

# NIM MENTAL HEALTH ARTS & FILM FESTIVAL

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9-15TH MAY 2016 PROGRAMME

 /NIMHAFF

 /NIMHAFF

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



*Launch of Festival at Parliament Buildings, Stormont*

## This will be the Third Mental Health Arts and Film Festival.

The Festival aims to celebrate mental health and challenge stigma.

The Festival brings together everyone interested in mental health and links similar Festivals internationally.

It involves a wide range of events across Northern Ireland including all forms of art and film.

Enjoy!

**Jane Reynolds**  
Festival Director

**MONDAY 9TH MAY**

## MORNING

**U3A Art Exhibition**  
Time: All Day  
Location: Newry Library

**Craft & Chatter**  
Time: 10am  
Location: Banbridge Library

**Knit & Natter**  
Time: 10.30am  
Location: Ardoyne Library

**Rhythm & Rhyme**  
Time: 11am  
Location: Ballynahinch Library

**Classic Reading Group**  
Time: 11am  
Location: Bangor Library

**Knit & Natter**  
Time: 11am  
Location: Bangor Library

**Knit & Natter**  
Time: 10am  
Location: Comber Library

**Adult Reading Group**  
Time: 11am  
Location: Greystone Library

**Knit & Natter**  
Time: 10am  
Location: Maghera Library

**Knit & Natter**  
Time: 11am  
Location: Magherafelt Library

**Tea & Newspapers**  
Time: 10am  
Location: Newtownbreda Library

**Knit & Natter**  
Time: 10.30am  
Location: Portadown Library

**Adult Reading Group**  
Time: 10.30am  
Location: Portstewart Library

**Adult Reading Group**  
Time: 10.30am  
Location: Tullycarnet Library

**Rhythm & Rhyme**  
Time: 10.30am  
Location: Tullycarnet Library

**Knit & Natter**  
Time: 11.30am  
Location: Warrenpoint Library

## AFTERNOON

**Storytime (Children)**  
Time: 2.30pm  
Location: Donaghadee Library

**Knit & Natter**  
Time: 2pm  
Location: Kilkeel Library

**Knit & Natter**  
Time: 2pm  
Location: Newry Library

**Knit & Natter**  
Time: 2pm  
Location: Shantallow Library

## EVENING

**Conversions Exploring Compassion**  
Time: 7pm-8.30pm  
Location: Canada Room (Queen's University Belfast)  
Register: <https://southbelfast.eventbrite.co.uk>

**Adult Reading Group**  
Time: 6.30pm  
Location: Newtownards Library

**Knit & Natter**  
Time: 6.30pm  
Location: Omagh Library

## TUESDAY 10<sup>TH</sup> MAY

### MORNING

#### Knit & Natter

Time: 10.30am  
Location: Belfast Central Library

#### Rhythm & Rhyme

Time: 10.30am  
Location: Hollywood Library

#### Rhythm & Rhyme

Time: 11am  
Location: Warrenpoint Library

#### Knit & Natter

Time: 11am  
Location: Dungiven Library

#### Knit & Natter

Time: 10.30am  
Location: Rathcoole Library

### AFTERNOON

#### Knit & Natter

Time: 12 Noon  
Location: Colin Glen Library

#### Knit & Natter

Time: 1.30pm  
Location: Cregagh Library

#### Adult Reading Group

Time: 2pm  
Location: Cookstown Library

#### Adult Reading Group

Time: 2.15pm  
Location: Saintfield Library

### EVENING

#### Knit & Natter

Time: 6pm  
Location: Ballymoney Library

#### Creative Writing & Wellbeing

Time: 6.15pm-7.45pm  
Location : Lisburn City Library  
Register: <http://creativewellbeing.eventbrite.co.uk>

#### Pancakes & Poetry

Time: 6.30pm  
Location: Banbridge Library

#### Adult Reading Group

Time: 6.45pm  
Location: Ballynahinch Library

#### Short Films

Time : 7.30-9pm  
Location: CRUN (Coleraine)  
Register: <http://shortfilmscrun.eventbrite.co.uk>  
Contact: Jane Reynolds

