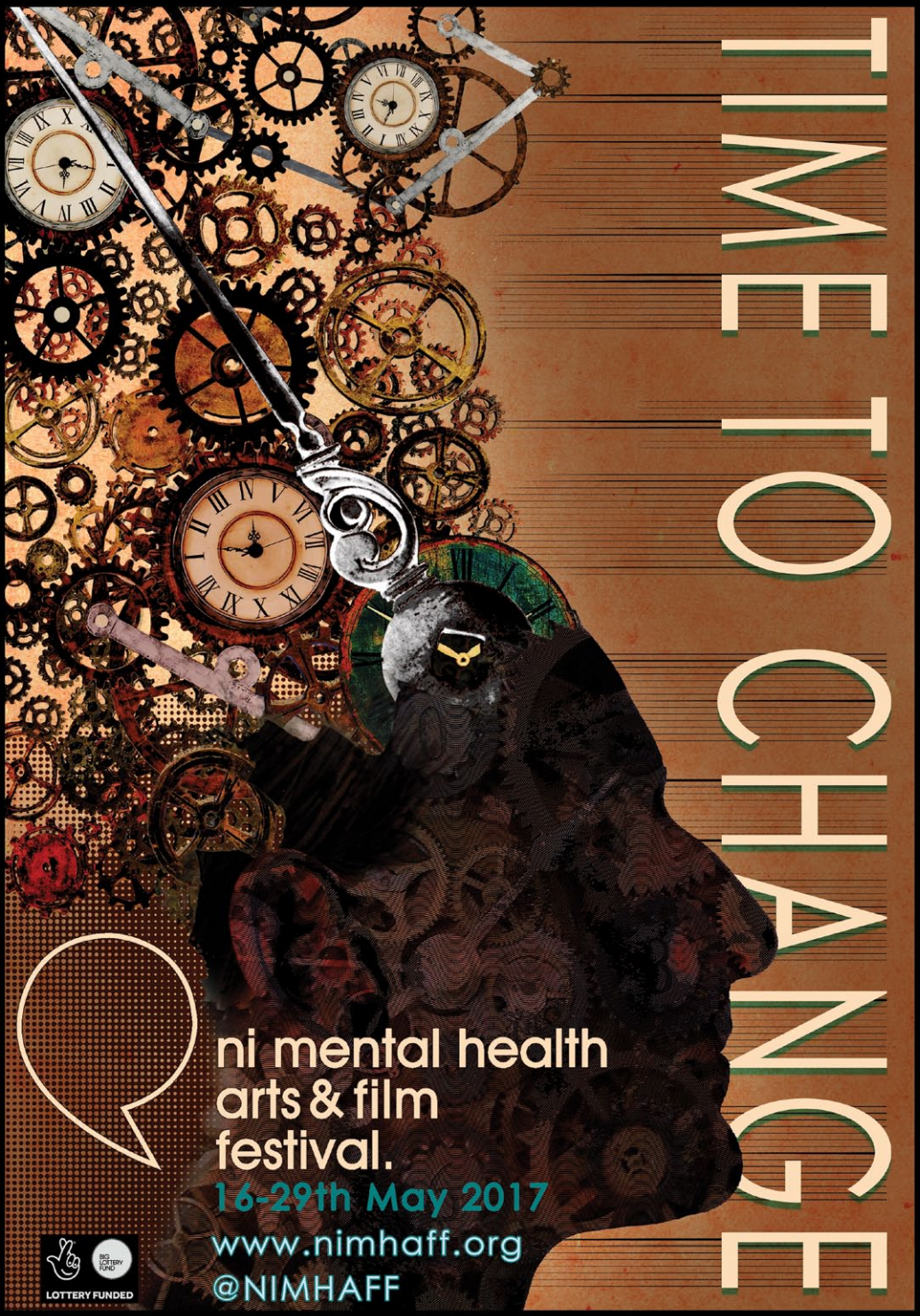
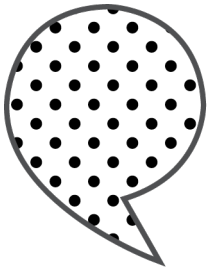

TIME TO CHANGE
ni mental health
arts & film
festival.
16-29th May 2017
www.nimhaff.org
@NIMHAFF
BIG LOTTERY FUND
LOTTERY FUNDED

I am completely different.

