

WHAT'S ON IN THE Highlands

MAY 2019

EXHIBITIONS & ONGOING CALENDAR

7 MAY TO 30 JUNE

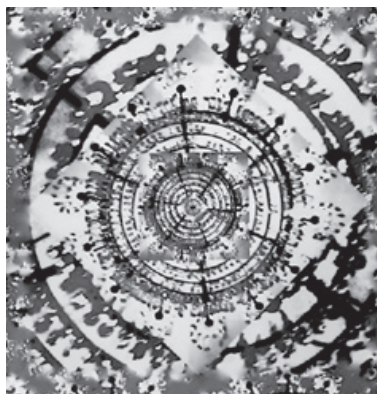
CONNECTED

VISUAL ARTS A new exhibition of work by artists from across the Highlands, celebrating connections and creativity for mental health. Curated by Creativity In Care.

10am-10pm

Eden Court, Bishops Road, Inverness IV3 5SA

FREE karrie@creativityincare.org



EVENTS

SAT 18 MAY

PEACE CONNECTIONS

WORKSHOP An exhibition of work created by families about making peace. Curated with Creativity In Care, Brora Learning Zone and Alcohol Counselling Service Ross & Sutherland.

10am-1pm

Brora Learning Zone, 5 Carrol Cres, Brora KW9 6PQ

FREE [07522 812 214](tel:07522812214)

SUN 5 MAY

MENTAL HEALTH & DIABETES

FILM Short films exploring the impact of diabetes on people's lives, including psychological thriller *Sugar Drop*, exploring the fear and effects of hypo and real life and *Lynsey's Story*, looking at diabulimia. A post-screening discussion will discuss the unseen psychological, emotional and mental health impact of diabetes.

5.15-7.30pm

Eden Court, Bishops Road, Inverness IV3 5SA

£6 [01463 234 234](tel:01463234234)

TUE 7 MAY

CONNECTED: LAUNCH EVENT

MULTI-ARTS The launch of SMHAF 2019 in the Highlands. An engaging programme, curated by voluntary and community groups, features visual arts, poetry and short films exploring mental health, stigma and the theme of Connected.

2-6pm

Bike Shed Coffee House, 21D Grant Street, Inverness IV3 8BN

FREE keith@creativityincare.org

THU 9 MAY

WOODLAND WALK, DANCE & RESCUE KNOTS

COMMUNITY Join Creativity In Care for a colourful walk in Evanton Woods, stopping for a fun mobile disco with refreshments and arts stalls. Along the way, you can join artist Lar MacGregor in weaving your own stories into handmade ropes and rescue knots.

1.30-4pm

Evanton Woods, Chapel Road, Evanton IV16 9XT

FREE [07716 111 585](tel:07716111585), karrie@creativityincare.org, larmacgregor.com

FRI 10 MAY

HIGHLAND HELLO PROJECT LAUNCH

COMMUNITY Come and join us at the Recovery Café, formerly the Dunbar Centre, to celebrate the launch of the Hello project, encouraging people to create a friendlier, more welcoming Highlands through the simple act of saying hello. Refreshments and creative activities included.

11.30am-4pm

Recovery Café, 86 Church Street, Inverness IV1 1EP

FREE hollyhendry@scottishrecovery.net, [07881 425 746](tel:07881425746)

See also next page for Book Reading on May 10th

SAT 11 MAY

WALK A MILE

COMMUNITY Join Rag Skye at 11.30am for a walk over the bridge. Finish up at Kyleakin Hall for an exhibition, food, community art, craft tasters and stalls. Because no man/woman/child is an island!

11.30am-4pm

Assemble at Kyle of Lochalsh Bandstand, Kyle of Lochalsh IV40 8AG

FREE hello@ragtagskye.org

SUN 12 MAY

A DANGEROUS METHOD

David Cronenberg | UK | 2012 | 99m | 15

Cast: Michael Fassbender, Keira Knightley, Viggo Mortensen

FILM Hosted by Befrienders Highland and Mikey's Line. This film takes a look at how the intense relationship between Carl Jung and Sigmund Freud gave birth to psychoanalysis.

5.15-7.30pm

Eden Court, Bishops Road, Inverness IV3 5SA

£6 [01463 234 234](tel:01463234234)

Images from top:
Dawn Chorus;
Stories on an
Island

EVENTS

Check our Face Book page:
Scottish Mental Health Arts Festival Highland

SMHAF Highland consists of over 30 partner organisations and individual artists who give voluntary time to one of the most diverse creative festivals in Scotland.

The Art Exhibitions are supported by the Common Good Fund, with space given by Eden Court and The Bike Shed Coffee House. The hire of the TownHouse for the Gathering event has been given in kind by the Highland Council

SUN 12 MAY [CONT]

DUSK CHORUS

COMMUNITY Connect with the sounds of nature on a short tour of the islands, including hot chocolate and stories around the fire. Suitable for all ages.

8-9.30pm

Ness Islands. Meet behind the skate park at Bught Road, Inverness IV3 5TH

FREE ☎ 01463 725 561

WED 15 MAY

LAUGHTER YOGA

COMMUNITY Relax and have fun by taking part in some gentle laughter yoga with Birchwood Highland.

2-4pm

The Spectrum Centre, 1B Margaret Street, Inverness IV1 1LS

FREE ☎ 01463 236 507

THU 16 MAY

NATURE WALK & RESCUE KNOTS

COMMUNITY Enjoy a gently paced nature walk from New Craigs to Dunain Community Woodland, celebrating the role of connecting to nature in mental health recovery. Fire, storytelling and hot drinks included! Along the way, join artist Lar MacGregor in weaving your own stories into handmade ropes and rescue knots.

1.30-3.30pm

New Craigs Hospital, Dunain Road, Inverness IV3 8NP to Dunain Community Woodland

FREE ☎ 07801 686 046, larmacgregor.com

Final Ascent film times to be confirmed for Sun 19 MAY

FRI 17 MAY

MURAL READINGS

SPOKEN WORD Experience poetry and readings along the colourful mural alley way made by peer support groups Mikey's Line, The Hive project and HUG (Action for Mental Health).

1.30-3pm

Meet at 19 Academy Street, Inverness IV1 1JN

FREE ☎ nova_ness@hotmail.com

SUN 19 MAY

THE WINTER GUEST

Alan Rickman | UK | 1998 | 108m | 15

Cast: Phyllida Law, Emma Thompson, Sheila Reid

FILM Alan Rickman directs this Scottish set film, which explores connections between eight people on a winter's day. Hosted by Creativity In Care, the screening will be followed by a discussion.

5.15-7.30pm

Eden Court, Bishops Road, Inverness IV3 5SA

£6 ☎ 01463 234 234

FINAL ASCENT: THE LEGEND OF HAMISH MACINNES

OFFICIAL SELECTION

Robbie Fraser | UK | 2018 | 80m

FILM At the age of 84, renowned mountaineer Hamish MacInnes suffered from delirium after contracting an illness and emerged to find his memory gone. Piecing together his remarkable life using his books and films, this affecting documentary reflects his journey to recover his identity, representing his greatest challenge yet.

Followed by a Q&A with director Robbie Fraser, hosted by Creativity in Care.

Eden Court, Bishops Road, Inverness IV3 5SA

£10.50 | £6.50 ☎ eden-court.co.uk
01463 234 234
finalascent.co.uk/screenings



FRI 10 MAY

BOOK TALK

Join us in Inverness Library for Graham Morgan's reading from his latest book 'Start'.

Bring a cup or mug for tea or coffee.

4:30-6pm

Inverness Library

FRI 17 MAY

WALK-A-MILE

Join us at the Cothrom Centre for a walk in Fort William, with poetry and a sing-song. Starts 12:30pm at An-Aird, along the bypass and through the town to The Parade.

12:30pm meet An-Aird, swing park, near Shinty Club, Fort William

Support In Mind

Image: Rescue Knot by Lar MacGregor

MON 20 MAY

ON TRACK

WORKSHOP Mindful crafting demos and tuition from Rag Tag and Textile taking place aboard the Kyle to Inverness train.

12pm-3pm

Depart: Kyle of Lochalsh Station IV40 8AQ, 12.08

Arrive: Inverness Station, Academy Street, Inverness IV2 3PY, 14.42

£6 hello@ragtagskye.org

3pm Eden Court Exhibition FreeTour/Talk

THU 23 MAY

NATURE WALK:
CONNECTING WITH
NATURE

COMMUNITY Join us for a leisurely wellbeing walk around the old curling rink and mill pond at Backies near Golspie. Suitable for all abilities but wear sensible clothing and footwear. Please note, this is not the main Big Burn Walk.

1.30-3pm

Backies, Golspie: Meet at the old curling rink and mill pond

FREE trish.matthews@highlifehighland.com

FRI 24 MAY

CONNECTED TO
THE MUSIC

COMMUNITY Acoustic live music and singing in Whin Park, Inverness, brought to you by Creativity in Care, Befrienders Highland and Mikey's Line.

