

Health Improvement

Mental Health Improvement Team

SMHAF Flash Report – 4th- 22nd October 2023



Research shows that participating in art is an effective way to reduce stress, increase focus and improve self-esteem. Whether it's painting, dancing, writing, or music, art in all of its forms can benefit mental health. It can help with major challenges, such as ageing and loneliness. It can help to boost confidence and make us feel more engaged and resilient.

<https://www.mentalhealth.org.uk/explore-mental-health/blogs/how-arts-can-help-improve-your-mental-health>

**SCOTTISH
MENTAL HEALTH
ARTS FESTIVAL**

After the success of previous festival campaigns, Lanarkshire is delighted to announce their participation in the 17th Scottish Mental Health Arts Festival. This year's theme is 'REVOLUTION' & will be running from 4th – 22nd October 2023. The aim of the festival is to promote positive attitudes towards mental health, mental illness, support and recovery, and to effect significant cultural change through the insights and influences of the creative arts. The festival fundamentally seeks to strengthen the links between arts, community and public organisations.



Festival Aims

The festival is part of a wider programme of mental health improvement, which aims to:

- Promote positive attitudes around mental health problems.
- Increase understanding of mental health and well-being – and how we can promote and support our own and others mental health and well-being.

- Increase awareness of what help and support is available.

As well as the above objectives the festival also wishes to:

- Increase awareness of the important part that the arts can play in supporting and promoting mental health and well-being.
- To engage with the local media to support mental health awareness.
- To increase participation by varying the opportunities to engage by using different mediums, targeting different age spans, spreading across Lanarkshire and creatively promoting the events.
- To link with existing arts and cultural programmes to showcase sustainable projects and build mental health awareness into existing projects and programmes.
- To strengthen the links between arts, community, academic, voluntary and public organisations.
- To challenge and engage on the topics of stigma, recovery and mental health inequalities.

Lanarkshire Scottish Mental Health Arts Festival

This years festival will see more than **30 events** taking place across Lanarkshire including workshops, visual arts, dance, music, spoken word, crafts, discussions & multi arts. **To view the full programme go to**

How to book

Find events near you
and book tickets at
mhfestival.com.



Wed 4 Oct 7.30-9pm An evening of musical harmony and community spirit, celebrating the positive impacts of singing on mental health recovery.



Sat 14 Oct 4.45pm-6.15pm

The final drum circle for graduates of the UK Playshop where we invite the whole community to drum with us. All instruments provided and the event is free.

The UK Playshop is a training weekend for budding Drum Circle Facilitators – over years it has provided a career path, as well as a social connection, for participants from the mental health community.



<https://www.element.org.uk/support-projects-groups/projects-campaigns/scottish-mental-health-arts-festival-lanarkshire-2023/>

Lanarkshire Mind Matters

A range of help online from NHS Lanarkshire Psychological Services
Search online for **Lanarkshire Mind Matters** or visit lanarkshiremindmatters.co.uk



Lanarkshire
mind matters