

NI MENTAL HEALTH

ARTS & FILM FESTIVAL

8-13 October 2014

*A festival across NI of music,
film, visual arts, creative writing
and wellbeing.*



*Celebrate mental health
Challenge stigma
Make connections
Support recovery and wellbeing*

www.nimhaff.org



PROGRAMME OF EVENTS



WEDNESDAY 8 OCTOBER

Reading Minds | 14:00-16:00 ^R

The benefits of sharing stories in the community.
Senate Room, QUB

Reading Room | 19:00-20:00 ^R

Poems and stories will be read aloud and responded to.
Senate Room, QUB

Celebrate in Song | 19:00-21:00 ^M

Selection of songs by a choir of the Wellness Hub's clients and staff.
Woodlands Wellness Hub, Whiteabbey Hospital, Newtownabbey

THURSDAY 9 OCTOBER

Together For You | 11:00-19:00 ^A

Range of events planned include art exhibition and
Whiteabbey's Celebrate in Song choir.
Castle Court, Belfast

"This is It" | 11:00 ^A

Digital Art Exhibition launch.
The Lanyon Restaurant, Holywell Hospital, Antrim

The Healing Power of Creative Arts | 14:00-16:30 ^{P D}

Introduction to psychodrama and Poetry Therapy.
PIPS, Newry & Mourne, 30 Kilmorey St, Newry

Reading Rooms | 14:00-15:00 ^R

Poems and stories will be read aloud and responded to.
Melvin Hall Strabane.

CAUSE & Together For You | 15:00-17:00 & 19:00-21:00 ^A

Art Workshop.
Community Arts Partnership
(3-5 Commercial Ct, Belfast, near Duke of York)

Tara West: Out of the Dark | 17:30-19:00 ^R

A personal account of her journey in and out of depression.
Linen Hall Library, Belfast

Joint Exhibition Opening | 19:30 ^A

Art work on the Festival theme of mental health and transformations.
Island Arts Centre, Lisburn

Comedy Night | All evening ^C

A night of comedy involving local comedians, clients and staff
from Omagh Recovery Team.
Daly's Comedy Club, Omagh

FRIDAY 10 OCTOBER

Poetry Therapy | 10:00-13:00 ^A

Invite only event with Women's Aid.
Women's Aid

Reading Rooms | 10:00-11:00 ^R

Poems and stories will be read aloud and responded to.
Magilligan Prison, Limavady

Exhibition Launch | 13:00-14:00 ^P

Launch of the exhibition by Leslie Nicholl.
Linenhall Library, Belfast

Read Aloud Workshop | 14:00-15:30 ^R

Enhance your wellbeing through the joy and pleasure of shared reading.
Newcastle Library, Newcastle

Film Screening | 14:00-16:30 ^F

Nothing Against Life; Love Changes; Butterfly; Out of the Woods.
Lanyon Building/0G/074, QUB

Voice of Hope Singers | 19:00-21:00 ^M

Suggested donation of £3 on the door.
Great Hall, QUB

Punch | 20:00 ^F

A short film.
ProKick Gym, Wilgar Street, Belfast

SATURDAY 11 OCTOBER

Information Hub | 10:00-16:00

Drop in workshops.
Annesley Hall, Newcastle

Happy Vibe Roadshow | 11:00-16:00 ^{A F}

Range of music, talks, stands, visual arts.
Great Hall, Downshire Hospital

House of Tragic She | 13:00 & 18:30 ^D

Performance by Six Lips Theatre Company.
Drama Department at QUB (Suggested donation of £3 on the door.)

'Creative Encounter' | 15:00-16:30 ^A

NIGAT (NI Group for Art as Therapy) Exhibition Official Opening.
Common Grounds Cafe, Belfast

Film Screening | 20:00-23:00 ^F

Simultaneous screening of Take Shelter. Fermanagh, Dungannon,
Newcastle and Belfast – see website for details

SUNDAY 12 OCTOBER

House of Tragic She | 13:00 & 18:30 ^D

Performance by Six Lips Theatre Company.
Drama Department at QUB (Suggested donation of £3 on the door.)

