

**SCOTTISH
MENTAL
HEALTH
ARTS & FILM
FESTIVAL**

POWER

**1 to 19
OCTOBER
2014**

**Film
Theatre
Music
Literature
Visual Arts
Comedy
Workshops
and more**

mhfestival.com

'ANY FORM OF ART
IS A FORM OF POWER;
IT HAS IMPACT,
IT CAN AFFECT CHANGE-
IT CAN NOT ONLY MOVE US,
IT MAKES US MOVE'

Ossie Davis

Civil rights activist, actor, director,
playwright (1917 - 2005)

WELCOME TO THE 2014 FESTIVAL

This October is all about POWER.

Arts and film have the power to create change. They tell us, as individuals and communities, who we are and what we can aspire to be. The emotional impact of art has mobilised and encapsulated whole social movements, ranging from protest songs to the Theatre of the Oppressed. As a Festival, we know that arts have the power to both tackle the stigma associated with mental ill health and to promote recovery.

So now, in our 8th year, we have taken power as our central theme. Our vibrant network of artists and activists have sought out the most exciting international and local work to create a truly compelling programme which explores the nature of personal, political and social power; the power dynamics in relationships; feelings of disempowerment associated with mental ill health; and the empowerment felt when participating in the arts.

Whether you are into challenging film and theatre, uplifting music, hard-hitting dance, thought-provoking photography, or reflective poetry, with over 300 events spanning the length and breadth of the country, we have something for you.

Lee Knifton - Festival Director

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The Scottish Mental Health Arts & Film Festival
is hosted by the Mental Health Foundation in
association with national partners



If you would like to know more about the designers
behind this year's brochure, visit ostreet.co.uk

VANISHING POINT PRESENTS: TOMORROW
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GLASGOW GIRLS



BENEATH THE BLINDFOLD

Esteemed producer David Puttnam has suggested that ‘films are the most powerful medium for developing understanding there has ever been’. This year’s film programme demonstrates this, bringing you inspiring drama and documentary films from around the world which tackle their subject matter with bravery: powerful stories, powerfully told.

Within documentary, we are delighted to bring you three UK premieres: *Beneath the Blindfold* (p12), a groundbreaking work on overcoming the effects of torture; *Ana Ana* (p23, 54), the story of four young Egyptian women struggling to make sense of their post-Arab Spring world through filmmaking; and *Alive Inside* (p13, 23, 44, 54), an exploration of music’s astonishing ability to reach out to people with Alzheimer’s.

Music also provides the backdrop for *Gabrielle* (p13, 22, 44), a romantic drama in which two adults with learning difficulties fall in love after meeting in a choir, and *The Mars Project* (p12, 22, 54) which documents how hip hop artist Khari ‘Conspiracy’ Stewart uses his music as a creative outlet for his schizophrenia.

Resilience through creativity is also explored in *Regeneration* (p22), a drama based on ‘shell-shocked’ Wilfred Owen and Siegfried Sassoon seeking solace and understanding through poetry.

The power of activism is captured in the *Glasgow Girls* (p12, 44), a drama based on the true-life story of young women who changed the legal system while rescuing a friend caught in an immigration nightmare, and *Iboga Nights* (p12), a candid documentary about a man striving to share his means of escaping drug dependency with others.

Family as a source of strength is central to *The Crash Reel* (p43, 47), *Everybody’s Child* (p23) and *Stand Clear of the Closing Doors* (p22, 43, 47).

In *The Crash Reel*, the devastation of a promising sports career halted by a brain injury is eased through the support of parents and siblings. While *Stand Clear of the Closing Doors* is as much about a mother’s love as the unplanned adventures of a child with autism lost in New York City. In *Everybody’s Child* one of Scotland’s most exciting new filmmakers gives a brave, brutally honest account of his life of crime, violence and drugs after spending his childhood being moved around foster homes.

This year’s challenging and thought-provoking programme also offers the opportunity to engage in post-show discussions and Q&As. We hope to see you there.





VANISHING POINT PRESENTS: TOMORROW
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With 'power' as our central theme, this year's theatre programme is our most hard-hitting yet, with theatre, comedy and dance tackling a range of issues; from the disempowering force of dementia, addiction and isolation and the dangers of social media, to the power dynamics inherent in different relationships and explorations of the 'self'.

From national tours to local productions, our theatre programme reaches all corners of the country offering a chance to experience the power of theatre to start conversations, raise awareness and reduce stigma around mental ill health. Emma Jayne Park is back and touring throughout the country with her shows *Status Anxiety* (p18, 35, 36, 48, 51); a visceral hip hop theatre performance exploring who we become when hidden behind a computer screen.

The Festival sees the return of some fantastic partnerships and performances. Building on last year's partnership with Luminare, we have joined forces to present a week-long run of *Vanishing Point's Tomorrow* (p11), a thought-provoking

piece on growing old, living with dementia, needing care and needing to care, as well as a regional tour of McNamara's, *Let Me Stay* (p54), a tender and unique exploration of the impact of Alzheimer's on family relations. Following a very successful show last year, the superb vacuum cleaner returns with a new piece, *The Assessment* (p15). Co-commissioned with Anxiety Arts Festival, in this piece he challenges the mental health assessment process in a humorous, thought-provoking way.

This year's Festival is also full of new exciting shows such as Ismael Velasco's one man play, *The Life and Nearly Death of Riley* (p55) which will visit Orkney and Shetland and *Resilience: Legislative Theatre* (p26), radical, participatory

theatre giving power back to the people of Edinburgh to propose and debate new ideas for legislation around mental health and wellbeing, before proposing them the City of Edinburgh Council for consideration.

If that isn't enough, we also have award-winning Juliette Burton's docu-comedy *Look at Me* which challenges beauty, myth and self-perception (p29); Enda Walsh's provocative drama, *Chatroom* (p37) which tackles the issue of mental health on the online world; and Drew Taylor's *Howling*, (p16, 28) which revisits Allen Ginsberg's seminal poem in new, unexpected ways.

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

Touring Theatre

STATUS ANXIETY & THINKING IN THE FIRST PERSON

Bold hip hop theatre that challenges the way social media has changed our lives. Combining Scotland's greatest hip hop dancers with projection and uncompromising choreography from Emma Jayne Park, this physical, witty and entertaining piece challenges the characters we become when hidden behind a computer screen.

Additional dates will be confirmed and information will be available at:
www.culturedmongreldance.com

Fri 26 Sep
The Studio at Edinburgh's Festival Theatre (p18)

Wed 1 Oct
Paisley Arts Centre (p36)

Tue 7 Oct
Performing Arts Studio Scotland, Edinburgh (Not open to public) (p18)

Thu 9 Oct
Moray High Schools (Not open to public) (p51)

Wed 22 Oct (only THINKING IN THE FIRST PERSON)
The Lemon Tree Studio, Aberdeen (p48)

Mon 27 Oct (only STATUS ANXIETY)
East Kilbride Arts Centre (p35)



STATUS ANXIETY & THINKING IN THE FIRST PERSON
© KIRSTY ALEXANDER

THE LIFE AND NEARLY DEATH OF RILEY

Dare you travel...? The Adora Foundation presents international storyteller Ismael Velasco's one man play, taking you on a transformational journey through the place where despair and hope dance between life and death...

Tue 14 Oct
Lerwick Town Hall (p55)

Fri 17 Oct
King Street Halls, Orkney (p55)

Sat 18 Oct
Stromness Community Centre, Orkney (P55)

Tue 21 Oct
Gable End Theatre, Orkney (p55)

LET ME STAY

A tender and unique exploration of the impact of Alzheimer's on family relations. McNamara shows through her mother's experience that it doesn't have to be a tragic withdrawal from life.

Fri 24 Oct
Craigmonie Centre, Glen Urquhart High School (p54)

Sun 26 Oct
SEALL, Isle of Skye (p54)

Wed 29 Oct
Cove Burgh Hall (p56)

HOWL[ING]

An epic concert of words and music for post-referendum Scotland inspired by Allen Ginsberg's seminal piece 'Howl' (1955). Written and directed by performance poet/theatre maker Drew Taylor and accompanied by Glasgow musicians Julia and the Doogans, 'Howl[ing]' is a performance constructed by the old, responding to the new, reflecting the current view.

Thu 16 Oct
Traverse Theatre, Edinburgh (p28)

Tue 21 Oct
The Arches, Glasgow (p16)



MOVING MINDS

GLASGOW

OPENING DAY WITH MOVING MINDS

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

Wed 1 Oct, 10.30am - 4pm
Kelvingrove Art Gallery and Museum, Argyle St, Glasgow G3 8AG
Free
Information: 0141 572 1663
jsteele@mentalhealth.org.uk

GOVAN SENIORS SHOWCASE

An exhibition exploring the value of creativity in later life presented by the Portal Seniors' Film Club and Impact Arts' Crafts Café participants.

Thu 2 Oct, 1 - 4pm
Elderpark Community Centre, 82 Elderpark St, Glasgow G51 3SS
Free / No booking required
Information: Angela Ross
0141 445 1666
angela@plantation.org.uk

RECONNECT GROUP SHOW

The culmination of an exciting visual arts workshop with adults aged 18-25 who experience poor mental health. This exhibition explores the role visual arts can play in recovery and emotional health and wellbeing.

Thu 2 - Fri 31 Oct, 6 - 8pm
Trongate 103 Foyer, Trongate 103, Glasgow G1 5HD
Free / No booking required
Information: 0141 552 2822

WRITE AND READ HERE

Join Lapidus Scotland and NHS Education for Scotland to build a bibliotherapy tool kit. Participants will explore how reading creatively can improve wellbeing and how to support others through bibliotherapy tools and techniques.

Fri 3 Oct, 10am - 4.30pm
NHS Education for Scotland, 2 Central Quay, 89 Hydepark St, Glasgow G3 8BW
Free / Booking required (Deadline for booking: Fri 19 Sep)
Booking:
christine.cather@nes.scot.nhs.uk

KALEIDOSCOPE EXHIBITION

An installation about living with mental health problems. The exhibition will be accompanied by a performance of guitar music that reflects the ideas and emotions of the work.

Fri 3 and Sat 4 Oct
7.30 - 8.30pm
Theatre Nemo Studio, 130 Bridgegate, Glasgow G1 5HZ
Free / No booking required
Information: 0141 559 4941

VANISHING POINT PRESENTS: TOMORROW
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CREATIVE POWER

This eclectic exhibition of artwork, made by people with lived experience of mental ill health, will reflect on the theme of power and how this relates to mental health recovery. The Saturday showcase will feature live music from Progress.

Fri 3, Fri 10, Sat 11, Fri 17 Oct
Fri 1.30 - 4 pm, Sat 12 - 5pm
The Coach House Trust, 84 Belmont Lane, Glasgow G12 8EN
Free / No booking required
Information: Deirdre Murphy
0141 334 6888
deirdre@thecht.co.uk

VANISHING POINT PRESENTS: TOMORROW

Brought to you in partnership with Luminate: Scotland's creative ageing festival, this is a striking meditation on growing old, dementia, needing care and needing to care. Described as 'brutally beautiful and it makes you shiver' in The Guardian, this new work explores what it is to grow old in a world where myth and spirituality have been subsumed by what we all know to be true - that we are born, we live and we die.

Sat 4, Tue 7 - Sat 11 Oct
7.30 - 8.40pm
(Preview: Fri 3 Oct, £10/£8
Post-show: Thu 9 Oct)
Tramway, 25 Albert Dr, Glasgow G41 2PE
£15 / £12
Booking: 0845 330 3501

HOLLIE MCNISH WITH SPECIAL
GUEST MICHAEL PEDERSEN

HOLLIE MCNISH WITH SPECIAL GUEST MICHAEL PEDERSEN

Critically acclaimed poet and 2009 UK Slam poetry champion Hollie brings her tour to Glasgow. Not afraid to speak her mind, her hard-hitting poetry shocks and inspires in equal measure and has taken her to Glastonbury, WOW festival, Tate Modern and Channel 4 Random Acts. Supported by Michael Pedersen, a poet, playwright and animator whose poetry is a rich and fantastical feast of flavours, landscape and language; from NHS overdose clinics to overrun gardens and talking Cambodian treehouses to the teenage perversion of a young Scot on a French Exchange.

Sat 4 Oct, 7 - 8.30pm
Oran Mor, Byres Rd, Glasgow, G12 8QX
£12 / Booking required
Booking: www.killilive.com
www.seetickets.com
Information:
hollie@pagetoperformance.org

ALL STORIES ARE PLACED

In this training weekend, participants explore creative facilitation skills to work with the words of place - wherever it is and whatever the form or setting - to promote wellbeing. With Ted Bowman, Larry Butler and Valerie Gillies.

Sat 4 and Sun 5 Oct, 10am - 5pm
Maggie's Glasgow, Gartnavel General Hospital, 1053 Great Western Rd, Glasgow G12 0YN
£90 / £75 (Lapidus members; a limited number of concessions available)
Booking: Carl Pickard
07786 674 300
lapidus.scotland@yahoo.co.uk

THE POWER OF U

An exhibition in Leverndale Hospital exploring the power theme using a variety of mediums, including crafts, photography and live music with a focus on empowerment, resilience and recovery.

Mon 6 Oct, 6.15 - 9.15pm
Leverndale Hospital, Recreational Therapy, 510 Crookston Rd, Glasgow G53 7TU
Free / No booking required
Information: Brian Reid
0141 211 6477
brian.reid@ggc.scot.nhs.uk



GLASGOW GIRLS



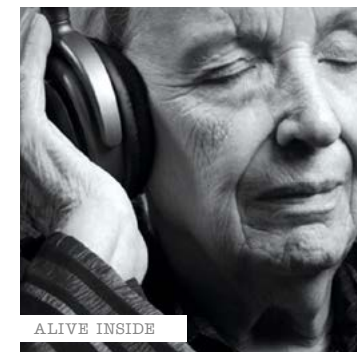
BENEATH THE BLINDFOLD



IBOGA NIGHTS



GABRIELLE



ALIVE INSIDE

FILM IN GLASGOW

GLASGOW GIRLS

Brian Welsh, UK, 2014, 60m, NC
Cast: Aruhan Galieva, Letitia Wright

This inspiring musical drama tells the true story of a group of Glaswegian schoolgirls fighting for justice. Their brave and tireless work to save one of their friends from deportation not only succeeded, but also changed immigration-related practices in Scotland.

Tue 2 Oct, 8 - 9.30pm
The Glad Cafe, 1006A Pollokshaws Rd, Glasgow G41 2HG
Free / Booking required
Booking: 0141 636 6119
www.thegladcafe.co.uk

MARS PROJECT & DIRECTOR Q&A

Jonathan Balazs, Andrew Lounsbury, Canada, 2012, 62m, NC

Hip hop artist Khari 'Conspiracy' Stewart's emergence as a musical force was followed by a diagnosis of schizophrenia. Yet instead of allowing them to challenge and constrain his creativity, Conspiracy uses the voices he hears as sources of artistic inspiration.

Tue 7 Oct, 5.30 - 7.15pm
The Grosvenor, 24 Ashton Lane, Glasgow G12 8SJ
£5 / £3 / Booking required
Booking: 0845 166 6002
www.grosvenorcinema.co.uk

BENEATH THE BLINDFOLD: UK PREMIERE

Kathy Berger, Ines Sommer, USA, 2012, 80m, NC

Screened in partnership with Document, the International Human Rights Documentary Film Festival, four torture survivors from around the globe courageously tell the stories of their mistreatment and their subsequent attempts to move beyond these horrifying experiences. The film follows them as they build new lives and, despite the continued psychological and physical fallout from their experience, become public advocates for an end to torture.

Thu 9 Oct, 6 - 8pm
Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB
£8 / £6.50
Booking: 0141 332 6535
www.glasgowfilm.org

IBOGA NIGHTS

David Graham Scott, UK, 2014, 98m, NC

In 2003, drug addict David Graham Scott filmed his final withdrawal, eased through by capsules of Ibogaine, an extract from a Central African shrub called iboga. David has been clean since. But what turns out to be a magical potion for some is less successful for others. Intrigued by the pros and cons of the drug, he returns to the world of addiction not only to observe desperate people taking the risky treatment he did, but also to administer the treatment.

Sun 12 Oct, 5 - 7pm
Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB
£8 / £6.50
Booking: 0141 332 6535
www.glasgowfilm.org

GABRIELLE

Louise Archambault, Canada, 2013, 104m, 12

Cast: Gabrielle Marion-Rivard, Alexandre Landry

Gabrielle is a young woman with Williams syndrome who has a contagious joie de vie and an exceptional musical gift. She falls for Martin, a choir member in their recreation centre. However, they must overcome concerned relatives and other people's prejudices in the hope of experiencing a love far from the 'ordinary'.

Tue 14 Oct, 5.50 - 8.20pm
Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB
£8 / £6.50
Booking: 0141 332 6535
www.glasgowfilm.org

INTERNATIONAL FILM AWARDS 2014 SCREENINGS

The Scottish Mental Health Arts & Film Festival's annual open film submission gives filmmakers from all over the world a platform to engage with new audiences, exploring new realities and challenging the perceptions of mental health through film.

Following up on the International Film Awards ceremony, held on Thursday 16th October in Edinburgh's Filmhouse (p23), the full selection of 2014's winning films will be showcased in a series of four screenings at the Glasgow School of Art. Each event will be followed by post-screenings discussion. Expect to be moved and inspired by the films and the stories behind them.

The Art School, 20 Scott Street, Glasgow G3 6PE
Free / Booking required

Fri 17 Oct, 5.30 - 7.30pm
Booking:
ifa-screening1.eventbrite.co.uk

Sat 18 Oct, 1 - 2.30pm
Booking:
ifa-screening2.eventbrite.co.uk

Sat 18 Oct, 3 - 5pm
Booking:
ifa-screening3.eventbrite.co.uk

Sun 19 Oct, 1 - 2.30pm
Booking:
ifa-screening4.eventbrite.co.uk

ALIVE INSIDE

Michael Rossato-Bennett, USA, 2014, 78m, NC

Presented by Luminate and SMHAFF, this moving documentary accompanies social worker Dan Cohen to nursing homes, where individuals experiencing memory loss are revitalised through the simple experience of listening to music. The camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short.

Sun 19 Oct, 3.15 - 5.15pm
Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB
£8 / £6.50
Booking: 0141 332 6535
www.glasgowfilm.org



ATOM TREE

OLIVE GROVE RECORDS SHOWCASE

In a dedicated SMHAFF show independent Scottish DIY label, Olive Grove Records, will showcase some of Scotland's exciting new music. Entertainment will come from glacial pop outfit, Call to Mind, recently play listed on BBC Radio 1 and Adam Ross, lead singer of Glasgow-based melody merchants Randolph's Leap. With more acts to be confirmed.

Wed 8 Oct, 7 - 11pm
The Glad Cafe, 1006A Pollokshaws Rd, Glasgow G41 2HG
£5 / No booking required
Information:
www.olivegroverecords.com

GARTNAVEL EXPRESSIONS

A showcase created by artists working with Project Ability, a Glasgow-based visual arts organisation which creates opportunities for people with disabilities and mental health issues to express themselves and achieve artistic excellence. There will be an opportunity to meet the artists and discuss the work.

Thu 9 Oct, 12 - 2pm
The Summerhouse, Gartnavel Royal Hospital, 1055 Great Western Rd, Glasgow G12 0XH
Free / Booking required
Booking: artinthegart@gmail.com

ENCOUNTERING R.D. LAING: MENTAL HEALTH, CARE AND CREATIVITY CONFERENCE

Focusing on the life and work of Scotland's famous and controversial psychiatrist, Ronald David Laing (1927-1989), this Wellcome Trust supported event seeks to start critical conversations and develop new conversations across disciplines, professions and communities that question the role of institutions and the future of mental health care in this changing contemporary landscape.

