

# Edinburgh ThriveFest #3

**A week of arts and activities  
supporting the intent to  
making Mental Health  
and Well-Being for All  
a Global Priority.**

**4 to 11 October 2022**



**thrive**

**EDINBURGH**

## Tuesday 4 to 7 October

### Canongate Youth

Children and young people from 5 to 18 creating a positive message on canvas to be displayed for all to see in our building.

**4pm - 5.30pm, South Bridge Resource Centre, 6 Infirmary Street**

**Contact for Event:** [andrew@canongateyouth.org.uk](mailto:andrew@canongateyouth.org.uk)

## Thursday 6 October

### Drama for Democracy - Work in Progress

Preview excerpts of 3 new plays - explore accessing services, responses to crises, barriers to finding our voice and solidarity with others.

**12pm - 2pm, Out of The Blue Drill Hall - Rehearsal Room**

Available to attend in-person or by Zoom.

**Contact for Event:** [Emily Steedman emily@activeinquiry.co.uk](mailto:Emily.Steedman@activeinquiry.co.uk)

**ACTIVE**  
**IN**quiry

## Friday 7 October

### **Weaving together a magical Soundbath supported with breath, affirmations and sharing circle for Woman.**

Iza Waszak founder of Nomadic Heart Art Medicine invites you to experience the nourishment of the soul, mind, and body through: sound healing - breath - relaxation - voice - visualizations - affirmations, inviting sound and voice that help us to create a source of light around us and help us to relax and restore. Working with a combination of instruments, singing bowls, tongue drum, drum, voice, chimes, and more.

**3.30pm - 5.30pm, The Salisbury Centre**

#### **How to book :**

<https://www.eventbrite.co.uk/e/weaving-together-a-magical-soundbath-supported-with-sharing-circle-tickets-418496021867>

**Contact for Event:** iza.waszak@gmail.com



## Friday 7 October

### **Gypsy/Traveller Wellbeing Festival!**

An outdoor event for community members to explore their local area, participate in art and crafts, join with a silent disco, enjoy tasty food and share stories.

**12pm - 4pm, Craigmillar**

**How to book:** If you are a Gypsy/Traveller community member and want to join us, please contact Donna for more information on 07527611974 or at [donna@mecopp.org.uk](mailto:donna@mecopp.org.uk)

### **Mind Body and Soul Festival**

SHE Scotland are hosting a Mind Body and Soul Festival Day aiming to tackle the rise in poor mental health amongst females and provide them with the tools, guidance and support to enable to make positive change. We aim to also deliver a dual event in Arusha Tanzania with our partners YES Tanzania.

**1pm - 3pm at Norton Park Centre**

**For further information contact:** [shescotland@outlook.com](mailto:shescotland@outlook.com)

### **Canongate Youth**

Children and young people from 5 to 18 will create a positive message on canvas to be displayed for all to see in our building.

**1.30pm - 4pm, South Bridge Resource Centre, 6 Infirmary Street**

**Contact for Event:** [andrew@canongateyouth.org.uk](mailto:andrew@canongateyouth.org.uk)

### **Self-Care Stew Giveaway**

Scrn Academy working alongside Fidra Community kitchen will be handing out hot food and self-care packs prepared and shared by young people on the Scran Van.

**1pm - 2pm, Fidra Court, Pennywell Medway**

**Contact for Event:** Will Bain - [will@scrnacademy.com](mailto:will@scrnacademy.com)



## Friday 7 October

### Mindfulness Cruises

Mindfulness cruises on the Lochrin Belle canal boat will take people on a round trip from Edinburgh Quay to Harrison Park and back.

**1pm – 2pm and 2.30pm – 3.30pm, Edinburgh Quay, Fountainbridge**

**How to book:** The events are free but booking is essential at:

<https://www.eventbrite.co.uk/e/mindfulness-cruises-on-the-lochrin-belle-tickets-415900909817>

**Contact for Event:** Fountainbridge Canalside Community Trust, ahoy@fcct.scot, 07716 745978



### Creating Art at the LGBTQ+ space at Muirhouse

The art piece will incorporate how people feel that being part of this the group has benefited their mental health. The decisions for this art work to be created was completely service user led, being creative is a way they all feel they can fully express themselves.

**2.30pm – 4pm, Muirhouse Youth Development Group  
- Pennywell Office**

**How to book event if applicable:**

Drop in so any young person P7-S6 can attend

**Contact for Event:** Gillian Cullen - Gillian@mydg.org.uk

## Friday 7 October

### Find your inner artist and balance creating your wheel of life

Find your inner source of creativity through shamanic meditation and realizing your wheel of life. Connect your heart with a ceremony for harmony and balance.

