

RENFREWSHIRE

For all ticketing and booking information, as well as a full range of creative activities please visit the festival hub in the Paisley Centre.

Immediate Help

If you are feeling distressed, in a state of despair, suicidal or need emotional support please contact one of the numbers below:

Breathing Space: 0800 83 85 87

You can speak to a breathing space advisor weekdays:

Monday - Thursday 6pm - 2pm and weekends:

Friday 6pm to Monday 6pm.

RAMH First Crisis: 0141 848 90 90 or Freephone 0500 829 093

First Crisis are an out of hours Crisis Service which provide short term support to anyone (16-65 yrs old) experiencing a crisis in their mental health.

Monday - Friday 9am - 10pm and on weekends 10am - 5:30pm

SCOTTISH
MENTAL
HEALTH
ARTS & FILM
FESTIVAL

RENFREWSHIRE

ACROSS
RENFREWSHIRE
1-24
OCTOBER



MHFESTIVAL.COM

FILM
THEATRE
MUSIC
COMEDY
WORDS
VISUAL ART

MHFESTIVAL.COM

Welcome to the 3rd year of Renfrewshire's Festival as part of the national annual Scottish Mental Health Arts and Film Festival.

Renfrewshire is proud to present a diverse programme of events including film, literary, theatre, music, learn, visual arts, comedy, dance and words. So come and enjoy some great arts events while raising awareness and reducing stigma of mental health.

The Creative Forum in Renfrewshire has many partners and collaborators who together develop, plan and deliver the programme described in this brochure. We are passionate about the arts and the power of creativity to improve positive mental health and well being.

The Festival Hub in Paisley Shopping Centre is open throughout the Festival as an information space and a workshop venue. There will be short daily lunch time performances each day at 12.45 so come and eat your lunch and be entertained.

On the 1st + 2nd of Oct come and participate in creating the mural 'Taking Down the Wall of Stigma', an event supported by 'see me...' in Paisley Shopping Centre at the top of the escalators. This year we are also offering 'Positive Paisley Pubs' with events in 5 local venues with a variety of acts and a dose of positive mental attitude! Our festival will conclude with a Family Ceilidh on the 22nd of Oct with 'Celine & Friends', join us for a fun evening.

Please explore the brochure, whet your appetite and enjoy sampling some of our events.

Renfrewshire Festival Team



RENFREWSHIRE SMHAFF 69 events, 55 partners, 25 venues Renfrewshire Festival Launch

A showcase event to launch the Renfrewshire festival programme on the 30th of September at 2pm at Paisley Arts Centre where there will be a foretaste of the forthcoming Festival in dance drama, music, art and poetry. (Invitation only)

Join us at 3.30pm at The Paisley Centre for the opening of The Festival Hub. Amongst a buzz of activity we will be judging the 'see me' photography competition and a song or two from Rod Jones of Idlewild, and music from Starlight Youth Theatre.

The Scottish Mental Health Arts and Film Festival is hosted in Renfrewshire by the following organisations.

see me .



choose life
The national strategy and action plan
to prevent suicide in Scotland



* This is a Fair Trade festival:



THE FESTIVAL HUB

The Hub will be open throughout the duration of the festival with information about the Festival programme, some information about mental health, an art and photography exhibition and events involving music, words, dance, poetry and drama. So drop in, eat your lunch and enjoy daily lunchtime performances at 12.45pm

1-22 Oct
Paisley Shopping Centre
23 High St
Paisley, PA1 2AQ

'TAKING DOWN THE WALL OF STIGMA'

VISUAL ART

Professional artists, members of the public and mental health arts groups will work side by side in Paisley Shopping Centre to develop an extensive canvas mural to change perspectives about mental health. Supported by 'see me' it will be displayed for the duration of the festival. So get creative, join in, and help to create change...