Fri 10 Oct, 10am - 7pm
School of Geographical & Earth Sciences, University of Glasgow, East Quadrangle, University Avenue, Glasgow G12 8QQ
Free / Booking required
Booking: www.eventbrite.co.uk/e/encountering-rd-laing-mental-health-care-and-creativity-tickets-12140513603

R.D. LAING IN THE USA

Film screening using footage from Laing's 1972 tour where a documentary crew lived with residents experiencing schizophrenia in a group home, followed by a discussion.

Fri 10 Oct, 6 - 7pm
School of Geographical & Earth Sciences, University of Glasgow, East Quadrangle, University Avenue, Glasgow G12 8QQ
Free / Booking required
Booking:
cheryl.mcgeachan@glasgow.ac.uk

MACHINES IN HEAVEN & ATOM TREE

Join us at The Art School with a double bill from Glasgow-based electro/bass/shoegaze crossover outfit Machines In Heaven and three piece Electronica Act Atom Tree. Expect collaborations and surprises at this unique event as we explore the power of music. Check www.mhfestival.com for all the latest updates.

Thu 9 Oct, 7.30 - 11pm
The Art School, Glasgow School of Art Students' Association, 20 Scott St, Glasgow G3 6PE
£7.50 / £5
Booking:
SMHAFF@mentalhealth.org.uk

CREATIVE STEPS EXHIBITION

A showcase of the work produced as part of 'Creative Steps to Living Well', a Plantation Productions project providing a stepping stone into community life for people experiencing isolation due to mental ill health. An afternoon of art, music and refreshments to experience the empowerment felt when making and creating.

Fri 10 Oct, 1 - 4pm
Gallery 966, The Portal, 966 Govan Rd, Glasgow G51 3AJ
Free / No booking required
Information: Tina Kardasinska
0141 387 2596
plantationtina@hotmail.co.uk



TYCI PRESENTS: DEUX FURIEUSES

SEE ME, I'M A YOUNG CARER

This film was created by a group of young carers to highlight some of the issues they face from day to day, focusing on education and social life. The film will be used as a teaching tool in the classroom.

Fri 10 Oct, 4 - 5pm
Theatre Nemo Studio, 130 Bridgegate, Glasgow G1 5HZ
Free / No booking required
Information: 0142 559 4941

SMHAFF WRITING AWARDS

2014 saw SMHAFF launch a brand new writing competition in partnership with Bipolar Scotland. Writers were asked to submit to categories including short stories, poems and letters, on the theme of power. Join us in Glasgow as we celebrate the written word and honour the very best of the submissions in this showcase event.

Sat 11 Oct, 2.30 - 4pm
Main Hall, Mitchell Library, North St, Glasgow G3 7DN
Free / Booking required
Booking:
SMHAFF@mentalhealth.org.uk

THE VACUUM CLEANER PRESENTS: THE ASSESSMENT

If the boundaries between madness and 'normality' are blurred, how do we define what is a mental illness, and what isn't? This event by the vacuum cleaner invites you to delve into your own mind, to be assessed for common mental health conditions, whilst testing the current processes of diagnosis.

Tue 14, Wed 15 Oct, 7 - 8.30pm
The Arches, 253 Argyle Street, Glasgow G2 8DL
£12 / £10
Booking: 0141 565 1000
boxoffice@thearches.co.uk

LIFE IS A CABARET

An evening of music and comedy, linking the themes of personal empowerment and protest, featuring Rosie Kane, the Govan Allsorts Community Choir and Artform Music Group, amongst others.

Fri 17 Oct, 7 - 11pm
The Pearce Institute, 840-860 Govan Rd, Glasgow G51 3UU
Free / Booking required
Booking: www.eventbrite.com/e/life-is-a-cabaret-tickets-11945151269



THE ASSESSMENT

SMHAFF CLOSING PARTY

Following on from last year's successful club event at the Arches, the Mental Health Foundation are excited to bring you a closing party with a difference; promoting mental health messages alongside world famous dance DJs. Full line up will be announced early September. Check www.mhfestival.com for full details.

Fri 17 Oct, 11pm - 3.30am
The Art School, Glasgow School of Art Students' Association, 20 Scott St, Glasgow G3 6PE
£12.50 / £15 / £17.50
Booking: announced early September

TYCI PRESENTS: DEUX FURIEUSES

For this special SMHAFF show, TYCI - a collective run by women - invites London band Deux Furieuses to Glasgow for a live event. Look out for mental health content on the TYCI website and a special edition of the TYCI regular fanzine in the lead up to the event.

Sat 18 Oct, 11pm - 3am
BLOC, 117 Bath St, Glasgow G2 2SZ
Free until midnight, £2 after midnight.
Write 'TYCI' on your knuckles and get free entry all night
Information: contact.tyici@gmail.com



HOWL[ING]
© JAMES WILSON

Festival Plus

F+: HOWL[ING]

An epic concert of words and music for post-referendum Scotland, inspired by Allen Ginsberg's seminal piece 'Howl' (1955). Written and directed by performance poet/theatre maker Drew Taylor and accompanied by Glasgow musicians Julia and the Doogans, 'Howl[ing]' is a performance constructed by the old, responding to the new, reflecting the current view.

Tue 21 Oct, 7.30 - 8.30pm
The Arches, Studio Theatre, 253
Argyle St, Glasgow G2 8DL
£10 / £8
Booking: 0141 565 1000

F+: HEADSPACE 14: THE POWER OF GIVING

Now an annual celebration of the breadth of arts and health activity in North East Glasgow, this year's packed Headspace programme sees community groups sharing creative gifts in a variety of ways. Come along, participate and see the 'Power of Giving' in action.

Fri 24 Oct, 10am - 10pm
Platform at The Bridge, 1000
Westerhouse Rd, Glasgow G34 9JW
Free (most events) / Booking required
Booking: 0141 276 9696
tickets@platform-online.co.uk
Information:
david@platform-online.co.uk
www.platform-online.co.uk

F+: KALEIDOSCOPE

Theatre Nemo's drama group present a collection of stories of their experiences of living with poor mental health and the empowerment of recovery told through drama, music and dance.

Fri 24 and Sat 25 Oct
7.30 - 9pm
Govan Hill Baths, 126 Calder St,
Glasgow G42 7QR

Fri 31 Oct and Sat 1 Nov
7.30 - 9pm
East Kilbride Art Centre, 51 Old
Coach Rd, East Kilbride, Glasgow
G74 4DU
£5 / £4
Booking: 0141 559 4941

F+: HILLHEAD 200 SERIES: VOICES OF EXPERIENCE

An eclectic mix of performances, presentations, showcases and debate led by Voices of Experience (VoX). This event will explore this year's theme of power within mental health and recovery.

Thu 30 Oct, 6 - 7pm
Hillhead Library, Upstairs Hall, 348
Byres Rd, Glasgow G12 8AP
Free / No booking required
Information:
Fiona.Sinclair6@ggc.scot.nhs.uk



SILVER LININGS PLAYBOOK

EAST DUNBARTONSHIRE

LIFE RECOVERY CAFÉ PRESENTS

A relaxed evening of drama, music, photography and art exploring empowerment and recovery, created by people who attend the Recovery café, a monthly service for people recovering from addictions or mental ill health.

Sat 4 Oct, 5 - 8pm
Kirkintilloch Baptist Church, 52
Townhead, Kirkintilloch, Glasgow
G66 1NL
Free / Booking required
Booking: Lynsay Haglington
0141 777 3000

SILVER LININGS PLAYBOOK

David O. Russell, USA, 2012, 122m, 15
Cast: Bradley Cooper, Jennifer
Lawrence, Robert De Niro

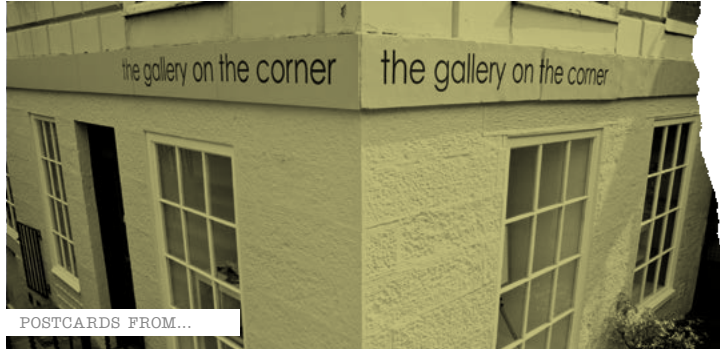
After a stint in a mental health institution, former teacher Pat Solitano moves back in with his parents and tries to reconcile with his ex-wife. Things get more challenging when Pat meets Tiffany, a mysterious girl with problems of her own. Join in the discussions with East Dunbartonshire Libraries Reading Groups to compare the film and the book.

Thu 9 Oct, 2 - 4.30pm
Barony Chambers, Beside the Auld
Kirk Museum, Kirkintilloch G66 1AB
Free / Booking required
Booking:
culture@eastdunbarton.gov.uk





STATUS ANXIETY & THINKING IN THE FIRST PERSON
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POSTCARDS FROM...

EDINBURGH & LOTHIAN

STATUS ANXIETY & THINKING IN THE FIRST PERSON

Bold hip hop theatre that challenges the way social media has changed our lives. Combining Scotland's greatest hip hop dancers with projection and uncompromising choreography from Emma Jayne Park, this physical, witty and entertaining piece challenges the characters we become when hidden behind a computer screen.

Fri 26 Sep, 8 - 9.15pm
The Studio at Edinburgh's Festival Theatre, 13-29 Nicolson St, Edinburgh EH8 9FT
£8 / £5
Booking: www.edtheatres.com

Tue 7 Oct (Not open to public)
Performing Arts Studio Scotland, 350 West Granton Rd, Edinburgh EH5 1QE
Information: ejp@culturedmongrel.com
(Exclusive to PASS Students)

CONNECT IN THE GARDENS

A beautiful exhibition of willow sculptures displayed in the disused walled garden of Howden House created in a workshop with artist Natalie Taylor by young people who have accessed mental health services.

Wed 1 - Sun 19 Oct, 9am - 5pm
The Green Gym, Howden Park, Howden, Livingston, West Lothian EH54 6AE
Free / No booking required
Information: len.mccaffer@westlothian.gov.uk

POSTCARDS FROM...

Now in its 4th year, 'Postcards From...' invited 200 artists to create postcard-size artworks, exploring people's perceptions of mental health. Artists have submitted an eclectic mix of work for this open exhibition, showcasing different themes, mediums, styles and techniques.

Sat 27 Sep - Sat 25 Oct
Preview: Fri 26 Sep, 6 - 8pm
Tue - Sat 11am - 5pm
The Gallery on the Corner, 34 Northumberland St, Edinburgh EH3 6LS
Free / No booking required
Information: 0131 557 8969
susie.anderson@aiscotland.org.uk or paul.penrice@aiscotland.org.uk

FORCES OF NATURE

The power of nature is explored by some of The Gallery on the Corner's regular artists, all of whom have experience of mental health conditions.

Sat 27 Sep - Sat 25 Oct
Preview: Fri 26 Sep, 6 - 8pm
Tue - Sat 11am - 5pm
The Gallery on the Corner, 34 Northumberland St, Edinburgh EH3 6LS
Free / No booking required
Information: 0131 557 8969
susie.anderson@aiscotland.org.uk or paul.penrice@aiscotland.org.uk

LIFE IN PROGRESS: IMAGE THEATRE

An exciting introduction to Image Theatre and the work of Brazilian theatre director Augusto Boal. Explore the themes of discrimination and stigma using a variety of fun drama techniques. Including a showcase of work-in-progress from LGBT Health and Wellbeing Drama Group (30 Sep) and a showcase of work-in-progress from the Alma Project Drama Group (16 Oct).

Free / Booking required
Booking: emily@health-in-mind.org.uk

Tue 30 Sep, 4 - 8pm
South Side Community Centre, 117 Nicolson St, Edinburgh EH8 9ER

Thu 16 Oct, 11am - 4pm
Conference Centre, Norton Park, 57 Albion Rd, Edinburgh EH7 5QY

RECOVERING POWER

A fascinating display of prints exploring the themes of 'power' and 'powerlessness' created by women at different stages of the criminal justice system who have direct experience of mental health services.

Wed 1 - Fri 31 Oct
Various times (check mhfestival.com for updates)
Social Work and NHS Centres across Edinburgh
Free / No booking required (Access may be restricted in certain venues)
Information: heather.lynn@nhslothian.scot.nhs.uk

MOYNA FLANNIGAN: DEPARTURE

Moyna displays a fascinating collection of work incorporating a major new painting along with the corresponding embryonic sketches, studies and research material. Visitors are invited to respond to this intriguing work which explores archetypal female figures and challenges the stereotypes of female representation.

Wed 1 - Sat 4 Oct
10am - 5pm
Peter Potter Gallery, 10 the Sands, Haddington EH41 3EY
Free / No booking required
Information: 01620 822 080

POWER TO COMMUNICATE: EXHIBITIONS ACROSS LOTHIAN

A captivating exploration of the power of communication through creative writing, photography, paperfolding and digital art, this series of exhibitions are the culmination of various workshops held throughout Edinburgh for socially isolated people and those with lived experience of mental ill health.

PORTY LIGHT BOX

An outdoor exhibition of digital art work exploring the power of communication created by students of the Outlook Adult Education project.

Wed 1 - Fri 31 Oct
Outdoor exhibit open day & night
Porty Light Box, Portobello High St and Bellfield St, Edinburgh EH15 2BP

TOLLGROSS COMMUNITY CENTRE

An exhibition displaying work created by Outlook Adult Education project students and local community groups on the theme of 'Sculpting Stories'.

Thu 2 - Fri 24 Oct
Mon - Fri 9am - 8.30pm
Tollcross Community Centre, 117 Fountainbridge, Edinburgh EH3 9QG

COMMUNITY POWER

An exploration of the power of art for those living with mental illness, this exhibition - which has been created by members of the Living Well community health services in North Edinburgh - showcases glass and silk painting, papier mâché, art projection, and lots more.

Wed 1 - Wed 29 Oct
Tue - Fri 10am - 8pm, Sat 10am - 1pm
North Edinburgh Arts, 15a Pennywell Court, Edinburgh EH14 4TZ
Free / No booking required
Information: shaziamajid@livingwellnorthedinburgh.org.uk

KINDLING THE FLAME

'Education is the kindling of a flame, not the filling of a vessel' (Socrates). This exhibition highlights the journey undertaken by students with the Outlook Adult Education Project, looking at their own learning and how it has impacted on their lives.

Wed 1 - Wed 29 Oct
Mon - Thu 10am - 3pm
Fri 12 - 3pm, Sat 12.30 - 2.30pm
St. Brides Community Centre, 10 Orwell Terrace, Edinburgh EH11 2DZ
Free / No booking required
Information: fiona@outlookproject.co.uk

JEAN MACK GALLERY

An exploration of the power of communication for socially isolated groups through the medium of photography, this charming exhibition is created by women who have experienced mental ill health working alongside women who live in the local area.

Fri 3 - Fri 24 Oct
Mon - Thu 9am - 5pm
Fri 9am - 4pm
Tue / Thu 6 - 8pm
Jean Mack Gallery, Gilmerton Community Centre, 4 Drum St, Edinburgh EH17 8QG

Gallery is on first floor and no lift available

SOUTHSIDE COMMUNITY CENTRE

An exciting exhibition in which students from the Outlook Adult Education project and a local creative writing group have combined poems and photographic images about the power of communication into pieces of art that will be woven into the fabric of the building.

Fri 3 - Fri 24 Oct
Mon - Fri 9am - 8.30pm
Sat 10am - 3pm
Southside Community Centre, 117 Nicolson St, Edinburgh EH8 9ER

CRAIGMILLAR LIBRARY

A photographic exhibition created by Outlook Adult Education project students and local residents in the Craigmillar area. In collaboration with 'Be Arty Be Healthy'.

Fri 10 - Fri 17 Oct
Mon - Wed 10am - 8pm
Thu - Sat 10am - 5pm
Craigmillar Library, 101 Niddrie Mains Rd, Edinburgh EH16 4DS
Free / No booking required
Information: margaret@outlookproject.co.uk



OUT OF SIGHT/ OUT OF MIND
© M-DAWSON.CO.UK

OUT OF SIGHT/OUT OF MIND

An ambitious, multi-venue exhibition featuring diverse work by artists with experience of mental health issues. Compelling and arresting, these works aim to raise awareness and challenge our pre-conceptions of mental health and wellbeing.

A collaboration between The Willow Project, MECOPP Gypsy/Traveller Carer’s Project, Gallery on the Corner, Penumbra’s Edinburgh Self Harm Project, The Alma Project and CAPS Advocacy.

Wed 1 - Fri 31 Oct
Held in various venues across Edinburgh
Free / No booking required
Information: kirsten@capsadvocacy.org

PORTOBELLO LIBRARY

Powerful range of artwork by artists with experience of mental health issues in your local library by the sea!

Wed 1 - Fri 17 Oct
Mon - Wed 10am - 8pm
Thu - Sat 10am - 5pm, Sun 1 - 5pm
Portobello Library
14 Rosefield Avenue, Portobello,
Edinburgh EH15 1AU

OCEAN TERMINAL

Art in unexpected places! Including ‘Moving Minds’ exhibition by MECOPP Gypsy/Traveller Carers’ Project, sharing memories, poetry and photographs, and reflecting on the impact prejudice can have upon mental health and wellbeing.

Wed 1 - Mon 20 Oct (except
Tue 7, Sun 12, Tue 14, Sun 19)

Mon - Fri 10am - 8pm
Sat 10am - 7pm, Sun 11am - 6pm

Ocean Terminal Community Space,
98 Ocean Dr, Edinburgh EH6 6JJ

CENTRAL LIBRARY

Artists with experience of mental health issues exhibit a range of work in this iconic Edinburgh building to raise awareness and challenge our preconceptions of mental health and wellbeing.

Wed 1 - 31 Oct
Mon - Wed, 8am - 8pm
Thu - Sat 10am - 5pm
Central Library, George IV
Bridge, Edinburgh EH1 1EG

EDINBURGH UNIVERSITY
CHAPLAINCY CENTRE

The Alma Project and Penumbra Self Harm Project present an exhibition of artwork in the busy, welcoming Chaplaincy Centre at Edinburgh University.

Thu 2 - Fri 17 Oct
Mon - Fri 10am - 4pm
Edinburgh University Chaplaincy
Centre, Potterow, 52 Bristo Square,
Edinburgh EH8 9AL

SUMMERHALL

Multimedia works by artists with experience of mental health issues set in the beautiful Library Gallery at Summerhall.

Sat 4 - Sun 19 Oct, 11am - 6pm
Summerhall, 1 Summerhall Place,
Edinburgh EH9 1PL



LOTHIANS ON FILM

LOTHIANS ON FILM

An exciting selection of short films made in and around the Lothians. The films (documentary, fiction, animation and film-art) include previous winners of SMHAFF Film Awards (*Faultlines* and *All that Glisters*); newly finished and highly acclaimed films by members of the Midlothian Men’s SHARE Project (*The Mask*); a selection of film-art pieces by members of the Stepping Stones Project (now the Alma Project); ‘Volunteering Changes Lives’, a celebration of 30 years work by Volunteer Centre Edinburgh’s Health & Wellbeing Team; and documentaries by CAPS Advocacy, MECOPP and many more.

