



**NI MENTAL HEALTH
ARTS FESTIVAL**

**AT A GLANCE
GUIDE**

**SWIPE
TO
BEGIN**



THROUGHOUT THE FESTIVAL

11TH-21ST MAY

BANSHEE

Mervyn Marshall
Belfast Exposed
Street View
FREE

A REFRACTION OF TRUTH

Teresa Lyle
The Gallery of Reflection
Urban Arts Gallery
FREE

MY CREATIVE LIFE

Creative Lives
Donaghadee Library
FREE

RE_SETT_ING_S

**Jaki Irvine and Locky
Morris**
Void Derry
FREE

CATALYST CAFÉ

Catalyst Artists
Catalyst Gallery
PAY WHAT YOU CAN

TALES AND FABLES: REALITY OR IMAGINATION

Brain Injury Matters
Belfast Exposed
FREE

I AM

Sushila-Devi Callaghan
Online
FREE

SAY SOMETHING

Sobriety Films
Online
FREE

THURSDAY 11TH MAY

MINDFUL COLOURING

10:30am - 12:00pm

Belfast Central Library

FREE

GRAEME MCCORMICK

ARTIST TALK

Belfast Exposed

12-1pm

FREE

MY CREATIVE LIFE

Creative Lives

Black Box

2pm-4pm

FREE

A REFRACTION OF TRUTH

Teresa Lyle

The Gallery of Reflection

Urban Arts Gallery

Launch 6-8pm

FREE

WARRIORS AGAINST STIGMA

NIR Personality
Disorder Network

Artcetera

11th-14th May

FREE

SILVER TONGUED DEVIANCE

Frank Rafferty

Void Derry

6:45pm

FREE

OPENING NIGHT 7PM- 9PM

MASKS, MYTHS AND MAGIC.

Dara Valley

Artist 'In Conversation'

7.00pm

Crescent Arts Centre

PAY WHAT YOU CAN

OPENING NIGHT SCREENING

DAYTRIP

(IN MEMORY OF MARY BUTTERS)

7:45PM

Crescent Arts Centre

PAY WHAT YOU CAN

FRIDAY 12TH MAY

PUZZLES AROUND THE PILLARS: MYTHS EDITION

Belfast Central Library -

1st floor

11:00am - 1:00pm

FREE

SHARED READING GROUP

Belfast Central Library

1st Floor Meeting Room

2:30pm - 3:30pm

FREE

SILLY BILLY MEET UP

Silly Billy Collective

Audacity Coffee Shop

4pm-5pm

FREE

SHC PRESENTS... 'MYTH'

Crescent Arts Centre

7pm-9pm

FREE

EARTH TO ALICE

Alice McCullough

Seamus Heaney Homeplace

7pm

£10

GHOSTS

Echo Echo Dance

& Gemma Walker-Farren

Echo Echo Dance Theatre

8pm

£10/£8

SATURDAY 13TH MAY

TRANSMYTHOLOGY

EG Dunne

2 Royal Avenue

13th to 21st May

FREE

FIX ME

Jonah Gallagher

2 Royal Avenue

13th to 21st May

FREE

RE-TELLING THE TALE

Brain Injury Matters Exhibition

2 Royal Avenue

13th to 21st May

FREE

HEARING VOICES

Pedro Rebelo

2 Royal Avenue

13th to 21st May

FREE

SUN SLIPS THROUGH

Cathal Cully & Chad Alexander

2 Royal Avenue

13th to 21st May

FREE

MIGRATION, ART AND MIND

Anaka Womens' Collective

2 Royal Avenue

13th to 21st May

FREE

VACAN

2 Royal Avenue

10am-6pm

FREE

SCREENPRINT A NIMHAF TOTE DEMO

Jonathan Brennan

2 Royal Avenue

10am-6pm

PAY WHAT YOU CAN

WRITING FOR PEACE FLOW AND WELL-BEING

Workshop

Deirdre Cartmill

Seamus Heaney Homeplace

10:30am-3:30pm

€30

INTRODUCTION TO POETRY THERAPY WORKSHOP

Dr Shelley Tracey

10:30am to 12:30pm

€30/€28

SATURDAY 13TH MAY

THE ENORMOUS TURNIP ARMAGH RHYMERS FAMILY WORKSHOP

Crescent Arts Centre
11am
£14 (one adult with child)