Fri 1 & Sat 2 Oct
11am - 3pm
Paisley Shopping Centre
23 High Street
Paisley, PA1 2AQ

Free, no booking required.
 Artists wishing to register involvement contact Gary at:
 Email: byars7@hotmail.com
 Tel: 07792 994603

'SEE ME' PHOTOGRAPHY EXHIBITION

VISUAL ART

Annual see me photography competition and exhibition, now in its 3rd year. Pop in and vote for your favourite photograph from all entries to this year's 'see me' photo competition. Entries will be exhibited and winners will go forward as entries in the national competition.

Thu 30 Sep - Fri 8 Oct
11am-3pm
The Festival Hub
Paisley Shopping Centre
23 High St
Paisley, PA1 2AQ

Mon 11 - Fri 15 Oct
9am-5pm
The Atrium
Renfrewshire House
Cotton St
Paisley, PA1 1TZ

CHANGING PERSPECTIVES: ART TRAIL

VISUAL ART

This exhibition presents artwork from local people who want to share their journeys of recovery. This is a unique art exhibition taking place in 6 locations across Paisley including: Paisley Arts Centre; Grumpy Monkey Coffee House; The Sunshine Art Gallery; WRVS café; Charleston Centre and Paisley Shopping Centre. See mhfestival.com for locations, or join us for a guided tour at 1pm Wednesday 6th Oct - starting in The Charleston Centre.

Fri 1 - Fri 22 Oct
Wed 6th (Guided tour), 1pm at
The Charleston Centre
49 Neilston Rd
Paisley, PA2 6LY

Free, no booking required

POSITIVE PAISLEY



We're planning five evenings of music, poetry and comedy to promote positive mental attitudes in Paisley pubs. Come and be entertained by local artists, poets and comedians and check out your knowledge on positive mental health.

Sat 2 Oct
8pm

Mossvale Lane Bar
7-9, Mossvale Lane
Paisley, PA3 2LT

Fri 8 Oct
8pm

The Old Swan Inn
20 Smithhills Street
Paisley, PA1 1EB

Fri 16 Oct
8pm

Hamishes Hoose
42 Old Sneddon Street
Paisley, PA3 2AP

Wed 20 Oct
8pm

The Tannahill Bar
100 Neilston Rd
Paisley, PA2 6EN

Fri 1 Oct
8pm

The Copper Coin
155 George St
Paisley, PA1 2UG

Comedy night hosted by local comedian Gary Little
Free, no booking required

TEA DANCE



Enjoy an afternoon of dancing, music, and chatting with friends at Paisley Town Hall. John Findlay will keep you entertained all afternoon playing a series of timeless tunes on the keyboard. Both events will be attended by mental health staff who will be on hand to provide information about mental health and well-being.

Mon 4 & Wed 20 Oct
1-3.30pm
Paisley Town Hall
Abbey Close
Paisley, PA1 1JF

Price: £1.50

Contact: Paisley Arts Centre
Tel: 0141 887 1010

DOING WELL



An informal talk, based on self help books in the libraries, that will support us to look after our mental health. We will discuss some of the strategies and supports available.

Mon 4 Oct
2.30pm
Festival Hub
The Paisley Centre
23 High Street
Paisley, PA1 2AQ

Mon 11 Oct
2.30pm
Renfrew Library
Paisley Road, Renfrew

Mon 18 Oct
2.30pm
Johnstone Library
Housten Court
Johnstone, PA5 8DL

Free, no booking required

WRITING WELL



Presented by Lapidus

Larry Butler invites you to take part in this workshop which explores the therapeutic benefits of creative writing. No previous experience necessary.

Mon 4 Oct
7-9pm

Glenburn Community Library
Fairway Avenue
Paisley, PA2 8DX
T: 0141 884 2874

Free

PROF. PHIL HANLON ON 'SCIENCE & THE ARTS'



'Integrating what is true (science) with what is beautiful (the arts)'. Learning from the past and preparing for the future. Prof Phil Hanlon will talk and engage the audience in his investigations and reflections.

Join us for a buffet reception at 7pm

Tue 5 Oct
7-9pm

Abercorn Conference Centre
Reid Kerr College
Renfrew Rd
Paisley, PA3 4DR

Price: £5

Contact: Paul Kodur
Tel: 0141 587 3372
Email: pkodur@reidkerr.ac.uk

COMMUNITY DRUM CIRCLE



Get in the groove and learn to play the djembe drum with Buddy Beat in an interactive music workshop. Absolutely no experience required and instruments supplied.