Free / Booking required
Booking: emily@health-in-mind.org.uk

Thu 2 Oct, 6.30 - 8.30pm
The Howden Park Centre, Livingston,
West Lothian EH54 6AE

Mon 6 Oct, 6.30 - 8.30pm
Lasswade Community Centre,
Eskdale Dr, Bonnyrigg, Midlothian
EH19 2LA

Wed 8 Oct, 6.30 - 8.30pm
The Stafford Centre, 103
Broughton St, Edinburgh EH1 3RZ

Fri 10 Oct, 6.30 - 8.30pm
Peter Potter Gallery, 10 the
Sands, Haddington EH41 3EY
(Unfortunately there is not
wheelchair access to the screening)

STIGMA FREE ARTS
CAFÉ... INSPIRING
TASTES OF LIFE

Take a break and bring your lunch to an inspiring and safe cafe space and enjoy poets, musicians, dancers, speakers and visual artists. All Welcome!

Thu 2, Thu 9, Thu 16, Thu 23,
Thu 30 Oct, 12 - 2pm
Augustine United Church, 41-43
George IV Bridge, Edinburgh EH1
1EL
Free / No booking required
Information: maxwell.reay@nhslothian.scot.nhs.uk

A DAY IN THE LIFE

Feast your senses on our exiting visual exhibition; an interesting collection of artworks made by people who attend groups and workshops with the Contact Point day service.

Thu 2, Thu 9, Thu 16, Thu 23
Oct, 2 - 4pm
Contact Point, 101 High Riggs,
Tollcross, Edinburgh EH3 9RP
Free / Donations welcome
Information: Angie at Contact
Point 0845 140 7777
contactpointlothianteam@baronyha.org.uk

ME AND MY PLACE:
STORIES FOR
CHILDREN’S WELLBEING

Run in association with Lapidus Scotland, storyteller Ruth Kirkpatrick shares her extensive experience of using stories with children to promote wellbeing, focusing in particular on how they can help children to develop a sense of belonging.

Sat 4 Oct, 10.30am - 1pm
Scottish Storytelling Centre, 43-45
High St, Edinburgh EH1 1SR
£10 / £8
Booking: 0131 556 9579
www.tracscotland.org/scottish-storytelling-centre



MARS PROJECT



GABRIELLE



REGENERATION



EVERYBODY'S CHILD



FILM AWARDS

FILM IN EDINBURGH

MARS PROJECT & DIRECTOR Q&A

Jonathan Balazs, Andrew Lounsbury, Canada, 2012, 62m, NC

Hip Hop artist Khari 'Conspiracy' Stewart's emergence as a musical force was followed by a diagnosis of schizophrenia. Yet instead of allowing them to challenge and constrain his creativity, Conspiracy uses the voices he hears as sources of artistic inspiration.

Sun 5 Oct, 6 - 7.30pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9BZ
£5 / £3
Booking: 0131 228 2688
www.filmhousecinema.com

GABRIELLE

Louise Archambault, Canada, 2013, 104m, 12
Cast: Gabrielle Marion-Rivard, Alexandre Landry

Gabrielle is a young woman with Williams syndrome who has a contagious joie de vie and an exceptional musical gift. She falls for Martin, a choir member in their recreation centre. However, they must overcome concerned relatives and other people's prejudices in the hope of experiencing a love far from the 'ordinary'.

Tue 7 Oct, 5.50 - 8.20pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9BZ
£8.20 / £6
Booking: 0131 228 2688
www.filmhousecinema.com

STAND CLEAR OF THE CLOSING DOORS

Sam Fleischner, USA, 2013, 102m, NC
Cast: Jesus Sanchez-Velez, Andrea Suarez Paz

Ricky is the autistic son of an undocumented immigrant family in New York City who wanders away from his caretaker sister and into the labyrinth of the subway system. Desperately worried about Ricky's state and concerned that the situation may call attention to their illegal status, his mother frantically searches for him. This family drama vibrantly depicts a marginalised community while exploring the line between Ricky's autism and youthful rebellion.

Mon 6 Oct, 5.50 - 8.20pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9BZ
£8.20 / £6
Booking: 0131 228 2688
www.filmhousecinema.com

REGENERATION

Gillies MacKinnon, Canada / UK, 1997, 109m, 15
Cast: James Wilby, Stuart Bunce, Jonathan Pryce, Rupert Proctor

Destined to be two of Britain's most important poets, Wilfred Owen and Siegfried Sassoon meet at Craiglockhart War Hospital in Edinburgh, where they have been sent to convalesce. While all the patients are dealing with mental trauma related to being on the front lines, Owen and Sassoon struggle to give voice to the pain and futility of armed conflict through their poetry. One century after the outbreak of WWI, this deep and multifaceted drama reveals the humanity found at the heart of a nightmare.

Wed 8 Oct, 6 - 8pm
Lindsay Stewart Lecture Theatre, Craiglockhart Campus, 219 Colinton Rd, Edinburgh Napier University, Edinburgh EH14 1DJ
Free / Booking required
Booking:
www.regeneration-napier.eventbrite.co.uk

EVERYBODY'S CHILD

Garry Fraser, UK, 2012, 75m, NC

One of Scotland's most exciting new film makers gives a brave and brutally honest account of his life of crime, violence and drugs after spending his childhood being moved around foster homes. He now works to ensure that his three children have something he never had: a loving, supportive family.

Mon 13 Oct, 6 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9BZ
£8.20 / £6
Booking: 0131 228 2688
www.filmhousecinema.com

ANA ANA: UK PREMIERE

Corinne van Egeraat, Petr Lom, Netherlands, 2013, 75m, NC
Cast: Corinne van Egeraat, Sarah Ibrahim, Petr Lom, Nadine Salib, Wafaa Samir, Sondos Shabayek'

This marvellous cinematic poem is set in an Egypt where hopes for the revolution have begun to unravel, and women's rights are non-existent. Using beautiful, intense metaphors and visionary storytelling, four young women speak from the bottom of their hearts of their dreams and desires.

Tue 14 Oct, 6 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9BZ
£8.20 / £6
Booking: 0131 228 2688
www.filmhousecinema.com

ALIVE INSIDE

Michael Rossato-Bennett, USA, 2014, 78m, NC

Presented by Luminate and SMHAFF, this moving documentary accompanies social worker Dan Cohen to nursing homes, where individuals experiencing memory loss are revitalised through the simple experience of listening to music. The camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short.

Wed 15 Oct, 6 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9BZ
£8.20 / £6
Booking: 0131 228 2688
www.filmhousecinema.com

INTERNATIONAL FILM AWARDS 2014

The Scottish Mental Health Arts & Film Festival's annual open film submission gives filmmakers from all over the world a platform to challenge perceptions of mental health, share their ideas with new audiences and explore the realities of mental health through film.

This year, the film submission returned for its eighth year and saw a diverse range of submissions from as far away as Australia, Canada, Iran, Thailand and the US as well as from Europe, Ireland and the UK.

The annual film awards ceremony will honour the very best of these films at this not-to-be-missed event. Expect to be moved and inspired by excerpts and the stories behind the films. The winning films will be screened at the Glasgow School of Art Oct 17 - 19. See page 13 for details.

Thu 16 Oct, 6 - 8pm
Filmhouse Cinema, 88 Lothian Rd, Edinburgh EH3 9BZ
Free/ Booking required
Booking: 0131 228 2688
www.filmhousecinema.com



THE STORY KIST:
INCLUSIVE STORYTELLING

THE STORY KIST: INCLUSIVE STORYTELLING

Join storytellers Ailie Finlay and Marie Louise Cochrane for stories and games with props, puppets and lots of joining-in. Light-hearted, light-footed fun for everyone, but particularly for children with additional needs, their families, friends and carers.

Sat 4 Oct, 11am - 12pm
Scottish Storytelling Centre, 43-45
High St, Edinburgh EH1 1SR
£5 per child
Booking: 0131 556 9579
www.tracscotland.org/scottish-storytelling-centre

THE POWER OF A CUP OF TEA

MECOPP invite carers and their families to get together and relax whilst enjoying arts and crafts, food demonstrations, music, complementary therapies and much more.

Sat 4 Oct, 11am - 1pm
Leith Academy (main hall), 20
Academy Park, Edinburgh EH6 8JQ
Free / No booking required
Information: Lucy Arnot
0131 467 2994 lucy@mecopp.org.uk

MOVING MINDS BOOK LAUNCH

Presenting 'Moving Minds', an anthology of work from Gypsy/Travellers across Scotland where they share memories, poetry and photographs, and reflect on the impact prejudice can have upon wellbeing. Chaired by acclaimed poet Jo McFarlane, this will be an opportunity for discussion and reflection.

Sat 4 Oct, 12.15 - 1.15pm
Portobello Old Parish Church Hall,
Old Parish Church, Bellfield St,
Edinburgh EH15 2BP
Free / Booking required
Booking: emma-jane@mecopp.org.uk

LIFE LINES: INTERGENERATIONAL LGBT+ STORYTELLING

A relaxed evening of inspiring performance poetry and storytelling, showcasing wit and wisdom from a diverse range of voices across the LGBT+ community. Suitable for ages 13+, it is open to people of all genders and sexualities.

Sat 4 Oct, 5 - 8pm
Scottish Storytelling Centre, 43-45
High St, Edinburgh EH1 1SR
£3 / £2
Booking: 0131 556 9579
Information: 0131 652 3281
alison@lgbthealth.org.uk
www.tracscotland.org/scottish-storytelling-centre



FAIRY STORY WALKS AND
LANTERN PARADE

EXPOSURE

A thought provoking photographic exhibition which explores issues of anxiety, OCD, depression and isolation.

Mon 6 - Fri 10 Oct, 10am - 5pm
Out of the Blue & Drill Hall Arts Cafe,
36 Dalmeny St, Edinburgh EH6 8RG
Free / No booking required
Information: Ana Cabrera
0131 229 9363
www.outoftheblue.org.uk

MADNESS AND MELANCHOLY: BOSWELL'S LIFE OF JOHNSON

Allan Beveridge presents James Boswell's 'Life of Johnson'; a fascinating account of discussions held between James Boswell and Samuel Johnson on their experience of melancholy and madness. Poet Jo McFarlane will then respond to this unique biography through the use of contemporary poetry.

Tue 7 Oct, 6.30 - 8pm
Summerhall Anatomy Lecture
Theatre, Summerhall, 1 Summerhall
Place, Edinburgh EH9 1PL
Free / Booking required
Booking: Kirsten at CAPS
Advocacy 0131 273 5116
kirsten@capsadvocacy.org

FAIRY STORY WALKS & LANTERN PARADE

At Enchanted Garden, SEASONS present a family friendly, community event for wellbeing at Lochend House. Join a fairy story walk around a beautiful lit wild garden, and experience the power of the wishing trees and other magical surprises before warming up with homemade soup and a hot drink.

At Braid Hills, professional story teller, Jane Mather, takes you on a magical lantern parade and story walk along the beautiful Braid Hills. Put on your walking shoes, wrap up warm and experience the power of this striking natural landscape with a few surprises along the way.

Free / Booking required
Booking: jane.mather@edinburgh.gov.uk

Tue 7 Oct, 7 - 8pm
Enchanted Garden, Lochend
House, 33-35 Lochend Rd South,
Edinburgh EH7 6BR

Wed 15 Oct, 5 - 6pm
Former car park Braid Hills Rd,
Edinburgh EH10 6EZ

CEILIDH CLUB

For one night only Summerhall Ceilidh Club brings you a night to remember with the best bands and a caller to teach you the dances. Whether you have two left feet, or you're a seasoned ceilidher, all are welcome to dance the blues away.

Tue 7 Oct, 8 - 11pm
Summerhall, 1 Summerhall Place,
Edinburgh EH9 1PL
£6
Booking: boxoffice@summerhall.co.uk

MOVING MINDS: COMMUNITY-LED DIALOGUE

Gypsy/Travellers lead an interactive, awareness-raising workshops to dispel myths, promote dialogue, discuss new ways of 'talking about mental health' and reflect on the impact prejudice can have on mental health and wellbeing.

Thu 9 Oct, 10am - 1pm and 2 - 5pm
Conference Centre, Norton Park,
57 Albion Rd, Edinburgh EH7 5QY
Free / Booking required
Booking: emma-jane@mecopp.org.uk



VOICES OF WAR

CONNECTIONS: AN EXHIBITION OF JEWELLERY AND POTTERY

In this unique exhibition, young people from across West Lothian – who have accessed mental health services – worked with jeweller Kirsty Muir to create artwork based around the theme of power and empowerment.

Thu 9 Oct, 2 - 4pm
Art Space, 2 The Howden Park Centre, Livingston EH54 6AE
Free / No booking required
Information:
len.mccaffer@westlothian.gov.uk

VOICES OF WAR

Set against the stunning backdrop of Edinburgh Castle, this story starts with the voices of WW1, including poets Sassoon and Owen and their pioneering psychiatrist Capt WHR Rivers, and uncovers their lasting legacy on how we work with today's veterans. With the Scottish Poetry Library and Veterans First Point.

Thu 9 Oct, 7.30 - 9pm
The Great Hall, Edinburgh Castle, Edinburgh EH1 2YT
Free / Booking required
Booking:
journeywithwarpoets.eventbrite.co.uk

SKIN: TRANSFORMATIONS THROUGH ART AND MOVEMENT

Spend time exploring your own bodily senses, stories and myths relating to the symbolism of skin as a barrier that can protect and transform us. Facilitated by art and dance movement therapists, this workshop is open to anyone who wants to explore movement and art making.

Sat 11 Oct, 1 - 5pm
Dance Base, 14-16 Grassmarket, Edinburgh EH1 2JU
Free / Booking required
Booking: www.SMHAFFskin.eventbrite.co.uk
Information: alison@lgbthealth.org.uk

RESILIENCE: LEGISLATIVE THEATRE

Radical, participatory theatre giving power back to the people of Edinburgh. Audience members are invited to propose, discuss and debate new ideas for legislation. A vote will be taken and those suggestions agreed upon will be proposed to the City of Edinburgh Council for consideration.

Sat 11 Oct, 3 - 9pm
Out of the Blue, 36 Dalmeny St, Edinburgh EH6 8RG
Free / Booking required
Booking: gavin@activeinquiry.co.uk

SKY DIVING FOR BEGINNERS

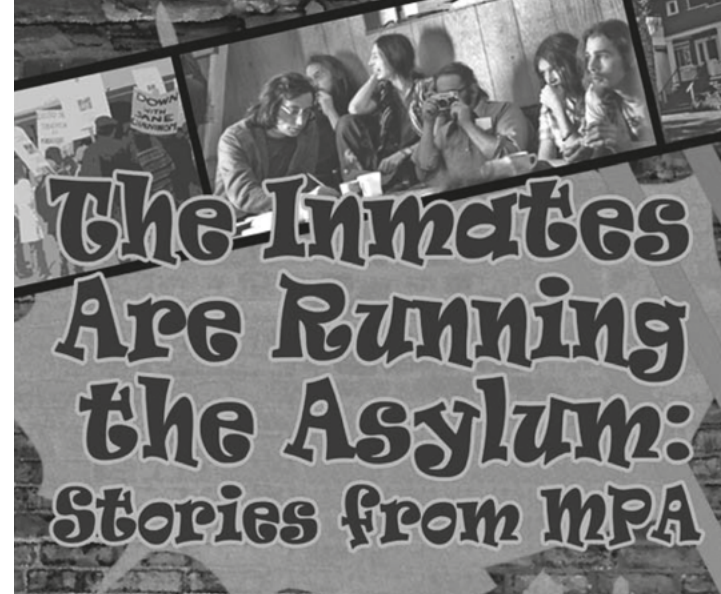
Poet Jo McFarlane launches her long-awaited memoir of madness and recovery. Described as 'a brave and beautiful book' (Richard Holloway) it tells 'the remarkable story of a remarkable woman' (Dr Allan Beveridge) 'with a humbling sense of optimism and love' (Liz Lochhead).

Sat 11 Oct, 7 - 10pm
Summerhall Café, Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
Free / Booking required
Booking: Kirsten at CAPS Advocacy 0131 273 5116
kirsten@capsadvocacy.org

ROOFLESS AT REFERRAL

A unique exhibition of images and ideas based on true life accounts of people who have experienced homelessness, this is an exploration of the challenges faced and isolation felt by those who are homeless and who wish to tell their story and share their journey.

Sat 11 - Fri 17 Oct, 11am - 6pm
Summerhall's Old Animal Hospital, 1 Summerhall Place, Edinburgh EH9 1PL
Free / No booking required
Information:
wmorris@hillcrestha.org.uk



SCOTTISH GLASS SOCIETY: ANNUAL EXHIBITION

Stunning Scottish Glass exhibition, showing the resilience, beauty and versatility of this medium. Throughout the exhibition visitors are invited to respond to the work exhibited, drawing on the themes of 'power' and 'mental health'. See website for details of artist workshop.

Sat 11 - Sat 18 Oct
Mon - Sat 10am - 5pm
Peter Potter Gallery, 10 the Sands, Haddington EH41 3EY
Free / No booking required
Information: 01620 822 080

A SPIRITUAL BANQUET

An open worship service led by a variety of speakers who use different spiritual practices to enrich their own mental health. Come and hear about the power of mindfulness, mandala, prayer, artwork and creative writing to empower and improve wellbeing.

Sun 12 Oct, 11am - 12pm
Augustine United Church, 41-43 George IV Bridge, Edinburgh EH1 1EL
Free / No booking required
Information:
maxwell.reay@nhslothian.scot.nhs.uk

ART, ACTIVISM AND SPIRITUALITY

Interactive workshop exploring the power of creative play and its use as a tool to move others. There will be opportunities to dance, eat, chat and create some works of art.

Mon 13 Oct, 11am - 4pm
Augustine United Church, 41-43 George IV Bridge, Edinburgh EH1 1EL
Free / Booking required
Booking: emily@health-in-mind.org.uk

IS THIS LOVE? THE POWER OF THE THERAPEUTIC RELATIONSHIP

An honest, challenging exploration of empowerment, love and attachment. Three women with experience of mental health issues discuss their individual journeys through therapy. One is joined by her therapist as they unravel the highs and lows of their relationship.

Tue 14 Oct, 6.30 - 8.30pm
Summerhall Anatomy Lecture Theatre, Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
Free / Booking required
Booking: Kirsten at CAPS Advocacy 0131 273 5116
kirsten@capsadvocacy.org

THE INMATES ARE RUNNING THE ASYLUM

Stories from 'Vancouver Mental Patients' Association'. Filmmaker Dr Megan Davies joins academics and activists from Edinburgh, Stirling, and Queen Margaret Universities, CAPS Advocacy and NHS Lothian Mental Health and Wellbeing Team to discuss the arts, mental health and the emerging field of 'Mad Peoples' History'.

Wed 15 Oct, 7 - 9pm
Seminar Rooms 1-2, Chrystal Macmillan Building, Edinburgh University, 15a George Square, Edinburgh EH8 9LD
Free / Booking required
Booking: Dr Tessa Parkes t.s.parkes@stir.ac.uk or Kirsten at CAPS Advocacy 0131 273 5116
kirsten@capsadvocacy.org

CONTACT POINT OPEN DAY: A DAY IN THE LIFE?

An exciting day of art, music, poetry and film. Visit the unique visual exhibition before joining political singer/songwriter, Penny Stone, in a 'protest song' music workshop. Finish the day by listening to original poetry and watching the short film 'A Day in the Life of Contact Point'.

Wed 15 Oct, 12 - 4pm (Music Workshop 1pm, Performance 2.30pm, Short film 3.30pm)
Contact Point, 101 High Riggs, Tollcross, Edinburgh EH3 9RP
Free / Donations welcome
Information: Angie at Contact Point 0845 140 7777
contactpointlothianteam@baronyha.org.uk



MOVING VOICES

An unforgettable celebration of Scottish Gypsy/Traveller traditions with storytelling from acclaimed author Jess Smith, hard-hitting drama by Breeze Productions, and the launch of 'Moving Minds', an anthology of memories, poetry and photographs. Come along and share your own story.