#### Knit & Natter

Time: 6.30pm  
Location: Enniskillen Library

#### Adult Book Club

Time: 6.30pm  
Location: Lurgan Library

#### Adult Reading Group

Time: 6.30pm  
Location: Maghera Library

#### Knit & Natter

Time: 6.30pm  
Location: Newtownbreda Library

#### Box Clever (Card Making with a Difference)

Time: 6.30pm  
Location: Omagh Library

#### Knit & Natter

Time: 6.30pm  
Location: Shantallow Library

#### Scribblers Creative Writing Group

Time: 7pm  
Location: Tandragee Library

## WEDNESDAY 11<sup>TH</sup> MAY

### MORNING

#### Knit & Natter

Time: 10.30am  
Location: Ardoyne Library

#### Reading Room & Speaker on Mental Health for Reading Room Volunteers

Time : 11am-12.30pm  
Location : The Verbal Arts Centre (Derry/Londonderry)  
Register : <http://readingroommentalhealth.eventbrite.co.uk>

#### Knit & Natter

Time: 11.30am  
Location: Armagh Library

#### Tea & Newspapers

Time: 10am  
Location: Carryduff Library

#### Carryduff Reading Group

Time: 11am  
Location: Carryduff Library

#### Knit & Natter

Time: 10.30am  
Location: Greystone Library

#### Knit & Natter

Time: 10.30am  
Location: Hollywood Library

#### Tea & Newspapers

Time: 11am  
Location: Larne Library

#### Knit & Natter

Time: 11am  
Location: Larne Library

#### Craft Group for the Deaf

Time: 10am  
Location: Lisburn City Library

#### Knit & Natter

Time: 10.30am  
Location: Newtownbreda Library

### AFTERNOON

#### 'Things Changed Because of Us'

Time : 12.30pm - 2pm  
Location : The Green Room in the Black Box  
Register : <http://thingschanged.eventbrite.co.uk>

#### Beacon Wellbeing Creative Writing Group

Time: 2.00pm  
Location: Belfast Central Library

#### Storytime (Children)

Time: 3.15pm  
Location: Cregagh Library

#### Knit & Natter

Time: 2pm  
Location: Donaghadee Library

#### Knit & Natter

Time: 2pm  
Location: Dundonald Library

#### Knit & Natter

Time: 2pm  
Location: Glengormley Library

#### Knit & Natter

Time: 2pm  
Location: Lurgan Library

#### Knit & Natter

Time: 2.30pm  
Location: Portaferry Library

#### Storytime (Children)

Time: 3.15pm  
Location: Tullycarnet Library

#### Teenage Reading Group

Time: 4.30pm  
Location: Warrenpoint Library

## EVENING

### The Power of Photography - Three Part Workshop

Time : 6 - 9pm  
Location : Spy Pond Photo  
Space  
Register :  
spypondphotospace@  
gmail.com (Limited spaces  
available)

### Sing your Heart Out

Time : 8pm-Late  
Location : Sunflower Bar  
Belfast  
Register : [http://  
singyourheartout.  
eventbrite.co.uk](http://singyourheartout.eventbrite.co.uk)

### Book Launch; Noel Spence

Time: 17.30pm  
Location: Comber Library

### Knit & Natter

Time: 7pm  
Location: Keady Library

### Bedtime Story Time

(Children)  
Time: 6.30pm  
Location: Warrenpoint  
Library

## AFTERNOON

### Introduction to Poetry Therapy

Time : 2-5pm  
Location : Community Arts  
Partnership  
Register : [http://  
introductiontopoetry.  
eventbrite.co.uk](http://introductiontopoetry.eventbrite.co.uk)

### Knit & Natter

Time: 2pm  
Location: Cookstown  
Library

### Knit & Natter

Time: 3pm  
Location: Moira Library

### Knit & Natter

Time: 3pm  
Location: Richhill Library

### Knit & Natter

Time: 2pm  
Location: Shantallow  
Library

## THURSDAY 12<sup>TH</sup> MAY

## MORNING

### Patchwork Class

Time: 10.30am  
Location: Armagh Library

### Board Games for Adults

Time: 10.30am  
Location: Pancakes &  
Poetry  
Time: 6.30pm  
Location: Banbridge  
Library