This workshop occurs on the first Monday of every month at the WRVS Café.

Mon 4 Oct
7-9pm

WRVS Café
Unit 37
Causeyside St
Paisley, PA1 1UN

Price: £2

LUNCHTIME TALK AT THE MUSEUM 'THE SUNSHINE ART GALLERY'



Artist Gary Byars talks about the development of The Sunshine Art Gallery in the In-stores of The Paisley Shopping Centre and will show images of some of the art work in the gallery. Gary will be joined by an artist who will paint while he talks

Wed 6 Oct
12.30-1.30pm

Paisley Museum, High St, Paisley

Free



Picture: Caroline Gormley

THE RECOVERY CAFÉ **LEARN**

Enjoy a drink or snack at WRVS Café and learn about mental health recovery and about local mental health services. The Art Exhibition in the WRVS café is created by people who are using art as part of their recovery to mental health.

Wed 6 Oct
10am-3pm
WRVS Cafe
37 Causeyside Street
Paisley, PA1 1UN

WALK THE ART **VISUAL ART**

A guided walk around the 'Changing Perspectives' Art Exhibition at the six Paisley venues.

Wed 6 Oct
1pm prompt at the Charleston Centre,
49 Neilston Road
Paisley

Free

LAFF YER HEID AFF **COMEDY**

An evening of comedy compered by the Scottish Comedian of the Year 2008, Scott Agnew, and featuring the talents of Jojo Sutherland, Susan Calman and the inimitable Gary Little.

Thu 7 Oct
8.30pm 'til late
Paisley Arts Centre
New St
Paisley PA1 1EZ

Price: £5
 Tel: 0141 848 1692 (Quote 'festival')

NATIONAL POETRY DAY WITH READ RAW LTD **WORDS**

Read Raw Ltd is a writers' collective whose sole aim is to promote creative writing in Scotland. The poetry performance will be followed by a creative writing workshop. All are welcome. No experience necessary.

Thu 7 Oct
12.45pm Poetry Performance/
1.30pm Creative Writing Workshop
Festival Hub, Paisley Centre
23 High Street
Paisley PA1 2AQ

Free, no booking required

DROP IN 'N' DRUM **MUSIC**

Join Buddy Beat and learn to play the African drum (djembe). No experience necessary – just a willingness to get in the groove.

Thu 7 Oct & Thu 21 Oct
10-12am
The Festival Hub
Paisley Shopping Centre
23 High St
Paisley, PA1 2AQ

Free



WHO CANNY SING?



Lots of community groups have been singing in recent weeks and will come together for a community singing event. Come and join us and discover that singing is good for the body and lifts the spirits. Song sheets provided.

Fri 8 Oct
11am-1pm
The Festival Hub
Paisley Shopping Centre
23 High St
Paisley, PA1 2AQ

Free, no booking required.

CREATE YOUTH OPEN MIC NIGHT



A fun and safe open mic night for local youth artists. Come and enjoy performances of individual musicians and bands who will share their talents in an event that is loud, fun and guaranteed to make you feel good.

Fri 8 Oct
8-11pm
St Matthews Church of the Nazarene,
Back Hall
Gordon St
Paisley PA1 1XL

Price: £1 on entry, no booking required.

ARSENIC & OLD LACE



Frank Capra
 USA 1944
 1hr 58m, PG

Cast: Cary Grant, Josephine Hull and Jean Adair.

A classic black comedy to entertain. Two sweet old aunts take it upon themselves to poison lonely old men with nothing to live for, as an act of charity. Their nephew Mortimer (Cary Grant) has just got married, and is trying to negotiate his way around the shenanigans of the house, while trying to keep his new bride from fleeing. The film, while making us laugh, will cause us to consider the changing media portrayal of mental ill health.