**7pm - 9pm, Art and Spirituality Centre, 6-8 Alexander Drive, Edinburgh EH11 2RH**

**How to book:** [www.invisiblecaims.com](http://www.invisiblecaims.com)

**Contact for Event:** Giada 07930073303 - [giada@invisiblecaims.com](mailto:giada@invisiblecaims.com)



### Meet the Poets with Lavender Menace

Join LGBT Health and Wellbeing to welcome Lavender Menace co-founder Sigrid Nielsen in conversation with Scottish Queer Poets, to mark Black History Month and World Mental Health Day.

**7pm - 8.30pm, Duncan Place Community Hub, 4 Duncan Place, Edinburgh EH6 8HW**

**How to book event:** <https://www.eventbrite.co.uk/e/meet-the-poets-with-lavender-menace-tickets-418967993547>

**Contact for Event:** Jules Stapleton Barnes, Edinburgh Community Programme, LGBT Health and Wellbeing [jules@lgbthealth.org.uk](mailto:jules@lgbthealth.org.uk)

## Saturday 8 October

### Mindfulness Cruises

Mindfulness cruises on the Lochrin Belle canal boat will take people on a round trip from Edinburgh Quay to Harrison Park and back.

**1pm - 2pm and 2.30pm - 3.30pm, Edinburgh Quay, Fountainbridge**

**How to book event:** The events are free but booking is essential at: <https://www.eventbrite.co.uk/e/mindfulness-cruises-on-the-lochrin-belle-tickets-415900909817>

**Contact for Event:** Fountainbridge Canalside Community Trust, [ahoy@fcct.scot](mailto:ahoy@fcct.scot), 07716 745978



### Inch Park Crafties

Brighten up your weekend with Inch Park Crafties. Make a lampshade in a two hour workshop, and stay for lunch in our community wellbeing café. All free of charge.

**10am - 2pm, Inch Park Community Sports Club, 227 Gilmerton Road, Edinburgh, EH16 5UD**

**How to book:** Spaces are limited, so book early.

<https://www.eventbrite.co.uk/e/brighten-up-your-weekend-with-inch-park-crafties-tickets-418108713417>

**Contact for Event:** [helen@inchpark.org](mailto:helen@inchpark.org)

## Saturday 8 October

### All The Me's That Make Me Me

In this drawing workshop, we will be looking at the different face expressions that we hold, that makes us who we are. We will expressively create 9 little self-portraits using a technique called Blind Drawing.

**12pm - 1pm, this event will take place online**

**How to book event:** <https://www.eventbrite.co.uk/e/all-the-mes-that-makes-me-metickets-418288671677>

**Contact for Event:** [fionakktong@gmail.com](mailto:fionakktong@gmail.com)

### Wellbeing Festival in The Citadel

4 young members of the Citadel are leading this festival bringing organisations from the local community together to focus on positive mental wellbeing.

**12pm - 4pm, Citadel Youth centre, 175 Commercial Street**

**How to book:** Please contact Lesley Williamson 07724344021

### Room for Art - Printmaking Workshops

Linking in with our Room for Art Printmaking exhibition and World Mental Health Day these workshops will spark discussions around mental health and what is needed to achieve 'more good days'.

**1pm - 3pm, Granton Hub**

**How to book:** Email [ursula@artinhealthcare.org.uk](mailto:ursula@artinhealthcare.org.uk)

**Contact for Event:** Ursula Bevan Hunter





## Saturday 8 October

### **Creative Flow - Inner journey through the Arts**

The event offers a relaxing afternoon of creativity, self-expression, and community. Through intuitive art practices and guided meditation, we will explore the creative process and generate an experience of flow.

**2pm - 5pm, Santosa Wellness Centre, 21 Albert Street, Edinburgh EH7 5LH**

**How to book event:** [infowellbeingstudio@gmail.com](mailto:infowellbeingstudio@gmail.com)  
[www.creativeflowart.com/intutiveartschool](http://www.creativeflowart.com/intutiveartschool)

**Contact for Event:** Elisa 07556575645  
[infowellbeingstudio@gmail.com](mailto:infowellbeingstudio@gmail.com)

### **Heads Up! Creative Workshops for World Mental Health Day**

The Fruitmarket are hosting two Heads Up! Creative Workshops to celebrate World Mental Health Day. Mental health issues affect nearly half of the population at some point and World Mental Health Day provides a chance to talk about our mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling. There is clear evidence of a positive connection between art and mental health and artistic activities such as sculpting, painting, or drawing are known to lower stress levels and promote mental calmness.

A Heads Up! Explore It! Film will be available to download from the Fruitmarket website and on Vimeo

<https://www.fruitmarket.co.uk/heads-up-guide>

**10am - 12pm and 2pm - 4pm, Fruitmarket Gallery, Edinburgh**

**How to book:** Spaces are limited, so book early.

**Contact for Event:** [tracy@fruitmarket.co.uk](mailto:tracy@fruitmarket.co.uk)



# Saturday 8 October

## Strange Town: Storm Lantern by Duncan Kidd

### Public Performance

It only takes one voice to resist. Caught by the Nazis distributing forbidden leaflets, Sophie Scholl is facing the guillotine. Only one route remains: confession and betrayal of everything she stood for... but will she take it? What would you be willing to die for?

Sophie Scholl and her brother Hans were members of the White Rose, a group which aimed to spark the resistance to the Nazi regime from within Germany. Horrified by the dawning realisation of the monstrosity of crimes the Nazis were committing, they knew they had to resist and had to bring the war and the terror of the Holocaust to an end. They began secretly distributing leaflets denouncing Hitler and the Nazis throughout Germany and daubed anti-Nazi graffiti on every wall they could find, knowing that by doing so they took their lives into their hands. They were caught by their own university staff, handed over to the authorities and subjected to interrogation, a sham trial and finally execution.

What does it take to speak truth to power, to seek to expose the great lie when you know it will cost you your own life? To choose conscience and courage over conformity and complicity? As the dangers of misinformation, propaganda and the dissemination of hatred take on more and more contemporary relevance, this is a timely exploration of the story of young people who decided to challenge them head-on at great personal cost.

**7.30pm – 9.30pm, Scottish Storytelling Centre,  
43-45 High Street, Edinburgh EH1 1SR**

**How to book event:** Box office 0131 556 9579  
[www.scottishstorytellingcentre.com](http://www.scottishstorytellingcentre.com)

**Contact for Event:** Steve Small [steve@strangetown.org.uk](mailto:steve@strangetown.org.uk)



## Sunday 9 October

### Room for Art - printmaking workshops

Linking in with our Room for Art Printmaking exhibition and World Mental Health Day these workshops will spark discussions around mental health and what is needed to achieve 'more good days'.

**1pm - 3pm, Granton Hub**

**How to book event if applicable:** Email [ursula@artinhealthcare.org.uk](mailto:ursula@artinhealthcare.org.uk)

**Contact for Event:** Ursula Bevan Hunter



### Intersectionality in Mental Health - Supporting LGBTQI+ and Minority Ethnic Communities

Afternoon workshops on intersectionality in mental health from a lived experience perspective; featuring guidance on how to improve your practice to be inclusive of Minority Ethnic and LGBTQI+ communities.

**1.30pm - 3.30pm at at the Scottish Storytelling Centre**

**How to book event if applicable:**

Email [mohasin@capsadvocacy.org](mailto:mohasin@capsadvocacy.org) with your name and organisation (if applicable) to register

**Contact for Event:** Mohasin Ahmed  
[mohasin@capsadvocacy.org](mailto:mohasin@capsadvocacy.org)

# EASY SUNDAYS

@ the Scottish Storytelling Centre  
All Ages | Free  
Launching on 9 October 2022

Join us for a new monthly session of stories, music, community and friendship, where a warm welcome awaits with a variety of activities for all the family to enjoy.

So come find a space to relax amongst friends, old and new, or take part in our rolling programme of events throughout the day, whatever the mood takes you.

**Launching on Sunday  
9 October 2022**

From 12pm – 3pm  
All Ages | Free (ticketed)

STORIES | MUSIC | SONGS | FRIENDSHIP

[www.scottishstorytellingcentre.com](http://www.scottishstorytellingcentre.com)



# Monday 10 October

## Cyrenians Scottish Centre for Conflict Resolution

Join Cyrenians Scottish Centre for Conflict Resolution and guest community musician and music therapist Jenny Laah explore how music can better help us understand our moods and how to avoid arguments at home.

**10am - 12pm at Norton Park Centre**

**How to book event if applicable:** Book via SCCR website - <https://www.scottishconflictresolution.org.uk/events>

**Contact for Event:** Caroline Ross, [sccr@cyrenians.scot](mailto:sccr@cyrenians.scot)



## Have you been heard? Time to think

Collaboration of People Know How, Penumbra, Nursing Alcohol Referral Team NRI, Edinburgh Young Carers, Edinburgh Headway Group and Rowan Alba CARDS going together to be guided through an artistic session producing creative representations on what the services mean to them. These images or pieces of art will be used to bring sense to those that govern, manage and commission services and be used in the planning and development of existing service provision.

**Closed group**

# Monday 10 October

## Mindful Monday

On World Mental Health day, we plan to hold a special event during our GameChanger Lunch Club where everyone attending will receive a wellbeing goodie bag which will be filled with useful information and items to boost health and wellbeing. We will serve a special 3-course lunch which will contain mood-boosting ingredients. Between courses we will have a mindfulness / meditation talk. After the lunch has been held we plan to run a taster Nordic Walking session to get people moving.

**12pm - 2pm, Hibernian Stadium**

**How to book event:** [Amandalaw@Cyrenians.scot](mailto:Amandalaw@Cyrenians.scot)

**Contact for event:** [Amandalaw@Cyrenians.scot](mailto:Amandalaw@Cyrenians.scot)

## The Alma Project: Art for Well-being

Come and join us for a bit of therapeutic art with the theme of the elements. Feel free to drop in or stay for the whole session.

**12pm - 3pm at Norton Park Centre**

**How to book event if applicable:** Email

[thealmaproject@gmail.com](mailto:thealmaproject@gmail.com) or just come along to the event.

**Contact for Event:** Margaret Allan on [thealmaproject@gmail.com](mailto:thealmaproject@gmail.com)

## Monday 10 October

### "Mental well-being snakes and ladders"

Have a go on our life-size "Mental well-being snakes and ladders" board. You are the counter trying to negotiate the ups and downs of life.

**12pm - 3pm at Norton Park Centre**

#### How to book event if applicable:

Not necessary

#### Contact for Event:

Margaret Allan on  
[thealmaproject@gmail.com](mailto:thealmaproject@gmail.com)



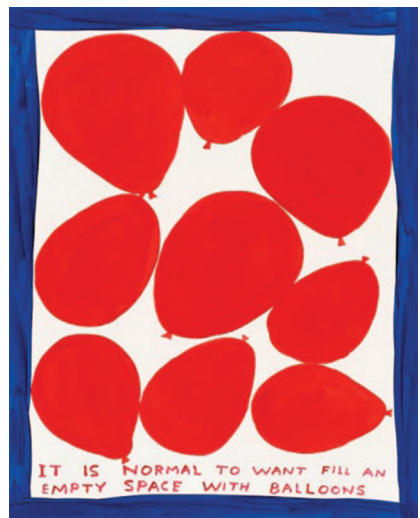
### Community Hour to Address Loneliness and Social Isolation

Exploring how community creativity can revive interest in rural places to address isolation and mental health issues. We want to re-think how we consider spaces for creative activity and provide more opportunities for people to improve their well-being, create stronger communities and participate in creativity in the community, in a safe way, as we emerge from the pandemic.

**11am - 3pm, On the coastal side of the city (Portobello beach)**

#### Contact for Event:

[yeah.mako@yahoo.co.uk](mailto:yeah.mako@yahoo.co.uk)



# Monday 10 October

## Aye Feel, Spit it out

Spit it out is back with a Poetry and Spoken word performance night dedicated to discussions around mental health and promoting marginalised voices.

**7.30pm - 10pm, Summerhall - Gallery Bar**

### How to book event if applicable:

<https://www.eventbrite.co.uk/e/thrive-fest-x-spit-it-out-poetry-and-spoken-word-night-at-summerhall-tickets-415861973357>

**Contact for Event:** [thespitolitoutproject@gmail.com](mailto:thespitolitoutproject@gmail.com)



## An Invitation to Brave Space

### - Storytelling for People with lived experiences

A dedicated time and space for all to explore physical and digital spaces that are secure enough for authentic storytelling and learn into wellbeing practices, strategies and philosophies.

**2pm - 5pm, location will be confirmed via email, in case of a good weather forecast, delivering the session in the open air or in a community center in central EDI**

### How to book event if applicable:

First 50 members.  
members of our collective

**Contact for Event:** [cioana593@yahoo.com](mailto:cioana593@yahoo.com)





# OUT OF SIGHT OUT OF MIND



An exhibition of art made by  
people with experience of  
mental health issues  
& the exhibition's 10th year

12 - 30 October 2022  
Wed to Sun, 12 - 6pm  
Summerhall, Edinburgh

[www.outofsightoutofmind.scot](http://www.outofsightoutofmind.scot)  
#OOSOOM2022

It presents a wide variety of themes, some may be affecting, thought provoking, everyday and/or awesome.

# Edinburgh ThriveFest #3

**A week of arts and activities  
supporting the intent to  
making Mental Health  
and Well-Being for All  
a Global Priority.**

**4 to 11 October 2022**



**thrive**

**EDINBURGH**

Thrive.edinburgh@nhslothian.scot.nhs.uk  
@EdinburghThrive  
www.edinburghthrive.com