

# NI MENTAL HEALTH ARTS & FILM FESTIVAL<sup>2013</sup>

CELEBRATE MENTAL HEALTH | CHALLENGE STIGMA  
MAKE CONNECTIONS | SUPPORT RECOVERY AND WELLBEING



**10-13 OCTOBER 2013**

A FESTIVAL WEEKEND ACROSS NI OF  
MUSIC | FILM | VISUAL ARTS  
CREATIVE WRITING | WELLBEING



[www.nimhaff.org](http://www.nimhaff.org)

# PROGRAMME OF EVENTS

## THURS 10 OCTOBER

### MEN'S SHED LAUNCH

Launch/ Traditional music session  
Action Mental Health  
Ballydugan Industrial Estate | 11:00

### ESC'S SECOND CHANCE FOR CHANGE FILM PREMIERE

Film screening of challenging films  
by forensic mental health patients  
Black Box, Belfast | 13:30-15:00

### THE SOUND OF RECOVERY

An hour of song, music and readings  
Linen Hall Library, Belfast | 18:00-19:00

### INSIDE OUT/WHAT YOU DON'T SEE

Exhibition  
The Naughton Gallery at Queen's,  
QUB, Belfast | 18:00-20:00

### MENTAL?!

Evening of local film-making  
on mental health issues  
Island Arts Centre, Lisburn | 19:30-21:30

## FRI 11 OCTOBER

### ESC'S SECOND CHANCE FOR CHANGE FILM SCREENING

Film screening of challenging films by forensic  
mental health patients  
Playhouse, Derry/Londonderry | 13:00-15:00

### HOPE

A Lighthouse Men's Group  
photographic retrospective  
Common Grounds Café, Belfast  
On throughout the festival

## SAT 12 OCTOBER

### CINEMASPORTS FOR ALL!

Filmmaking competition  
1a Lawrence Street Belfast | 10:00-23:00

### OPEN MORNING BY NIGAT

Talk to art therapists/find out  
more about art therapy  
Rita Simon Reading Room, King House,  
39 High Street | 10:00-13:00

### HEALTH4HAPPINESS

A roadshow based on yoga, food, stress-  
busting and exercise  
The Great Hall, QUB, Belfast | 12:30-15:00

### DROP IN SESSION

Workshops  
TBC | 14:00-17:00

### THE WRITE TO WELL-BEING: CONNECTING WITH YOUR CREATIVITY

Workshop with Shelley Tracey  
Senate Room, Lanyon Building,  
QUB, Belfast | 14:00-16:00

### READ.LIVE.LEARN.

Reading workshop  
tbc, Newcastle | 18:00-19:00

### SIX STRINGS AND STIGMA

Concert/Album Launch  
An Cúlurlann Centre,  
Derry/Londonderry | 19:30-22:30

### THE DEVIL AND DANIEL JOHNSTON

Film  
TBC, Newcastle | 20:00-22:00

## SUN 13 OCTOBER

### FITZROY EVENT

Fitzroy Presbyterian Church,  
Belfast | 20:00-22:00