Though I am wearing the same tie as yesterday,
am as poor as yesterday,
as good for nothing as yesterday,
today
I am completely different.
Though I am wearing the same clothes,
am as drunk as yesterday,
living as clumsily as yesterday, nevertheless
today
I am completely different.
Ah—
I patiently close my eyes
on all the grins and smirks
on all the twisted smiles and horse laughs—
and glimpse then, inside me
one beautiful white butterfly
fluttering towards tomorrow.

Kuroda Saburo
(1919-1980)



Time to Change.

by
Paula Matthews
Festival Director.

While working on this year's programme, I made a decision that may well change everything for me. I will look the same, sound the same, and do the same work in the same places with the same people. I will watch the same TV shows and listen to the same music, but I will be completely different: **Every time I have a cup of tea** (and believe me, I live on a tea drip), **I'll think about how good things are coming my way because I am worthy of them.** Often when I have a good idea, or some sort of success comes my way, the door opens for negative thinking. I start trying to work out at what point it will all go wrong. This pattern is common; some say it's one of the more unfortunate elements of our culture. But all this catastrophic thinking can't be good for my mental health, so I have decided to retrain my brain.

When we chose this year's theme, 'Time to Change', I considered what change really means in the context of mental health. So often change is a process of springing forwards, falling backwards, springing forwards again. Like Saburo says, we can be just as drunk as yesterday and still, inside, there can be seeds of change growing. The poem reveals the inner reality of a persona, challenging easy assumptions and stigma. This is our aim for the whole 2017 programme.

- We're delighted to have Ciara O'Malley on board, curating a **group visual arts exhibition** at the Arts & Disability Forum gallery. Join us for the launch on 16th May [p.7] or visit the exhibition till 16th June.
- **'Please'** [p.14] is a verbatim theatre performance, with words taken from interviews with women struggling with eating disorders. A play can tell the human stories that numbers and clinical research can't reveal.
- **'A Phoenix Longing'** [p.12], Shelley Tracey's workshop on 27th May, is inspired by poems written for the last festival by local and international poets.

NIMHAFF thanks all the artists and practitioners who have come together to make all of this happen, working hard on a voluntary basis.

Behind the scenes, the festival is also changing. We have been able to engage the very talented Linda Byrne to design our website and social media and I for one could not have done without her. We have also been able to secure Big Lottery funding for the first time and have appointed producer and dramaturg Emily DeDakis as our coordinator. We are delighted to have Emily on board and feel lucky to work with someone with her expertise. It is an exciting and pivotal moment for NIMHAFF. By holding on to our vision of celebrating mental health and challenging stigma, we will be exactly like we were before; but in making plans to artistically, financially and organisationally sustain our work for the future, we can also be completely different.

Come and see the 2017 programme. Share the solidarity offered by the artists. Then tell us what you think of it. **NIMHAFF is a conversation.**

at a glance.

SUNDAY 7TH MAY

gARTen Party
Crescent Gardens, 1 – 3 p.m.
[p.6]

TUESDAY 16TH MAY

Exhibition Launch: 'Time to Change'
Arts & Disability Forum, 1–3 p.m.
(Show on view through 16th June)
Visual art [p.7]

Second Chance for Change
QFT, 9 p.m.
Film [p.8]

THURSDAY 18TH MAY

Soul Shorts
QFT, 6:30 p.m.
Film [p.9]

SATURDAY 20TH MAY

Red Pill Showcase
Sunflower Pub, Doors 7:30 p.m.
Spoken word [p.10]

WEDNESDAY 24TH MAY

Tenx9: 'Changing'
Black Box, Doors 7:15 p.m.
Spoken word [p.11]

THURSDAY 25TH MAY

Exhibition: Artist Conversation
Arts & Disability Forum, 1 – 2 p.m.
Visual art [p.7]

