhibition, featuring work made by local, amateur artists who attend weekly classes through North Lanarkshire's visual arts programme. Come along and browse original pieces, learn about the artists and discover how their vision was formed. You're sure to be inspired!

🕒 **Exhibition:** 19 Oct–7 Nov, 9am–4:45pm

🕒 **Open Evening:** Sat 7 Nov, 7–10.30pm

📍 Airdrie Town Hall, Stirling St, Airdrie, ML6 0AS

♿ Wheelchair Accessible

🔇 Quiet Room Available

££ FREE

📧 AACConnection44@protonmail.com

Venue: 01698 274 545

FROM
MON
19
OCT**HIDDEN WORLDS – EXHIBITION**

Visual Arts, Exhibition: This exhibition brings together painting, collage and textile work created as part of an MA project exploring reasonable adjustments for chronic illness and mental health. Reflecting on their impact on daily life, the work gives visual form to experiences that can be difficult to express and invites others to use creative reflection to support their mental wellbeing.

🕒 19 Oct–8 Nov, 10.00am–4.00pm

📍 Summerlee Museum of Scottish Industrial Life, Heritage Way, Coatbridge, ML5 1QD

♿ Wheelchair Accessible

££ FREE

📧 aylesmakes@gmail.com

FROM
MON
19
OCT**BANTER BITS, BOWLS & POTS**

Crafts, Workshop: A relaxed, hands-on ceramics workshop where creativity meets good craic. Guided by an experienced maker, you'll shape your own unique pieces while connecting with others. No experience needed — just bring yourself and enjoy making, chatting, and getting your hands dirty!

👤 Age 18+

🕒 **Hand-building Workshop:** Mon 19 Oct, 2.00pm–4.00pm

🕒 **Decoration Workshop:** Mon 2 Nov, 2.00pm–4.00pm

📍 Pather Artworks, Caledonian Road, Wishaw, ML2 0HZ

♿ Wheelchair Accessible

££ FREE

📧 thomh@northlan.gov.uk

01698 302 904

FROM
THU
22
OCT**THE STORY WE SEE**

Multi-Arts, Family: Everyone has a story. What's yours? Join us for a supportive and inspiring six-week creative journey in rural Lanarkshire. Using photography, art, words and film, we'll explore your experiences, emotions and everyday moments that shape our lives and wellbeing. This is a safe, welcoming space where you can express yourself, connect with others and discover new ways to tell your story.

👤 Age 18+

🕒 Thu 22 & 29 Oct, 5, 12, 19 & 26 Nov, 11.30am–2.30pm

📍 Douglas Universal Connections, Ayr Rd, Douglas, ML11 0QA

♿ Wheelchair Accessible

££ FREE

📞 Stevie Douglas: 01555 850 275



The Story We See

FROM
THU
22
OCT**DEEP FRIED FILM FESTIVAL**

Film, Performance: Celebrate 20 years of the Deep Fried Film Festival (and SMHAF) with a special screening of independent films, followed by a Q&A with filmmakers. The event will explore the idea of reflection as part of the filmmaking process.

🕒 Thu 22 & 29 Oct & 5 Nov, 5.00pm–8.30pm

📍 Bright Door Studios, 116 Manse Road, Wishaw, ML2 9BD

♿ Restricted Wheelchair Access

££ FREE

📧 martin.greechan@deepfriedfilm.org.uk

FROM
TUE
27
OCT**BLOOM BEHIND THE MASK**

Crafts, Workshop: Step into a creative space of colour, flowers, and self-expression in this dual-sided floral mask workshop, inspired by the theme of Reflection. Using fresh and dried florals, you will design a unique mask exploring the contrast between what we show to the world and what we hold inside. This relaxed, welcoming and fun workshop is open to everyone, no experience needed.

🕒 Tue 27 Oct, 6.30pm–8.30pm

📍 Smyllum Community Hub, 31 Smyllum Road, Lanark, ML11 7BZ

🕒 Wed 28 Oct, 6.30pm–8.30pm

📍 Glespin Community Hall, Ayr Road, Lanark, ML11 0SF

🕒 Thu 29 Oct, 6.30pm–8.30pm

📍 Thornton Road Community Centre, 34 Thornton Road, Lanark, ML11 9QE

♿ Wheelchair Accessible

££ FREE

📧 contact@healthyvalleys.org.uk

07859 062 831

FRI
30
OCT**MINDFUL ARTS, ARTFUL MINDS**

Spoken Word, Discussion: This insightful discussion will explore how you can use the practice of mindfulness to nurture your wellbeing, increase your desire to create art, and improve the quality of what you create. Speakers will share mindfulness practices and discuss how mindfulness can inspire people to be creative.

🕒 10.30am–12.00pm

📍 Fairhill Library, Neilsland Road, Hamilton, ML3 8HJ

♿ Wheelchair Accessible

🆓 FREE

 ⓘ fairhill@southlanarkshireleisure.co.uk
01698 456 350


Create Your Inner Monster

SAT
31
OCT**CREATE YOUR INNER MONSTER**

Visual Arts, Workshop: We all have that inner voice called the pathological critic, that sabotages our self-confidence and knocks us down in defeat. In this workshop — taking place on Halloween — you'll create a physical representation of your own personal sculptured monster with the aim of diminishing and removing its power while laughing at it together in this non-judgmental community group workshop.

👤 Age 16+: Participants will be exploring their views on their body image.

🕒 2.30pm–5.30pm

📍 Bellshill Cultural Centre, John Street, Bellshill, ML4 1RJ

♿ Wheelchair Accessible
Quiet Room Available

🆓 FREE

 ⓘ www.northlanculture.co.uk
01698 274545
venues@northlan.gov.uk
julemcd@retroandproud.com
FROM
MON
02
NOV**THE HAMILTON VASES**

Visual Arts, Exhibition: This collaborative exhibition will showcase unique decoupage vases created through LAMH's community art workshops. Exploring identity, belonging, place and wellbeing, the artworks form a mirrored installation reflecting participants' experiences and inviting visitors to consider their own reflections on community and creativity.

👤 Artworks may reference challenging life experiences or emotional themes.

🕒 2–8 Nov, 10.00am–4.00pm

📍 LAMH Charity Shop, 17 Cadzow Street, Hamilton, ML3 6EE

♿ Wheelchair Accessible

🆓 FREE

 ⓘ hamiltonshop@lamh.org.uk
01698 284 233
FRI
06
NOV**THE OTHER SIDE**

Film, Screening: Commonplace Pictures presents a brand new short film by award winning playwright and filmmaker Glen Dickson, commissioned by NHS Lanarkshire. When the weight gets too heavy, do you keep showing up or do you slip away quietly for good? A tender, unflinching piece that finds light in those places we're taught not to look.

🕒 2.00pm–3.00pm

📍 Strathaven Town Mill Theatre, Stonehouse Rd, Strathaven, ML10 6FF

♿ Wheelchair Accessible

🆓 FREE

 ⓘ forms.cloud.microsoft/e/sfW3a4JGG8
SUN
08
NOV**PROJECT 42: FOLK ROCK NIGHT**

Music, Performance: Project 42 host a live music performance to celebrate the achievements of their workshop participants. This band night will be a fantastic opportunity to enjoy the work they have created, meet members of the community, and find out how to get involved.

👤 Under 18s must be accompanied by an adult.

🕒 7.30pm–11.00pm

📍 The Auchengeich Miners Club, 3 Auchengeich Rd, Moodiesburn, G69 0JN

♿ Wheelchair Accessible

🆓 FREE

 ⓘ community@project42.scot
**RENFREWSHIRE
BEM BEM SHIRE**

Renfrewshire Health and Social Care Partnership supports and coordinates Renfrewshire's contribution to the Scottish Mental Health Arts Festival. The festival is an opportunity to bring services and partners together to support the mental health of Renfrewshire residents through arts and culture.

It's inspiring to see how local partners, participants, and contributors explore this year's theme of Reflections, using creative expression to look back, consider lived experiences, and foster emotional wellbeing. Local participants routinely highlight the value of being part of this wider national movement.

Renfrewshire aims to use this festival as a catalyst, connecting attendees with ongoing arts and cultural activity across the region to provide continuous support for long-term mental health. See the website for full listings.

TUE
03
NOV**A SEASON OF GROWTH**

Crafts, Exhibition: Ferguslie Dye Gardeners is a participatory gardening and textile project led by artist Laura Spring from Sculpture House, in partnership with RAMH. Bringing local residents together, it combines gardening, natural dyeing and textile-making to support wellbeing, creativity and connection. For SMHAF 2026, participants will create a large-scale seasonal textile installation, celebrating growth, resilience and change.

🕒 10.00am–12.00pm

📍 RAMH Head Office, 41 Blackstoun Road, Paisley PA3 1LU

♿ Wheelchair Accessible

🆓 FREE

 ⓘ dyegarden@sculpturehousecollective.com

NORTH AYRSHIRE

NORTH AYRSHIRE

Now in its fourth year, the North Ayrshire festival celebrates the vital role of the arts in supporting mental health and wellbeing.

With a focus on how creativity strengthens community, this year's programme sees the area itself become an interactive exhibition space. Inspired by the theme of Reflections, artists, groups and local organisations will transform everyday spaces into places of inspiration, expression and discovery so that everyone can connect with art in meaningful, inclusive ways.

Carrying on National Poetry Day celebrations throughout October, audiences can enjoy a poetry trail, poetry writing workshops in a community garden and a celebration of the work of Robert Burns.

There'll be many more moments of reflection with art and photography exhibitions, candle making, stained glass workshops, interdisciplinary performances, theatre, music and film.



Shift Happens

FROM
THU
01
OCT



VALLEY VERSES

Writing, Exhibition: Launching on National Poetry Day, this community poetry trail will showcase the voice of older people in the Garnock Valley. The work will reflect on the environment, climate science, and our natural world and will be displayed in shop windows across the Garnock Valley to make it accessible and freely available to all, encouraging everyone to get out and explore their community.