Mon 11 Oct
2pm
Paisley Arts Centre
New St
Paisley PA1 1EZ

Price: £4 (includes drink and snack after film) Booking: Tel: 0141 887 1010

THE SOLOIST



Joe Wright
 USA 2008
 1hr 52mins, 12

Cast: Jamie Foxx & Robert Downey Jr

Jamie Foxx and Robert Downey Jr star in an emotionally soaring drama about the redemptive power of music. Journalist Steve Lopez endeavours to help homeless violin playing Nathaniel Anthony Ayers, forming a unique friendship that transforms both their lives.

Post-film discussion with Psychiatrist Dr Sinead McAree, Mary Weir of the National Schizophrenia Fellowship and Canadian Film Producer Richard Warden.

Mon 11 Oct
7pm
Paisley Arts Centre, New St, Paisley PA1 1EZ

Price: £4:
 Booking: Tel: 0141 887 1010

PAISLEY CENTRE SCHOOL OF ARTS



A series of arts workshops for children and young people for the school holiday week designed to be fun, creative and build confidence. Parents can spend time looking at information stands in the Festival Hub or join in with the children.

11am, 1.30pm, 2.30pm
Festival Hub
The Paisley Centre
23 High Street
Paisley PA1 2AQ

Free, no booking required

Mon 11 Oct
 Starlight Youth Theatre presents 'Singing for fun' workshops

Tue 12 Oct
 Right2Dance presents energetic, fun dance workshops

Wed 13 Oct
 Buddy Beat presents drumming workshops with Buddy Bear

Thu 14 Oct
 The Star Project presents creative arts workshops

A writing workshop for young people with Sarah Currie at 1.30pm

Fri 15 Oct
 Celine & Friends present music to listen to, move to or join in the ceilidh

BUDDIES CHOICE FILM: YOU DECIDE!



You decide the film we'll screen. Choose from The Goonies, The Philadelphia Story, Calamity Jane or Cars. Register your vote at www.paisleyfilmsociety.com by 28 September.

Tue 12 Oct
2pm
Paisley Arts Centre
New St
Paisley PA1 1EZ

Price: £4
 Booking: Paisley Arts Centre Tel: 0141 887 1010



Picture by: Liam Dickson

THE NOTEBOOK



Nick Cassavetes
USA 2004
1hr 58m, Cert 12A

Cast: Ryan Gosling, Rachel McAdams,
Gena Rowlands, James Garner

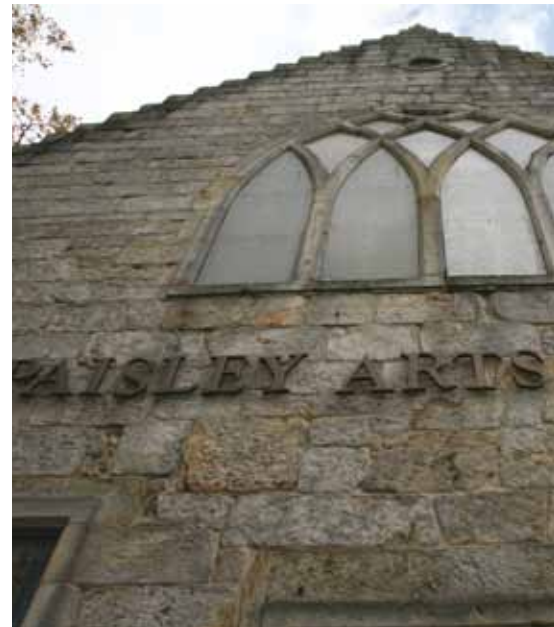
In a modern-day nursing home, an elderly man, Duke, begins to read a love story from his notebook to a female fellow patient Allie. Beautiful and poignant, the film traces their love story from 1940, written in a notebook by Allie before dementia has full impact.

Pre film discussion with Linda McAulay of Alzheimer Scotland and Tamasine Spaeth, Occupational Therapist in Renfrewshire Dementia Services

Tue 12 Oct
7pm

Paisley Arts Centre
New St, Paisley PA1 1EZ

Price: £4
Booking: Paisley Arts Centre Tel: 0141 887 1010



LUNCHTIME TALK AT THE MUSEUM
'THE FORGOTTEN POWER OF MUSIC'



This lunchtime talk with Community Musician, Jane Bentley, explores the social potential of music - music that involves participation rather than just listening, music that is accessible to everyone and music that reconnects us with each other, providing an antidote to our increasingly individualised society.