### Mama B Make-up Workshop

Time : 11am -12.30pm  
Location : Newcastle  
Community Cinema  
Register : 07793289056  
(Booking essential)  
Email : [gmcdonalddmc@  
yahoo.com](mailto:gmcdonalddmc@yahoo.com)

### Knit & Natter

Time: 11am  
Location: Ballynahinch  
Library

### Guitar Workshop for Beginners

Time: 11am  
Location: Comber Library

### Knit & Natter

Time: 11.30am  
Location: Downpatrick  
Library

### Introduction to Knitting over Coffee & a Chat

Time: 10.30pm  
Location: Dungannon  
Library

### Knit & Natter

Time: 10.30am  
Location: Limavady Library

### Knit & Natter

Time: 11.15am  
Location: Newcastle  
Library

### EMagazine/Ebook Clinic

Time: All Day  
Location: Portglenone  
Library

### Rhythm & Rhyme

Time: 10.30am  
Location: Saintfield Library

### Knit & Natter

Time: 10.30am  
Location: Tandragee  
Library

### Adult Reading Group

Time: 11.30am  
Location: Warrenpoint  
Library

## EVENING

### Connection Photographic Exhibition Launch

Time : 5 - 7pm  
Location : Spy Pond Photo  
Space  
Register : [http://  
connectionphoto.  
eventbrite.co.uk](http://connectionphoto.eventbrite.co.uk)  
Knit & Natter  
Time: 6.30pm  
Location: Ballycastle  
Library

### A Pub Quiz in Support of NIMHAFF

Time : 8 - 11pm  
Location: Anchor Bar  
Newcastle  
Register : [http://  
pubquizznimhaff.eventbrite.  
co.uk](http://pubquizznimhaff.eventbrite.co.uk)

### An evening of Short films -Hopeful Solutions - a film about autism & Voices from The Margins -Second Chance for Change

Time : 7-10pm  
Location : The BeanBag  
Cinema - Cathedral Quarter  
Register : [http://  
shortfilmsbeanbag.  
eventbrite.co.uk](http://shortfilmsbeanbag.eventbrite.co.uk)  
V2LAM Productions

### It's Not You - It's Me

Time : 7pm  
Location : Foyle Theatre  
at North West Regional  
College  
Register : [http://  
itsnotyouitsme.eventbrite.  
co.uk](http://itsnotyouitsme.eventbrite.co.uk)

### Adult Reading Group

Time: 6.45pm  
Location: Lisburn City  
Library

### Adult Reading Group

Time: 6.45pm  
Location: Newtownbreda  
Library

### Knit & Natter

Time: 6.30pm  
Location: Portstewart  
Library

### Adult Reading Group

Time: 6.30pm  
Location: Tullycarnet  
Library

## FRIDAY 13<sup>TH</sup> MAY

### MORNING

#### Bridge Class

Time: 11am  
Location: Ballycastle Library

#### Rhythm & Rhyme

Time: 10.15am  
Location: Dundonald Library

#### Adult Reading Group

Time: 11am  
Location: Dundonald Library

#### Knit & Natter

Time: 11am  
Location: Killyleagh Library

#### Adult Colouring

Time: 11am  
Location: Larne Library

#### Knit & Natter

Time: 10am  
Location: Lisburn City Library

#### Mindful Coloring

Time: 11am  
Location: Magherafelt Library

#### Rhythm & Rhyme

Time: 10.45am  
Location: Newcastle Library

#### Crossborder Reading Group

Time: 11am  
Location: Newry Library

#### Knit & Natter

Time: 6.30pm  
Location: Newtownards Library

#### Knit & Natter

Time: 10.30am  
Location: Omagh Library

#### Rhythm & Rhyme

Time: 11am  
Location: Portaferry Library

#### Knit & Natter

Time: 11am  
Location: Rathfriland Library

#### Knit & Natter

Time: 11am  
Location: Saintfield Library

### AFTERNOON

#### Mindful Colouring

Time: 12.30pm  
Location: Ballynahinch Library

#### Knit & Natter

Time: 2pm  
Location: Antrim Library

#### Teenage Kicks showing 'Silver Linings Playbook'

Time: 4.15 - 6.15pm  
Location: Str& Arts Centre  
Register: <http://str&arts.eventbrite.co.uk>  
Age: 15 +