Wed 15 Oct, 7 - 9pm
Summerhall Anatomy Lecture Theatre, Summerhall, 1 Summerhall Place, Edinburgh EH9 1PL
£5 / Booking advisable
Booking: emma-jane@mecopp.org.uk

THE POWER OF MENTAL HEALTH

An exciting mixed media event offering the chance to discover the Stafford Centre, a community resource for people experiencing mental health difficulties living in Lothian.

Thu 16 Oct, 3 - 7pm
The Stafford Centre, 103 Broughton St, Edinburgh EH1 3RZ
Free / No booking required
Information: mmason@supportinmindscotland.org.uk

CAFÉ VOICES

Storytellers Kate Craik and Michael Williams lead an evening of stories in the relaxed surroundings of the Storytelling Court. They are joined by the Playback Edinburgh group, who invite participants and audiences to share moments and stories from their lives.

Thu 16 Oct, 7 - 9pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh EH1 1SR
£5
Booking: 0131 556 9579
www.tracscotland.org/scottish-storytelling-centre

HOWL[ING]

An epic concert of words and music for post referendum Scotland inspired by Allen Ginsberg's seminal piece 'Howl' (1955). Written and directed by performance poet/theatre maker Drew Taylor and accompanied by Glasgow musicians Julia and the Doogans, 'Howl[ing]' is a performance constructed by the old, responding to the new, reflecting the current view.

Thu 16 Oct, 8 - 9pm
Traverse Theatre, Traverse 2, 10 Cambridge St, Edinburgh EH1 2ED
£16 / £13
Booking: 0131 228 1404

A SENSE OF PLACE: STORIES OF WELLBEING

Storyteller Lesley O'Brien explores stories around the theme of 'place' for improving wellbeing. Run in association with Lapidus Scotland, she explores the places we inhabit and our place in the world through our life journeys. This is for storytellers and practitioners working with people with mental health issues.

Sat 18 Oct, 2 - 4.30pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh EH1 1SR
£10 / £8
Booking: 0131 556 9579
www.tracscotland.org/scottish-storytelling-centre

WRITING LETTERS, WRITING LIVES

In a society filled with emails, texts, tweets, are we losing the powerful art of letter writing? Is there something you want to say? Something you want to tell someone? Write your letter in this innovative and fun creative writing workshop.

Fri 17 and Sat 18 Oct, 2 - 4pm
Ocean Terminal Community Space, 98 Ocean Dr, Edinburgh EH6 6JJ
Free / Booking required
Booking: Kim Schroeder
07443 488 395
katschroeder@gmx.net



OPEN MIC NIGHT

A friendly night of open mic performances from singers, songwriters, poets and comedians.

Fri 17 Oct, 6.30 - 10pm
Contact Point, 101 High Riggs, Edinburgh EH3 9RP
Free / Booking required
Booking: Angie at Contact Point
0845 140 7777
contactpointlothianteam@baronyha.org.uk

GETTING THERE

A light-hearted comedy based on a dysfunctional family, struggling to make ends meet on benefits. Follow them on their journey, manoeuvring round the new welfare reforms and looking for family fortune, will they ever find it?

Sat 18 Oct, 2 - 2.50pm
Trinity Centre, 5 Church St, Haddington, East Lothian EH41 3EX
£3 / No booking required
Information: Rick Murphy
07903 159 320

LOOK AT ME

Award-winning Juliette Burton presents her new docu-comedy where she challenges beauty, myth and self-perception. Wearing the hijab, dressing provocatively, male, obese, old, nude - is what we appear to be who we are? Includes a post-show discussion.

Sat 18 Oct, 7.30 - 8.45pm
Scottish Storytelling Centre, 43-45 High St, Edinburgh EH1 1SR
£8 / £6
Booking: 0131 556 9579
www.tracscotland.org/scottish-storytelling-centre

WELLBEING MELA

A fun, family day to celebrate diversity and promote positive mental health and wellbeing amongst Edinburgh's varied minority ethnic communities. Enjoy music, dance, complementary therapies, relaxation workshops and lots more in a relaxed and entertaining environment.

Sun 19 Oct, 1 - 4pm
Out of the Blue, 36 Dalmeny St, Edinburgh EH6 8RG
Free / No booking required
Information: michelle@mecopp.org.uk

Festival Plus

F+: CREATURE COMFORTS

Mysterious happenings and high adventure in a very special pet shop. A fun, integrated, five day participatory drama and performance project for children aged 8 to 12 years at Howden Park Centre to build confidence, encourage self-esteem and make friends.

Mon 20 - Fri 24 Oct, 10am - 4pm
Howden Park Centre, Howden, Livingston EH54 6AE
£60 per child (assisted places for children with additional support needs)
Booking: Joanna van den Berg
01506 333 005
admin@firefly-arts.co.uk

F+: LEAN ON ME: NORTH EDINBURGH TIME BANK SINGERS

If you can breathe, you can sing! North Edinburgh Timebank singers showcase the transforming power of communal singing in their performance of various rock, folk, pop and world music songs.

Fri 24 Oct, 7 - 8pm
North Edinburgh Arts, 15a Pennywell Court, Edinburgh EH4 4TZ
Free / Booking required
Booking: Julie Smith 0131 315 2151
admin@northedinburgharts.co.uk



SMHAFF LANARKSHIRE LAUNCH EVENT

LANARKSHIRE

Festival Plus

SMHAFF LANARKSHIRE LAUNCH EVENT

Kicking off this year's Festival by showcasing a range of local talent. Highlights include Margaret Moncrieff's 'From Darkness to Light'; a play outlining the experiences of one person's 'Road to Recovery' from Clinical Depression, and a book reading from Jean Boustead from the fantastic 'Out of Clay,' which deals with illness, recovery and faith.

Wed 24 Sep, 11.30am - 1pm
Alona Hotel, Strathclyde Country Park, Hamilton Rd, Motherwell ML1 3RT
Free / Booking required
Booking: 0800 073 0918

REALITY IN LANARKSHIRE: PHOTOGRAPHIC EXHIBITION

A second chance to experience the shortlisted photographs from last year's 'Reality in Lanarkshire' competition which aimed to challenge people's perceptions of mental health and explore the power of photography.

Wed 1 Oct - Wed 17 Dec
All day (viewed from the street side 'corridor' which runs alongside the health centre)
Airdrie Community Health Centre, 88 Graham St, Airdrie, Lanarkshire ML6 6DB
Free / No booking required
Information: 01236 769 333

AFTERNOON TEA DANCE

Trip the light fantastic with us on an afternoon of live music and dancing from the 1940's, 50's & 60's. All abilities welcome. Just join in as you want. Refreshments will be served.

Wed 1 and Wed 22 Oct, 1 - 3pm
Sumerlee Museum of Industrial Life, Heritage Way, Coatbridge ML5 1QD £2
Booking: 01236 638 352

Thu 30 Oct, 1 - 3pm
North Lanarkshire Heritage Centre, High Rd, Motherwell, North Lanarkshire ML1 3HU £2
Booking: 01698 274 590

IMAGINE - THE POWER OF TRANSFORMATION

A series of participatory arts workshops/events focusing on the power of creativity for transformation. Everyone welcome to work with our volunteers to create artwork. Workshops will run in Coatbridge, Wishaw, Rutherglen and East Kilbride.

Thu 2 Oct, 12 - 2pm
Whifflet Community Centre, Easton Place, Coatbridge ML5 4EW
Free / Booking required
Booking: 0800 073 0918

For dates and times for other areas please phone 0800 073 0918

'ADDICTIONS' YOUTH DRAMA WORKSHOP

A drama workshop for young people aged 12-18 years, exploring themes of addiction in teenagers' lives, from social media to the latest pop sensation, through drama and improvisation. No experience necessary.

Thu 2 Oct, 5.30 - 8.30pm
Motherwell Concert Hall, Windmillhill St, Motherwell, North Lanarkshire ML1 1AB £5
Booking: 01698 632 828



SHALL WE DANCE

MINDFUL LIVING

Award-winning author Martin Stepek reads from his latest book, 'Mindful Living,' and leads mindfulness sessions. Learn this pioneering mental-wellbeing practice endorsed by the NHS and taught at Oxford and Harvard Universities. All free but booking required.

Thu 2 Oct, 7 - 8pm
Biggar Library, Market Rd, Biggar ML12 6FX
Booking: 01899 222 060

Fri 3 Oct, 2 - 3pm
Lanark Library, 16 Hope St, Lanark ML11 7LZ
Booking: 01555 661 144

Thu 9 Oct, 3 - 4pm
Blantyre Library, 1A Clydevue Shopping Centre, Glasgow Rd, Blantyre G72 0QD
Booking: 01698 823 808

Fri 10 Oct, 2 - 3pm
Larkhall Library, 30 Union St, Larkhall ML9 1DR
Booking: 01698 452 469

Sat 11 Oct, 2 - 3pm
Hamilton Town Library, 102 Cadzow St, Hamilton ML3 6HH
Booking: 01698 452 122

Thu 16 Oct, 6.30 - 8pm
St Leonards Library, St Leonards Square, East Kilbride G74 2AT
Booking: 01355 241 573

Sat 18 Oct, 2 - 3pm
East Kilbride Central Library, Olympia Shopping Centre, East Kilbride G74 1PG
Booking: 01355 220 046

A STAGE FOR U

Confidence building is our aim, comedy is our game: discover the power of laughter for wellbeing and recovery from mental ill health in this evening of comedy and music including a comedy sketch about the Glesga Commonwealth Games.

Fri 3 Oct, 7 - 8.30pm
South Dalziel Studios, 240 Orbiston St, Motherwell ML1 1QF
Free / Booking required
Booking: 01698 292 186 / 07772 561 250

KING OF HEARTS

Lawrence Crawford's sell-out play returns, telling the story of Scottish soldier, Gregor McGregor, dispatched to a remote French village at the end of WW1 to dispose of a bomb. The villagers have fled, including the doctors at the local asylum. The inmates become the villagers and crown Gregor their king. Will he rescue his new friends and deactivate the bomb in time?

Fri 3 Oct, 7.30 - 9.30pm
Rutherglen Town Hall, 139 Main St, Rutherglen G73 2JJ £8
Booking: 0141 613 5700
www.sllcboxoffice.co.uk or in person at the venue

SHALL WE DANCE?

Humjolie, in partnership with the Wishaw Murdstoun and Fortissat Community Forum, present an eclectic mix of dance performances from diverse cultural and ethnic backgrounds to celebrate the universal power of dance to encourage self-expression, develop self-esteem, and reduce stigma surrounding certain issues within different cultures.

Sat 4 Oct, 11am - 2pm
Pather Community Centre, Caledonian Rd, Wishaw ML2 0HZ
Free / Booking required
Booking: Culture NL Box Office 01698 403 120 / 0800 073 0918



MUSHAIRA (POETRY SOIREE)

TRASHION PHOTOGRAPHY WORKSHOP

Keen to improve your photography portfolio? Want to give new meaning to 'power dressing'? Join photographer and artist John Gray and create fashion imagery using 'trash' as clothing and props. Suitable for senior school pupils and students this one day workshop will be location and studio based.

Sun 5 Oct, 10.30am - 3.30pm
Photomedia Studio, Summerlee
Museum of Industrial Life, Heritage
Way, Coatbridge ML5 1QD
£12 (Age 15+)
Booking: 01236 632 828

PHOTOGRAPHY AND ART EXHIBITION

An exciting exhibition of art and photographs by services users of South Lanarkshire Council's Network Service, supported by the Community Learning Team and St Andrews & St Brides High School.

Mon 6 - Wed 15 Oct
8.30am - 11pm
East Kilbride Arts Centre, 51 Old
Coach Rd, East Kilbride G74 4DU
Free / No booking required
Information: 01355 261 000

IN THE MOOD

Discover the power of music and join us for some community singing and learn tunes from the 1950's and 1960's, including a selection of old Scots favourites. Refreshments will be served.

Tue 7 Oct
11am - 12pm and 1 - 2pm
North Lanarkshire Heritage Centre,
High Rd, Motherwell, North
Lanarkshire ML1 3HU
Free / Booking required
Booking: 01698 274 590

MUSHAIRA (POETRY SOIREE)

Bazm-e-Urdu Scotland and Bazm-e Sher O'Naghma (Poetry and Music Association) are delighted to bring you an evening of Urdu poetry or Mushaira, featuring short performances of Scottish and Bollywood dancing organised by Humjolie, South Asian women's support group.

Fri 10 Oct, 7 - 9pm
Bellshill Cultural Centre, John St,
Bellshill ML4 1RJ
Free / Booking required
Booking: 0800 073 0918
Information: Anila Ansari
01698 242 649

LIFE IN THE TOWERS

A fascinating documentary filmed in Muirhouse, Motherwell following the residents living in high rise towers and the surrounding community. It captures the views of local people about how their surroundings affect their mental wellbeing and relationship with the community.

Fri 10 Oct, 7 - 9pm
GLO Centre, Motherwell, 78 Muir St,
Motherwell ML1 1BN
Free / No booking required
Information: 01698 263 483



SOUNDMINDS

SOUNDMINDS

A fun packed family event in Motherwell town centre. Come and listen to local bands showcase their talent, have a go at playing African drums at one of the instrument taster sessions and tell our street reporters your thoughts on the stigma attached to mental health and how it relates to this year's theme of 'power'.

Sat 11 Oct, Drop in 9am - 5pm
Motherwell Shopping Centre, 30
Brandon Parade, Motherwell ML1 1RB
Free / No booking required
Information: 01698 862 860
graphics@reeltimeusic.net

MENTAL HEALTH AWARENESS DAY

Drop in to South Lanarkshire Council's Network service for information on mental health services, ways to live a healthier lifestyle and arts event happening in the area. There will also be a free health check service by Leisure & Culture Services.

Free / No booking required
Information: 01355 806 850

Mon 13 Oct, 1 - 3pm
East Kilbride Arts Centre, 51 Old
Coach Rd, East Kilbride G74 4DU

Mon 20 Oct, 1 - 3pm
East Kilbride Central Library,
Olympia Shopping Centre, East
Kilbride G74 1PG



DEPPRESSED CAKE SHOP

'YIE DIDNAE SAY THAT DID YIE'

A satirical but serious look at the power of words in recovery and how language can aid or hinder recovery from mental health issues. Features Edinburgh Fringe Festival comedian Gillian Grant and special guest speaker Tommy Whitelaw, Carer Campaigner, followed by the Depressed Cake Shop.

Tue 14 Oct, 12.30 - 1.30pm
University of the West of Scotland,
Ground Floor Lecture Theatre,
Hamilton Campus, Almada St,
Hamilton ML3 0JB
Free / No booking required
Information:
www.hopecafelanarkshire.org.uk

SHOCK OF THE FALL

Critically acclaimed author Nathan Filer discusses his award winning debut novel 'The Shock Of The Fall', the puzzled, resolute, frank writings of a 19-year-old with schizophrenia struggling within the mental health system. Join Nathan as he considers the complex issues at play in his searing novel.

Tue 14 Oct, 7 - 9pm
Wishaw Library, 21 East Academy
St, Wishaw ML2 8BG
Free / Booking required
Age 16+. Limited Place.
Booking: 01698 524 960



MOVE THE GOALPOSTS

DARK TO LIGHT

Hope Café presents an eclectic mix of art created by members of their creative groups exploring the power of hope in recovery from mental illness.

Wed 15 Oct, 11am - 4pm
Tolbooth, 4 High St, Lanark, South Lanarkshire ML11 7EX
Free / No booking required
Information: 01555 664 113
www.hopecafelanarkshire.org.uk

PHOTOGRAPHY & ART EXHIBITION

An inspiring exhibition of art and photographs by services users of South Lanarkshire Council's Network Service, and an art and photographic exhibition presented by Networks Camera Club designed by 6th year pupils at St Andrews & St Brides High School.

Thu 16 - Fri 31 Oct, 9.15am - 8pm
East Kilbride Central Library, Olympia Shopping Centre, East Kilbride G74 1PG
Free / No booking required
Information: 01355 220 046

MOVE THE GOALPOSTS

A comic, thought-provoking piece of theatre which tells the story of the amazing 'Move the Goalposts'; an initiative which utilises football as a tool to divert young people from gang participation, acts of violence, antisocial behaviour and alcohol and drug misuse.

Fri 17 Oct, 2.30 - 3.30pm and 7.30 - 8.30pm
East Kilbride Arts Centre, 51 Old Coach Rd, East Kilbride G74 4DU £5
Booking: www.sllcboxoffice.co.uk 01355 261 000 or in person at the venue

FOCUS ON FAMILIES

Spend some quality time with your family and explore the power of art at your local library with a specially created programme of activities including magic, drawing, reading, listening, laughing, watching and much more. In libraries across Lanarkshire, full programme available at www.culturenl.co.uk.

Free / Booking required

Sat 18 Oct, 10am - 4pm
Coatbridge Library, 126 Main St, Coatbridge ML5 3BJ
Booking: www.culturenl.co.uk

Sat 25 Oct, 10am - 4pm
Airdrie Library, Wellwynd Airdrie, North Lanarkshire ML6 0AG
Booking: 01236 758 070

Sat 25 Oct, 10am - 4pm
Bellshill Library, John St, Bellshill ML4 1RJ
Booking: 01698 346 770

Sat 25 Oct, 10am - 4pm
Wishaw Library, 21 East Academy St, Wishaw ML2 8BG
Booking: 01698 524 960

Sat 25 Oct, 10am - 4pm
Cumbernauld Library, 8 Allander Walk, Cumbernauld G67 1EE
Booking: 01236 618 190

Sat 25 Oct, 10am - 4pm
Motherwell Library, 35 Hamilton Rd, Motherwell ML1 3BZ
Booking: 01698 332 628

STATUS ANXIETY
© JAMES WILSON

AWESOME ANIMATION WORKSHOP

Create your own animated wellbeing film using Lego! An experienced film making tutor will show you how to devise and produce your own animation, how to write a script, create sound effects and give your character special powers before taking home a DVD copy of what you have created at the end of the day.

Sat 18 Oct, 11am - 3pm
Photomedia Studio, Summerlee Museum of Industrial Life, Heritage Way, Coatbridge ML5 1QD
£8 (Age 8 - 16 years)
Booking: 01236 632 828

Festival Plus

F+: KELPIES TEEN PRESENTS 'WORD POWER'

North Lanarkshire's book festival comes to St Ambrose High for an afternoon with authors published by Kelpies Teen. Amongst the authors present, author Roy Gill presents the Daemon Parellel series which charts the adventures of Cameron who has the power to shift between worlds bringing him through Edinburgh's dark Daemon underworld.

Tue 21 Oct, 1.15 - 2.30pm
St Ambrose High School, 65 Townhead Rd, Coatbridge ML5 2HT
Free / Booking required
This event is open to S2 / S3 / S4 classes and their teachers
Booking: Gillian Hunt
01698 346 770

F+: HOOK LINE & SELFIE

Developed by the young people at Lanarkshire Youth Theatre, Hook Line & Selfie is a piece of drama that deals with addictions, from the serious substances available to today's young people, to the not-so-serious obsessions held by many teenagers.

Sat 25 Oct, 3 - 5pm and 7 - 8pm
Bellshill Cultural Centre, John St, Bellshill ML4 1RJ
Suitable for age 12+
£6 / £3.50
Booking: Culture NL Box Office
01698 403 120

F+: STATUS ANXIETY

Bold hip hop theatre that challenges the way social media has changed our lives. Combining some of Scotland's greatest hip hop dancers with projection and uncompromising choreography from Emma Jayne Park, this witty and entertaining piece challenges the characters we become when hidden behind a computer screen.