- 🕒 From 1 Oct: 24 Hours
- 📍 Garnock Valley (Various Locations): Collect trail maps from Walker Hall (Kilbirnie), Dalry Library, Kilbirnie Library and Beith Library.
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 garnockvalleylocality@north-ayrshire.gov.uk

FROM
MON
19
OCT



NORTH AYRSHIRE COMMUNITY TAKE OVER TRAIL

Multi-Arts, Exhibition: Explore this Community Takeover Trail across North Ayrshire, where creativity, connection and conversation come together through a diverse programme of community-led art. Inspired by the theme Reflections, artists, groups and local organisations have transformed everyday spaces into places of inspiration, expression and discovery.

- 🕒 19 Oct–8 Nov: 24 Hours
- 📍 Across North Ayrshire
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 northayrshirementalhealthartsfestival.com/2026-community-take-over-trail

FROM
MON
19
OCT



MOMENTS OF REFLECTION

Photography, Exhibition: In a world that often feels fast-moving and uncertain, a single image can invite us to slow down, observe more carefully and consider what lies beneath the surface. Created by members of Irvine Camera Club, this exhibition explores reflections in the literal sense—in water, glass, mirrors and light—and in memory, identity, relationships, place and the emotions that shape our lives.

- 🕒 19 Oct–8 Nov, Mon–Fri 7.00am–9.00pm; Sat 8.00am–4.00pm; Sun 8.00am–2.00pm
- 📍 The Portal, 66 High St, Irvine KA12 8PZ
- 🕒 21 Oct–8 Nov, Wed–Sat 9.30am–4.30pm
- 📍 Harbour Arts Centre, 116 Harbour Street, Irvine KA12 8PZ
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 irvinecc.secretary@gmail.com

FROM
MON
19
OCT



LOOK AGAIN

Visual Arts, Exhibition: Created by people living with Tourette syndrome, their families and supporters, this community window display features artwork, photographs, poems and personal reflections. Celebrating authentic voices, community and individuality, it invites reflection, challenges misconceptions and asks visitors to 'see me, not my tics'.

- 🕒 19 Oct–8 Nov: Mon–Fri 7.00am–9.00pm; Sat 8.00am–4.00pm; Sun 8.00am–2.00pm
- 📍 The Portal, 66 High St, Irvine KA12 8PZ
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 andrena@tourettescotland.org

FROM
MON
19
OCT

REFLECTION SPACES

Multi-Arts, Exhibition: Explore creative displays, reflections and resources focusing on the everyday things that shape our wellbeing — relationships, communities, experiences and our sense of belonging. Drop in, have a look around and take whatever is useful to you.

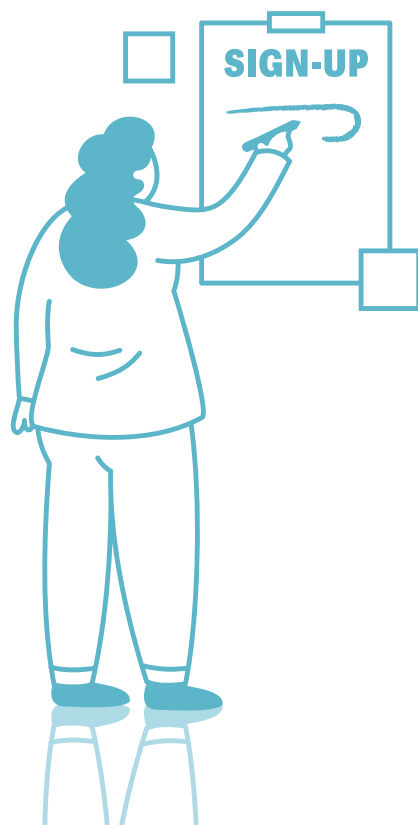
- 🕒 19 Oct–8 Nov, Library Opening Hours
- 📍 Arran Library, McKelvie Road, Brodick, Isle of Arran KA27 8EU
- 📍 Irvine Library, 168 High Street, Irvine KA12 8AN
- 📍 Kilbirnie Library, Bridge Street, Kilbirnie KA25 7BL
- 📍 Kilwinning Library, St Winnings Lane, Kilwinning KA13 6EP
- 📍 Largs Library, 26 Allanpark Street, Largs KA30 9AG
- 📍 Millport Library, 1 Clifton Street, Millport, Isle of Cumbrae KA28 0BD
- 📍 Saltcoats Library, Springvale Place, Saltcoats KA21 5LP
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 mhairicook@north-ayrshire.gov.uk
01294 315 373

FROM
TUE
20
OCT

ART IN MIND

Exhibition, Visual Arts: The Art in Mind Arran group will transform the windows of the Brodick Library into a special exhibition space for the duration of SMHAF 2026. Art in Mind is a safe space for those with a wide spectrum of mental health issues to come together to create art. The form the artwork will take will emerge as the group embark on the creative process together, inspired by the theme of Reflection.

- 🕒 20 Oct–7 Nov: Tue, Thu & Fri
10.00am–1.00pm & 2.00pm–5.00pm; Sat
10.00am–1.00pm
- 📍 Brodick Library, Main St, Isle of Arran KA27 8DL
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 01770 302 835

TUE
20
OCT

A CUP O' KINDNESS: AN INCLUSIVE EXPLORATION OF THE POETRY OF BURNS

Spoken Word, Performance: Join Ayrshire poet and storyteller Simon Lamb for a lively, interactive and inclusive performance about the work of Robert Burns. Together, you'll look at some key examples of the poetry of Burns, sharing in the joy and kindness of his work, as well as making space to pause and enjoy the power of poetry.

- 🕒 1.15pm–2.15pm
- 📍 Harbour Arts Centre, 116 Harbour St, Irvine KA12 8PZ
- ♿ Wheelchair Accessible
- 🆓 FREE
- 🌐 www.ticketsource.com/harbour-arts-centre
- 📞 01294 274 059

FROM
WED
21
OCT

CREATIVE REFLECTIONS

Visual Arts, Exhibition: An inspiring collection of mixed media art works created by students of North Ayrshire Wellbeing and Recovery College. In this exhibition, hosted in the peaceful Harbour Arts Gallery space, artists will share work which reflects their recovery journey, created in the college's supportive shared learning environments in the community and online.

- 🕒 21 Oct–8 Nov, Wed–Sat 9.30am–4.30pm
- 📍 Harbour Arts Centre, 116 Harbour St, Irvine KA12 8PZ
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 01294 274 059

FROM
WED
21
OCT

HOLDING SPACE FOR REFLECTION

Visual Arts, Exhibition: A powerful exhibition of original mixed-media artworks created by members of the Mental Health Services Carers Forum from across Ayrshire. Guided by Michelle Wright from Winslow Art, carers have explored their experiences through a creative process that encouraged self-expression, reflection and connection.

- 🕒 21 Oct–8 Nov, Wed–Sat 9.30am–4.30pm
- 📍 Harbour Arts Centre, 116 Harbour St, Irvine KA12 8PZ
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 samhodkinson@north-ayrshire.gov.uk

FROM
WED
21
OCT**THE BIG COMMUNITY DRUM CIRCLE**

Music, Workshop: Now in its fourth year, this joyful Ayrshire community event brings people of all ages together to connect through the power of rhythm. With an inspiring line-up of fantastic facilitators from across the UK, including internationally renowned leaders in community rhythm, everyone is welcome to take part and feel the mood-boosting benefits of collective rhythm making.

- 🕒 6.30pm–7.30pm
- 📍 South Beach Baptist Church, 66A Ardrossan Rd, Saltcoats KA21 5BW
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 www.drum4urlife.co.uk/events

TUE
27
OCT**SMELLS GOOD, FEELS GOOD, DOES GOOD — CANDLE-MAKING WORKSHOP**

Crafts, Workshop: Discover the calming art of candle and wax melt making in this hands-on sensory workshop, led by Mecoco's Wax Wizards. This mindful, hands-on experience will encourage you to slow down and be present in the moment. Afterwards, take part in a wellbeing activity led by North Ayrshire Wellbeing & Recovery College, combining creativity, connection and self-care in a welcoming, supportive environment.

- 🕒 1.00pm–3.30pm
- 📍 Mecoco Room, Ground Floor, Kilwinning Campus, Ayrshire College, Lauchlan Way, Kilwinning KA13 6DE
- ♿ Wheelchair Accessible
- 🎟 £25
- 📞 bit.ly/mecoco-smhaf26

TUE
27
OCT**AYE WRITE KILWINNING – TASTER SESSION**

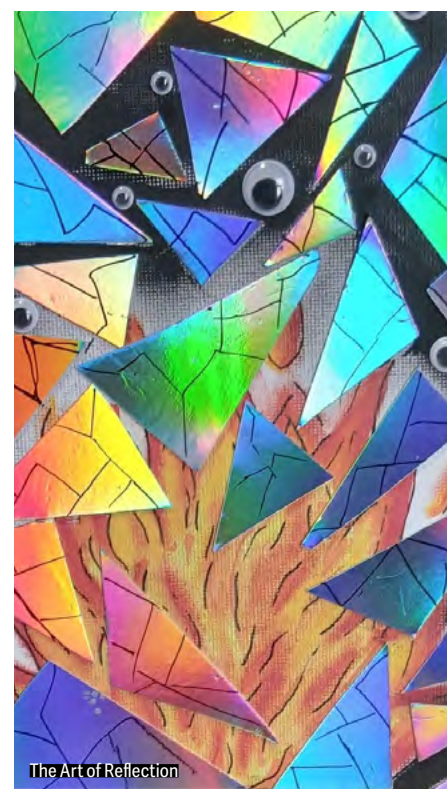
Writing, Workshop: A taster session of Aye Write Kilwinning's weekly workshop, exploring how writing can support personal wellbeing. You'll be guided through fun, gentle exercises to spark your creativity. Whether you're completely new to writing or want to rediscover your voice, this informal workshop offers a supportive space to experiment with words, share stories, and connect with others.