#### Knit & Natter

Time: 2pm  
Location: Lurgan Library

#### Mindful Coloring

Time: 3pm  
Location: Newry Library

#### Knit & Natter

Time: 2pm  
Location: Strabane Library

### EVENING

#### Stories of Healing (Film & Discussion)

Time: 7.30-9pm  
Location: Bell Lecture Theatre (Physics Building)  
Register: <http://storiesofhealing.eventbrite.co.uk>

## SATURDAY 14<sup>TH</sup> MAY

### MORNING

#### The Poet is Present

Time: 9.30am - 3.30pm  
Location: Performance Space, Linenhall Library, Belfast

#### Mixed Media Art Exhibition

Time: 10am - 6pm  
Location: Canada Room  
Register: <http://canadaroom.eventbrite.co.uk>

#### Decoupage Workshop & Masterclass by Phyllis Annett from the Craft Loft

Location: Newcastle Community Cinema  
Time: 10am-1pm  
Contact: 07793289056  
(Booking essential)

#### A Weaving Taster Session in Association with Mourne Mountain Landscape Partnership

Time: 10am-2pm  
Location: Newcastle Community Cinema  
Register: <http://weavingtaster.eventbrite.co.uk>

#### Mindful Adult Colouring

Time: 10.30am  
Location: Banbridge Library

#### Rhythm & Rhyme

Time: 11.30am  
Location: Bessbrook Library

#### Teenage Reading Group

Time: 11am  
Location: Comber Library

#### Information Morning on Wellbeing & Mindfulness

Time: 10am  
Location: Dungannon Library

#### Rhythm & Rhyme

Time: 11.15am  
Location: Killyleagh Library

#### Creative Writers Group

Time: 10.30am  
Location: Omagh Library

### AFTERNOON

#### Inside Out (Age 5+)

Time: 12 Midday - 1.30pm  
Location: Strand Arts Centre  
Register: <http://insideoutstr&.eventbrite.co.uk>

#### Mindful Coloring

Time: 12 noon  
Location: Antrim Library

#### Creative Writing Workshop with Jill T

Time: 2 - 4pm  
Location: Newcastle Community Cinema  
Register: <http://creativejt.eventbrite.co.uk>

#### Drumming Workshop - Community Tribal Drummers

Time: 2-3pm  
Location: Canada Room (Queen's University Belfast)  
Register: <http://drummingworkshop.eventbrite.co.uk>

#### A Furniture Upcycling Workshop

Time: 3 - 6pm  
Location: Unit T, Railway St. Newcastle  
Register: <http://furnitureupcycling.eventbrite.co.uk>  
Cost: £3 including refreshments

#### Awareness Thru Voice - How to practice Mindfulness Through Voice

Time: 3-4pm  
Location: Canada Room (Queen's University Belfast)  
Register: <http://awarenessthruvoice.eventbrite.co.uk>

#### Catalyst Walks with Daniel Jewsbury

Time: 4-6pm  
Location: Start at front of Lanyon Building (Queen's University Belfast) Register: <http://catalystwalks.eventbrite.co.uk>

#### Mindful Colouring

Time: 2pm  
Location: Kilkeel Library

## EVENING

**Short Term 12**  
Time : 6.30 - 8pm  
Location : Queens Film Theatre  
Register: <http://qft.eventbrite.co.uk>  
Time : 8pm - 9.30pm

Location : Strand Arts Centre  
Register : <http://shortterm12.eventbrite.co.uk>  
Time : 8pm - 9.30pm

Location: Newcastle Community Cinema  
Register : <http://newcastlecinema.eventbrite.co.uk>