SATURDAY 27TH MAY

A Phoenix Longing: Workshop
Arts & Disability Forum, 11a.m. – 1 p.m.
Poetry [p.12]

Write to Mental Health: Workshop
EastSide Visitor Centre, 2-4 p.m.
Poetry [p.13]

One Poem at a Time: Showcase
EastSide Visitor Centre, 4:30-6:15 p.m.
Poetry [p.13]

MONDAY 29TH MAY

Please: The Illusive Sanctuary of 'The Eating Disorder'
Brian Friel Theatre, Doors 7 p.m.
Theatre [p.14]

THURSDAY 1ST JUNE

Exhibition: Late Night Art
Arts & Disability Forum, Gallery open till 8:30 p.m.
Visual art [p.7]

ARTS & DISABILITY FORUM
109-113 Royal Avenue
Belfast City Centre
BT1 1FF

ADF is our festival hub! Drop in during gallery hours to see the exhibition & grab a programme; it will be a safe, quiet place of contemplation for all festival-goers and artists, throughout NIMHAFF 2017.

CRESCENT GARDENS
Between Upper & Lower Crescent, off University Road
South Belfast
BT7 1NS

Outdoor venue: Be comfortable & ready for the weather

QUEEN'S FILM THEATRE & BRIAN FRIEL THEATRE
20 University Square
South Belfast
BT7 1PA

SUNFLOWER PUBLIC HOUSE
65 Union Street
Belfast City Centre
BT1 2JG

BLACK BOX
18-22 Hill Street
Belfast City Centre
BT1 2LA

EASTSIDE VISITOR CENTRE
402 Newtownards Road
East Belfast
BT4 1HH

4th NI Mental Health Arts & Film Festival
16-29th May 2017

#NIMHAFF2017

COMMITTEE
Paula Matthews ..... Festival Director
Gavin Davidson ..... Chairperson
Paul Collins..... Treasurer
Carolyn Blair ..... Secretary
Frank Liddy
Ciaran Morrison
Shelley Tracey
Jane Reynolds
Kirsten Kearney

Registered Charity in Northern Ireland (No. 10301)

Donations greatly welcome

STAFF
Emily DeDakis ..... Coordinator
Linda Byrne..... Website & Design
Morag Stuart..... Social Media & Documentarian
Ciara O'Malley .. Exhibition Curator
Leo Boyd..... Main image design

www.nimhaff.org
info@nimhaff.org
@NIMHAFF

We're already collecting ideas & conversations for next year.

Keep in touch!

gARTen.

I don't care how old I am, I'm going in the bouncy castle.

gARTen PARTY

Crescent Gardens
Sunday 7th May
1-3 p.m.

Lest we forget: pure enjoyment is a wonderful source of wellbeing. Bring the whole family to our garden party – bouncy castles, balloon art, lawn games, face-painting, and zero judgment about acting your age. Rev up your endorphins, pitch in on some fun pieces of public art, and revel in the kick-off of an invigorating festival to come.

With appreciation to Belfast City Council for providing the afternoon's entertainment

[Free event]

visual art.

'Flight of the Fearless' by Melanie Owens

TIME TO CHANGE: GROUP EXHIBITION

Arts & Disability Forum Gallery
LAUNCH PARTY Tuesday 16th May | 1 - 3 p.m.

Whether we cope with inner challenges, care for someone struggling or advocate for the greater wellbeing of our society, there is no single perspective on mental heath. Every individual's relationship to their own mind fluxes often – by turns terrifying or exhilarating. Witness the journeys of a group of artists from around the country in this group exhibition curated by Ciara O'Malley and Hugh O'Donnell. Each artist has captured a distinct moment in their own mental-health story, each responding in their own way to the theme **Time to Change**.

The exhibition launch – hosted by poet, musician and visual artist Jim McClean – is a daytime gala not to be missed.

Arts & Disability Forum will be hosting this multi-form visual arts show throughout the festival and beyond, so you'll have plenty of chances to visit. It's also our festival hub – a great place to stop in for a programme and a safe, quiet place for contemplation.

Exhibition runs 16th May – 16th June
Gallery opening hours: Tuesday – Friday (11 a.m. – 3 p.m.)