Mon 27 Oct, 7.30 - 9pm
East Kilbride Arts Centre, 51 Old Coach Rd, East Kilbride, Glasgow G74 4DU
£5
Booking: 01355 261 000



RENFREWSHIRE

A SURPRISE FOR RENFREWSHIRE

Look out for a 'powerful' surprise planned to hit the streets of Paisley.

Wed 1 Oct, 9am - 5pm
County Square, High St, Abbey Close, Renfrewshire House entrance, Paisley PA1 2BB
Free / No booking required
Information: Jeanette Allan
0141 849 2297

RMHAFF@ RENFREWSHIRE HOUSE

Introducing the work of the Renfrewshire strand of the Festival, through film and words. Open to staff at Renfrewshire Council and Renfrewshire Community Health Partnership. This event will include a screening of Alan Madden's powerful film 'Beyond Me'.

Wed 1 Oct, 12 - 1.15pm
Council Chambers, Renfrewshire House, Cotton St, Paisley PA1 1UJ
Free / By invitation only
Information: Jeanette Allan
0141 618 6808

STATUS ANXIETY & THINKING IN THE FIRST PERSON

Cultured Mongrel Dance Theatre present an evening of bold hip hop theatre featuring uncompromising choreography, a short performance from 'Right 2 Dance' and a post-show discussion exploring the issues raised during the performance such as identity and social media.

Wed 1 Oct, 7.30 - 9pm
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
£5 / Booking required (Get tickets for Status Anxiety & Thinking in the First Person plus Chatroom for £7)
Booking: 0300 300 1210
www.renfrewshire.gov.uk/onlinebooking

ART TRAIL BY RAIL

This unique art exhibition, by artists with a lived experience of mental health problems, takes place on the platforms of selected train stations between Paisley and Port Glasgow. Pick up a brochure at Gilmour St Station and follow the trail.

Wed 1 - Mon 20 Oct, 6am - 11pm
Free / No booking required
Information: Lorraine Ewing
0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk

ART IN THE PAC

An exhibition by artists with a lived experience of mental ill health.

Wed 1 Oct - Thu 9 Oct
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
Free / No booking required
Information: 0141 849 2297
cat.weir@ggc.scot.nhs.uk

I AM ME

PACE Theatre Company present a hard-hitting drama based on Charlie, a young adult with autistic spectrum disorder. It follows the difficulties he faces on a daily basis and challenges us to think about how disability hate crime not only affects individuals but the wider communities they live in.

Thu 2 Oct, 2 - 3.30pm
The Wynd Centre, 6 School Wynd, Paisley PA1 2DB
Free / Booking required
Booking: 0141 887 4647
iammeproject@yahoo.co.uk



BEATS WORKING

A creative retreat day at Barnbrock Farm to make music and art in the beautiful Muirshiel Country Park. The day will be hosted by musician Dr Jane Bentley with The Buddy Beat drumming group and visual artist Sarah Grant.

Thu 2 Oct, 10am - 3.30pm
Barnbrock Farm (near Lochwinnoch), Renfrewshire PA10 2PZ
£5 (incl. light lunch)
Booking: 0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk

THE POWER OF MUSIC WITH ROCKUS COMMUNITY CHOIR

Experience the empowering force of communal singing and have fun singing songs of power with the Rockus Community Choir. No singing experience required!

Thu 2 Oct, 7 - 9pm
Life Church, 56 Stock St, Paisley PA2 6
Free / No booking required
Information: Karen Kyle
0141 618 5600

ART IN THE MILL

An exhibition by artists from the Phoenix Activity Group who have lived experience of mental ill health. 'Made in the Mill' a crafters collective will exhibit and sell unique hand made goods on Tue 7 and Tue 14 Oct.

Thu 2 - Thu 16 Oct
Mile End Mill Business Centre Foyer, 12 Seedhill Rd, Paisley PA1 1JS
Free / No booking required
Information: 0141 849 2297
cat.weir@ggc.scot.nhs.uk

CHATROOM

Jim is young, depressed and talking about suicide when he meets Eva and William online who try persuading him to carry out his threat. This chilling, yet funny and uplifting play tackles many teenage issues head on. It will be followed by a short Q&A session.

Fri 3 Oct, 7.30 - 9.30pm
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
£5 / Booking required (Get tickets for Status Anxiety & Thinking in the First Person plus Chatroom for £7)
Booking: 0300 300 1210
www.renfrewshire.gov.uk/onlinebooking

NETWORKING

A showcase and networking event sharing film, words and visual art. Created by people with a lived experience of mental ill health and addictions, it is an opportunity to explore how people manage to keep on an even keel at work.

Mon 6 Oct, 6 - 7.30pm
The Watermill Hotel, Bladda Lane, Paisley PA1 1SR
Free / No booking required
Information: Jeanette Allan
0141 849 2297
jeanette.allan@ggc.scot.nhs.uk

FRAME BY FRAME: SPECIAL EDITION

This popular bi-monthly screening and networking event emerged out of a joint event with Renfrewshire Arts in last year's Festival. Come celebrate a year of 'Frame by Frame' with a specially-curated programme of mental health-related films from local filmmakers.

Tue 7 Oct, 7 - 9.30pm
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
£2 / Booking required
Booking:
richard.weeks@renfrewshire.gov.uk



SUNSHINE ON LEITH

RMHAFF @ SUNSHINE RECOVERY CAFÉ

Discover how film and music have supported people's recovery with special guest, Steph Macleod, a singer/songwriter who has experienced homelessness and is in recovery from addiction to drugs and alcohol. Steph will share his story through words and song at the Recovery Café, a weekly gathering of people supporting each other in recovery from addictions.

Wed 8 Oct, 1 - 3pm
Church of the Nazarene, Gordon St, Paisley PA1 1XL
Free / No booking required
Information: Jeanette Allan
0141 849 2297
jeanette.allan@ggc.scot.nhs.uk

CREATIVITY & EMPLOYABILITY

The NetWork Service in Renfrewshire CHP use creativity and the arts to support people with a lived experience of mental ill health and addictions in their recovery and employability. This session, aimed at mental health staff who attend Renfrewshire's 'Post-grad training', will showcase some of the achievements and outcomes of individuals and of the NetWork Service.

Thu 9 Oct, 9.30 - 11am
Mile End Mill Business Centre, 12 Seedhill Rd, Paisley PA1 1J8
Free / No booking required?
Information: 0141 849 2297

SUNSHINE ON LEITH

Dexter Fletcher, UK, 2013, 100m, PG
Cast: Antonia Thomas, George MacKay, Jason Flemyng

Dexter Fletcher's heart-warming musical film, based on the sensational stage hit of the same name, featuring music by pop-folk band The Proclaimers, follows the stories of Davy and Ally, who have to re-learn how to live life in Edinburgh after coming home from serving in Afghanistan. The film will feature a pre-show performance of featured songs that you can sing along to and a post-show discussion.

Wed 8 Oct, 6.45 - 9pm
Kirklandneuk Community Centre, Ness Rd, Renfrew PA4 9DE
Free / Booking required
Information: Our Place Our Families 0141 258 5206
ourplaceourfamilies@gmail.com

THE BOOK CLUB

The book club discusses 'Elizabeth is Missing'. Lately, Maud's been getting forgetful. She keeps buying peach slices when she has a cupboard full, forgets to drink the cups of tea she's made and writes notes to remind herself of things. But Maud is determined to discover what has happened to her friend, Elizabeth, and what it has to do with the unsolved disappearance of her sister Sukey, years back, just after the war.

Thu 9 Oct, 12.30 - 1.15pm
Corporate Meeting Room 1, Renfrewshire House, Cotton St, Paisley PA1 1LE
For other venues check mhfestival.com/Renfrewshire
Free / No booking required
Information: angela.mclelland@ggc.scot.nhs.uk or audrey.hall@ggc.scot.nhs.uk

SMHAFF IN THE HOOSE!

An evening showcasing the Power of Music and Spoken Word featuring performances by Rockus Community Choir, local poet Theresa Maitland and Fife based wordsmith, Glen Merrilees. Glen is a poet with a lived experience of mental ill health, poetry has been part of his recovery and he has now performed to many audiences.

Thu 9 Oct, 7.30pm till late
Hamishes' Hoose, 45 High St, Paisley PA1 2AH
Free / No booking required
Information: 0141 561 7105

WITHERED HAND PLUS SUPPORT FROM MARIE COLLINS AND LAURA ST JUDE
© MALCOLM BENZIE

WITHERED HAND PLUS SUPPORT FROM MARIE COLLINS AND LAURA ST JUDE

Withered Hand presents his long-awaited new album 'New Gods' with support from Marie Collins and Laura St Jude. Following the success of his first album Good News, New Gods deals with the big stuff: love, death, friendship, infidelity, road trips, stargazing and cough mixture abuse. Supporting musician, Marie Collins was mentored by Dan Jones of Withered Hand in a project founded by The Fruit Tree Foundation, which aims to highlight mental health issues through music.

Fri 10 Oct, 7.30 - 10pm
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
£12 / £10
Booking: 0300 300 1210
www.renfrewshire.gov.uk/onlinebooking

ART TRAIL EXPRESS

All aboard the mental health train for the launch of the 'Art Trail by Rail' Exhibition.

Hosted by Gina McKie of Radio Clyde, we will be taking the train and visiting the exhibitions at participating stations between Paisley and Port Glasgow.

Fri 10 Oct, 9.30 - 12am
Meet at 9.30am:
Railway Station, Paisley Gilmour St, County Square, Paisley PA3 2DA
Free / No booking required
Information: Lorraine Ewing
0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk

THE POWER BASE

Paisley Shopping Centre will be the home of this year's Artist in Residence, host exhibitions, creative workshops, Make and Takes, performances, film screening, craft stalls, mental health information, opportunity to talk to a mental health practitioner and a unique exhibition 'Badges of Honour'.

Sat 11 - Sat 18 Oct
10.30am - 3.30pm
RMHAFF Power Base, Paisley Shopping Centre, 23 High St, Paisley PA1 2AQ
Free / No booking required
Information: Lorraine Ewing
0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk



GOD HELP THE GIRL

GOD HELP THE GIRL

Stuart Murdoch, UK, 2014, 111m, 15
Cast: Olly Alexander, Emily Browning, Hannah Murray

Written and directed by Stuart Murdoch, lead singer of *Belle and Sebastian*, this film tells Eve's story. In hospital in Glasgow, she uses song writing as a means of recovery, leading her to a city where she meets two musicians each at crossroads of their own. What follows is a story of renaissance over a dream-like summer. Followed by live music.

Sun 12 Oct, 7.30 - 9.30pm
Paisley Arts Centre, 15 New St, Paisley PA1 1EZ
£5
Booking: 0300 300 1210
www.renfrewshire.gov.uk/onlinebooking



KEEP THE BEAT

BADGES OF HONOUR

An exhibition featuring a unique badge collection from Glasgow Women's Library, together with audio and video testimonials. From suffragette brooches and Campaign for Nuclear Disarmament badges to dancing medals, find out the empowering stories behind these artefacts. Workshops will also run during the day: create your own badge with a power message for today.

Mon 13 Oct, 10.30am - 3.30pm
RMHAFF Power Base, Paisley
Shopping Centre, 23 High St,
Paisley PA1 2AQ
Free / No booking required
Information: Lorraine Ewing
0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk

INFORMATION IS POWER

An empowering information day about local arts, leisure and community groups and launching Renfrewshire's 'Culture Club,' a new initiative for people who want to make new friends and attend arts events with like-minded people. The Culture Club launch will take place at 2pm.

Tue 14 Oct, 10.30am - 3.30pm
RMHAFF Power Base, Paisley
Shopping Centre, 23 High St,
Paisley PA1 2AQ
Free / No booking required
Information: Lorraine Ewing
0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk

CREATIVE ENCOUNTERS

Get your creative juices flowing and join one of our creative workshop tasters, facilitated by people who use creativity to support their recovery. You can try your hand at jewellery making, wet felting, fabric stamping, painting and much more.

Wed 15 Oct, 10.30am - 3.30pm
RMHAFF Power Base, Paisley
Shopping Centre, 23 High St,
Paisley PA1 2AQ
Free / No booking required
Information: Lorraine Ewing
0141 314 4059
lorraine.ewing@ggc.scot.nhs.uk

NANCY GOUDIE 'THE LAUGHTER TOUR'

In an evening of hilarious stories and comedy clips, author Nancy Goudie presents her book 'The Gift of Laughter' and explores the power of laughter in our physical, mental, emotional, relational and spiritual life. Discover how laughter can help us lift our mood, speed up healing and even smooth our wrinkles.

Wed 15 Oct, 7 - 9.30pm
CGC Paisley, 31 Broomlands St,
Paisley PA1 2NG
£5 / Booking required
Booking: 07821 061 398
claremccormack@createpaisley.org.uk

KEEP THE BEAT

Award winning African drumming group Buddy Beat lead a day of workshops to help you find your rhythm and groove. Discover the power of music to relieve stress, reduce feelings of isolation and lift your mood.

Thu 16 Oct, 10.30am - 3.30pm
RMHAFF Power Base, Paisley
Shopping Centre, 23 High St,
Paisley PA1 2AQ
Free / No booking required
Information: Jane Bentley
0141 314 4059 janebentley3@nhs.net



JO CAULFIELD

A BUDDY GOOD LAUGH

Dead Sheep Comedy and Paisley Arts Centre present 'A Buddy Good Laugh' with comedians Kieron Nicholson, runner up in the 2012 So You Think Your Funny competition; Louisiana-born bluesman Dog S**t Johnson; and headliner, Jo Caulfield, one of the best female stand-ups in comedy.

Thu 16 Oct, 8.15 - 10pm
Paisley Arts Centre, 15 New St,
Paisley PA1 1EZ
£10 / £8 / Booking required
Booking: 0300 300 1210
www.renfrewshire.gov.uk/onlinebooking

FILMS @ THE PAISLEY CENTRE

A day of short film screenings made by people with a lived experience of mental ill health including Alan Madden's powerful film 'Beyond Me' and Buddy Beat's film 'Keep the Beat: Our Journey in Rhythm'.

Fri 17 Oct, 10.30am - 3.30pm
RMHAFF Power Base, Paisley
Shopping Centre, 23 High St,
Paisley PA1 2AQ
Free / No booking required
Information: Lorraine Ewing
0141 314 4059

ARTS COLLECTIVE OF PAISLEY: ARTIST GATHERING

Join musicians, visual artists, and writers for the Arts Collective of Paisley's, 'Artist Gathering', which aims to facilitate social action through the arts to transform our community positively. Come perform or present your work in a positive community of local creatives. Meet other artists and get encouraged in your craft.

Fri 17 Oct, 7.30 - 10pm
The Firebar at ECF, 20 Gordon St,
Paisley PA1 1XD
Free / No booking required
Information: Corbin Miles
07725 347 009

POWERFUL STORIES

Dust off your camera, grab your smart phone and join Create Paisley's workshop where you will learn how to tell your story in a creative, exciting way through film. Explore the theme of power, and let your voice be heard.

Sat 18 Oct, 1 - 3.30pm
RMHAFF Power Base, Paisley
Shopping Centre, 23 High St,
Paisley PA1 2AQ
Free / No booking required
Information:
alan@createpaisley.org.uk

POWERFUL STORIES SHOWCASE

Screenings of films created in Create Paisley's workshop accompanied short monologue by students of West College Scotland who perform dramatised stories of mental health.

Sat 18 Oct, 7 - 9.30pm
Deli Malatso, 50 High St, Paisley
PA1 2DJ
Free / No booking required
Information:
alan@createpaisley.org.uk



BOOKBUG IS FEELING GOOD



DOLPHIN TALE 2

EAST RENFREWSHIRE INVERCLYDE

INFORMATION DROP IN

Watch out for Mental Health Arts and Film Festival information points in and around East Renfrewshire detailing the up and coming events and come and find us for any positive mental health and wellbeing information you may need.

Wed 1 - Sun 19 Oct, 9am - 5pm
Eastwood Council Offices, Barrhead Council Offices, Barrhead Health and Care Centre, Clarkston Library, Giffnock Library and Mearns Library
Free / No booking required
Information: Claire McCrick
claire.mccrick@eastrenfrewshire.gov.uk

BOOKBUG IS FEELING GOOD

Sing songs and share rhymes with your wee one at Bookbug sessions across East Renfrewshire Libraries throughout the Festival. These interactive sessions for 0-4 years and their parents/carers is guaranteed to lift your spirits.

Wed 1 - Sun 19 Oct
Busby Library, Clarkston Library, Eaglesham Library, Giffnock Library, Mearns Library and Thornliebank Library
Free / No booking required (Morning and afternoon sessions available - see www.eastrenfrewshire.gov.uk/bookbug)
Information: Alison Meechan
libraries@eastrenfrewshire.gov.uk

THE POWER OF POETRY

Take part in an evening of poetry and prose to celebrate National Poetry Day. Let the language lift your spirits and sooth your soul as we explore the power of reading poetry aloud and delve into favourite poems of the past and present.

Thu 2 Oct, 7 - 8.30pm
Clarkston Library, Clarkston Rd, Clarkston G76 8NE
Free / No booking required
Information: Alison Meechan
alison2.meechan@eastrenfrewshire.gov.uk

POEMS AND SONGS OF WWI

ACUMEN presents an afternoon of poetry, song and drama inspired by WWI. Bring along your favourite poems or songs or a self-penned piece inspired by themes of war and peace to share.

Fri 3 Oct, 1 - 4pm
Arthurlie House, Springfield Rd, Barrhead G78 2SE
Free / No booking required
Information: Pauline Vallance
pauline@acumennetwork.org

ACUMEN WITH PULSE 98.4FM

Join us on Pulse 98.4 for the launch of East Renfrewshire's contribution to the SMHAFF 2014. Tune in to hear about the events taking place and how you can get involved.

Mon 6 and Mon 13 Oct, 12 - 1pm
Community Pulse 98.4FM
Information: Pauline Vallance
pauline@acumennetwork.org

DOLPHIN TALE 2

Charles Martin Smith, USA, 2014, NC
Cast: Morgan Freeman, Ashley Judd, Kris Kristofferson

Beginning where the heartwarming 2011 film left off, rescued dolphin Winter is threatened with having to leave the aquarium where her human friends are closest. Just when it looks like there is no alternative but to be removed from the home she loves, an answer to Winter's problems arrives in the form of Hope, a fellow dolphin.

Tue 14 Oct, 11am - 1pm
The Waterfront Cinema, 10 Custom House Way, Greenock PA15 1EG
£7 / £5.50
Booking: 01475 732 201

Festival Plus

F+: MIND YERSEL

A mix of film and theatre showcasing how mental health and wellbeing shapes human experience across generations, created by volunteers taking part in existing Trust Volunteering projects. The works explore power dynamics within relationships and the control mental wellbeing can have over an individual's life.

Tue 21 Oct, 6.30 - 8.30pm
Waterfront Cinema, 10 Custom House Way, Greenock PA15 1EG and The Dutch Gable House, William St, Greenock PA15 1BT
Free / Booking Required
Booking: 01475 553 334



THE CRASH REEL

FORTH VALLEY

JOHN SHANKIE: REFRACTORY AND REFRIGERATION

An artistic response, through visual art, to this year's commemoration of the centenary of the outbreak of World War I, exploring the themes of memorial, celebration, reflection, and restoration.

Sat 2 Aug - Sat 25 Oct, 10am - 5pm
The Park Gallery, Callendar House, Callendar Park, Falkirk FK1 1YR
Free / No booking required
Information: 01324 506 850

FALKIRK TRYST ORCHESTRA OCTOBER CONCERT

A programme of light classical and film music played by Falkirk's community Orchestra. An enjoyable evening of familiar melodies including Ravel's Bolero, 6663 Squadron and a Paul Simon Medley.

Fri 3 Oct, 7pm - 9.30pm
Falkirk Town Hall, Westbridge St, Falkirk FK1 5RS
£9 / £7 / £3
Booking: 01324 506 850

ILLUMINATE!