- 🕒 2.00pm–4.00pm
- 📍 Kilwinning Library, St Winning's Ln, KA13 6EP
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 forms.cloud.microsoft/e/ujMimKXc4

WED
28
OCT**A CUP O' KINDNESS: A SENSORY EXPLORATION OF THE POETRY OF BURNS**

Storytelling, Performance: Join Ailie Finlay for a sensory storytelling session based around the work of Robert Burns. Ailie will use sounds, sights, textures and actions to lead participants through a sensory retelling of Robert Burns' poem 'The Wren's Nest', and other aspects of his work. There are limited spaces for these sessions, intended for adults with profound or multiple learning disabilities.

- 👤 *For people with profound or multiple learning disabilities, with their supporters.*
- 🕒 1.00pm–1.30pm, 2.00pm–2.30pm & 3.15–3.45pm
- 📍 Trindlemoss Day Opportunities, 46 Tarryholme Drive, Irvine KA12 0DR
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 www.ticketsource.com/harbour-arts-centre
01294 316 600

THU
29
OCT**THE ART OF REFLECTION – STAINED GLASS WORKSHOP**

Crafts, Workshop: Join North Ayrshire Wellbeing & Recovery College and stained glass artist Laura Stevenson for a relaxed, creative taster workshop inspired by the theme of Reflections. You'll be introduced to the traditional copper foil stained glass technique, learning how to cut, grind, foil and solder glass while creating your own handcrafted suncatcher to take home.

- 🕒 1.30pm–4.30pm
- 📍 Harbour Arts Centre, 116 Harbour St, Irvine KA12 8PZ
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 TheArtOfReflection.eventbrite.co.uk

FROM
THU
29
OCT**HARBOURSIDE HEADSPACE: BREACHING THE WATER**

Exhibition, Visual Arts: An exhibition of original artwork created by the unpaid carers community in North Ayrshire, together with participatory artist Ellie Swanston. Hosted in the harbourside location of the Scottish Maritime Museum, the exhibition will feature beautiful, unusual pieces, including a coracle — a small, lightweight, tortoise-shell shaped boat, traditionally used in Celtic cultures such as Ireland, Wales, Cornwall, Devon and Scotland.

- 🕒 **Opening:** Thu 29 Oct, 1.00pm–3.30pm
- 🕒 **Exhibition:** 30 Oct–29 Nov, Mon–Sun, 10.00am–4.00pm
- 📍 Scottish Maritime Museum, The Boat Shop (entrance to Puffer's Café), Harbour St, Irvine KA12 8PY
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 Visitorservices@scotmaritime.org.uk
ellieswanston1999@hotmail.co.uk
01294 277 177



FRI
30
OCT**A DRINK BETWEEN ACTS**

Theatre, Performance: This darkly comic docutheatre focuses on real-life experiences of addiction, PTSD and depression and highlights the importance of lived experience for those working in recovery. Using humour to show how our humanity shines through even in our darkest moments, local artist, Jay James reflects upon their mum's experience with alcohol and her journey to recovery with the support of a vital sponsor.

🕒 7.30pm–9.00pm

📍 Harbour Arts Centre, 116 Harbour St, Irvine KA12 8PZ

♿ Wheelchair Accessible

💷 £5 (Donation to Harbour Ayrshire)

📧 www.ticketsource.com/harbour-arts-centreFROM
SUN
01
NOV**SEE ME: REFLECTIONS ON LIFE**

Visual Arts, Workshop: Dalry Station Garden Group will host poetry writing workshops on the theme of self-reflection in a unique setting. Upcycled mirrors and reflective materials will be positioned around their community garden to reflect nature, encouraging participants to think about how life and the natural world intertwine. The work created will become an exhibition to spark further conversations.

🕒 **Exhibition:** 1–9 Nov, 10.00am–2.30pm

📍 Dalry Railway Station, Bridgend Lane, Dalry KA24 5ED

♿ Wheelchair Accessible

💷 FREE

📧 dalrycommunitydevhub@gmail.comTUE
03
NOV**I WASN'T THERE: REFLECTING ON AN ARTIFICIAL WORLD**

Film, Workshop: Step into the digital mirror with Kilmarnock Film Crew. Enjoy a screening of their short film, I Wasn't There — challenging the paranoia of our always-on, AI-driven world — followed by an interactive, reflective workshop. 'Unplug' and unleash your creativity in a therapeutic, grounding space, leaving with a renewed sense of mindfulness regarding your digital habits.

🕒 2.00pm–3.30pm

📍 Harbour Arts Centre, 116 Harbour St, Irvine KA12 8PZ

♿ Wheelchair Accessible

💷 FREE

📧 www.ticketsource.com/ayrshire-film-company-cicTUE
03
NOV**RAW VOICES 2026**

Music, Spoken Word, Storytelling, Performance: An evening of original poems, stories and films by students of North Ayrshire Wellbeing & Recovery College as part of their own mental health recovery journey. Students worked with a singer-songwriter, a performance poet and a drama facilitator to express their feelings, process trauma, build on creativity and create this important work.

🕒 6.30pm–8.30pm

📍 Harbour Arts Centre, 116 Harbour St, Irvine KA12 8PZ

♿ Wheelchair Accessible

💷 FREE

📧 RawVoices26.eventbrite.co.ukTUE
03
NOV**AYE WRITE KILWINNING – CREATIVE WRITING SHOWCASE**

Writing, Exhibition: An inspiring showcase of original work created by members of the Aye Write Kilwinning Writing Group, exploring themes of resilience, identity, connection, loss, hope, and personal growth. Whether you're a writer, a supporter, or simply curious, come and enjoy stories, poetry and prose inspired by lived experience, reflection, and imagination.

🕒 7.00pm–9.00pm

📍 Kilwinning Library, St Winning's Ln, KA13 6EP

♿ Wheelchair Accessible

💷 FREE

📧 forms.cloud.microsoft/e/v6MCYtwprKWED
04
NOV**REFLECTIVE WALK AT TARRYHOLME PONDS**

Participatory Arts, Community: A gentle paced walk to the ponds at Tarryholme to reflect on the tranquil beauty of the area, our feelings about the natural world and the emotions it makes us experience. Look at the natural reflections in the water and learn about what wildlife uses the ponds in winter, adapting to the changing seasons. Put on good footwear for this relaxed 3-mile walk along the River Irvine.

🕒 11.00am–12.30pm

📍 The Trinity, Bridgegate, Irvine KA12 8BJ

♿ Restricted Wheelchair Access

💷 FREE

📧 thetrinity@north-ayrshire.gov.uk
01294 204 800FRI
06
NOV**SHI(F)T HAPPENS**

Multi-Arts, Live Performance: SHI(f)T HAPPENS is an intimate interdisciplinary performance combining original songs, spoken word and visual storytelling drawn from lived experiences of grief, identity, family, belonging, resilience and hope. Artist Máirín invites audiences to recognise themselves in the stories and consider how small shifts in perspective can change the way they see themselves and the world around them.

👤 Age 14+

🕒 8.00pm–9.00pm

📍 Harbour Arts Centre, 116 Harbour St, Irvine KA12 8PZ

♿ Wheelchair Accessible

💷 Pay What You Can (FREE / £5 / £10 / £15 / £20)

📧 shifthappensmairin.eventbrite.co.uk
maureen@songswithin.com

SAT 07 NOV **THE ART OF REFLECTION – EXHIBITION**


Visual Arts, Exhibition: The Scottish Centre for Personal Safety presents an exhibition of artwork created in therapeutic art classes, inspired by the ways art reflects and shapes the world around us. The artists will play an active part in the exhibition, sharing insights into the thoughts and feelings that informed their creative process.

🕒 10.00am–2.00pm

📍 Barony St John Centre, Princes Street, Ardrossan KA22 8DQ

♿ Wheelchair Accessible

🎟️ FREE

📧 alan@scotcps.org.uk



Carrick Festival Of Light

SOUTH AYRSHIRE
SOUTH AYRSHIRE
SAT 19 SEP **CARRICK FESTIVAL OF LIGHT 2026**

Multi-Arts, Workshop: Witness a lantern parade winding through Girvan to the shore, where a fire performance takes place with fire sculptures, drawings, light and sound. Created during six weeks of mindful community workshops, making the lanterns invites reflection and connection. Peer-led supportive spaces, developed with Carrick mental health charities, will enable people experiencing mental health problems to take part and bring light to the darker months.



🕒 **Lantern Making Workshops:** Sat 19 & 26 Sep, 3, 10, 17 & 24 Oct, 9.00am–5.00pm

📍 Wee School Art Space, 15 Henrietta Street, Girvan KA26 9EY

🕒 **Lantern Parade:** Sat 24 Oct, 6.15pm–8.15pm

📍 Glendoune Community Centre, 60 Piedmont Rd, Girvan KA26 0HN

♿ Wheelchair Accessible

🎟️ FREE

📧 Ingrid Powell: Info@cragcommunityarts.org
07526 678 147

SAT 07 NOV **BOOK BRUNCH WITH DR EMMA HEPBURN & DR PUNAM KRISHAN**


Writing, Discussion: Tidelines Book Festival and North Ayrshire Libraries invite you to join them for refreshments, pastries and an exciting discussion with two trail-blazing authors. Leading clinical psychologist, Dr Emma Hepburn is passionate about making mental health, wellbeing and neuroscience accessible for all. Dr Punam Krishan (BBC Morning Live) is a practising NHS GP and bestselling children's book author.

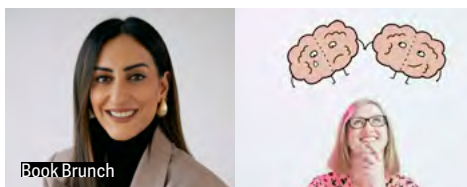
🕒 11.00am–1.00pm

📍 Harbour Arts Centre, 116 Harbour St, Irvine KA12 8PZ

♿ Wheelchair Accessible

🎟️ £10

📧 www.ticketsource.com/harbour-arts-centre



Book Brunch

EDINBURGH
EDINBURGH

Edinburgh's Scottish Mental Health Arts Festival programme offers a range of events across the city's diverse mental health communities.

The city will host some of our most high-profile events including our commissioned artists' exhibition (featuring work by Jo Mango, Kelly Zou, Mairi Timoney, Nat Ophelia Walpole, Steven Jones and Jasmine Esme) as well as our Young People's Gathering.

Other highlights include the 14th Out of Sight Out of Mind, a one-of-a-kind exhibition presenting hundreds of artworks

made by people with experience of mental health issues.

The SMHAF programme features events which reflect on these places, their culture and creators. Come and experience wellbeing sessions for writers, stand-up comedy workshops, puppet making sessions and so much more.



Out of Sight Out of Mind © Chris Scott

FROM
SUN
11
OCT**OUTLOOK CELEBRATING CREATIVITY**

Multi-Arts, Exhibition: To celebrate its 35th anniversary, Outlook Adult Learning and Mental Health Service ran a variety of creative courses on the theme of Reflections. Discover the work produced in an interactive mixed-media exhibition at the Living Memory Association, exploring community, mental health, and the value of creating and sharing perspectives collectively through art.

- 🕒 **Exhibition:** 11–20 Oct, Mon–Fri 10.30am–4.00pm, Sat–Sun 11.00am–4.00pm
- 📍 The Living Memory Association, Ocean Terminal Shopping Centre, Ocean Drive, Edinburgh, EH6 6JJ
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 CLD.OP@edinburgh.gov.uk
07752 700 754

FROM
WED
14
OCT**FABRIC: CREATING CARE**

Storytelling, Exhibition: Fabric brought together young people, creative practitioners, and health and community workers to collectively reimagine support for young people. This display is a reflection on our process and findings – a living record of creative, inclusive and community-rooted approaches that prioritise collective care. Led by Creative Dundee, as part of The Scottish Parliament's Communities Action Plan.

- 🕒 14 Oct–14 Nov: Mon–Sat, 10.00am–4.30pm
- 📍 The Scottish Parliament, Horse Wynd, Edinburgh EH99 1SP
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 creativedundee.com/2026/09/creating-care-exhibit
news@creativedundee.com

FROM
TUE
20
OCT**10 BY 10: A CELEBRATION OF ROOM FOR ART**

Visual Arts, Exhibition: This exhibition marks 10 years of Room For Art, Art in Healthcare's social prescribing project which supports the health and wellbeing of adults across Edinburgh. It will showcase work created in their artist-led weekly workshops which offer a welcoming and safe space for connection, respite and self-expression. Art in Healthcare is also celebrating 35 years, making this a very special event!

- 🕒 20–22 Oct, 10.00am–5.00pm
- 📍 Out of The Blue Drill Hall, Drill Hall, Edinburgh, EH6 8RG
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 claire@artinhealthcare.org.uk

FROM
TUE
20
OCT**OUT OF SIGHT OUT OF MIND 2026**

Visual Arts, Exhibition: Come and see the 14th Out of Sight Out of Mind, a one-of-a-kind exhibition presenting hundreds of artworks made by people with experience of mental health issues. This year's exhibition is focused in one gallery and will extend its reach with a day of events, an afternoon tea, and the release of hundreds more artworks. All organised by and for people with experience of mental health issues.

- 👤 *The exhibition presents a wide variety of themes and topics. Please be aware that some may be affecting, thought provoking, adult, everyday and/or awesome.*
- 🕒 **Opening Times:** 20 Oct–8 Nov, Tue–Sun 11.00am–6.00pm
- 🕒 **Extended Hours:** Thu 22 & 29 Oct, 11.00am–8.00pm
- 📍 Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 www.outofsightoutofmind.scot
07989 402 634

THU
22
OCT**JO MANGO EP LAUNCH**

Music, Performance: Singer-songwriter Jo Mango launches a new EP of songs commissioned by SMHAF, building on themes explored in her acclaimed 2026 album *The Light Switch*. Inspired by Nabokov's imagery, this final performance will explore how past trauma impedes on our image of the future, the past and our current selves.

- 🕒 7.30pm–9.00pm
- 📍 Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
- ♿ Wheelchair Accessible
- 💷 Pay What You Can (£12 / £10 / £8 / £6 / £4)
- 🌐 mhfestival.com/jomango
- 📧 smhaf@mentalhealth.org.uk
Email to request a FREE ticket, or make a booking for an organisation or community group.



Jo Mango



Oor Mad History

FRI
23
OCT**FROM ASYLUM TO ADVOCACY: UNDERSTANDING OOR MAD HISTORIES**

Participatory Arts, Workshop: What has changed in mental health care, and what hasn't? Explore the history of the Royal Edinburgh Asylum/Hospital through the voices of people with lived experience. Led by the Oor Mad History project, this interactive workshop compares past and present mental health services, examining power, class, gender, race and language while celebrating the launch of the online Oor Mad History archive.

- 👤 **Age 18+:** *This workshop explores historical and contemporary experiences of mental health services and includes discussion of mental distress, psychiatric institutions, involuntary detention, coercion, trauma, discrimination and self-harm.*
- 🕒 1.00pm–3.30pm
- 📍 Norton Park Business Hub, 57 Albion Road, Edinburgh, EH7 5QY
- ♿ Wheelchair Accessible
- ♿ FREE
- 🌐 asylumtoadvocacy.eventbrite.co.uk
- 📧 azra@capsadvocacy.org

FROM
FRI
23
OCT**THE RHINESTONE COWBOY**

Theatre, Performance: Based on a true story, this darkly humorous, raw, and emotive play maps a young man's tumultuous journey from Scotland to Iceland. Pulsating sound design fused with bold visual projections provide a visceral backdrop to a blistering trip from one emotional landscape to another. Written as a tribute to Dan The Man – whose humour, charm and resilience masked internal demons – the work celebrates his kaleidoscopic life.

👤 Age 18+: *Flashing lights, loud noises, references to suicide, schizophrenia, substance abuse, and strong language.*

🕒 Fri 23 & Sat 24 Oct: 7.00pm–7.50pm

📍 Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL

♿ Wheelchair Accessible

🎫 £11.25

① tickets.summerhallarts.co.uk/event/981:963/boxoffice@summerhallarts.co.ukinfo@summerhallarts.co.uk

For access bookings, please contact Box Office.

SUN
25
OCT**AVENUE YOU – PUPPET MAKING WORKSHOP**

Crafts, Workshop: Ever wondered what your inner critic, chaotic goblin, or dramatic diva self actually looks like? It's time to find out. Join a dramatherapist and a prop maker for a delightfully weird and wonderful therapeutic workshop. You'll raid the scrap bin, experiment with odd materials, and craft a physical puppet of one of your inner characters. No artistic skill required, just playful self-exploration!

👤 Age 18+

🕒 10.00am–5.00pm (Arrive 9.45–10.00am)

📍 Edinburgh Open Workshop, 39-41 Assembly St, Edinburgh, EH6 7BQ

♿ Wheelchair Accessible

🎫 £75 / £65

① avenueyou.eventbrite.co.uk
hello@abigailnelson.co.uk
nicola@edinburghopenworkshop.co.uk

MON
26
OCT**CREATING SPACE**

Crafts, Workshop: Offering a calm space to explore how creativity can support wellbeing. Creating Space is a series of relaxed fortnightly art workshops run by Health All Round. Open to people living in south west Edinburgh, participants must be registered in advance.

👤 Age 18+

🕒 1.30pm–3.30pm

📍 Art & Spirituality, 6-8 Alexander Drive, Edinburgh, EH11 2RH

♿ Wheelchair Accessible

🎫 FREE

① shona@healthallround.org.uk

TUE
27
OCT**CARRIE**

Film: Celebrate the 50th anniversary of Brian De Palma's iconic cult classic with a special screening that explores the film through the lens of mental health. Experience Sissy Spacek in her unforgettable and groundbreaking performance as the vulnerable and deeply troubled Carrie White as she navigates the challenges of adolescence. Includes a post-screening discussion exploring how mental health and young people are represented in genre cinema.

👤 Age 15+: *Horror, violence, blood, domestic abuse and nudity.*

🕒 8.40pm–11.00pm

📍 Filmhouse, 88 Lothian Rd, Edinburgh EH3 9BZ

♿ Wheelchair Accessible

🎫 £12.50 / £10 / £5 / £3

① www.filmhouse.org.uk/scottish-mental-health-arts-festival

WED
28
OCT**OOSOOM UNCOVERED ALL DAY**

Visual Arts, Exhibition: A day of art and events organised by and for people who have experience of having a mental health issue, as part of Out of Sight Out of Mind exhibition at Summerhall. Events will include talks, art-making and more. A day to see, make, celebrate, join, explore and reflect. Come for all or part of the day. See website for full details.

🕒 11.00am–7.00pm

📍 Summerhall, 1 Summerhall Pl, Edinburgh, EH9 1PL

♿ Wheelchair Accessible

🎫 FREE

exhibition@capsadvocacy.org
① 07989 402 634
www.outofsightoutofmind.scot

FROM
WED
28
OCT**KITCHEN DANCER**

Theatre, Performance: Kitchen Dancer is a ridiculous idea and deliciously quirky play from Fringe First winner Skye Loneragan, produced by Scissor Kick. Skye finds herself representing Scotland in the brand new 'Coping Strategies' category of the Olympic Games as a Registered Kitchen Dancer. Moves must be made as she attempts to show a film crew where she trains – a cramped flat sandwiched between other situations. Supported by Creative Scotland.

🕒 28–30 Oct 7.00pm–8.10pm, 31 Oct 12.30pm–1.40pm

📍 Assembly Roxy, 2 Roxburgh Pl, Edinburgh EH8 9SU

♿ Wheelchair Accessible

🎫 Pay What You Can (£18 / £14 / £9)

① assemblyroxy.com
0131 623 3001



Kitchen Dancer

THU
29
OCT**HARVEST REFLECTIONS: A WELLBEING SESSION FOR WRITERS & CREATIVES**

Writing, Workshop: As the season turns, pause and take stock of what you've grown. Join fellow writers and creatives for an evening with coach Caitlin McDonald, reflecting on this year's wins through our writing exercise, Gathering the Harvest. Come to celebrate how far you've come!

- 👤 Age 16+
- 🕒 7.00pm–9.00pm
- 📍 Corvidaeum Creative, Suite 13, 130 Leith Walk, Edinburgh, EH6 5DT
- ♿ Wheelchair Accessible
- 💷 FREE
- 🔗 bit.ly/4yeDsPz
- 📧 hello@corvidaeumcreative.co.uk

FRI
30
OCT**YOUNG PEOPLE'S GATHERING**

Music: What does it mean to be young in Scotland today? As part of SMHAF's young people's engagement programme, we present an evening of performance aimed at artists and audiences aged 16–25, reflecting on the big issues impacting young people and their mental health.

- 🕒 7.30pm–9.30pm
- 📍 Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
- ♿ Wheelchair Accessible
- 💷 Pay What You Can (£12 / £10 / £8 / £6 / £4)
- 🔗 mhfestival.com/ypgathering
- 📧 smhaf@mentalhealth.org.uk
- Email to request a FREE ticket, or make a booking for an organisation or community group.

FROM
SAT
31
OCT**LAUGH MOOR: UNEARTH YOUR FUNNY BONE**

Comedy, Workshop: "I have no desire to perform, but I would love to laugh more." This workshop led by stand-up comedian and improviser Agnes Carter and clinical psychologist Dr Edel McGlanaghy will give you practical skills to find the funny in your everyday life. Come to learn about the benefits of humour, connect with others and ultimately, laugh moor.

- 🕒 Sat 31 Oct & 7 Nov, 11.00am–1.00pm
- 📍 Slow Progress Records & Coffee, 53 Blackfriars St, Edinburgh, EH1 1NB
- ♿ Restricted Wheelchair Access
- 💷 Pay What You Can (Suggested £6)
- 🔗 bit.ly/45LY4m3
- 📧 agnescartercomedy@gmail.com

SAT
31
OCT**THE ART OF BEING HUMAN: EXPLORING SELF-REVELATORY ARTS**

Multi-Arts, Workshop: Everyone has a story worth telling. Whether you're a performer, writer, artist or just curious, join dramatherapists Abigail Nelson and Kate Stevens for an exploratory introduction to self-revelatory arts. Through playful and reflective exercises, you'll learn how to use the arts as a powerful tool not only for safely containing your personal stories, but bravely transforming them.

- 👤 Age 18+
- 🕒 1.00pm–5.00pm
- 📍 Edinburgh Open Workshop, 39-41 Assembly Street, Edinburgh, EH6 7BQ
- ♿ Restricted Wheelchair Access
- 💷 £30 / £25
- 🔗 theartofbeinghuman-inperson.eventbrite.co.uk
- 📧 hello@abigailnelson.co.uk
- dramatherapywithkate@gmail.com

SUN
01
NOV**BODY MAPS, LIFE STORIES**

Multi-Arts, Workshop: This creative wellbeing workshop from Firm Footing Movement invites you to reflect on your own strengths and life experiences with individual body mapping using art materials. The session will begin with a light directed physical group warm up, taking some time to notice any muscle tension and work to feel grounded in our bodies, before moving on to art materials. No experience in dance necessary.

- 👤 Age 18+
- 🕒 2.15pm–3.15pm
- 📍 Dance Base, 14-16 Grassmarket, Edinburgh, EH1 2JU
- ♿ Wheelchair Accessible
- 💷 Pay What You Can (Suggested £8)
- 🔗 events.humanitix.com/body-map-life-stories
- 📧 firm.footing.movement@protonmail.com



Body Maps Life Stories

SUN
01
NOV**WHAT WE CARRY**

Dance, Workshop: A reflective workshop for people working in caring and creative health settings, exploring gentle wellbeing exercises. The session begins with a light directed physical group warm-up to notice any muscle tension and work to feel grounded in our bodies — ready for some creative exploration with a focus on playfulness and grounding.

- 👤 Age 18+: *For people working in health care, caring, support roles, or creative health.*
- 🕒 3.30pm–4.30pm
- 📍 Dance Base, 14-16 Grassmarket, Edinburgh, EH1 2JU
- ♿ Wheelchair Accessible
- 💷 Pay What You Can (Suggested £8)
- 🔗 events.humanitix.com/what-we-carry
- 📧 firm.footing.movement@protonmail.com

MON
02
NOV**ALL WRITE NOW**

Writing, Workshop: Join All Write Now for a relaxed creative writing session exploring different forms of creative writing to support wellbeing. Open to people living in south west Edinburgh, both new and established writers are welcome. Participants must be registered in advance with Health All Round.

- 👤 Age 18+: *Must be registered in advance with Health All Round.*
- 🕒 1.30pm–3.30pm
- 📍 Art & Spirituality, 6-8 Alexander Drive, Edinburgh, EH11 2RH
- ♿ Wheelchair Accessible
- 💷 FREE
- 📧 shona@healthallround.org.uk

TUE
03
NOV**I SEE BUILDINGS FALL LIKE LIGHTNING**

Film: A special preview screening of the highly anticipated new film from celebrated British filmmaker Clio Barnard. Adapted from Keiran Goddard's acclaimed novel of the same name, *I See Buildings Fall like Lightning* weaves together five poignant stories of childhood friends struggling to find their way and dreams of fulfilment amidst the stark realities of the UK housing crisis.

- 🕒 8.30pm–11.05pm
- 📍 Filmhouse, 88 Lothian Rd, Edinburgh EH3 9BZ
- ♿ Wheelchair Accessible
- 🎟 £12.50 / £10 / £5 / £3
- www.filmhouse.org/scottish-mental-health-arts-festival
- ☎ 0131 380 5280

FROM
SAT
07
NOV**HEIDS UP, PENS OOT**

Writing, Discussion: Hear from four writers who met through The Changing Room, a SAMH support initiative, and discovered their shared passions for creative writing through the Men With Pens workshops. They have collaborated on an anthology of fiction, memoirs, and interviews: *Heids Up, Pens Oot*. At the book's launch, expect candid reflections on how creative writing has been a vital tool for ongoing wellbeing.

- 🕒 2.00pm–3.00pm
- 📍 Portobello Library, 14 Rosefield Avenue, Edinburgh EH15 1AU
- ♿ Wheelchair Accessible: Ring the bell or email in advance to arrange ramp access.
- 🎟 FREE
- ✉ samrowe@bethanychristiantrust.com
- ☎ 07818 893 093

THU
05
NOV**THORNTREE**

Film: The debut feature from Edinburgh-based filmmaker Isaac Knights-Washbourn is an intimate portrait of Thorntree, Rowan Alba's pioneering supported accommodation for alcohol-dependent men. Rejecting conventional abstinence models, it enables residents to take control of their recovery without judgement or stigma. Knights-Washbourn brings rare insight and emotional resonance, drawing on his own experience as the son of an addicted father. Includes a post-screening discussion with Isaac Knights-Washbourn and Rowan Alba, co-presented with Scottish Documentary Institute.

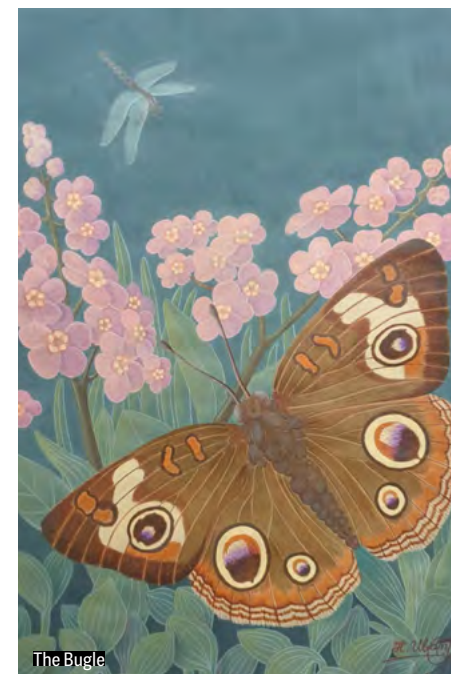
- 🕒 8.30pm–10.40pm
- 📍 Filmhouse, 88 Lothian Rd, Edinburgh EH3 9BZ
- ♿ Wheelchair Accessible
- 🎟 £12.50 / £10 / £5 / £3
- www.filmhouse.org/scottish-mental-health-arts-festival
- ☎ 0131 380 5280

SUN
08
NOV**MENTAL HEALTH & WELLBEING IN THE TRADITIONAL ARTS**

Multi-Arts, Workshop: This workshop is a space to step back and look honestly at the unseen pressures of working in the traditional arts sector. As a group, you'll consider some of the wellbeing challenges specific to working as a traditional artist and explore practical approaches to looking after yourself and each other within the sector. Presented by the Traditional Music Forum of Scotland.