Wed 13 Oct
12.30-1.30pm
Paisley Museum
High Street
Paisley, PA1 2BD

Free, no booking required

AN EVENING WITH
KAREN CAMPBELL



An informal evening with Karen Campbell, the critically acclaimed crime writer. Best New Scottish Writer, Scottish Variety Awards 2009, Karen will be reading from her most recent book 'After the Fire' and exploring mental health issues in her work.

Refreshments will be served.

Wed 13 Oct
7-8.30pm
Central Library
High Street
Paisley

Free, no booking required

SARAH'S STORY



A film depicting one young woman's experience of self harm and her journey to recovery. Hosted by Rosemary Mullen of Choose Life there will be an after film discussion with Sarah.

Thu 14 Oct
9.30-10.30am
Dykebar Hospital Seminar Room,
Grahamston Road,
Paisley

(Post Grad Training/Renfrewshire's mental health staff only)

HOW FULL IS YOUR BUCKET?



A workshop for members and friends of the Friends Together Club exploring positive strategies for life based on the book 'How Full is Your Bucket?'

Thu 14 Oct
1-3pm
Friends in Retirement
Ogilvie Club
West End
Paisley

(for members & friends only)

ICREATE



A youth event which offers creative workshops with a hang out and make stuff experience.

Fri 15 Oct
6.30-9.30pm
St Matthews Church of the Nazarene,
Back Hall
Gordon St
Paisley PA1 1XL

Price: £1 on entry, no booking required.

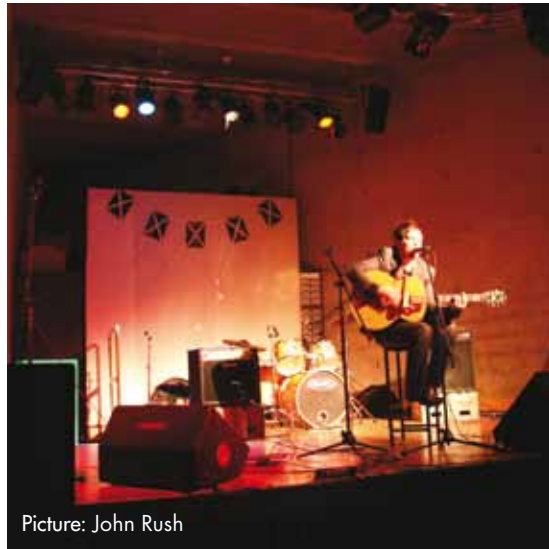
BEHIND THE PAGES



Author and broadcaster Nancy Goudie will reflect on her experience of writing for publication in an informal setting, sharing some tips for aspiring writers.

Tue 19 Oct
2-3pm
The Festival Hub
Paisley Shopping Centre
23 High St
Paisley, PA1 2AQ

Free



Picture: John Rush

THE CYNTHIA SHOW AT WORK THEATRE

During Cynthia's chat show, she invites employers and employees to consider how they identify the signs of someone who is struggling to cope at work. Cynthia invites you to explore how work affects mental health. Whilst watching the drama and participating in discussions, take a moment to reflect upon what makes a happy and mentally healthy workplace.

Tue 19 Oct
3.30-5pm
Abercorn Conference Centre
Reid Kerr College
Renfrew Rd
Paisley PA3 4DR

Free, no booking required



Picture: Nancy Goudie

SPIRITUAL HEALTH WORKOUT WORDS

Nancy Goudie, author & broadcaster, looks at how we can become spiritually fit through the use of music, meditation and creative, fun filled spiritual exercises. Nancy will also talk about her book, 'Treasures of Darkness', which describes a period of her husband's life when he experienced burnout, depression and stress.