2-7pm

Whin Park, Bught Road, Inverness IV3 5TH

FREE [07789605598](tel:07789605598)
nova_ness@hotmail.com

SAT 25 MAY

WALK-A-MILE

COMMUNITY Join us for our fourth year of walking a mile through Inverness city centre to promote mental wellbeing and challenge mental health stigma. Led by Northern Constabulary Community Pipe Band, this event is family friendly and open to all ages.

11am-1pm

Fishermen's Car Park, Bught Road, Inverness IV3 5SH

FREE birchwoodhighland.org.uk/events

EWEN'S ROOM

WORKSHOP Join us to work together to create a visual mindmap, exploring what being Connected means to people.

10am-4pm

Strontian Village Shop, 1 Dalmhor, Strontian PH36 4HZ

FREE [01967 431 307](tel:01967431307)

SUN 26 MAY

THE HOURS

Stephen Daldry | UK | 2003 | 110m | 12A

Cast: Meryl Streep, Nicole Kidman, Julianne Moore

FILM The story of how the novel Mrs Dalloway affects three generations of women, all of whom, in one way or another, have had to deal with suicide in their lives. Screening hosted by HUG (Action for Mental Health).

5.15-7.30pm

Eden Court, Bishops Road, Inverness IV3 5SA

FREE [01463 234 234](tel:01463234234),
hug@spiritadvocacy.org.uk

FRI 24 MAY

POETRY

SPOKEN WORD

Write to Recovery are hosting an evening of poetry readings

6:30pm

Velocity Cafe, Inverness

More information from
Emma.Monaghan@scottishrecovery.net

Images
Top, left to right:
Nature Walk &
Rescue Knots;
The Hours

EVENTS

TUE 28 MAY

SMHAF HIGHLAND GATHERING

MULTI-ARTS Join us for our annual celebration to close SMHAF 2019. The event will include film screenings, talks and mini-performances from everyone involved in the Highland festival.

2-7pm

Inverness Town House, High Street, Inverness IV1 1JJ

FREE ☎ 07716 111 585

SMHAF HIGHLAND GATHERING

IN THE LIGHT OF THE MOON

DANCE Choreographed by Laura Johnston-Scott, with support from plan B, and danced with **Lucy May Wilson**, this performance explores the patterns of mental ill health that often become coping mechanisms and the challenges involved in the journey towards recovery.

6-7pm

Inverness Town House, High Street, Inverness IV1 1JJ

FREE ☎ 07528 713 740, laurajohnston.it@gmail.com, facebook.com/IntheLightoftheMoonproject



FRI 31 MAY

SILVER LININGS PLAYBOOK

David O. Russell | USA | 2012 | 119 | 15

Cast: Bradley Cooper, Jennifer Lawrence, Robert De Niro

FILM David O. Russell's star-studded film is a light-hearted but sensitive take on bipolar disorder and recovery. Hosted by Muir of Ord Community Hub.

7.30-9.45pm

Muir of Ord Hub, Great N Road, Muir of Ord IV6 7SU

FREE ☎ 01463 870 588, hug@spiritadvocacy.org.uk

A STAR IS BORN

Bradley Cooper | USA | 2018 | 136 | 15

Cast: Lady Gaga, Bradley Cooper, Sam Elliott

FILM Sunart Film Club presents the recent remake of A Star is Born, starring Lady Gaga. A musician helps a young singer find fame, even as age and alcoholism send his own career into a downward spiral.

7.30-10pm

Sunart Centre, Strontian PH36 4JA

£5 | £3 (pay on the door) ☎ 01397 709 228



Hebrides

SAT 18 MAY

FINAL ASCENT: THE LEGEND OF HAMISH MACINNES

OFFICIAL SELECTION

Robbie Fraser | UK | 2018 | 80m

FILM At the age of 84, renowned mountaineer Hamish MacInnes suffered from delirium after contracting an illness and emerged to find his memory gone. Piecing together his remarkable life using his books and films, this affecting documentary reflects his journey to recover his identity, representing his greatest challenge yet.

Followed by a Q&A with director Robbie Fraser.

An Lanntair, Kenneth Street, Stornoway HS1 2DS

£8 | £7.50 | £6.50 | £5 ☎ lanntair.com finalascent.co.uk/listings

THU 30 MAY

THEREFORE I AM

EVENT An evening of insights and inspirations about ways in which cultural activities can support identity when living with dementia. We will explore ways in which existing local activities might serve this purpose and share stories and ideas - with author Karrie Marshall.

6-9pm BOOKINGS

An Talla Solais Gallery, Ullapool IV26 2UG
info@antallasolais.org



Hamish MacInnes, Everest, 1953 ©Hamish MacInnes Collection

Images
From top:
In The Light of the
Moon; Silver Linings
Playbook;
Final Ascent:
The Legend of
Hamish MacInnes