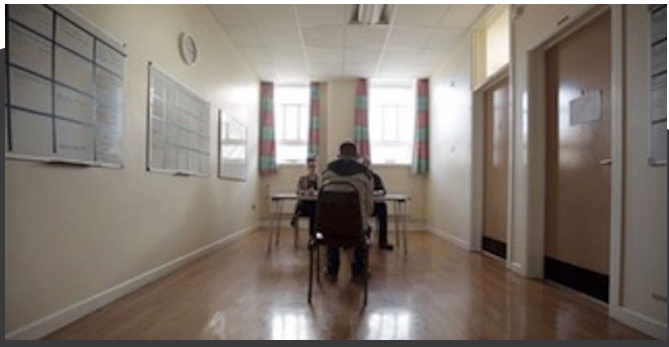
Artist Conversation
Thursday 25th May 1 – 2 p.m.
Stop in for a lunchtime discussion with the people behind the artwork.

Late Night Art: 1st June
It's first Thursday! Hop on the art bus and stop off for wine and a visual feast at ADF. Gallery open till 8:30 p.m. #LNAB

Group tours
Bring a crowd! Book with ADF at least one week in advance by calling Hugh at 02890239450.

[Free & open to the public]

film.



SECOND CHANCE FOR CHANGE

Queen's Film Theatre
Tuesday 16th May
9 p.m.

This ground-breaking therapeutic film project brought together a group of men with criminal justice backgrounds and severe and enduring mental health issues and/or learning disabilities. Belfast-based charity ESC created a series of hard-hitting, transformative films about the participants' real lived experiences. This film showcases each of the short films plus a behind-the-scenes documentary explaining more about the impact of the group and the filmmaking process on the participants' lives. There will be a post-screening Q&A with the director, Tom Magill.

www.esc-film.com

[Tickets from QFT: £5 / £4 concessions & Film Card holders]

www.queensfilmtheatre.com

From 'Broken' by Gwen Nieuwenhuize

SOUL SHORTS

Queen's Film Theatre
Thursday 18th May
6:30 p.m.

Three thoughtful, unique, & gorgeously made short films.
The audience will have a chance to meet the directors at a post-show Q&A.

MENTALLY ILL WORLD FIND YOUR SOUL | Paul Butterfield Jnr (NI) | 6 min.
"Tie a string to the ones you love and by the tug you can survive."
Paul Butterfield Jnr (a.k.a. the bi-polar poet) hails from Limavady and has performed around Ireland and the UK. His tiny, provocative poetry film – packed with honest humour – is about finding your soul and true heart from a label: "There is no other way out but living by your art ... It's only the beginning of something extraordinary!"

DROP | John Deery (NI) | 18 min.
"I didn't know just how big an impact Jack would have on me."
DROP is an original short film – by turns sweet, vivid and intense – dealing with issues surrounding mental health and suicide awareness. DROP was created by writer/director John Deery as part of the MDes Design for Creative Practice course at University of Ulster, Magee (Derry-Londonderry).

BROKEN | Gwen Nieuwenhuize (Netherlands) | 24 min.
"Parallel worlds, parallel time."
A woman locked up in her apartment (or is it her head), framed by her alter ego running through the woods. Enter her world: is it real or a dream? now or in the past? memory or projection? Director gwen.n (a former dancer/choreographer from Amsterdam whose performance art and film explores themes of alienation), has created a film that transforms and stylises memories, translating autobiography into fiction.

[Tickets from QFT: £5 / £4 concessions & Film Card holders]

www.queensfilmtheatre.com

spoken word.

RED PILL SHOWCASE

Sunflower Public House
Saturday 20th May
Doors 7:30 p.m. | Show 8 p.m.

Crammed with live performances from wordsmiths & musicians, Red Pill is a hallmark of Belfast's spoken-word scene, known for its welcoming, LGBTQ-friendly ethos. Co-hosted by slam-winning poet Anthony Ferguson & Dave Wilson, this special NIMHAFF edition will open the mic to guests, giving a free & accepting space for people to share their own sung or spoken art, or to talk about what's arisen for them during the festival. Featuring local talent including Elizabeth McGeown, and live music too – only the best medicine.