Tue 19 Oct
7-9.30pm
Life Church
Stock St
Paisley PA2 6NL

Tickets: £4 Contact Claire McCormack
 Email: clare.mccormack@livingworld.org.uk
 Tel: 0141 887 1861
 Mob: 07821061398

THE BENEFITS OF SINGING LEARN

Maggi Boyd: Health Improvement Practitioner will present an interactive workshop on the physical and psychological benefits of singing within the programme of the Gerontology Special Interest Group.

Wed 20th Oct
12noon -3pm
University of the West of Scotland
The Brough Hall

To book a place and details of full afternoon programme contact Valerie Currie
 Tel: 0141 849 4201
 Email: Valerie.currie@uws.ac.uk

THE ARTS SHOWCASE VISUAL ART

An evening of entertainment by music, drumming and dance for patients, staff and relatives of Dykebar Hospital.

Wed 20 Oct
7-9pm
Recreation Hall
Dykebar Hospital
Grahamston Road
Paisley PA2 7DE

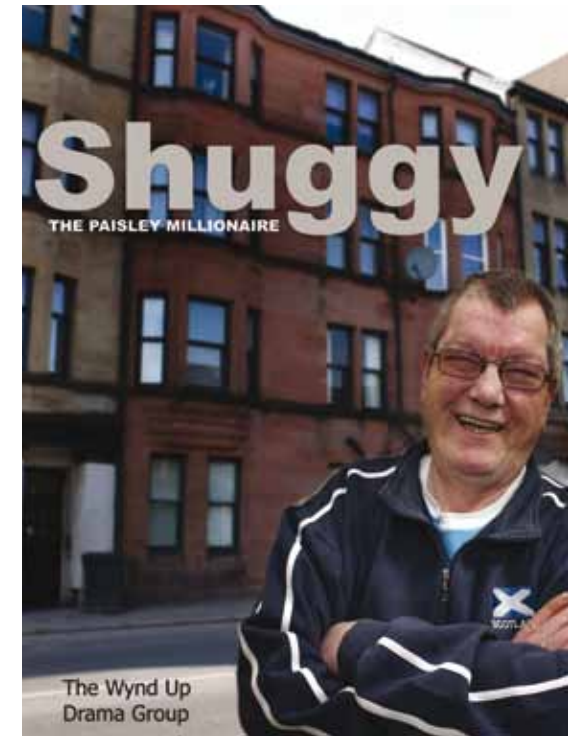
Free (for patients, relatives & staff of Dykebar Hospital)

SHUGGY THE PAISLEY MILLIONAIRE THEATRE

After the huge success of last year's festival performance 'Friends Reunited', the Wynd Up drama group are taking to the stage once again in 'Shuggy the Paisley Millionaire'. The members of the drama group are individuals who have a lived experience of mental health issues and find confidence and friendship through drama. With a play developed by the group involving drama and film you will laugh and be entertained by the story of Shuggy who wins the lottery and discovers he has many old and new 'friends'. Can money buy him happiness?

Fri 22 Oct
10.30-11.30am
The Wynd Centre
6 School Wynd
Paisley PA1 2DB

Tel: 0141 561 1171
 Free, no booking required



FESTIVAL FAMILY CEILIDH & CLOSING CELEBRATION

MULTI ARTS
MA

Celine Donoghue and friends will be performing traditional ceilidh songs, a selection of folk standards and some pop tunes in this closing event in Renfrewshire. Dance or just enjoy the music. For children and adults.

Soft drinks and snacks will be available and you can bring your own alcohol.

Fri 22 Oct
7.30-11pm

St Mary's Hall
163 George Street
Paisley, PA1 2UN

Price: £4 or £10 family ticket

Booking:
Reuben Millward at
The Charleston Centre
49 Neilston Rd.
Paisley, PA2 6LY.

Tel: 0141 842 3421
Email Reuben@ramh.org

ARTS4LUNCH

MULTI ARTS
MA

Enjoy a daily arts performance from local talent while you eat your lunch, with a diverse programme from poetry to drama.

Fri 1-Fri 22 Oct
12.45-1.05pm

Festival Hub
The Paisley Centre
23 High Street
Paisley PA1 2AQ

Free, no booking required

