**SMHAFF FESTIVAL LEARNING PROGRAMME**

The Scottish Mental Health Arts and Film Festival (mhfestival.com) is now one of the largest arts and health events in the world with tens of thousands of attenders expected at almost 300 events taking place between 1-24 October. This year we have 10 provocative and entertaining learning events taking mental health and memory as their starting point. In venues including The Citizens Theatre, Kelvingrove, CCA and Filmhouse, contributors includes activists and community groups such as Oor Mad History and Voices of Experience, celebrities such as Elaine C Smith, former and current Chief Medical Officers Kenneth Calman and Harry Burns - and 10 universities.

*10 great learning events:*

**VOYAGE OF DREAMS**

Wed 5 Oct

GMac, 5th Floor, 103 Trongate, Glasgow, G15DH

Free, book at info@hudsonmackay.com

Elaine C Smith introduces a stunning documentary by Sitar Rose about the trials and tribulations of five young first time sailors as they face the challenges of sailing a boat around the west of Scotland. A journey of self-discovery and emotional realities. Screened as part of A Scottish Wave of Change, who will lead a discussion about what has been learned.

**INSIDE STORIES**

Thu 6 Oct, 11am and again at 2pm

Kelvingrove Art Gallery & Museum, Argyle Street, Glasgow, G3 8AG

Free but book on 0141 572 1663 or [jsteel@mhf.org.uk](mailto:jsteel@mhf.org.uk)

We introduce research on stigma amongst communities that are socially disadvantaged. Then view a hard-hitting new documentary examining mental health and stigma with some of Scotland’s black and minority ethnic communities, with a post-film Q&A. Includes Strathclyde and Caledonian Universities, led by Voices of Experience.

**THE CONNECTED BABY**

Thu 13 Oct, 9.30am-1.30pm

The Wynd Centre, 6 School Wynd, Paisley, PA1 2DB

Booking £3, Maggi Boyd on 01505 821 800

Renfrewshire are delighted to be hosting Dr Suzanne Zeedyk, University of Dundee, who introduces her film on early years. Current parenting topics will be addressed by key speakers, and this early years event will also contain workshops on lullabies and story-telling for infants.

**SINGING FOR THE BRAIN**

Thu 13 Oct, 2pm

Brough Hall, Paisley Campus, University of the West of Scotland, Paisley, PA1 2BE

Free but book with Tamasine Spaeth 0141 314 6848 or [t.spaeth@nhs.net](mailto:t.spaeth@nhs.net)

Learn about ‘singing for the brain’ and watch an interactive session.  All are welcome, especially health professionals, people with memory problems and carers, students, care home staff and academics. With The University of West of Scotland

**ImagiNation: DREAMING OF SCOTLAND’S FUTURE**

Sat 15 Oct, 1.30 - 3pm

Centre for Contemporary Arts, 350 Sauchiehall Street, Glasgow, G2 3JD

Free, book at CCA Box Office 0141 352 4900 or [www.cca-glasgow.com](http://www.cca-glasgow.com)

In 2010 A Scottish Wave of Change asked authors, poets and graphic novelists to dream of Scotland’s future. Join academics and artists who responded in a panel discussion led by Christopher Murray (University of Dundee) who could be described as ‘professor of comics’. They will discuss their work in this genre and the important roe that comics play in helping Scotland dream big dreams.

**TURNING POINT WITH KENNETH CALMAN**

Sat 15 Oct, 5.30pm

Centre for Contemporary Arts, 350 Sauchiehall Street, Glasgow, G2 3JD

Free, book at CCA Box Office 0141 352 4900 or [www.cca-glasgow.com](http://www.cca-glasgow.com)

A panel on the theme of Memory, Medicine and Creative Words that Work for Mental Health and Wellbeing. Led by Lapidus and chaired by Sir Kenneth Calman (Chancellor Glasgow University, and former CMO for England & Wales), Stewart Mercer (Professor of Primary Care Research at Glasgow University), Jane McNaughton (Professor at the Centre of Arts & Humanities in Medicine), Sheena Blackhall (Makar of the Northeast Scotland), Laura Marney (Scottish Writer and Creative Writing tutor at the University of Glasgow) and Michael Smith (NHS and University of Glasgow).

**MAKING A DIFFERENCE THROUGH LITERATURE**

Fri Oct 21, 1.30-7pm

The Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL

£3 for the day, book through Emma.giles@ed.ac.uk

The University of Edinburgh host special one day event - a cross-cultural exploration of memory, dreams and sleep through literature. Scottish film-maker Amy Hardie is amongst the panelists for a discussion of Sigmund Freud’s Interpretation of Dreams. Irish short-story writer D. Gleeson reads from her work about addiction, death, and sexual orientation in the modern world. Leading German contemporary writer Angelika Overath and scholar Manfred Koch discussing literary perspectives on insomnia and analysing excerpts by Kafka, Borges, Fitzgerald, Beckett and Proust. Leading contemporary German writer Kathrin Schmidt reads from her prize-winning novel You’re Not Dying, an account of waking up in a physically altered form from a post-stroke coma. Scottish writer Marianne Wheelaghan’s recent book The Blue Suitcase is compiled of the letters and diaries that she found in an old blue suitcase after her mother died.

**THE COURAGE TO DREAM – THERAPEUTIC THEATRE SYMPOSIUM**

Fri 21 Oct, 12-2.30pm

Circle Studio, The Citizens Theatre, 119 Gorbals Street, G59DS

Free, book at emma@solarbear.org.uk

Solar Bear have led therapeutic theatre in the festival for four years in partnership with people experiencing long-term mental health difficulties and the NHS. This arts and health symposium will debate the efficacy of therapeutic theatre and arts participation more generally. The panel includes Colin McCormack (NHS) Gerry Ramage (Solar Bear), Jamila Brown (Vox) and the RSAMD and University of St Andrews. The event includes a performance of ‘The Courage to Dream’ including reflections form participants.

**HARRY BURNS (CHIEF MEDICAL OFFICER FOR SCOTLAND)**

Sat 22 Oct

Pearce Institute, Govan, Glasgow, G51 3UU

£20/£5 concessions for the 3 days - book via [www.govanfolkuniversity.org](http://www.govanfolkuniversity.org/)

Harry Burns Keynote talk is entitled “Setting Out A New Agenda: Art, Health and the Human Condition in Scotland.” Part of three days of arts and learning experiences held in Govan with workshops, exhibitions, conference, ceilidh, museum tours. Organised by Govan Folk University in celebration of the centenary of the Russian artist Kandinsky's writing about art and spirituality. Speakers include Mark O'Neill (Glasgow Life), Fr. Georgii Zavershinsky and Professors’ Christina Lodder and Alastair McIntosh.

**THE FESTIVAL SYMPOSIUM AND INTERNATIONAL FILM AWARDS**

Mon 24 Oct - symposium 2-5pm with awards 5.45-8pm

Filmhouse Cinema, 88 Lothian Road, Edinburgh, EH3 9BZ

Free, book as early as possible [jbowie@mhf.org.uk](mailto:jbowie@mhf.org.uk) or 0131 555 5959

Join us at the Scottish Mental Health Arts & Film Festival Symposium and Awards Ceremony at Edinburgh's Filmhouse. The symposium this year is from 2 - 5pm and has a great line up of presenters talking and showing clips about film and mental health including: Peter Byrne (Royal College Psychiatrists and UCL) - 'Cinema and Mental Health- Much to Condemn, Much More to Learn'; Nick Higgins (Edinburgh University) -  'Documentary Filmmaking and Mental Health: Looking to the Future'; Gerry Hassan (Scottish Wave of Change) - 'Why We Need to Think, Imagine and Create Different Futures'; IRISS and Strathclyde University - 'Mindreel Launch- Making Mental Health and Social Justice Films Available to Educators’. The International Film Awards have become a significant cultural event in Scotland and feature winning films and film-makers from a range of countries. A great networking opportunity. Not to be missed.

*And a couple of great exhibitions with a strong research dimension:*

**OOR MAD HISTORY: COLLECTIVE MEMORIES, COLLECTIVE DREAMS**

Sat 1 – Sat 22 Oct

North Edinburgh Arts, 15a Pennywell Court, Edinburgh, EH4 4TZ

No booking required

CAPS Independent Advocacy presents a celebration of mental health service user history, activism and creativity. Featuring archive material and objects from the Oor Mad History community history project and a diverse range of multi-media works of art by service users.

**NO LIMITS: RE-IMAGINING LIFE WITH DEMENTIA**

Sat 1 – Sat 8 Oct

Limelight Studios, 77 Trongate, Glasgow G15HB

No booking required

The ‘No Limits’ exhibition explores the individual and collective strength of people living with dementia. This groundbreaking piece of research on the activism of people with dementia challenges stereotypes, fear and misunderstandings. Led by Universities of Bradford and Southampton with community groups.