**Short Films**  
Time : 8.30-10pm  
Location : Canada Room (Queen's University Belfast)  
Register : <http://shortfilmsqft.eventbrite.co.uk>

## SUNDAY 15<sup>TH</sup> MAY

### MORNING

**Mixed Media Art Exhibition**  
Time : 10am - 6pm  
Location : Canada Room  
Register: <http://canadaroom.eventbrite.co.uk>  
Contacts:

**EMagazine/Ebook Clinic**  
Time: 10am-6pm  
Location: Coalisland Library

### AFTERNOON

**Creative Writing**  
Time: 2-3pm  
Location : Queens Film Theatre (Brian Friel)  
Register : <http://creativewritingqft.eventbrite.co.uk>

**A Poem for a Song with Antrim Community Choir - A Collaboration with The Henry Girls & Ruth Carr**  
Time : 3 - 5pm  
Location : Newcastle Community Cinema  
Register : <http://communitychoir.eventbrite.co.uk>

**Echoes (Play)**  
Time : 3 - 5pm  
Location : Queens Film Theatre (Brian Friel)  
Register : <http://echoesplay.eventbrite.co.uk>

## EVENING

**History of the Peace (Accordin' to my Ma)**  
Time : 8pm (Bar opens 7pm)  
Location : Newcastle Centre (Central Promenade)  
Register : <http://historyofpeace.eventbrite.co.uk>

**Short Films**  
Time : 7.30-9.30pm  
Location : Canada Room (Queen's University Belfast)  
Register : <http://shortfilms2qft.eventbrite.co.uk>

## MONDAY 16<sup>TH</sup> MAY

### MORNING

**National Drawing Day Event**  
Time: All day  
Location: Ballycastle Library

**Craft & Chatter**  
Time: 10am  
Location: Banbridge Library

**Knit & Natter**  
Time: 10am  
Location: Maghera Library

**Knit & Natter**  
Time: 11am  
Location: Magherafelt Library

**Tea & Newspapers**  
Time: 10am  
Location: Newtownbreda Library

**Rhythm & Rhyme**  
Time: 10.30am  
Location: Tullycarnet Library

**Knit & Natter**  
Time: 11.30am  
Location: Warrenpoint Library

### AFTERNOON

**National Drawing Day Event**  
Time: All day  
Location: Ballycastle Library

**Storytelling with Autism NI**  
Time: 2.30pm  
Location: Bangor Library

**Storytime (Children)**  
Time: 2.30pm  
Location: Donaghadee Library

**Knit & Natter**  
Time: 2pm  
Location: Kilkeel Library

**Knit & Natter**  
Time: 2pm  
Location: Newry Library

## EVENING

**Stress Control with  
Southern Trust**  
Time: 6.30pm  
Location: Bangor Library

**Poetry Reading Group**  
Time: 6.30pm  
Location: Bangor Library

## TUESDAY 17<sup>TH</sup> MAY

### AFTERNOON

**Conversations Exploring  
Compassion - East Belfast**  
Location : The Skainos  
Centre  
Time : 2- 3.30pm  
Register : [https://eastbelfast.  
eventbrite.co.uk](https://eastbelfast.eventbrite.co.uk)

## WEDNESDAY 18<sup>TH</sup> MAY

## EVENING

**Tenx9**  
Time: 7.30 -9.30pm  
Venue: Black Box, Belfast

**Screening of Short Films  
(Action Mental Health)**  
Time : 7 - 9pm  
Location : Fermanagh New  
Horizons, Drumcoo  
Register: [http://  
screeningfilms.eventbrite.  
co.uk](http://screeningfilms.eventbrite.co.uk)

## THURSDAY 19<sup>TH</sup> MAY

## EVENING

**Screening of Short Films  
in association with SACN  
& Community Relations  
Forum**  
Time : 7-9pm  
Location : The Barren Hall,  
230 Antrim Rd, Glengormley  
Register : [http://barrenhall.  
eventbrite.co.uk](http://barrenhall.eventbrite.co.uk)  
Refreshments provided