- 🕒 10.30am–12.30pm
- 📍 Scottish Storytelling Centre, 43–45 High St, Edinburgh, EH1 1SR
- ♿ Wheelchair Accessible
- 🎟 FREE
- ✉ scottishstorytellingcentre.online.red61.co.uk
- ☎ 0131 556 9579
- reception@scottishstorytellingcentre.com

Jen Anderson – Mental Health Wellbeing Traditional Arts

FROM
THU
12
NOV**THE BUGLE: PAST & PRESENT**

Multi-Arts, Exhibition: An exhibition celebrating the art and writing of *The Bugle*, Bethany Christian Trust's long-running creative arts group and magazine, featuring work by current contributors and pieces of the project's history from the archives. The group have been meeting for over 21 years and have produced more than 60 editions of their magazine, showcasing poetry, prose, paintings, illustrations and photography.

- 🕒 Thu 12 Nov–Sat 14 Nov, 10.00am–4.00pm
- 📍 The Custom House (Entrance on Custom's Wharf), 65–67 Commercial Street, Edinburgh, EH6 6LH
- ♿ Wheelchair Accessible: Ring the bell or email in advance to arrange ramp access.
- ✉ samrowe@bethanychristiantrust.com
- ☎ 07818 893 093

WEST LoTHIAN ME21 LoTHIAN

WED SHOULDER

21
OCT



Visual Arts, Exhibition: Shoulder brings together visual art created over 18 months by members of art for wellbeing group, aimed at men. Through learning and exploring various media and techniques, participants developed a supportive, trusting and non-judgemental space. This exhibition reflects their individual journeys and celebrates the role of creativity and community in healing.

🕒 12.00pm–2.30pm

📍 Craigsfarm Community Hub, Maree Walk, Livingston EH54 5BP

♿ Wheelchair Accessible

🆓 FREE

📧 info@craigsfarm.org.uk
01506 894 639



ANGUS VINC2

THU IF STONE COULD SPEAK – CREATIVE
29 WRITING WORKSHOP

OCT



Writing, Workshop: Come and join an inclusive creative writing workshop exploring the world of Adam Christie, an artist and sculptor from Shetland who lived most of his life in the Montrose Sunnyside Hospital and carved a fascinating collection of stone heads, some of which are housed in the museum. Engage with Adam's story and express your own creative voice. If stone could speak what would it say?

🕒 10.30am–1.00pm

📍 Montrose Museum, Panmure Place, Montrose, DD10 8HF

♿ Wheelchair Accessible

🆓 Donation (Suggested £5)

www.knightstheatre.co.uk/ifstonecouldspeak
📧 contact@knightstheatre.co.uk

FRI IF STONE COULD SPEAK – WORK-IN-
06 PROGRESS READING

NOV



Theatre, Performance: A work-in-progress reading of a new play by Matthew Knights exploring the life of the gifted artist and sculptor Adam Christie. Adam was a patient at Sunnyside Hospital, formerly the Royal Asylum of Montrose between 1901–1950 and some of his works are on display at Montrose Museum. This event is an informal sharing to help support and develop the play with a discussion at the end. All welcome.

🕒 6.30pm–8.30pm

📍 Montrose Museum, Panmure Place, Montrose, DD10 8HF

♿ Wheelchair Accessible

🆓 Donation (Suggested £5)

📧 www.knightstheatre.co.uk/ifstonecouldspeak
contact@knightstheatre.co.uk

DUNDEE DUNDEE

FROM KALEIDOSCOPE

MON
26
OCT



Visual Arts, Exhibition: Kaleidoscope is a public exhibition of artworks by Black and Minority Ethnic women in Dundee, created through workshops with How It Felt, Amina MWRC and DIWC. The exhibition brings together diverse experiences, identities and perspectives, exploring themes of belonging, faith, friendship, mental health and the care and connections that help build supportive communities.

♀ *The launch event is women only. The exhibition is open to all.*

🕒 **Exhibition:** 26–31 Oct, Mon, Tue, Thu & Fri 9.00am–8.00pm, Wed 10.00am–8.00pm; Sat 9.30am–5.00pm

📍 Dundee Central Library, Upper Foyer, Level 3, The Wellgate Centre, Dundee DD1 2DB

🕒 **Launch:** Tue 27 Oct, 11.00am–1.00pm

📍 Amina MWRC @ ScrapAntics Community Space, Wellgate Level 2, Victoria Rd, DD1 2DB

♿ Wheelchair Accessible

🆓 FREE

📧 rachel.howitfelt@gmail.com



FROM
TUE
27
OCT



MEMORY QUILT: THE SONGS WE KEPT
Visual Arts, Exhibition: A deeply personal exhibition of collages created by artist Caishnah Nevans, from her treasured collection of 90s music magazines. Inspired by patchwork memory quilts, the work reflects on how the music we loved as teenagers shaped our identity, supported our mental wellbeing and continues to connect us. Visitors can create their own collage and contribute to a shared community memory quilt.

🕒 27 Oct–8 Nov

Tue–Fri 11.00am–4.00pm; Sat–Sun 10.00am–5.00pm

📍 The Creative Tank, 38 Dock Street, Dundee, DD1 3DR

♿ Restricted Wheelchair Access

🆓 FREE

📧 hello@thecreativetank.co.uk

WED MY WORD AGAINST MINE

28

OCT



Film: Five people who hear voices take part in an innovative form of therapy, where a psychiatrist speaks both about and directly with their voices. Exploring who the voices are, what they want and how they relate to past experiences, the sessions open paths towards greater insight and acceptance. My Word Against Mine is a powerful, hopeful and vividly cinematic portrait of resilience, trauma and the human mind. Includes a post-screening discussion with psychiatrist Dirk Corstens, co-presented with Hearing Voices Network Dundee.

♀ Age 15+: *Themes of childhood sexual abuse, trauma, suicide and voice hearing.*

🕒 7.30pm–10.00pm

📍 DCA, 152 Nethergate, Dundee DD1 4EA

♿ Wheelchair Accessible

🎟 £10 / £8 / £7 / £5

www.dca.org.uk

📧 01382 213 610

PERTH BEHLH

This year, Perth is one of our areas of regional focus. Thanks to funding from the Baring Foundation and Creative Scotland, their 2026 programme is their most comprehensive yet, exploring themes such as social media, recovery and resilience.

For those who want to get creative, the Postcard Project invites you to make your own mini artworks in a series of creative sessions across the festival.

Participating venues include the fantastic Perth Art Gallery, where members of Trauma Healing Together will exhibit original work,

and the Birks Cinema in Aberfeldy, which hosts a special screening celebrating open water swimming.

Elsewhere, local shops and everyday spaces will be transformed into a temporary art trail, encouraging reflection and community conversation.

The Postcard Project



FROM
WED
16
SEP



CREATIVE CATALYST

Visual Arts, Workshop: Creative Catalyst Scotland CIC will bring together young people aged 16–24 in Perth for a series of workshops led by artist Caitlin Hanna, combining expressive mark-making and creative writing. The work created will be showcased at Perth Creative Exchange during SMHAF 2026, celebrating young people's creativity, self-expression and reflections on their experiences.

- 🕒 **Workshops:** Wed 16, 23 & 30 Sep, 1.00pm–4.00pm
- 🕒 **Exhibition:** 12 Oct–9 Nov, Mon–Fri 10.00am–5.00pm
- 📍 Perth Creative Exchange, Stormont St, Perth PH1 5NW
- 🆓 FREE
- 🔗 forms.gle/p1WAnJLdfpaF5pJ47
- 📧 creativecatscot@gmail.com

FROM
MON
19
OCT



REFLECTIONS: SOCIAL MEDIA AND MENTAL HEALTH

Visual Arts, Young People: Members of Reverb, a youth arts programme at Strathearn Arts, share their perspectives on mental health and social media. Discover their work in an accessible public exhibition and temporary art trail, transforming local shops and everyday spaces into places for reflection and community conversation.

- 🕒 19 Oct–8 Nov, 9.00am–5.00pm
- 📍 Strathearn Arts, 6 Comrie St, Crieff, PH7 4AX
- ♿ Wheelchair Accessible
- 🆓 FREE
- 🔗 seth.tinsley@strathearnarts.org

FROM
MON
19
OCT



REFLECT IN PERTH ART GALLERY

Visual Arts, Exhibition: Visit Perth Art Gallery to see works created collaboratively by Trauma Healing Together members, in response to the work of a distinguished, internationally acclaimed Scottish artist. Inspired by her large-scale, expressive and figurative scenes, participants' artworks will reflect on the human condition and the complex relationships between people, conflict and trauma.

- 🕒 19 Oct–8 Nov: Mon, Fri & Sat 10.00am–5.00pm; Thu 10.00am–7.00pm; Sun 11.00am–4.00pm
- 📍 Perth Art Gallery, 78 George St, Perth, PH1 5LB
- ♿ Wheelchair Accessible: Some spaces at Perth Art Gallery are only accessible via steps. For access queries, please contact 01738 783 400.
- 🆓 FREE
- 🔗 learning@culturepk.org.uk

FROM
TUE
20
OCT



THE POSTCARD PROJECT

Visual Arts, Community: Create a postcard-sized artwork in a relaxed, welcoming space as part of the Scottish Mental Health Arts Festival 2026. Drop in to explore a range of creative materials, meet others and respond to this year's theme, Reflections, or simply create whatever inspires you. There is no pressure to exhibit or share your work – just come along and enjoy being creative. No art experience necessary.

- 🕒 Tue 20 Oct: 11.00am–1.00pm
- 🕒 Wed 28 Oct: 2.00–4.00pm
- 🕒 Mon 2 Nov: 12.00–2.00pm
- 🕒 Thu 5 Nov: 11.00am–1.00pm
- 📍 Mindspace, The Gateway, North Methven Street, Perth, PH1 2PP
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📞 01738 631 639

SUN 08 NOV **DON'T BE PREY**

Film, Screening: Go Swim, in partnership with the Birks Cinema and Scottish Action for Mental Health, invites you to an inspiring afternoon celebrating adventure, resilience and the incredible power of the human spirit. Come and enjoy a special screening of Don't Be Prey, the remarkable story of Mark Soerby's quest to conquer the Oceans Seven, seven of the world's most challenging open water swims.