The culmination of an intensive writing and arts project held in Cornton Vale prison by artist Frances Douglas and poet Evlynn Sharp, this exhibition explores identity, courage and belonging through the creation of a vast array of artistic pieces such as reflective writing, memoirs, textiles, watercolours and more.

Fri 3 - Fri 17 Oct
Mon - Sat 10.30am - 4.30pm
Dunblane Museum, The Cross, Dunblane, Perthshire FK15 0AQ
Free / No booking required
Information: 01786 450 971
info@artlinkcentral.org

POW-ER

A touring exhibition of art, film, and photography on the theme of power and mental health; our power over our own mental health, its power over us, the power of stigma, the power of voice and the power of community.

Mon 6 - Fri 17 Oct
Mon - Fri 10am - 4pm
Artlink Central Gallery, Cowane Centre, Cowane St, Stirling FK8 1JP
Free / No booking required
Information: 01786 450 971
info@artlinkcentral.org

THE CRASH REEL

Lucy Walker, USA, 2013, 108m, 12

At the summit of his snowboarding career, Kevin Pearce suffered a traumatic brain injury. His family deals admirably with Kevin's long recovery, but it is not nearly as supportive when he threatens to return to the sport that nearly killed him. Academy Award nominee Lucy Walker makes sure to include thrilling action shots in this story of complicated loyalties.

Tue 7 Oct, 7.30 - 9.30pm
Macrobert Arts Centre, University of Stirling, Stirling FK9 4LA
£6.50 / £6 / £4.50
Booking: 01786 466 666

MAKING THE MAKERS MANIFESTO - WE'RE ALL SELF-PORTRAITS!

A fascinating documentary following a group of Makers Gallery & Bistro trainees and Reachout members as they investigate and explore major art movements, artists and manifestos. See how they interpret their favourite artists and styles and expect some surprise guest appearances.

Wed 8 Oct, 5.30 - 7.30pm
The Makers Gallery & Bistro, Units 3 & 7C, The Makers Village, Ludgate, Alloa FK10 2DE
Free / Booking required
Booking: 01259 214 951

CONTOURS OF US

Reachout with Arts in Mind: A 21st Anniversary Film Retrospective of this innovative arts and mental health project based in Alloa including two never-seen-before productions.

Wed 8 Oct, 5.30 - 7.30pm
The Makers Gallery & Bistro, Units 3 & 7C, The Makers Village, Ludgate, Alloa FK10 2DE
£5 / £3 (for Reachout members)
Booking: 01259 214 951



STAND CLEAR OF THE
CLOSING DOORS

INSIDE OUT

A series of short films and photographs from professional artists will be projected onto the Forth Valley hospital building. Working in partnership with Artlink Central, these socially engaged artists have created short reflective pieces in collaboration with people experiencing mental ill health within Forth Valley NHS.

Wed 8 - Sat 11 Oct, 6.30 - 8pm
Forth Valley Royal Hospital,
Stirling Rd, Larbert FK5 4WR
Free / No booking required
Information: 01786 450 971
info@artlinkcentral.org

MURDER MYSTERY MAYHEM

An evening of music, magic and murder. Put on your glad rags, and make your way to the Makers Gallery and Bistro for the MacTurner Arts Awards. Enjoy a complimentary glass of Prosecco, scrumptious canapés and watch the drama unfold. Will you be able to find the murderer? Makers Gallery and Bistro is a social enterprise lead by Reachout With Arts in Mind.

Fri 10 and Sat 11 Oct, 7.30 - 10.30pm
The Makers Gallery & Bistro,
Units 3 & 7C, The Makers Village,
Ludgate, Alloa FK10 2DE
£25 / Booking required
Booking: 01259 214 951
(For tickets and indication Y
or N to request a character
profile, optional, includes musical
performances, riddles, high drama.)

GLASGOW GIRLS

Brian Welsh, UK, 2014, 60m, NC
Cast: Aruhan Galieva, Letitia Wright

This inspiring drama, complete with rousing musical interludes, tells the true story of a group of Glaswegian schoolgirls fighting for the rights of a friend. Brave and tireless work to save one of their group from deportation not only succeeded, but also changed immigration-related practices in Scotland.

Mon 13 Oct, 5 - 6.30pm
Macrobert Arts Centre, University
of Stirling, Stirling FK9 4LA
Free / Booking required
Booking: 01786 466 666

STAND CLEAR OF THE CLOSING DOORS

Sam Fleischner, USA, 2013, 102m, NC
Cast: Jesus Sanchez-Velez, Andrea
Suarez Paz

Ricky is the autistic son of an undocumented immigrant family in New York City who wanders away from his caretaker sister and into the labyrinth of the subway system. Desperately worried about Ricky's state and concerned that the situation may call attention to their illegal status, his mother frantically searches for him. This family drama vibrantly depicts a marginalised community while intriguingly exploring the line between Ricky's autism and youthful rebellion.

Mon 13 Oct, 7.30 - 9.40pm
Macrobert Arts Centre, University
of Stirling, Stirling FK9 4LA
£6.50 / £6 / £4.50
Booking: 01786 466 666



ALIVE INSIDE

PERTH

MOVING VOICES

Celebrate and reflect on the traditions of Scottish Gypsy/ Travellers with storytelling from the acclaimed author Jess Smith, hard-hitting drama by Breeze Productions and the launch of the Moving Minds book.

Fri 10 Oct, 3 - 5pm
Pitlochry Festival Theatre, Port-Na-Craig, Pitlochry PH16 5DR
£7.50 / Booking required
Booking: 01796 484 626
boxoffice@pitlochryfestivaltheatre.com

ALIVE INSIDE: UK PREMIERE

Michael Rossato-Bennett, USA,
2014, 78m, NC

Presented by Luminate and SMHAFF, this UK premier of this moving documentary accompanies social worker Dan Cohen to nursing homes, where individuals experiencing memory loss are revitalised through the simple experience of listening to music. The camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short.

Tue 14 Oct, 6.30 - 8.30pm
Norrie Miller Studio, Perth Concert
Hall, Mill St, Perth PH1 5HZ
£5 / £3 (concession available to
participants in the Arts in Care
Seminar)
Booking: 01738 621 031

FIFE

POWER

Ongoing hub running throughout the Festival with various activities, arts and crafts for all the family on the theme of power of creativity and arts to improve mental health and wellbeing.

Sat 13 Sep - Sun 23 Nov
10am - 5pm (throughout
September), 10.30am - 4pm
(throughout October)
Activity Room, St Andrews Museum,
Kinburn Park, Doubledykes Rd, St
Andrews KY16 9DP
Free / No booking required
Information: 01592 583 206
shona.mcewan@fife.gov.uk

WEAPON OF CHOICE

A hard-hitting visual representation of the power of words to do emotional damage to provoke a conversation about the problems of domestic violence, child abuse, and bullying.

Fri 26 Sep - Fri 21 Nov
9am - 5.30pm
The Rothes Halls, Rothes Square,
Glenrothes KY7 5NX
Free / No booking required
Information: 03451 555 555 ext
442 134

EMPOWER & I AM THE MASTER OF MY FATE

Two exciting new exhibitions: 'Empower' features artists from West Fife Community Support Service, and 'I Am the Master of My Fate' showcases a selection of poetry from Inverkeithing writers.

Fri 26 Sep - Fri 21 Nov, 9am - 5.30pm
The Rothes Halls, Rothes Square,
Glenrothes KY7 5NX
Free / No booking required
Information: 01592 611 101

ROADS TO SUCCESS

A vibrant annual exhibition with artworks which have been produced around Fife by people who have experienced mental illness to celebrate the positive impact creativity has on self-esteem and self-confidence.

Thu 2 - Fri 31 Oct
Mon - Fri 8.30am - 9.30pm
Sat/Sun 8.30am - 5pm
Duloch Leisure Centre Corridor,
Nightingale Place, Dunfermline
KY11 8LW
Free / No booking required
Information: 01383 602 209

DREAMS AND THEMES

The launch of a new anthology by Inverkeithing writers. A night of poetry, stories, music and creative writing.

Fri 3 Oct, 7.30 - 9.30pm
Large Hall, Inverkeithing Civic Centre,
10 Queen St, Inverkeithing KY11 1PA
Free / No booking required
Information:
gabriel.mcneil@fife.gov.uk

THE TREE AND THE ABBAY: BY ACTORS FROM SCOTTISH AUTISM

Witness the tragedy and the beauty of Fife's rich history through the eyes of a tree which stands in the grounds of Dunfermline and meet some interesting characters along the way!

Fri 3 Oct, 7 - 9pm
Studio Theatre, Rothes Halls, Rothes
Square, Glenrothes KY7 5NX
£5 / £2.50
Booking: 01592 611 101

HAVING FUN WITH DRAMA: WORKSHOPS FOR OLDER PEOPLE

A confidence building afternoon using drama games and script reading followed by a performance of two short sketches by people from Forthview Day Hospital on the theme of power for people within Older People's Services.

Wed 8, Wed 22, Wed 29 Oct
1.30 - 2.30pm
Within older people's services /
organisations across West Fife
Free / Booking required
Booking:
03451 555 555 ext 442 134
shona.mcewan@fife.gov.uk



ROCK THE HALLS

ROCKING THE BOAT & SEE THE TREE SHIMMERING

Actors read two plays by Maureen Sangster exploring the balance of power in two different relationships; one between a warden at a sheltered housing complex and the residents, and another between two best friends.

Thu 9 Oct, 7 - 8pm
Robertsons, 34 Hunter St,
Kirkcaldy KY1 1ED
Free / Booking required
Booking: Maureen Sangster
01592 202 766

THE CYNTHIA SHOW

Interactive theatre training demonstrating how attitudes and behaviours impact on mental health and wellbeing at work.

Fri 10 Oct, 9.45am - 1pm (incl. lunch)
The Rothes Halls, Rothes Square,
Glenrothes KY7 5NX
Free / Booking required
Booking: 01592 226 486
hwlife@nhs.net

ROCK THE HALLS

An eclectic evening exploring the power of music featuring Fife bands including Contact Point, David Crowe, Mathew Roll, Bob n' Gerry, Hot Cars and Country Folk.

Fri 10 Oct, 6.45 - 11pm
The Rothes Halls, Rothes Square,
Glenrothes KY7 5NX
£4
Booking: 01592 611 101

IN A CARDBOARD CITY

Cardboard Artist Charlotte Duffy (Waste of Paint Productions) invites you to come and help her build a city entirely out of boxes.

Tue 14 and Thu 16 Oct
10.30am - 12pm (6-7 years) and
1.30 - 3pm (8-12 years)
St Andrews Museum, Kinburn
Park, Doubledykes Rd, St Andrews
KY16 9DP
£3 / £2.50
Booking: 01592 583 206

GOODIES AND BADDIES

Join Chatterbox Stories for tales of heroes and villains, magic and superstition! Find your superpower and help the goodies beat the baddies.

Wed 16 Oct, 10.45am - 12pm (3-6 years) and 1.15 - 2.30pm (7-17 years)
St Andrews Museum, Kinburn
Park, Doubledykes Rd, St Andrews
KY16 9DP
£3 / £2.50
Booking: 01592 583 206

LAPIDUS SCOTLAND: WRITING FROM THE SENSES

Join writers Jayne Wilding and Craig Gilbert on a writing walk along the Fife Coastal Path exploring the power of writing from the senses and how it contributes to our wellbeing.

Sat 18 Oct, 10.30am - 12.30pm
Dysart Community Hall, 1 West
Port, Dysart KY1 2TD
£5 / £3 (Age 16+)
Booking: Philippa Johnston
01337 842 513
philippajohnston@btinternet.com

LAPIDUS SCOTLAND: A READING JOURNEY

Explore your relationship to place and landscape and its impact on your wellbeing in a reading-inspired workshop led by poet and writer Maureen Sangster.

Sat 18 Oct, 1.30 - 3.30pm
Activity Room, Kirkcaldy Galleries,
War Memorial Gardens, Kirkcaldy
KY1 1YG
£5 / £3 (Age 16+)
Booking: Philippa Johnston
01337 842 513
philippajohnston@btinternet.com



THE CRASH REEL

ABERDEEN

MUSIC GIVES YOU THE POWER TO PROTEST

Whatever it is in the world that annoys you, or upsets you, disturbs you or shocks you, disgusts you or just brings you down, the blues can help. Come down to the Blues Jam and indulge in some music therapy.

Wed 1, Wed 8, Wed 15 Oct
8pm - 12am
The Malt Mill, 82 Holburn St,
Aberdeen AB10 6BY
Free / No booking required
Information: 01224 573 830

THE CRASH REEL

Lucy Walker, USA, 2013, 106m, 12

At the summit of his snowboarding career, Kevin Pearce suffered a traumatic brain injury. His family deals admirably with Kevin's long recovery, but it is not nearly as supportive when he threatens to return to the sport that nearly killed him. Academy Award nominee Lucy Walker makes sure to include thrilling action shots in this story of complicated loyalties.

Sat 4 Oct, 3.30 - 5.30pm
Belmont Cinema, 49 Belmont St,
Aberdeen AB10 1JS
£9 / £6 / £4.50 (for members
£7.50 / £4.50)
Booking: 07786 486 880



STAND CLEAR OF THE CLOSING DOORS

UNPLUGGED

Less power is more power! A celebration of the combined power of music and words in the form of text and protest songs. Come and read your stories or sing your songs.

Tue 7 Oct, 8 - 10pm
The Malt Mill, 82 Holburn St,
Aberdeen AB10 6BY
Free / No booking required
Information: 01224 573 830

STAND CLEAR OF THE CLOSING DOORS

Sam Fleischner, USA, 2013, 102m, NR
Cast: Jesus Sanchez-Velez, Andrea
Suarez Paz

Ricky is the autistic son of an undocumented immigrant family in New York City who wanders away from his caretaker sister and into the labyrinth of the subway system. Desperately worried about Ricky's state and concerned that the situation may call attention to their illegal status, his mother frantically searches for him. This family drama vibrantly depicts a marginalised community while intriguingly exploring the line between Ricky's autism and youthful rebellion.

Wed 8 Oct, 5.50 - 7.50pm
Belmont Cinema, 49 Belmont St,
Aberdeen AB10 1JS
£9 / £6 (for members £7.50 /
£4.50)
Booking: 07786 486 880

POWERFUL, POWERLESS, EMPOWERED

An interactive workshop exploring the dynamics of power in mental health. The workshop will use various mediums and artistic forms to encourage participants to explore power in everyday life and, more specifically, in the context of mental health and mental illness.

Tue 14 Oct, 7 - 8.30pm
RGU Faculty of Health and Social Care,
Garthdee Rd, Garthdee AB10 7QG
Free / Booking required
Booking:
smhaff2014aberdeen@gmail.com



THINKING IN THE FIRST PERSON © KIRSTY ALEXANDER

GABRIELLE

Louise Archambault, Canada, 2013, 104m, 12

Cast: Gabrielle Marion-Rivard, Alexandre Landry

Gabrielle has a contagious joie de vie and an exceptional musical gift. She falls for Martin, a choir member in their recreation centre. Certain concerned relatives don't appreciate their liaison due to the fact that both are mentally challenged, but love will find a way.

Wed 15 Oct, 5.50 - 7.50pm
Belmont Cinema, 49 Belmont St, Aberdeen AB10 1JS
£9 / £6 / £4.50 (for members £7.50 / £4.50)
Booking: 07786 486 880

Festival Plus

F+: THE POWER OF WORDS

Kick-start the Festival Haworth Hodgkinson and Better Read Books present an evening of poetry. Poetry beginners and aficionados alike are welcome to come along to explore and experience the power of words both to disempower and to empower us.

Fri 26 Sep, 7.30 - 9.30pm
Better Read Books, 18 Ythan Terrace, Ellon, Aberdeenshire AB41 9LJ
Free / No booking required
Information: 01358 729 922

F+: THINKING IN THE FIRST PERSON

Highly physical, hip hop theatre quartet addresses the darker elements of one person's identity as they try to understand the difference between how they perceive themselves, how others see them and how they think others see them.

Wed 22 Oct, 7 - 9pm
The Lemon Tree Studio, 5 W North St, Aberdeen AB24 5AT
£11
Booking: 01224 641 122 (Double billed as part of Dance Live)

MORAY

CUTTING EDGE

A short, intimate and powerful film directed by Aberlour Youth Point Moray, showcasing visual art work giving a voice to young people talking about their experience of mental health and self-harm.

Sat 27 Sep, 11am - 4pm
Findhorn Bay Arts Festival Culture Day, High St, Forres IV36 1NP
Free / No booking required
Information: Anne Grant
01343 546 214

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Anne Grant
01343 546 214

ART IN MIND

Multimedia art exhibition celebrating the artistic achievements of individuals with experience of mental ill health, and promoting the therapeutic benefits that participation in creative activity has for mental wellbeing and recovery.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Helen Milnes
01343 545 232
manager.map@tiscali.co.uk

THE ART OF CARING

An emotive glimpse into the world of Moray's unpaid carers through an exhibition of their own artwork.

Wed 1 - Fri 24 Oct
Mon - Fri 8am - 6pm
Ardach Health Centre, Highfield Rd, Buckie AB56 1JE
Free / No booking required
Information:
nuala.lindsay@quarriers.org.uk

WRAP - THE ART OF RECOVERY

A creative arts exhibition of wellness recovery toolboxes from individuals in Moray with lived experience of mental ill health.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Heidi Tweedie
07989 331 651
heidi@moxiemedia.co.uk

WALKING IN MY SHOES

A short, intimate documentary containing personal interviews and stories of recovery from those with lived experience of mental ill health in Moray.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information:
steve.mccluskey@moray.gov.uk

INSIDE OUT

A global arts project transforming messages of personal identity into works of art. Large scale portraits of participants from Moray speaking out for mental health displayed alongside a key message/statement.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information:
steve.mccluskey@moray.gov.uk

Sat 4 - Sun 26 Oct
Tue - Fri 10am - 4pm, Sat/ Sun 12 - 5pm
Moray Art Centre, The Park, Findhorn IV36 3TA
Free / No booking required
Information:
steve.mccluskey@moray.gov.uk

RANDOM ACT OF KINDNESS

Celebrating Moray Random Act of Kindness Day (10 Oct) Moray schools will get creative for mental health, expressing Random Acts of Kindness through art, creative writing and displays.

Wed 1 - Thu 9 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Sheila Campbell
01343 562 602

Mon 6 - Sun 12 Oct
Moray High Schools (Not open to the public)
Free / No booking required
Information: Sheila Campbell
01343 562 602

CREATIVE CONNECTIONS

Networking event to explore the role of creativity in health and social care for community members and professionals interested in the role participation in the arts and creativity can play in transforming the lives of individuals.

Thu 2 Oct, 2 - 6pm
Harvest Centre, Elgin City Church, 10 Greyfriars St, Elgin IV30 1LF
Free / Booking required
Booking: Karrie Marshall
07716 111 585
info@creativityincare.org

FEELGOOD BOOKBUG (LITE) SESSIONS

Bookbug lite sessions brings stories and rhymes for babies and toddlers and their parents or carers, to build confidence, communication and social skills as well as building attachment.

Thu 2, Mon 6, Fri 17, Wed 22 Oct
Thu 10 - 11am, Mon 2 - 3pm
Fri 10.30 - 11.30am, Wed 2 - 3pm
Elgin Library, Cooper Park, Elgin IV30 1HS
Free / Booking required
Booking: Elgin Library
01343 562 600

PAST AND PRESENT

A guided walk around Burghead village, including local war graves to share stories of the young men of the village who fought in WWI and to explore the impact of war on individuals and communities and wellbeing benefits of personal reflection and walking.