FAMILY STORYTIME

Colin Urwin
Ormeau Road Library
11:15am to 12:15pm
FREE

LONGEST STORY EVER TOLD

Pencil Portal
2 Royal Avenue
12-2pm
PAY WHAT YOU CAN

THE CURIOSITY CLUB DOES 'MYTHS!'

Void Derry
12-4pm
FREE

CRIOS BELTS WORKSHOP

Deborah White
CCA Derry
1pm-3pm
FREE

GHOSTS

Echo Echo Dance & Gemma
Walker-Farren
Echo Echo Dance Theatre
8pm
£10/£8

BUILD MYTHICAL CREATURES LEGO CLUB

Belfast Central Library
Sat 13th
2:00pm-3:00pm
FREE

FOLKLORE, MYTHS AND LEGENDS OF TYRONE

Ben Harris & Alex Johnson
2 Royal Avenue
4pm
PAY WHAT YOU CAN

"NÍ FHEICFEADH IORA AN TALAMH"

A SQUIRREL WOULDN'T SEE THE GROUND

Billy Woods
ARTIST TALK
6pm -8pm
The Strand Arts Centre
FREE

POETRY THERAPY IN PRACTICE: MYTHS, JOURNEYS, AND SELF-DISCOVERY. WORKSHOP

Crescent Arts Centre
Dr Shelley Tracey
1:30-3:30pm
£30/£28

SUNDAY 14TH MAY

MYTHS & MELT

Array Studios Workshop
Stephen Millar & Méabh Meir
Ulster Museum
11am
£20

DRAG STORY TIME

Dickie Beau & Electra
2 Royal Avenue
12pm
PAY WHAT YOU CAN

STORY MAKING SESSION : FOLKLORE EDITION

Pencil Portal
2 Royal Avenue
12-2pm
PAY WHAT YOU CAN

MYTH

María Crean
Instagram Takeover
FREE

SOUND HEALING

Tessa Ann
SARC
12:30pm
FREE

STRUGGLING TO BREATHE: THE DIARY OF A PSYCHIATRIC INPATIENT

Niamh Brownlee
2 Royal Avenue
2pm
FREE

FIGURE THIS LIFE DRAWING

2 Royal Avenue
3-5pm
PAY WHAT YOU CAN

MONDAY 15TH MAY

I RISE

Chloe Austin
2 Royal Avenue
1-4pm
FREE

KID'S COOK-A-LONG FOOD MYTHS

Sal Hanvey
4:30pm
PAY WHAT YOU CAN

LITTLE FORGET ME NOTS

7.30-9.00 pm
Online
£5

WARRIORS AGAINST STIGMA

NIR Personality
Disorder Network
The Millenium Forum
Derry
15th to 29th May
FREE

TUESDAY 16TH MAY

INTO ANOTHER WORLD

Brain Injury Matters
Chris Ledger Studio
University of Atypical
FREE

"NOT JUST FOR OLD LADIES!"

KNIT AND NATTER
10:30am - 11:30am
Belfast Central Library
FREE

DRAWING 2 ROYAL AVENUE WORKSHOP

Marcus Patton
11am
PAY WHAT YOU CAN

MYTHS TOUR AT FE MCWILLIAM TOUR

FE McWilliam Gallery
11am
FREE

MERVYN MARSHALL

ARTIST TALK
Belfast Exposed
12-1pm
FREE

ART OF CONVERSATION

Noelle McAlinden
2 Royal Avenue
4pm
FREE

BLOSSOMING

A MOVEMENT FOR
WELL-BEING WORKSHOP.
Maiden Voyage Dance
2 Royal Avenue
1pm - 3pm
PAY WHAT YOU CAN

