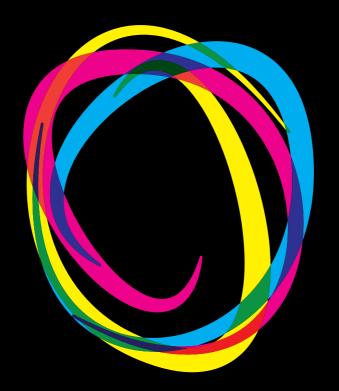
MENTAL HEALTH ARTS & FILM FISTING

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



PROGRAMME OF EVENTS

THURS 10 O(TOBER SAT 12 O(TOBER MEN'S SHED LAUNCH CINEMASPORTS FOR ALL! Launch/Traditional music session Filmmaking competition **Action Mental Health** 1a Lawrence Street Belfast | 10:00-23:00 Ballydugan Industrial Estate | 11:00 **ESC'S SECOND CHANCE FOR CHANGE OPEN MORNING BY NIGAT FILM PREMIERE** Talk to art therapists/find out Film screening of challenging films more about art therapy Rita Simon Reading Room, King House, by forensic mental health patients Black Box. Belfast | 13:30-15:00 39 High Street | 10:00-13:00 THE SOUND OF RECOVERY HEALTH4HAPPINESS An hour of song, music and readings A roadshow based on yoga, food, stress-Linen Hall Library, Belfast | 18:00-19:00 busting and exercise The Great Hall, QUB, Belfast | 12:30-15:00 **INSIDE OUT/WHAT YOU DON'T SEE** DROP IN SESSION Exhibition Workshops The Naughton Gallery at Queen's, TBC | 14:00-17:00 QUB. Belfast | 18:00-20:00 **MENTAL?!** THE WRITE TO WELL-BEING: Evening of local film-making CONNECTING WITH YOUR CREATIVITY on mental health issues Workshop with Shelley Tracey Island Arts Centre, Lisburn | 19:30-21:30 Senate Room, Lanvon Building. QUB, Belfast | 14:00-16:00 READ.LIVE.LEARN. FRI II O(TOBER Reading workshop tbc, Newcastle | 18:00-19:00 **ESC'S SECOND CHANCE FOR CHANGE** SIX STRINGS AND STIGMA FILM SCREENING Concert/Album Launch Film screening of challenging films by forensic An Cúlturlann Centre. mental health patients Derry/Londonderry | 19:30-22:30 Playhouse, Derry/Londonderry | 13:00-15:00 THE DEVIL AND DANIEL JOHNSTON HOPE TBC, Newcastle | 20:00-22:00 A Lighthouse Men's Group photographic retrospective SUN 13 O(TOBER Common Grounds Café, Belfast On throughout the festival FITZROY EVENT Fitzroy Presbyterian Church, Belfast | 20:00-22:00





open arts 🏗