Sat 4 and Thu 9 Oct
Sat 10am - 12pm (Doors 9.45am)
Thu 5 - 7pm (Doors 4.45pm)
Burghead Village War Memorial
Free / Booking required
Booking: Elgin Tourist Information
01343 562 608
claire.griffiths@royalvoluntaryservice.org.uk

MAD ABOUT ART

An exhibition of art works from Scottish artists, including Michael Forbes, talking about their experience of mental health and exploring the links between their art, creativity, and mental health and wellbeing.

Sat 4 - Sun 26 Oct (Launch: Fri 3 Oct)
Tue - Fri 10am - 4pm
Sat / Sun 12 - 5pm
Moray Art Centre, The Park, Findhorn IV36 3TA
Free / No booking required
Information: Christine Dodwell
01309 692 426

FEELGOOD MENTAL HEALTH BOOK WEEK

All week Moray libraries will have feel-good books, resources, displays and service information stalls.

Mon 6 - Sun 12 Oct
Mon - Fri 10am - 8pm
Sat 10am - 4pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / No booking required
Information: Elgin Library
01343 562 600
www.moray.gov.uk/librarycatalogue

AN AUDIENCE WITH DR CHRIS JOHNSTONE

Moray based author and leading Positive Psychology trainer, Dr Chris Johnstone, will discuss his publications and introduce insights and practices from Positive Psychology to promote resilience and a good mood.

Tue 7 Oct, 7 - 9.15pm
Newbold House, 111 St Leonards Rd, Forres IV36 2RE
Free / Booking required
Information: Chris Johnstone
findyourpower@mac.com

HEAD IN THE CLOUDS

Fun-filled, participatory theatre for 0-4 year olds using sound, touch and visual treats to ensure you were one gets lost in the magic of the story. Come along and help Cirrus the dog, find his lost sheep!

Wed 8 Oct, 11 - 11.45am
Universal Hall, Findhorn Foundation, The Park, Findhorn IV36 3TZ
£7 / £6 / £5 U16's / Booking required
Booking: Hanna Morjan
01309 691 170



THINKING IN THE FIRST PERSON
© DOUGLAS DOUGAN

STATUS ANXIETY & THINKING IN THE FIRST PERSON

Hard-hitting hip hop, spoken word and live projections to explore the complexities of online communication, social media and identity followed by a post-show discussion.

Thu 9 Oct
Moray High Schools (Not open to the public)
Free / No booking required
Information: Steven McCluskey
01343 567 188

SILVER LININGS PLAYBOOK

David O. Russell, USA, 2012, 122m, 15
Cast: Bradley Cooper, Jennifer Lawrence, Robert De Niro

Celebrating World Mental Health Day Moray schools will screen 'Silver Linings Playbook', the moving story of the joys and challenges faced by those living with mental ill health, followed by classroom discussions and activities.

Fri 10 Oct, Moray Schools
Free / No booking required
Information:
catherine.reilly98@moray-edunet.gov.uk

MORAY RANDOM ACT OF KINDNESS (RAK) DAY

Moray celebrates World Mental Health Day by declaring 10th October as Random Act of Kindness Day. Share your ideas and stories at Twitter @randommoray

Fri 10 Oct, All Day
Throughout Moray
Free / No booking required
Information: Steven McCluskey
01343 567 188
www.morayfeelgoodfestival.co.uk

CAT PLAYS PIANO

A black comedy depicting a forty something male's battle with sanity, masculinity and working from home by Moray-based Wildbird Theatre Company.

Fri 10 Oct, 1 - 2pm (Doors 12.30pm)
The Drouthy Cobbler (The Blue Room), 48a High St, Elgin IV30 1BU
£10 / Booking required
Booking: In person at The Drouthy Cobbler and www.playpieces.co.uk

LAUGHING MATTERS - SLIDESHOW

An informal and lively slideshow exploring the history and benefits of Laughter Yoga including some fun audience participation.

Sat 11 Oct, 2 - 3pm
The Findhorn Foundation, Sunshine Room, 505 East Whins, The Park, Findhorn IV36 3TH
Free (Suggested donation) / No booking required
Information: Manda Stretch
07932 858 462

LAUGHING MATTERS - WORKSHOP

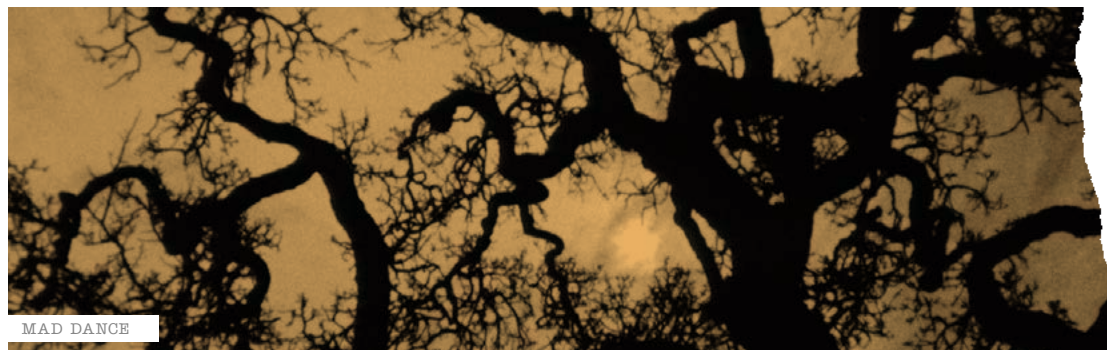
A relaxed, informal, fun workshop to have a go at Laughter Yoga. No previous experience needed.

Sun 12 Oct, 2 - 3pm
The Findhorn Foundation, Sunshine Room, 505 East Whins, The Park, Findhorn IV36 3TH
Free (donations welcome)
No booking required
Information: Manda Stretch
07932 858 462

AN AUDIENCE WITH SHEENA BLACKHALL

Current Maker of Aberdeen and North East Scotland, and winner of Bipolar Scotland's 2013 creative writing competition, Sheena Blackhall, discusses her writing, inspiration and answers your questions.

Wed 15 Oct, 7 - 8.30pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / Booking required
Booking: Sheila Campbell
01343 562 602



QUIZ NIGHT - 'FESTIVAL'

A 'Festival' themed quiz night with music and a competition with the Scottish Association for Mental Health (Moray) and Wellness Recovery Action Planning (WRAP) community group.

Fri 17 Oct, 7pm till late (Doors 6.30pm)
Bishopmill Hall, Elgin IV30 4LP
£10 for teams of five
Team registration:
rasheila.patel@nhs.net

'MAD DANCE' FILM TRILOGY

A trilogy of provocative and beautiful short films that re-envision the way we think, speak and feel about mental distress and wellness in today's chaotic world.

Sat 18 Oct, 7.30 - 9pm
Universal Hall, Findhorn Foundation, The Park, Findhorn IV36 3TZ
Free (donations) / No booking required
Information: Hanna Morjan
01309 691 170

Festival Plus

F+: WORDS FOR WELLBEING

Elaine Reid and Janis Wemyss will run a fun and supportive taster session aimed at enhancing wellbeing through the exploration of the written word using free writing techniques. No previous writing experience required.

Wed 22 Oct, 1 - 3.30pm
The Phoenix Centre, 9 Queen St, Buckie AB56 1QJ
Free / Booking required
Booking: Laurie Davidson
01542 839 624

Wed 22 Oct, 6.30 - 8pm
The Gallery, Elgin Library, Cooper Park, Elgin IV30 1HS
Free / Booking required
Booking: Sheila Campbell
01343 562 602

F+: LOVE LETTERS STRAIGHT FROM YOUR HEART - WORKSHOP

An informal workshop led by performers of Love Letters Straight From Your Heart to enable participants to write dedications to the people they love and care for that will be used during the performance.

Thu 23 and Fri 24 Oct, 8 - 9.15pm
Universal Hall, Findhorn Foundation, The Park, Findhorn IV36 3TZ
£10 / £8 / £6 U16's (incl. performance & workshop)
Booking: Hanna Morjan
01309 691 170

F+: HOMECLUB

A family-friendly, multi-sensory, music and dance night for the community including the finest global dance rhythms, delicious food, a healing space with massage tasters, a craft zone and a health and wellbeing information.

Sat 25 Oct, 6.30pm - 12am
James Milne Institute, Stone Pier, Findhorn Bay, Findhorn IV36 3YX
Free (Suggested donation) / No booking required
Information: Rosie Balyuzie
07852 844 291
www.homeclubscotland.co.uk

F+: STAND UP FOR MENTAL HEALTH

The Drouthy Cobbler presents 'Do You Like Jokes' Comedy Club. Funds raised on the night will go towards local mental health and suicide prevention work.

Wed 29 Oct, 7.30 - 9.30pm
The Drouthy Cobbler (The Blue Room), 48a High St, Elgin IV30 1BU
£10
Booking:
www.thedrouthycobbler.co.uk
or at the venue



HIGHLANDS & ISLANDS

FILM AND WORDS EVENING

An exciting showcase of film produced in the Highlands dealing with the theme of mental health alongside new books and creative writing from Highland authors followed by a discussion with the producers and authors.

Wed 1 Oct, 6 - 8.30pm
Eden Court, Bishops Rd, Inverness IV3 5SA
Free / Booking required
Booking:
www.highlandmhfestival.com

SMHAFF 2014 EXHIBITION

An exciting exhibition of paintings, craftwork, sculptures, textiles and more exploring the power theme in mental health. Launched on the 1st October with discussions from the artists involved in the work.

Wed 1 - Sun 19 Oct, 10am - 10pm
Launch (1 Oct): 4 - 9.30pm
Eden Court, Bishops Rd, Inverness IV3 5SA
Free / No booking required
Information:
www.highlandmhfestival.com

WHEN I GROW UP

Does growing up mean letting go? As a child Juliette wanted to be many things: ballerina, princess, Muppet. In this true-life comedy, Juliette Burton realises childhood ambitions.

Fri 3 Oct, 7 - 8.15pm
Eden Court, Bishops Rd, Inverness IV3 5SA
£10 / £8
Booking: 01463 234 234
www.eden-court.co.uk or in person at the venue

MARS PROJECT

Jonathan Balazs, Andrew Lounsbury, Canada, 2012, 62m, NC

Hip Hop meets mental health. Khari 'Conspiracy' Stewart's emergence as a musical force was followed by a diagnosis of schizophrenia. Yet instead of allowing them to challenge and constrain his creativity, Conspiracy uses the voices he hears as sources of artistic inspiration.

Mon 6 Oct, 6 - 7.30pm
Eden Court Theatre, Bishops Rd, Inverness IV3 5SA
£5 / £4
Booking: 01463 234 234
www.boxoffice.eden-court.co.uk

RANDOM ACT OF KINDNESS DAY

Promoting the wellbeing benefits of performing random acts of kindness, across the Highland and Moray.

Fri 10 Oct, All day
Highland-wide
Free / No booking required
See www.highlandmhfestival.com for more information

PLAY PIECES - CAT PLAYS PIANO

A thought provoking play following Jason Darcy, the lesser known relative of the infamous Mr Darcy, as he deals with isolation of working from home and the consequences of an unhealthy Facebook addiction.

Sat 11 Oct, 12.30 - 2pm
The Phoenix, 110 Academy St, Inverness IV1 1LX
£10 (incl lunch & a drink) / Booking required
Booking: www.playpieces.co.uk

MINDFULNESS TASTER SESSION

Secular Mindfulness based stress reduction workshop, based on the work of Jon Kabat-Zinn to be aware of what is happening around us and how we feel in the present, so that we can take action to begin to feel better.

Thu 16 Oct, 10am - 12pm
The Concourse Room, Spectrum Centre, 1 Margaret St, Inverness IV1 1LS
Free / No booking required
Information:
www.highlandmhfestival.com



ANA ANA

ANA ANA

Corinne van Egeraat, Petr Lom,
Netherlands, 2013, 75m, NR

This marvellous cinematic poem is set in an Egypt where hopes for the revolution have begun to unravel, and where women's rights are terribly vulnerable. Using beautiful, intense metaphors and visionary storytelling, four young women speak from the bottom of their hearts of their dreams and desires.

Sat 18 Oct, 2.15 - 4pm
Eden Court Theatre, Bishops Rd,
Inverness IV3 5SA
£7
Booking: 01463 234 234
www.boxoffice.eden-court.co.uk

ALIVE INSIDE

Michael Rossato-Bennett, USA,
2014, 78m, NR

This moving documentary accompanies social worker Dan Cohen to nursing homes, where he presents a surprisingly effective method of combatting Alzheimer's-related memory loss. After being fitted with headphones and hearing their favourite songs, the sufferers more closely resemble the deeply-missed people they were before the ravages of the disease. Dan's inspired approach suggests that novel, and simple, means of treating illness can sometimes be the best. Presented by Luminare and SHMAFF.

Sun 19 Oct, 1.30 - 3.30pm
Eden Court Theatre, Bishops Rd,
Inverness IV3 5SA
£5
Booking: 01463 234 234
www.boxoffice.eden-court.co.uk



ALIVE INSIDE

Festival Plus

F+: LET ME STAY

A tender and unique exploration of the impact of Alzheimer's on family relations. McNamara shows through her mother's experience that it doesn't have to be a tragic withdrawal from life.

Fri 24 Oct
Workshop 11am - 1pm,
Performance 4 - 5pm
Craigmonie Centre, Glen Urquhart
High School, Drumnadrochit,
Invernessshire IV63 6XA
£10
Booking: 01456 459 224
fran.davidson@highlifehighland.com
www.craigmoniecentre.co.uk

Sun 26 Oct, 4 - 5pm
SEALL, Sabhal Mòr Ostaig, Sleat,
Isle of Skye, IV44 8RQ
£9/£7/£4
Booking: 01471 844 207
info@seall.co.uk
www.seall.co.uk/buy-tickets/



THE LIFE AND NEARLY DEATH OF RILEY

ORKNEY & SHETLAND

THE LIFE AND NEARLY DEATH OF RILEY

Dare you travel? The Adora Foundation presents international storyteller Ismael Velasco's one man play, taking you on a transformational journey through the place where despair and hope dance between life and death...

Tue 14 Oct, 7.30 - 9pm
Lerwick Town Hall, Hillhead,
Lerwick ZE1 OHB
£3 / £1.50 / No booking required
Information: 07879 633 645
lifeofriley.shetland@gmail.com
www.mindyourhead.org.uk

Fri 17 Oct, 7.30 - 9pm
King Street Halls, Kirkwall East
Church, King St, Orkney KW15 1JF
£5 / £2.50 / No booking required
Booking: Available at door and in
advance at The Herald Printshop,
Kirkwall
Information: 07796 458 138
rileyshow@bahaisoforkney.org

Sat 18 Oct, 7.30 - 9pm
Stromness Community Centre and
Town Hall, Church Rd, Orkney
KW16 3BA
£5 / £2.50 / No booking required
Booking: Available at door and in
advance at The Herald Printshop,
Kirkwall
Information: 07796 458 138
rileyshow@bahaisoforkney.org

Tue 21 Oct, 8 - 9.30pm
Gable End Theatre, Hoy, Melsetter,
Longhope, Hoy, Orkney KW16 3NY
£5 / £2.50 / No booking required
Booking: Available at door and in
advance at The Herald Printshop,
Kirkwall
Information: 07796 458 138
rileyshow@bahaisoforkney.org



LET ME STAY

ARGYLL & BUTE

MOVING MINDS: EXHIBITION

A fascinating exhibition created by MECOPP and Gypsy/Travellers, sharing memories, poetry and photographs, as well as reflecting on the impact prejudice can have upon mental health and wellbeing.

Wed 1 Oct - Tue 7 Oct
Mon / Wed 10am - 1pm
and 2 - 7pm
Thu 10am - 1pm
and 2 - 6pm
Fri 10am - 1pm
and 2 - 5pm
Sat 10am - 1pm
Oban Library, 77 Albany St, Oban
PA34 4AL
Free / No booking required
Information:
emma-jane@mecopp.org.uk

Wed 8 Oct - Tue 14 Oct
Mon / Wed 1 - 7.30pm
Fri 10am - 1pm and 2 - 5pm
Lochgilphead Library, Manse Brae,
Lochgilphead PA31 8QZ
Free / No booking required
Information:
emma-jane@mecopp.org.uk

MOVING MINDS: COMMUNITY-LED DIALOGUE

Gypsy/Travellers will lead interactive awareness-raising workshops in an attempt to dispel myths, promote dialogue and reflect on the impact prejudice can have on mental health and wellbeing.

Thu 16 Oct, 1.30 - 4.30pm
Oban Phoenix Cinema, 140 George
St, Oban PA34 5NX
Free / Booking required
Booking: emma-jane@mecopp.org.uk

MOVING VOICES

An enchanting evening of storytelling with acclaimed Scottish author Jess Smith and drama artist Naomi Breeze alongside the fascinating Moving Minds exhibition where Gypsy/Travellers have shared their memories, poetry and photographs. Come along and share your own story.

Thu 16 Oct, 7 - 9pm
Oban Phoenix Cinema, 140 George
St, Oban PA34 5NX
£5 / Booking advisable
Booking: 07906 365 883
emma-jane@mecopp.org.uk

Festival Plus

F+: LET ME STAY

A tender and unique exploration of the impact of Alzheimer's on family relations. McNamara shows through her mother's experience that it doesn't have to be a tragic withdrawal from life.

Wed 29 Oct, 8 - 9pm
Cove Burgh Hall, Shore Rd, Cove
G84 OLY
See website for prices
Booking: www.coveburghhall.org.uk/?q=contact/Event_bookings

AYRSHIRE & ARRAN

INSIDE OUT

Award winning play 'Inside Out' will tour secondary schools in North, East and South Ayrshire. This devised drama gives a gritty portrayal of every day occurrences of mental health related stigma based on real life experiences of service users, carers and their families. Post play discussions will follow performances.

Tue 7 Oct (public performance),
11am - 1pm
Gaiety Theatre, Carrick St, Ayr KA7
Free / Booking required
Booking: 01292 288 235
(Mon - Sat 10am - 5pm)

Festival Plus

F+: INVOLVED!

Involved! explores creative ways of expressing views and opinions on services. Visit our exhibition which showcases work produced by local residents who use mental health services or join a workshop for people who have accessed mental health services for a chance to express your views and opinions on services creatively.

Mon 20 Oct
Exhibition 10.30am - 12.30pm,
Workshop 2 - 4pm
Harbour Arts Centre, 114 Harbour
St, Irvine KA12 8PZ
Free/ Booking required
Booking: 01294 476 007

DAILY DIARY

Use our daily diary as a quick and easy way to find out what is happening each day during the festival. Exhibitions are listed separately at the end of the diary.