HUSK & DAVY MAHON IN CONVERSATION

The Shop
Ulster University
6pm
FREE

"WE ARE ALL MUSIC MAKERS AND DREAMERS OF DREAMERS"

Kirsty Orr & Shelley Tracey
Workshop
Crescent Arts Centre
10am
£35/£32

WEDNESDAY 17TH MAY

SOUND-LED YOGA RACHEL REID & JESS BRIEN (DUBLIN DIGITAL RADIO)

2 Royal Avenue
PAY WHAT YOU CAN

GráNITE

Shannon Patterson and
Katrina Sheena-Smyth.
Black Box Green Room
7pm
£5

A SONGBOOK OF STORIES, MYTHS AND LEGENDS

Enthusiasts Choir
Brain Injury Matters
2 Royal Ave
2-3pm
FREE

MANGO TIME

Paul Currie
2 Royal Avenue
4pm
PAY WHAT YOU CAN

A COMPASSIONATE CONVERSATION NOELLE MCALINDEN & FRANK LIDDY

Online
7pm
FREE

RHYTHM AND RHYME Belfast Central Library

11:00am—11:30am AND
2:30pm—3:00pm
FREE

THURSDAY 18TH MAY

EXPLORATIVE DRAWING :

MYTHS
Void Derry
6-7:30pm
FREE

MINDFUL COLOURING

10:30am - 12:00pm
Belfast Central Library
FREE

MASK

Zoë Dilworth & Robyn Haslett
Arts 4 All
Invited Viewing 7-9pm
FREE

TALES AND FABLES: REALITY OR IMAGINATION

Invited Viewing
Brain Injury Matters
Belfast Exposed
2:30pm-4pm
FREE

PERFORMANCE ANXIETY WORKSHOP

Xenia Pestova Bennett
Black Box
2pm-3:30pm
PAY WHAT YOU CAN

MAKER MALL OPEN STUDIOS

**Castlecourt
Shopping Centre**
10-2pm
FREE

LAKELANDS FILM
Thursday 17th May
Nerve Centre Derry
7pm
£5

SUAIMHNEAS
Duncairn Arts Centre
7pm
£10

FRIDAY 19TH MAY

TRÚ

WITH SPECIAL SCREENING 'DAYTRIP'
(IN MEMORY OF MARY BUTTERS)
Crescent Arts Centre
8pm
£14

SHARED READING GROUP

Belfast Central Library
1st Floor Meeting Room
2:30pm - 3:30pm
FREE

"I THINK I HAVE A BIT OF THAT."

MYTHS AROUND NEURODIVERGENCE.
Silly Billy Collective
University of Atypical
6:30-9pm
FREE

VOID TOTS

Void Derry
9:30am & 10:30am
£3

SATURDAY 20TH MAY

SHADOW SELVES

Kerrie Hanna

2 Royal Avenue

11am-5pm

PAY WHAT YOU CAN

WELLSPRINGS

Teresa Kane

The Mill Ballinamallard

11am-2:30pm

FREE

MASKS, MYTHS AND MAGIC

ARMAGH RHYMERS PERFORMANCE

Crescent Arts Centre

7pm

£14

STORYTIME AND CRAFTS

Belfast Central Library

2:00pm--3:00pm

THE CURIOSITY CLUB DOES 'MYTHS!'

Void Derry

12-4pm

FREE

SUNDAY 21ST MAY

SOUND BATH FOR CHILDREN

Tessa Ann

2 Royal Avenue

11:30am

PAY WHAT YOU CAN

PLAYSKOOL DISKO

Dickie Bubbles

2 Royal Avenue

1-3pm

PAY WHAT YOU CAN

THE LUKE MCGIVETH AND THE LUKE MCTA- KETH AWAY

Luke McGibbon

2 Royal Avenue

5pm

PAY WHAT YOU CAN

THE ADHD GUIDE TO POP

Joe Nawaz

2 Royal Avenue

3pm

PAY WHAT YOU CAN

WORDSMITHS AND MYTHS

Poetry NI

Online

3pm

FREE