- 👤 Age 12+
- 🕒 2.00pm–4.00pm
- 📍 Birks Cinema, 1 Dunkeld Street, Aberfeldy, PH15 2DA
- ♿ Wheelchair Accessible
- 💷 Pay What You Can (£5, £10, £15.50)
- 📄 <https://tickets.birkscinema.co.uk/movie/dont-be-prey>
- 📧 support@birkscinema.co.uk

**FALKIRK****WED 21 OCT** **SING TO FEEL GOOD!**

Music, Performance: Singing makes you feel good! Join Freedom Of Mind Community Choir, led by Kim Edgar, for a one-off drop-in afternoon of uplifting, energising singalong songs, and discover the mental health benefits and the buzz of group singing for yourself. Free to attend, all are welcome and complimentary refreshments will be served to guests halfway through the session. Text or email to reserve a space.

- 👤 Age 18+
- 🕒 2.30pm–4.30pm
- 📍 Camelon Parish Church Hall, Mansionhouse Road, Falkirk, FK1 4LW
- ♿ Wheelchair Accessible
Quiet Room: Yes
- 💷 FREE (Donations Welcome)
- 📧 info@freedomofmindcommunitychoir.com
07895 538 057

THU 05 NOV **THE HIVE 'N' THRIVE HUB**

Storytelling, Workshop: The Hive 'n' Thrive Hub host reflective workshops looking at the communities they work alongside across Falkirk. Through conversation and shared activities, the workshops will consider local strengths, lived experiences and the connections that support wellbeing.



- 👤 Includes discussion of local suicide ideation service.
- 🕒 10.00am–4.00pm
- 📍 Arnotdale House, Dollar Park, Falkirk, FK15SQ
- ♿ Wheelchair Accessible
- 💷 FREE
- 📧 Falkirk@cyrenians.scot

STIRLING

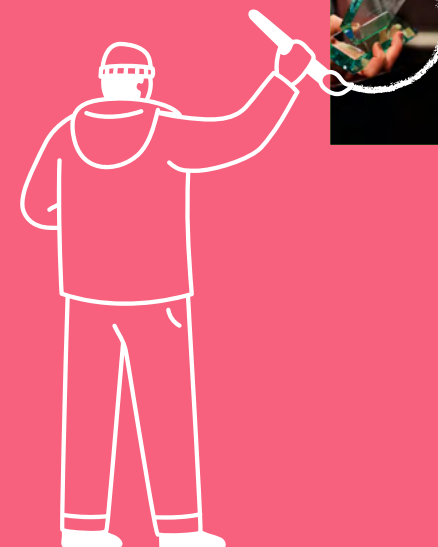
For 2026, Stirling is one of our areas of regional focus. With support from the Baring Foundation and Creative Scotland, we are helping to grow the city's SMHAF programme and build new, sustainable creative networks for the future.

Longlisted for UK City of Culture 2025, Stirling boasts a community-focused arts scene. In November, our Writing Awards will come to the city's iconic Tolbooth, hosted by poet Len Pennie and featuring live readings and performances from local artists and communities.

Across the festival, there are plenty of ways to get involved, build confidence and explore how creativity can support mental health.

Join a Silent Reading Disco or discover Mak-Mind, an exhibition at Maggie's Forth Valley showcasing work created through a series of wellbeing craft workshops.

Take things at your own pace and enjoy the benefits of being creative together.



FROM
SUN
18
OCT**REFLECTIONS: MEN, MAKING & METAL**

Photography, Exhibition: A photographic exhibition exploring creativity, connection and the quiet satisfaction of making something by hand. The exhibition grew from a dedicated silver ring-making workshop, created for members of local Men's Shed groups and other men interested in trying a new creative experience. Accompanying the photographs are personal reflections from participants, sharing their thoughts on learning a new skill, spending time making alongside others and the sense of achievement that comes from creating something for themselves.

- 🕒 18 Oct–8 Nov
- 📍 Opening Times: Tue–Wed & Fri–Sat
10.00am–5.00pm; Thu 10.00am–2.30pm;
Sun 11.00am–4.00pm
Craft Central, Riverview, High Street,
Dunblane, FK15 0EE
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 hello@cassj.co.uk
01786 643329



Reflections: Men Making & Metal

FROM
MON
19
OCT**MAK-MIND**

Crafts, Exhibition: An exhibition featuring handmade silver jewellery, photographs and insights following a reflective and creative gathering of women living with metastatic cancer. Facilitated by jewellery designer and cancer survivor, Renate Kriegler, participants gathered at Maggie's Forth Valley to reflect together on their challenges, worries and hopes, creating a wearable silver talisman each to symbolise a positive personal message.

- 🕒 19 Oct–8 Nov: Mon–Fri, 9.00am–5.00pm
- 📍 Maggie's Forth Valley, The Nina Barough Building, off Quintinshill Drive, Larbert, FK5 4SG
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 Renate Kriegler:
renatekriegler@gmail.com
renatekriegler.com
Maggie's Forth Valley:
forthvalley@maggies.org
01324 868 069



Mak-Mind



Echoes of Self

FROM
WED
21
OCT**ECHOES OF SELF**

Visual Arts, Exhibition: An exhibition of work by Artspace participants responding to this year's theme, Reflections. Created with a professional artist, the exhibition celebrates creativity and self-expression, while building confidence and supporting recovery through the arts. Artspace is Artlink Central's arts programme for people in Stirling living with mental health conditions.

- 🕒 21 Oct–6 Nov, Tue–Thu 11am–2.30pm
- 📍 Gallery 7, Artlink Central, 5-7 Upper
Craig's, Stirling, FK8 2DG
- ♿ Wheelchair Accessible
- 🆓 FREE
- 📧 aya@artlinkcentral.org

SUN
01
NOV**SILENT READING DISCO**

Multi-Arts, Community: InsideOutside Therapy hosts a Silent Reading Disco. Bring a book, get cosy and read in the quiet company of others as sounds play, gently curated by Greg Sinclair (The Phantom Band, Omnivore Demon). The session begins with a short mindful reading, followed by time to enjoy your book in good company, with the option to quietly use creative materials.

- 🕒 3.00pm–5.00pm
- 📍 InsideOutside Therapy, The Hut, Killlearn Mill Business Park, Killlearn, G63 9LQ
- ♿ Restricted Wheelchair Access
- 🆓 Pay What You Can
- 📧 sara@insideoutsidetherapy.org

THU
05
NOV**SPARK TO A FLAME**

Multi-Arts, Performance: Join The Write Angle for a multi-arts evening of poetry, prose, song, reflection and more. Experience the power of people sharing their words and thoughts in different mediums, within a welcoming creative space. For anyone seeking connection, compassion and community.

- 👤 Age 18+: May include themes of social isolation, depression, self-harm, and other mental health issues.
- 🕒 7.30pm–10.30pm
- 📍 The Cave @ The Settle Inn, 91 St Mary's Wynd, Stirling, FK8 1BU
- ♿ Restricted Wheelchair Access
- 🆓 FREE (Donations Welcome)
- 📧 editor.thewriteangle@gmail.com
www.facebook.com/writeangle

FRI
06
NOV**WRITING AWARDS**

Writing: The Writing Awards are a major highlight of the SMHAF programme and one of our most enduring successes. Join us at the Tolbooth in Stirling for a live literary showcase inspired by Reflections and hosted by poet Len Pennie, featuring readings from shortlisted writers, live music and spoken word performances, followed by our annual prizegiving and a reception.

- 🕒 **Event:** 6.00pm–8.30pm
- 🕒 **Reception:** 8.30pm–9.30pm
- 📍 Tolbooth, Jail Wynd, Stirling FK8 1DE
- 🆓 Pay What You Can (£12 / £10 / £8 / £6 / £4)
mhfestival.com/writingawards26
- 📧 smhaf@mentalhealth.org.uk
Email to request a FREE ticket, or make a booking for an organisation or community group.

DUMFRIES & GALLOWAY & CUMMOWAY DUMFRIES?

OutPost Arts present their SMHAF 2026 programme.

Through a wide range of participatory projects and partnerships, we support those experiencing barriers such as disability, isolation, illness, trauma and inequality, ensuring that creative experiences are accessible, meaningful and life-enhancing. By embedding creativity into healthcare and community settings, we foster resilience, confidence and connection. Our Creative Wellbeing Network brings people, organisations and ideas together across sectors, showcasing how the arts can inspire change, challenge stigma and strengthen wellbeing.

➔ Outpost Arts: Art Journal Project

This year's programme of SMHAF events in Dumfries & Galloway builds on that vision, shining a light on art created by Dumfries-based painter Martin Clarkson, Midpark Hospital staff and patients in partnership with NHS D&G, the Crichton Trust and Heritage Service - D&G Council, and by adults in custody in partnership with HMP Dumfries. We invite you to reflect on how creativity can shape healthier, more connected communities.



FROM
FRI
23
OCT



CLOSER TO NATURE: AN EXHIBITION BY MARTIN CLARKSON

Visual Arts, Exhibition: OutPost Arts presents Closer to Nature, a new exhibition by Dumfries artist Martin Clarkson. Featuring en plein air paintings created across Britain's woodlands, coastlines, mountains and moorland, the exhibition celebrates the healing power of nature. Through themes of hope, resilience and renewal, it invites visitors to pause, reflect and reconnect with the natural world.

- 🕒 **Launch:** Fri 23 Oct, 5.30–7.30pm
- 🕒 **Exhibition:** 23 Oct 2026–4 Jan 2027, Open 24 Hours
- 📍 Dumfries & Galloway Royal Infirmary, A75, Dumfries, DG2 8RX
- ♿ Wheelchair Accessible
- 💷 FREE
- 👤 Kirstin McEwan:
comms@outpostarts.co.uk

BORDERS BOBDEB2

FROM
TUE
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SEP



REFLECTIONS OF BELONGING

Visual Arts, Exhibition: Reflections of Belonging brings together artwork created through three participatory mixed-media workshops with people from racialised communities in the Scottish Borders. Exploring memory, identity, emotion and belonging, the exhibition celebrates personal stories, shared experiences and creative connections, showing how art can support wellbeing, expression and community.