KEY

GLASGOW	G
EAST DUNBARTONSHIRE	ED
EDINBURGH AND LOTHIAN	E&L
LANARKSHIRE	L
RENFREWSHIRE	R
EAST RENFREWSHIRE	ER
INVERCLYDE	I
FORTH VALLEY	FV
PERTH	P
FIFE	F
ABERDEEN	A
MORAY	M
HIGHLANDS AND ISLANDS	H&I
SHETLAND	S
ORKNEY	O
ARGYLL AND BUTE	A&B
AYRSHIRE AND ARRAN	A&A

WED 1 OCT

OPENING DAY WITH MOVING MINDS	G	10
AFTERNOON TEA DANCE	L	30
A SURPRISE FOR RENFREWSHIRE	R	36
RMHAFF@RENFREWSHIRE HOUSE	R	36
STATUS ANXIETY & THINKING IN THE FIRST PERSON	R	36
MUSIC GIVES YOU THE POWER TO PROTEST	A	47
FILM AND WORDS EVENING	H&I	53

THU 2 OCT

GOVAN SENIORS SHOWCASE	G	10
GLASGOW GIRLS	G	12
LOTHIANS ON FILM	E&L	21
STIGMA FREE ART'S CAFÉ	E&L	21
A DAY IN THE LIFE	E&L	21
IMAGINE - THE POWER OF TRANSFORMATION	L	30
'ADDICTIONS' YOUTH DRAMA WORKSHOP	L	30
MINDFUL LIVING	L	31
I AM ME	R	36
BEATS WORKING	R	37
THE POWER OF MUSIC	R	37
THE POWER OF POETRY	ER	42
CREATIVE CONNECTIONS	M	50
FEELGOOD BOOKBUG (LITE) SESSIONS	M	50

FRI 3 OCT

WRITE AND READ HERE	G	10
VANISHING POINT PRESENTS: TOMORROW (PREVIEW)	G	11
CREATIVE POWER	G	11
MINDFUL LIVING	L	31
A STAGE FOR U	L	31
KING OF HEARTS	L	31
CHATROOM	R	37
POEMS AND SONGS OF WWI	ER	42
FALKIRK TRYST ORCHESTRA	FV	43
DREAMS AND THEMES	F	45
THE TREE AND THE ABBEY	F	45
MAD ABOUT ART EXHIBITION LAUNCH	M	50
WHEN I GROW UP	H&I	53

SAT 4 OCT

VANISHING POINT PRESENTS: TOMORROW	G	11
HOLLIE MCNISH WITH MICHAEL PEDERSEN	G	11
ALL STORIES ARE PLACED	G	11
LIFE RECOVERY CAFÉ PRESENTS	ED	16
ME AND MY PLACE	E&L	21
THE STORY KIST	E&L	24
THE POWER OF A CUP OF TEA	E&L	24
MOVING MINDS BOOK LAUNCH	E&L	24
LIFE LINES	E&L	24
SHALL WE DANCE?	L	31
THE CRASH REEL	A	47
PAST AND PRESENT	M	50

SUN 5 OCT

ALL STORIES ARE PLACED	G	11
MARS PROJECT	E&L	22
TRASHION PHOTOGRAPHY WORKSHOP	L	32

MON 6 OCT

THE POWER OF U	G	14
LOTHIANS ON FILM	E&L	21
STAND CLEAR OF THE CLOSING DOORS	E&L	22
NETWORKING	R	37
ACUMEN WITH PULSE 98.4FM	ER	42
FEELGOOD BOOKBUG (LITE) SESSIONS	M	50
MARS PROJECT	H&I	53

TUE 7 OCT

VANISHING POINT PRESENTS: TOMORROW	G	11
MARS PROJECT	G	12
STATUS ANXIETY & THINKING IN THE FIRST PERSON	E&L	18
GABRIELLE	E&L	22
MADNESS AND MELANCHOLY	E&L	25
FAIRY STORY WALKS & LANTERN PARADE	E&L	25
CEILIDH CLUB	E&L	25
IN THE MOOD	L	32
FRAME BY FRAME	R	37
THE CRASH REEL	FV	43
UNPLUGGED	F	47
AN AUDIENCE WITH DR CHRIS JOHNSTONE	M	50
INSIDE OUT	A&A	57

WED 8 OCT

VANISHING POINT PRESENTS: TOMORROW	G	11
OLIVE GROVE RECORDS SHOWCASE	G	14
LOTHIANS ON FILM	E&L	21
REGENERATION	E&L	22
RMHAFF@SUNSHINE RECOVERY CAFÉ	R	38
SUNSHINE ON LEITH	R	38
MAKING THE MAKERS MANIFESTO	FV	43
CONTOURS OF US	FV	43
INSIDE OUT	FV	44
HAVING FUN WITH DRAMA	F	45
MUSIC GIVES YOU THE POWER TO PROTEST	A	47
STAND CLEAR OF THE CLOSING DOORS	A	47
HEAD IN THE CLOUDS	M	50

THU 9 OCT

VANISHING POINT PRESENTS: TOMORROW	G	11
BENEATH THE BLINDFOLD	G	12
GARTNAVEL EXPRESSIONS	G	14
MACHINES IN HEAVEN & ATOM TREE	G	14
SILVER LININGS PLAYBOOK	ED	16
STIGMA FREE ART'S CAFÉ	E&L	21
A DAY IN THE LIFE	E&L	21
MOVING MINDS: COMMUNITY-LED DIALOGUE	E&L	25
VOICES OF WAR	E&L	26
MINDFUL LIVING	L	31
CREATIVITY & EMPLOYABILITY	R	38
THE BOOK CLUB	R	38
SMHAFF IN THE HOOSE!	R	38
INSIDE OUT	FV	44
ROCKING THE BOAT & SEE THE TREE SHIMMERING	F	46
PAST AND PRESENT	M	50
STATUS ANXIETY & THINKING IN THE FIRST PERSON	M	51

FRI 10 OCT

VANISHING POINT PRESENTS: TOMORROW	G	11
CREATIVE POWER	G	11
ENCOUNTERING R.D. LAING	G	14
R.D. LAING IN THE USA	G	14
SEE ME, I'M A YOUNG CARER	G	15
SMHAFF WRITING AWARDS	G	15
LOTHIANS ON FILM	E&L	21
MINDFUL LIVING	L	31
MUSHAIRA (POETRY SOIREE)	L	32
LIFE IN THE TOWERS	L	32
WITHERED HAND PLUS SUPPORT	R	39
ART TRAIL EXPRESS	R	39
INSIDE OUT	FV	44
MURDER MYSTERY MAYHEM	FV	44
MOVING VOICES	P	44
THE CYNTHIA SHOW	F	46
ROCK THE HALLS	F	46
RANDOM ACT OF KINDNESS	M	51
CAT PLAYS PIANO	M	51
SILVER LININGS PLAYBOOK	M	51
RANDOM ACT OF KINDNESS DAY	H&I	53

SAT 11 OCT

VANISHING POINT PRESENTS: TOMORROW	G	11
CREATIVE POWER	G	11
SKIN: TRANSFORMATIONS THROUGH ART AND MOVEMENT	E&L	26
RESILIENCE: LEGISLATIVE THEATRE	E&L	26
SKY DIVING FOR BEGINNERS	E&L	26
MINDFUL LIVING	L	31
SOUNDMINDS	L	33
INSIDE OUT	FV	44
MURDER MYSTERY MAYHEM	FV	44
LAUGHING MATTERS - SLIDESHOW	M	51
PLAY PIECES - CAT PLAYS PIANO	H&I	53

SUN 12 OCT

IBOGA NIGHTS	G	12
A SPIRITUAL BANQUET	E&L	27
GOD HELP THE GIRL	R	39
LAUGHING MATTERS - WORKSHOP	M	51

MON 13 OCT

EVERYBODY'S CHILD	E&L	23
ART, ACTIVISM AND SPIRITUALITY	E&L	27
MENTAL HEALTH AWARENESS DAY	L	33
BADGES OF HONOUR	R	40
ACUMEN WITH PULSE 98.4FM	ER	42
GLASGOW GIRLS	FV	44
STAND CLEAR OF THE CLOSING DOORS	FV	44

TUE 14 OCT

GABRIELLE	G	13
THE ASSESSMENT	G	15
ANA ANA	E&L	23
IS THIS LOVE?	E&L	27
‘YIE DIDNAE SAY THAT DID YIE’	L	33
SHOCK OF THE FALL	L	33
INFORMATION IS POWER	R	40
DOLPHIN TALE 2	I	42
ALIVE INSIDE	P	44
IN A CARDBOARD CITY	F	46
POWERFUL, POWERLESS, EMPOWERED	A	47
THE LIFE AND NEARLY DEATH OF RILEY	S	55

WED 15 OCT

ALIVE INSIDE	E&L	23
FAIRY STORY WALKS & LANTERN PARADE	E&L	25
CONTACT POINT OPEN DAY	E&L	27
THE INMATES ARE RUNNING THE ASYLUM	E&L	27
MOVING VOICES	E&L	28
DARK TO LIGHT	L	34
CREATIVE ENCOUNTERS	R	40
NANCY GOUDIE ‘THE LAUGHTER TOUR’	R	40
GOODIES AND BADDIES	F	46
MUSIC GIVES YOU THE POWER TO PROTEST	A	47
GABRIELLE	A	48
AN AUDIENCE WITH SHEENA BLACKHALL	M	51

THU 16 OCT

LIFE IN PROGRESS: IMAGE THEATRE	E&L	18
STIGMA FREE ART’S CAFÉ	E&L	21
A DAY IN THE LIFE	E&L	21
INTERNATIONAL FILM AWARDS 2014	E&L	23
THE POWER OF MENTAL HEALTH	E&L	28
CAFÉ VOICES	E&L	28
HOWL[ING]	E&L	28
MINDFUL LIVING	L	31
KEEP THE BEAT	R	40
A BUDDY GOOD LAUGH	R	41
IN A CARDBOARD CITY	F	46
MINDFULLNESS TASTER SESSION	H&I	53
MOVING MINDS: COMMUNITY-LED DIALOGUE	A&B	56
MOVING VOICES	A&B	56

FRI 17 OCT

CREATIVE POWER	G	11
IFA 2014 SCREENINGS	G	13
LIFE IS A CABARET	G	15
SMHAFF CLOSING PARTY	G	15
OPEN MIC NIGHT	E&L	29
WRITING LETTERS, WRITING LIVES	E&L	28
MOVE THE GOALPOSTS	L	34
FILMS @ THE PAISLEY CENTRE	R	41
ARTS COLLECTIVE OF PAISLEY: ARTIST GATHERING	R	41
FEELGOOD BOOKBUG (LITE) SESSIONS	M	50
QUIZ NIGHT - ‘FESTIVAL’	M	52
THE LIFE AND NEARLY DEATH OF RILEY	O	55

SAT 18 OCT

IFA 2014 SCREENINGS	G	13
TYCI PRESENTS: DEUX FURIEUSES	G	15
WRITING LETTERS, WRITING LIVES	E&L	28
A SENSE OF PLACE: STORIES OF WELLBEING	E&L	28
GETTING THERE	E&L	29
LOOK AT ME	E&L	29
MINDFUL LIVING	L	31
FOCUS ON FAMILIES	L	34
AWESOME ANIMATION WORKSHOP	L	35
POWERFUL STORIES	R	41
POWERFUL STORIES SHOWCASE	R	41
WRITING FROM THE SENSES	F	46
A READING JOURNEY	F	46
‘MAD DANCE’ FILM TRILOGY	M	52
ANA ANA	H&I	54
THE LIFE AND NEARLY DEATH OF RILEY	O	55

SUN 19 OCT

IFA 2014 SCREENINGS	G	13
ALIVE INSIDE	G	13
WELLBEING MELA	E&L	29
ALIVE INSIDE	H&I	54

MON 20 OCT

CREATURE COMFORTS	E&L	29
MENTAL HEALTH AWARENESS DAY	L	33
INVOLVED!	A&A	57

TUE 21 OCT

HOWL[ING]	G	16
CREATURE COMFORTS	E&L	29
KELPIES TEEN PRESENTS ‘WORD POWER’	L	35
MIND YERSEL	I	42
THE LIFE AND NEARLY DEATH OF RILEY	O	55

WED 22 OCT

CREATURE COMFORTS	E&L	29
AFTERNOON TEA DANCE	L	30
HAVING FUN WITH DRAMA	F	45
THINKING IN THE FIRST PERSON	A	48
FEELGOOD BOOKBUG (LITE) SESSIONS	M	50
WORDS FOR WELLBEING	M	52

THU 23 OCT

STIGMA FREE ART’S CAFÉ	E&L	21
A DAY IN THE LIFE	E&L	21
CREATURE COMFORTS	E&L	29
LOVE LETTERS STRAIGHT FROM YOUR HEART	M	52

FRI 24 OCT

HEADSPACE 14: THE POWER OF GIVING	G	16
KALEIDOSCOPE	G	16
CREATURE COMFORTS	E&L	29
LEAN ON ME: NORTH EDINBURGH TIME BANK SINGERS	E&L	29
LOVE LETTERS STRAIGHT FROM YOUR HEART - WORKSHOP	M	52
LET ME STAY	H&I	54

SAT 25 OCT

KALEIDOSCOPE	G	16
FOCUS ON FAMILIES	L	34
HOOK LINE & SELFIE	L	35
HOMECLUB	M	52

SUN 26 OCT

LET ME STAY	H&I	54
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MON 27 OCT

STATUS ANXIETY	L	35
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WED 29 OCT

HAVING FUN WITH DRAMA	F	45
STAND UP FOR MENTAL HEALTH	M	52
LET ME STAY	A&B	56

THU 30 OCT

HILLHEAD 200 SERIES: VOICES OF EXPERIENCE	G	16
STIGMA FREE ART’S CAFÉ	E&L	21
AFTERNOON TEA DANCE	L	30

FRI 31 OCT

KALEIDOSCOPE	G	16
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EXHIBITIONS

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

EXHIBITIONS STARTING SAT 2 AUG

JOHN SHANKIE: REFRACTORY AND REFRIGERATION (UNTIL SAT 25 OCT)	FV	43
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EXHIBITIONS STARTING SAT 13 SEP

POWER (UNTIL SUN 23 NOV)	F	45
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EXHIBITIONS STARTING FRI 26 SEP

WEAPON OF CHOICE (UNTIL FRI 21 NOV)	F	45
EMPOWER & I AM THE MASTER OF MY FATE (UNTIL FRI 21 NOV)	F	45

EXHIBITIONS STARTING SAT 27 SEP

POSTCARDS FROM... (UNTIL SAT 25 OCT)	E&L	18
FORCES OF NATURE (UNTIL SAT 25 OCT)	E&L	18

EXHIBITIONS STARTING WED 1 OCT

CONNECT IN THE GARDENS (UNTIL SUN 19 OCT)	E&L	18
MOYNA FLANNIGAN: DEPARTURE (UNTIL SAT 4 OCT)	E&L	18
COMMUNITY POWER (UNTIL WED 29 OCT)	E&L	19
KINDLING THE FLAME (UNTIL WED 29 OCT)	E&L	19
RECOVERING POWER (UNTIL FRI 31 OCT)	E&L	19
POWER TO COMMUNICATE: PORTY LIGHT BOX (UNTIL FRI 31 OCT)	E&L	19
OUT OF SIGHT/ OUT OF MIND: OCEAN TERMINAL (UNTIL MON 20 OCT)	E&L	20
OUT OF SIGHT/ OUT OF MIND: CENTRAL LIBRARY (UNTIL FRI 31 OCT)	E&L	20
OUT OF SIGHT/ OUT OF MIND: PORTOBELLO LIBRARY (UNTIL FRI 17 OCT)	E&L	20
REALITY IN LANARKSHIRE (UNTIL WED 17 DEC)	L	30
ART IN THE PAC (UNTIL THU 9 OCT)	R	36
ART TRAIL BY RAIL (UNTIL MON 20 OCT)	R	36
INFORMATION DROP IN (UNTIL SUN 19 OCT)	ER	42
BOOKBUG IS FEELING GOOD (UNTIL SUN 19 OCT)	ER	42
CUTTING EDGE (UNTIL THU 9 OCT)	M	49
ART IN MIND (UNTIL THU 9 OCT)	M	49
INSIDE OUT (UNTIL THU 9 OCT)	M	49
WALKING IN MY SHOES (UNTIL THU 9 OCT)	M	49

WRAP - THE ART OF RECOVERY (UNTIL THU 9 OCT)	M	49
RANDOM ACT OF KINDNESS (UNTIL THU 9 OCT)	M	49
THE ART OF CARING (UNTIL FRI 24 OCT)	M	49
SMHAFF 2014 EXHIBITION (UNTIL SUN 19 OCT)	H&I	53
MOVING MINDS: EXHIBITION (UNTIL TUE 7 OCT)	A&B	56

EXHIBITIONS STARTING THU 2 OCT

RECONNECT GROUP SHOW (UNTIL FRI 31 OCT)	G	10
POWER TO COMMUNICATE: TOLLCROSS COMMUNITY CENTRE (UNTIL FRI 24 OCT)	E&L	19
OUT OF SIGHT/ OUT OF MIND: EDINBURGH UNIVERSITY CHAPLAINCY CENTRE (UNTIL FRI 17 OCT)	E&L	20
ART IN THE MILL (UNTIL THU 16 OCT)	R	37
ROADS TO SUCCESS (UNTIL FRI 31 OCT)	F	45

EXHIBITIONS STARTING FRI 3 OCT

KALEIDOSCOPE EXHIBITION (UNTIL SAT 4 OCT)	G	10
POWER TO COMMUNICATE: SOUTHSIDE COMMUNITY CENTRE (UNTIL FRI 24 OCT)	E&L	19
POWER TO COMMUNICATE: JEAN MACK GALLERY (UNTIL FRI 24 OCT)	E&L	19
ILLUMINATE! (UNTIL FRI 17 OCT)	FV	43

EXHIBITIONS STARTING SAT 4 OCT

OUT OF SIGHT/ OUT OF MIND: SUMMERHALL (UNTIL SUN 19 OCT)	E&L	20
INSIDE OUT (UNTIL SUN 26 OCT)	M	50
MAD ABOUT ART (UNTIL SUN 26 OCT)	M	50

EXHIBITIONS STARTING MON 6 OCT

EXPOSURE (UNTIL FRI 10 OCT)	E&L	25
PHOTOGRAPHY AND ART EXHIBITION (UNTIL WED 15 OCT)	L	32
POW-ER (UNTIL FRI 17 OCT)	FV	43
RANDOM ACT OF KINDNESS (UNTIL SUN 12 OCT)	M	50
FEELGOOD MENTAL HEALTH BOOK WEEK (UNTIL SUN 12 OCT)	M	50

EXHIBITIONS STARTING WED 8 OCT

MOVING MINDS: EXHIBITION (UNTIL TUE 14 OCT)	A&B	56
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EXHIBITION STARTING THU 9 OCT

CONNECTIONS (ONLY ON THU 9 OCT)	E&L	26
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EXHIBITIONS STARTING FRI 10 OCT

CREATIVE STEPS EXHIBITION (ONLY ON FRI 10 OCT)	G	15
POWER TO COMMUNICATE: CRAIGMILLAR GALLERY (UNTIL FRI 17 OCT)	E&L	19

EXHIBITIONS STARTING SAT 11 OCT

ROOFLESS AT REFERRAL (UNTIL FRI 17 OCT)	E&L	26
SCOTTISH GLASS SOCIETY: ANNUAL EXHIBITION (UNTIL SAT 18 OCT)	E&L	27
THE POWER BASE (UNTIL SAT 18 OCT)	R	39

EXHIBITIONS STARTING THU 16 OCT

PHOTOGRAPHY & ART EXHIBITION (UNTIL FRI 31 OCT)	L	34
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HELP

IMMEDIATE HELP

If you are feeling distressed, in a state of despair, suicidal or need emotional support, please contact one of the following numbers.

SAMARITANS

Your call will be confidential and will be taken by a trained volunteer. The phone line is available 24 hours a day, 7 days a week.

08457 90 90 90

Local rate call

CHILDLINE

Childline is a free helpline for children and young people. You can talk to an advisor about any problem 24 hours a day, 7 days a week.

0800 11 11

Calls are free of charge

NHS 24

Call NHS 24 if you are ill and it can't wait until your GP surgery opens.

0854 24 24 24

EMERGENCY
AMBULANCE

Dial 999 if you need an emergency ambulance.

999

Calls are free of charge



CALLING ALL FILMMAKERS

International film submission for 2015:

Do you have a film or film project that relates to mental health?

Film can address specific mental health issues but we are keen to encourage innovative and diverse perspectives.

We will be accepting entries for our international film submission from early 2015.

Please see our website for details and guidelines.

@smhaff

#smhaff2014