[Free event]

TENx9: STORYTELLING

Black Box
Wednesday 24th May
7:30 p.m.

Nine people have up to ten minutes to tell a true story from their life. Prepare yourself for an evening of humanity in all its wonderful variety – you'll laugh, you'll cry, you might even do both at the same time.

For NIMHAFF 2017, we've an evening of true stories on the theme of Changing: changing lifestyles, trying to navigate changes in your life, changes of wellbeing, changes of work, changes of pressure, changes of mind.

Tenx9 has been delighting audiences for six years in Belfast, where it was founded by Pádraig Ó Tuama & Paul Doran; it happens in other venues across the globe too.

[Free event – arrive early to snag a seat!]

poetry.

A PHOENIX LONGING

POETRY WORKSHOP
Arts & Disability Forum
Saturday 27th May
11 a.m. – 1 p.m.

Shelley Tracey & Paula Matthews are in the process of creating an anthology celebrating the work of over fifty poets with an interest in mental health. This creative-writing workshop will showcase some of these illuminating and uplifting poems, created especially for the festival by local and international poets, to be published in the anthology next year. Join us in the ADF gallery for a taste of these diverse voices and a chance to actively discover your own. Poets in solidarity, hope of rising from the ashes; share the phoenix longing with the gathering of fellow writers.

[Free event]

Poetry NI presents

WRITE TO MENTAL HEALTH

WORKSHOP
EastSide Visitors Centre
Saturday 27th May
2 – 4 p.m.

A one-off poetry workshop designed to encourage and celebrate each person's creativity, this session will provide the opportunity to experiment with writing in a supportive and constructive atmosphere. It's suitable for those already writing or who have a desire to write. Together, we will explore aspects of mental health and creativity through a series of writing exercises to stimulate the mind and spirit.

Facilitated by Geraldine O'Kane & Colin Dardis

[Free events – donations encouraged toward PoetryNI's work in the festival & beyond]

ONE POEM AT A TIME

SHOWCASE READING
EastSide Visitors Centre
Saturday 27th May
4.30 – 6:15 p.m.

A selection of Northern Irish poets who are currently leading the way to help end the stigma of mental illness through writing and performing. Join us for a live showcase reading, featuring poems covering a vast array of experiences and emotions involved in their mental health journeys. In a 30-minute open mic at the end of the reading, audience members are invited to read one poem of their choosing. Open to those currently or previously affected by mental-health issues.

For full line-up details, visit poetryni.com/events.

theatre.

PLEASE: A PERFORMANCE

Brian Friel Theatre
Monday 29th May
Doors 7 p.m. | Show 7:30 p.m.

In verbatim theatre, words are taken from real life and performed by characters on stage, transferring their true emotional power straight to an audience. In PLEASE, the text comes from interviews with women (aged 18 to 45) struggling with eating disorders. Carolyn Blair's PhD research might help guide policy on this harrowing condition; when illuminated by movement and sound it will tell the human stories that numbers and clinical analysis can't reveal.

For more details, write to cblair05@qub.ac.uk.

[Free event – donations encouraged toward the research behind the performance. Book a place via https://please-nimhaff.eventbrite.co.uk]

LOTTERY FUNDED

Arts & Disability Forum

Belfast City Council

QFT QUEENS FILM THEATRE. COM

Queen's University Belfast

esc understanding through film:

THE BRIAN FRIEL THEATRE

Praxis care
a charity at the centre of caring

AWARE
OVERCOMING DEPRESSION. CHANGING LIVES.

ac arts care

Mindfulness

Féile an Phobail

The Black Box

EAST SIDE ARTS
INSPIRING BELFAST

Our festival theme this year is a nod to the UK-wide campaign **TIME TO CHANGE**, launched in 2007 to transform & revolutionise the way we all think & act about mental health.

Visit the campaign headquarters.
Pledge to end mental-health stigma.
Find support. Read stories. Get involved.

www.time-to-change.org.uk

nimhaff, challenging mental illness stigma one conversation at a time.

TIME TO CHANGE

Art work by Leo Boyd