- 🕒 29 Sep–5 Oct, 10.00am–4.00pm
- 📍 The Little Art Hub, 55 High Street, Galashiels TD1 1RZ
- ♿ Wheelchair Accessible
- 💷 FREE
- 👤 syrraali@gmail.com



Closer to Nature: An Exhibition by Martin Clarkson

HIGHLAND HIGHLAND

SMHAF Highland is a collaboration between local groups and third sector organisations coming together across the region to promote engagement in activities which can benefit mental wellbeing, challenge stigma and raise awareness.

They are celebrating their 16th year of involvement with a diverse programme of events which reflect on the value of arts in mental health, recovery, and

wellbeing. Expect nature walks, exhibitions, dramatherapy workshops and more.

 SMHAF Highland Annual Art Exhibition



FROM
MON
05
OCT



SMHAF HIGHLAND ANNUAL ART EXHIBITION

Visual Arts, Exhibition: Come and experience artwork created by individuals and groups from across the Highlands at this much-loved annual exhibition. This inspiring showcase celebrates the value of the arts in mental health, recovery, and wellbeing. From self-expression to therapeutic processes, the work often moves, challenges, and uplifts, offering moments of reflection, connection and delight.

🕒 5 Oct–28 Oct: Mon & Tue 4.00–8.00pm, Wed–Sun 11.00am–8.00pm

📍 Eden Court, Bishop's Road, Inverness IV3 5SA

🕒 8 Oct–31 Oct: Thu & Sat 10.00am–12.00pm, Fri 10.00am–12.00pm & 6.00pm–9.00pm

📍 The Bike Shed, 23 Grant Street, Inverness IV3 8BN

♿ Wheelchair Accessible

£ FREE

📞 Eden Court: 01463 234 234

The Bike Shed: 07435 555 051

donnamurray@smhafhighland.co.uk

FRI
09
OCT



THE GATHERING

Visual Arts, Community: A welcoming networking event bringing together artists, organisations, friends, supporters and partners to connect, share ideas and celebrate creativity. The Gathering creates space for conversation, collaboration and inspiration, providing an energising space to meet new people, strengthen existing relationships and discover the work happening across our creative community.

🕒 1.00pm–3.00pm

📍 Eden Court, Bishop's Road, Inverness, IV3 5SA

♿ Wheelchair Accessible

£ FREE

📧 donnamurray@smhafhighland.co.uk

FROM
WED
21
OCT



TONGUE WALKING GROUP

Heritage, Community: Step outside, take a breath and join the friendly Tongue Walking Group for a relaxed walk. Whether you're a regular walker or simply fancy getting outdoors and meeting others, come along and feel the benefits of fresh air, gentle conversation and good company. After the walk, you can stay for cake, coffee and a chance to relax, chat and continue the conversation.

🕒 Wed 21 & 28 Oct, 1.00pm–3.00pm

📍 Tongue Walking Group, North Coast Connection, Lairg, IV27 4XA

♿ Restricted Wheelchair Access

£ FREE

📧 [Facebook: Tongue Walking Group](https://www.facebook.com/TongueWalkingGroup)

donnamurray@smhafhighland.co.uk

SMHAF Highland Annual Art Exhibition



SAT
24
OCT

FINDING YOUR FOOL: A JOURNEY IN PLAY

Multi-Arts, Workshop: The fool doesn't fear getting things wrong, they enjoy it even. Join dramatherapist, Kate Stevens, to explore how to bring the inner fool into consciousness. By embracing play through the art of clowning and reflection, you will discover how creativity can serve as a powerful tool for safely containing anxieties, challenging personal narratives, and courageously transforming them.

👤 Age 16+

🕒 2.00pm–5.00pm

📍 The Bike Shed, 23 Grant Street, Inverness, IV3 8BN

♿ Restricted Wheelchair Access

💷 Pay What You Decide (£25 / £30 / £35)

📧 findingyourfool.eventbrite.com
dramatherapywithkate@gmail.com



ONLINE ONLINE

THU
22
OCT

THE ART OF BEING HUMAN: EXPLORING SELF-REVELATORY ARTS

Multi-Arts, Workshop: Everyone has a story worth telling. Whether you're a performer, writer, artist or just curious, join dramatherapists Abigail Nelson and Kate Stevens for an exploratory introduction to self-revelatory arts. Through playful and reflective exercises, you'll learn how to use the arts as a powerful tool not only for safely containing your personal stories, but bravely transforming them.

👤 Age 18+

🕒 6.30pm–9.00pm

📍 Google Meet

💷 £25 / £20

📧 theartofbeinghuman-online.eventbrite.co.uk
hello@abigailnelson.co.uk
dramatherapywithkate@gmail.com

MON
26
OCT

BEYOND WORDS: A CREATIVE EXPLORATION

Visual Arts, Workshop: This taster workshop offers a space to experience and express creativity beyond words. Creativity isn't reserved for the people who are talented or trained in art. It belongs to everyone. This session isn't about artistic skill or producing something that looks a certain way — it's about the process of making, and about doing that in a space that feels warm, accepting and free of judgement.

🕒 7.00pm–8.30pm

📍 Zoom

💷 FREE

📧 beyondwords22.eventbrite.co.uk
cheryl.mcgeachan@glasgow.ac.uk

TUE
27
OCT

THROUGH THE LOOKING GLASS: POETRY AS A MIRROR

Writing, Workshop: The act of reading and writing poetry is a mirror for ourselves and for society. Dive into self-reflection through this enjoyable, one-hour workshop with writer, editor and creative mentor, Molly Murray.

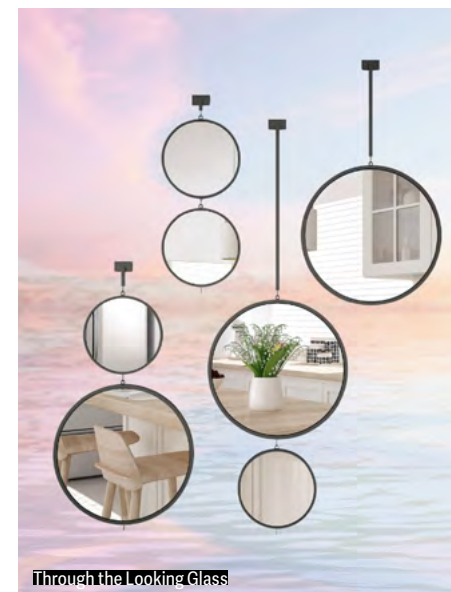
👤 Audience participation is encouraged, but not required.

🕒 7.00pm–8.00pm

📍 Zoom

💷 FREE

📧 flowmagic.myflodesk.com/we4hsanhu5
hellomolly@flowmagic.org



Through the Looking Glass



STAY CONNECTED

STAY CONNECTED

REACH OUT

If you have any questions about the Scottish Mental Health Arts Festival, please reach out. If you want to know more about a specific event, please contact the organiser directly using the information provided in the listing. Additional contact details may also be available on our website.

RESOURCES

PERFORMING ANXIETY

Performing Anxiety is a resource for people who want to make audience-facing or participatory arts projects about mental health. It draws on interviews with over 30 people – writers, performers, directors, producers and programmers – across the UK.

mhfestival.com/performing-anxiety.

PARTICIPATORY ARTS & MENTAL HEALTH: A GOOD PRACTICE RESOURCE

The resource is designed to support people who want to create and deliver participatory arts and mental health projects in the most safe, supportive and nurturing way possible. It is based on research with artists and organisations across Scotland who have worked on participatory arts and mental health projects.

mhfestival.com/participatoryartsresource

KEEP IN TOUCH

The SMHAF team are always planning new events and projects exploring the arts and mental health. Are you an artist developing a new project exploring mental health? Would you like to help improve mental health in the arts sector? Do you work for an organisation that would like to get involved in SMHAF 2027? Get in touch to find out more about the festival and how to get involved.

Contact us at smhaf@mentalhealth.org.uk.

JOIN THE CONVERSATION ONLINE

#SMHAF26

 @mhfestival

 @mentalhealtharts

 mhfestival.com/newsletter

 Scottish Mental Health Arts Festival



GETTING HELP

GETTING HELP

If you or someone you know is struggling with their mental health, you are not alone, and there are places you can go to get help.

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

Call the NHS 24 Mental Health Hub on 111 if you need to get help when your GP isn't open or available. You may prefer to get free, confidential support by phone or online.

SAMARITANS

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

116 123

jo@samaritans.org
samaritans.org

BREATHING SPACE

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

0800 83 85 87 | breathingspace.scot

SHOUT

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

85258 | giveusashout.org

CHILDLINE

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

0800 1111 | childline.org.uk

THE NOOK

The Nook offers drop-in mental health support in a safe, stigma-free and non-clinical environment – without the need for an appointment.

Walk-in support hubs where anyone can visit to speak about mental health, The Nooks will provide visitors with access to support for themselves, or people they care about.

GLASGOW

Brunswick House,
51 Wilson Street,
Glasgow, G1 1UZ

Opening Hours:

Mon–Fri 10am–5pm,

Sat–Sun 10am–4pm

ABERDEEN

Ground Floor,
Marischal Square,
Upperkirkgate,
Aberdeen AB10 1BA

Opening Hours:

Mon–Sun 10am–4pm

SCOTTISH
MENTAL HEALTH
ARTS FESTIVAL



**EXPLORE THE PROGRAMME
AND BOOK TICKETS AT
MHFESTIVAL.COM**