**GlassEyeCine Film  
Screening of 'Family Life'  
(Ken Loach)**  
Time : 18.30  
  
**'A Blonde in Love' (Milos  
Forman)**  
Time : 20.30  
Location : Beanbag Cinema  
Belfast

## FRIDAY 20<sup>TH</sup> MAY

## EVENING

**Portrush Film Theatre  
Presents 'The Soloist'**  
Time : 7.30pm  
Location : The Playhouse Cinema  
Portrush

## SATURDAY 21<sup>ST</sup> MAY

## MORNING

**Photographic Art Exhibition -  
Joe Malon & Jane Wheeler**  
Time : 10am - 10.30pm  
Location : Great Hall, Queens  
University Belfast  
Register : [http://greathall.  
eventbrite.co.uk](http://greathall.eventbrite.co.uk)

### AFTERNOON

**TED X Screening & Writing  
Poetry for Wellbeing  
Workshop with Geraldine  
O'Kane**  
Time : 2 - 4pm  
Location : Common  
Grounds  
Register : [http://  
tedxpoetry.eventbrite.co.uk](http://tedxpoetry.eventbrite.co.uk)

**Poems by Invitation**  
Time: 3-6pm  
Location  
Canada Room, Queens  
University Belfast

## EVENING

**Circle Sessions**  
Time : 7.30-10.30  
Location: Great Hall (Queen's  
University Belfast)  
Register : [http://circlesessions.  
eventbrite.co.uk](http://circlesessions.eventbrite.co.uk)



## SUNDAY 22<sup>ND</sup> MAY

### MORNING

Photographic Art Exhibition –  
Joe Malon & Jane Wheeler  
Time : 10am - 6pm  
Location : Canada Room

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### AFTERNOON

Celebration of Young Persons'  
Poetry Competition in Association  
with AWARE NI  
Time : 2-3 pm  
Location : Waterstones Belfast  
Register : [http://awarepoetry.  
eventbrite.co.uk](http://awarepoetry.eventbrite.co.uk)

## EVENTS RUNNING THROUGHOUT THE FESTIVAL

### MORNING

Catherine Bradford  
Exhibition  
Time : 10 - 4pm  
Date: 9th-14th May  
Location : Newcastle  
Library  
Register : [http://  
catherinebradford.  
eventbrite.co.uk](http://catherinebradford.eventbrite.co.uk)

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Art Exhibition by Belfast  
Metropolitan College  
Time: 2pm  
Date: 9th-16th May  
Location: Cregagh Library

Catherine Bradford Art  
Exhibition  
Date: 9th-14th May  
Location: Newcastle  
Library

### AFTERNOON

Journeys : A Photographic  
Exhibition  
Time : 10-4pm  
Date : 8th - 22nd May  
Location: Arcadia Portrush  
Register : [http://  
journeysarcadia.eventbrite.  
co.uk](http://journeysarcadia.eventbrite.co.uk)

Belfast Photographic  
Society Display  
Date: 9th-16th May  
Location: Dundonald  
Library

Omagh Camera Club  
Exhibition  
Date: 9th-29th May  
Location: Omagh Library

Beacon Centre Display of  
Artwork & Craft  
Date: 9th-16th May  
Location: Dungannon  
Library

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### EVENING

Art Exhibition by  
Barbara Allen  
Date: 9th-16th May  
Location: Bangor Library

Art Exhibition by Darren  
McIlwrath  
Date: 9th-16th May  
Location: Killyleagh Library

Display of Bibliotherapy  
Resources to Promote  
Healing & Positive  
Outcomes  
Date: 9th-16th May  
Location: Keady Library

National Museums NI  
Welsh Touring Exhibition  
Date: 9th-16th May  
Location: Lisburn City  
Library

See website for up-to-date programme details and more information. Booking for all events available at: <http://northernirelandmentalhealthartsfilmfestival.eventbrite.co.uk>



# NI MENTAL HEALTH ARTS & FILM FESTIVAL

## Our partners

dc arts care



a charity at the centre of caring