Reading Rooms | 15:00-16:00 ^R

Poems and stories will be read aloud and responded to.
Easons Bookshop, Foyle'side, Derry/Londonderry

Tony MacAulay | 15:00-16:30

Talk on suicide prevention and the use of drama for mental health.
Fitzroy Presbyterian Church, Belfast

Short Films Screening | 20:15-22:30 ^F

3-Three, Tres, Trois from Mariana Osuna, The Upside of Down,
Bi-polar Poet, Butterfly, Love Changes, Out Door, Drop,
Epiphany, Mister Fox's Night Out.
Lanyon Building/0G/074, QUB

MONDAY 13 OCTOBER

Recovery through Art | 10:30 ^A

Exhibition of inpatients' paintings using each letter of Recovery.
Innovation Centre, Ulster Hospital

All our Stories film premiere | 11:30-12:30 ^F

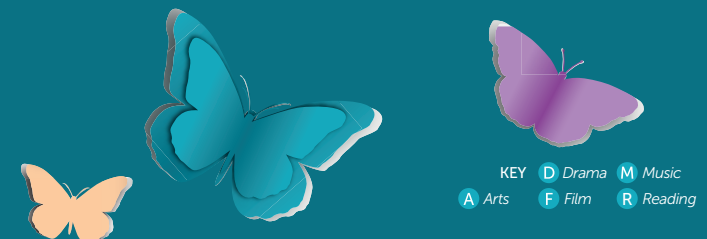
Personal Short films of trauma and recovery by Mindwise
service users and film-makers ESC.
Black Box, Hill St, Belfast

Second Chance for Change Film Screening | 13:30-14:30 ^F

Belfast based film charity ESC launches this year's short films made
by forensic mental health patients at Holywell hospital.
Black Box, Hill St, Belfast – email info@esc-film.com to reserve

Festival Closing Event | 19:00-21:30 ^{F D}

The Yellow Wallpaper and the Madhouse by Fickle Favours
Mother is God by Maria Back
Studio Theatre, Island Arts Centre, Lisburn (Free event but please
make sure you book your ticket through www.islandartscentre.com)



KEY ^D Drama ^M Music
^A Arts ^F Film ^R Reading

EVENTS RUNNING THROUGHOUT THE FESTIVAL

Exhibition | 2-16 October

Exhibition in the Linen Hall Library of paintings by Leslie Nicholl based on poems by Colin Dardis, exploring the Greek myth of Orpheus and Eurydice. There will also be two pieces by mental health service users from the Belfast Trust in the Vertical Gallery in the Linen Hall.

Exhibition | 1-31 October,

Exhibition in the Common Grounds café of work by Northern Ireland Group for Art as Therapy members on the theme of 'Creative Encounter'.
(Launch event on Saturday 11 October – see programme for details.)

Exhibition | 9 October-7 November

Joint Exhibition by Brian Kielt, Ali-P, Susanna Wawra, Kat St Angelo, Pauline McKee & Millburn Close Group, Nikki Smyth & Saintfield Lodge Group in the Island Arts Centre, Lisburn.
(Opening on Thursday 9th – see programme for details.)

Head Space | 9-12 October | 10:00-16:00

Activities and workshops taking place in Ciara O'Malley's Mobile Space in the grounds of Holywell Hospital, Antrim.

'Elements of Ireland - A Landscape Exhibition'

from Fergal Kearney. (See website for details.)

Recovery through Art Exhibition,

Ursula Tumelty, Colette Reynolds and Ed Reynolds working with Open Arts have facilitated inpatients on Ward 12 Lagan Valley to create a series of paintings using each letter in the word Recovery. Innovation Centre, Ulster Hospital. (Launch on 13 October – see programme for details.)

Associated Events

There are also a number of associated events including a conference on Wellbeing through Poetry with the Irish Poetry Therapy Network on 11 and 12 October in Kilkenny and a Street Art project in Belfast being organised by the First Fortnight Festival. (See website for details.)

The Festival is organised by a voluntary team of individuals and organisations who are listed on the website. A number of these organisations have also provided funding for the Festival and they are acknowledged below:

