

SCOTTISH MENTAL HEALTH ARTS FESTIVAL INVERCLYDE

EVENTS PROGRAMME 10th - 31st October 2017

The Scottish Mental Health Arts Festival (SMHAF) promotes the benefits of being involved in the arts for everyone's mental health and wellbeing. SMHAF aims to start conversations and reduce stigma around mental health.

For more information see:
www.mhfestival.com #SMHAF2017

Hillend Art Club Exhibition

1 - 14 Oct 9am - 4pm

Beacon Arts Centre, Custom House Quay, Greenock, PA15 1HJ

Come along and see this exhibition of artwork produced by members of Hillend SC Art Club, a friendly, tutor-led group for artists of all levels, including beginners.

Info: 01475 723 723

Super Hero Stories

9 - 13 Oct 9am - 3pm

RIG Arts Studio, Unit 1 Tobacco Warehouse, 2 Haig Street, Greenock, PA15 1JG

An exhibition of work produced through RIG Arts' Comic Book Art Class, which runs for Inverclyde's young people on the autistic spectrum and with additional behavioural needs, helping to promote artistic expression in a safe environment.

Info: 01475 649 359

info@rigarts.org

Tools for Living

Mon 9 Oct 10am - 12.30pm

Port Glasgow, iYouth Zone, 5 Dubbs Place, Port Glasgow, PA14 6JF

Wed 11 Oct 10am - 12.30pm

7 ½ John Wood Street, Port Glasgow, PA14 5HU

Thurs 12 Oct 10am - 12.30pm

Branchton Community Centre, Branchton Road, Greenock, PA16 0XX

Fri 13 Oct 10am - 12.30pm

Craigend Resource Centre, McLeod Street, Greenock, PA15 2HD

Take part in these short informal taster sessions led by SAMH Gateways, giving you an opportunity to experience their Tools for Living personal development workshops in community venues across Inverclyde.

Book: 01475 784 555

gatewaysto@samh.org.uk

Clydeside Singers in Concert

Tue 10 Oct 1 - 3pm

Beacon Arts Centre, Custom House Quay, Greenock, PA15 1HJ

A warm welcome awaits you at this concert from community singing group Clydeside Singers. Their ethos is based on music therapy in action whilst singing for fun! Based in Inverclyde, they have sung in various locations under the charity GCAS.

Book: 07939 846 717

Inverclyde through a Lens

10 - 29 Oct 9am - 9pm

Tesco Extra, Greenock Road, Port Glasgow, PA14 5BP

An exhibition of Inverclyde, as seen through the lenses of Inverclyders. This display is made up of local images submitted to SMHAF Inverclyde's photography competition.

Info: 01475 497 026

melanie.mcintosh@ggc.scot.nhs.uk

Mental Wellbeing Starts Wee

10 - 29 Oct 9am - 9pm

Tesco Extra, Dalrymple Street, Greenock, PA15 1LE

A selection of local nursery children have been learning about their mental health by exploring emotions through

art. Come along throughout the Festival and see the work of our budding artists – from mini Monets to pint-sized Picassos!

Info: 01475 497 026

melanie.mcintosh@ggc.scot.nhs.uk

Recovery Jam Session

Wed 11, 18 & 25 Oct 11am - 12.30pm

Your Voice, 12/14 Clyde Square, Greenock, PA15 1NB

A peer-led song writing and music group covering all ability levels. We share experiences of mental health and addiction issues and work together to combat these. Guitars and djembe drums are available but feel free to bring your own instrument. All welcome.

Info: 01475 728 628

Parklea Branching Out: Flower Fun

Thu 12 Oct 10am - 12pm & 1 - 3pm

Parklea Branching Out, Greenock Road, Port Glasgow, PA14 6TR

Join us in making seed bombs and flowers from recycled materials in our creative workshops set in this beautiful outdoor environment. Children must be accompanied by an adult at all times, and places booked in advance.

Info: 01475 744 516

Your Voice Art Class: Open Days

Thu 12, 19 & 26 Oct 10am - 12pm

Your Voice, 12/14 Clyde Square,
Greenock, PA15 1NB

Come along and join us throughout the festival at our art class open days. We'll be producing paintings and drawings exploring the theme of stigma. All welcome!
Info: 01475 728 628

Curious Shoes

16 - 18 Oct 11am - 12.20pm & 2.30 - 3.50pm

Beacon Arts Centre, Custom House Quay, Greenock, PA15 1HJ

The story of four intriguing characters on a journey from Here to There. Brought to life with live music and movement, the audience is invited to join a curious voyage in this bespoke performance specially created for people living with dementia. Places are limited, so booking is essential.
Book: 01475 723 723 (opt 1)
www.beaconartscentre.co.uk
Info: info@beaconartscentre.co.uk

Dutch Gable Escape Room Experience

17 & 18 Oct 11am - 12pm, 12.30 - 1.30pm & 2 - 3pm both days

Dutch Gable House, 14 William Street,
Greenock, PA15 1BT

Try and escape the room in 60 minutes! Use your skills and mental agility to solve puzzles and riddles: find the key and get out in time!

Booking required: Trust

Volunteering 01475 553 334

valerie.campbell@the-trust.org.uk
catriona.macleod@the-trust.org.uk

Smash the Stigma

Thu 19 Oct 7 - 9pm

Port Glasgow iYouth Zone, 5 Dubbs Place, Port Glasgow, PA14 6JF

Fri 20 Oct 7 - 9pm

Greenock iYouth Zone, 34 Nicolson Street, Greenock, PA15 1UL

Let's Smash the Stigma around mental health! This event showcases great arts-related work taking place in our communities, alongside informal discussions. Come for a cuppa and a chat – and find your positivity in the creative arts.

Book: 01475 715 450

cld.admin@inverclyde.gov.uk

Memories Are Made of This

Thu 19 Oct 2.30 - 4.30pm & 7.30 - 9pm

Beacon Arts Centre, Custom House Quay, Greenock, PA15 1HJ

The ultimate feel good show. This rollercoaster journey through some of the greatest songs of the 50s, 60s and

70s will be a show to remember, featuring songs by Brenda Lee, Frank Sinatra, Dolly Parton, Elvis Presley and more.

Prices: Matinee £14

Evening £16 / £14

Book: 01475 723 723 (opt 1)

www.beaconartscentre.co.uk

Info: info@beaconartscentre.co.uk

Barr's Cottage Writers Group: Open Day

Fri 20 Oct 10.30am - 12pm

**South West Library, Barr's Cottage,
Greenock, PA16 9HG**

Come along to this informal Friday morning get together and meet the Barr's Cottage Writers Group. Get involved and try your hand at writing some flash fiction. Samples of the group's work will also be on display.
Info: 01475 497 026

Themed Bookbug Sessions

23 - 28 Oct Various times

Library venues across Inverclyde

Free story, song, and rhyme sessions for babies, toddlers, pre-school children and their families. Throughout the week, local Bookbug sessions will have a Feelings theme.

Book:

**scottishbooktrust.com/bookbug/bookbugsessions/
find-your-local-sessions**

Community Learning & Development Art Showcase

25 Oct - 8 Nov 9am - 4pm

**Beacon Arts Centre, Custom House
Quay, Greenock, PA15 1HJ**

Community Learning & Development run a variety of art and craft classes across Inverclyde. In this exhibition, they have teamed up to showcase a selection of their creative work. Come along to see the artwork and find out how to get involved.

Info: 01475 715 450

CLD.Admin@inverclyde.gov.uk

Welcome, My Son

Sat 28 Oct 7.30 - 8.30pm

**Beacon Arts Centre, Custom House
Quay, Greenock, PA15 1HJ**

Welcome, My Son is a unique interpretation of Frankenstein; as told through the monster's eyes. Seamlessly melding the disciplines of Chinese pole and physical theatre with storytelling, Phil Hardie explores the Mary Shelley classic in a new and exciting way.

Prices: £12 / £10

Book: 01475 723 723 (opt 1)

www.beaconartscentre.co.uk

Info: info@beaconartscentre.co.uk