

**Moray Feelgood Festival: Moray Mental Health Arts & Film Festival 2017**

**Background:**

A key way to connect people to the concept of mental health, both positive and in crisis, is through the use of the arts. For the last 10 years across Scotland the Scottish Mental Health Arts and Film Festival has connected diverse audiences of all ages and backgrounds to themes that challenge stigma, increase awareness and improve wellbeing.

In Moray this festival was known as the ‘Moray Feelgood Festival’ and ran successfully for three years led by Health and Social Care Moray. This year Moray Wellbeing Hub takes over coordinating the 2017 festival and looks to work with a wide range of groups and individuals to support them to link in with this opportunity. We have a small coordination fund to enable us provide central publicity and support volunteers, but we aim to attract more funding for future years.

**Festival team:**

Our festival team is made up of community members with personal experiences of crisis and challenge in mental health, and partners in arts and wellbeing. They will devise and co-produce the 2017 festival, delivering a diverse range of arts events across Moray. We welcome any volunteers keen to be part of this team to get in touch.

**Who is the Moray Wellbeing Hub?**

The Moray Wellbeing Hub is a new social enterprise run by and for members of the community who have experienced crisis or challenge in their mental health and want to create change in Moray. We focus on celebrating an individual’s strengths and empowering people through sharing experience.

**Aims of the 2017 festival: (note the festival theme will be announced late June 2017)**

* To enthuse and empower the wider community in Moray to view itself as a place that promotes wellbeing
* Challenge the stigma surrounding mental health through raising the profile and access to opportunities to explore personal and diverse perspectives, including sharing local life experiences
* Connect and empower those who have experienced challenge and crisis in mental health by being co-producers of the festival and/or delivering arts based events
* Raise awareness of the value of the arts in creating change, connecting communities and improving wellbeing.

**Frequently Asked Questions – Submitting an event for the festival**

*What kind of events are you looking for?*

This year we are focusing on using celebrating existing activity and resources in Moray. Often, it’s about looking at what you already do and following our theme to put on an extra event in the festival.

Events can be anything that links mental health and the arts, challenges stigma and promotes wellbeing.

In previous years there have been events, performances and exhibitions with storytelling, visual arts, music, dance and more. Taking place in theatres, cinemas, community halls, pubs, outdoors, on streets, in schools ….anywhere ! Those involved have included artists, young people, those experiencing mental illness, carers….anyone!

If you’re looking for inspiration check out www.smhaff.org for previous events and ideas.

*I’ve a great idea, can you give me funding?*

No and yes – we can’t give you funding but we are happy to work with you to help apply for funding or connect you with other organisations. We can also connect you with resources that are not direct funding like venues, volunteers and artists. Time is tight this year, so if your idea needs a lot of resources we might recommend working on it for future years.

*I’d love to get involved! I don’t have any ideas, how can I help?*

Brilliant! Become part of the festival team and volunteer what you have – your time, venues, publicity, materials etc.

**Submit an event for the 2017 Moray Mental Health Arts and Film Festival**

Submissions for 2017 events must meet some simple criteria for consideration by the festival team.

**This form must be returned to mmhaff@moraywellbeinghub.org.uk by 5pm Monday 17th July 2017**

**If you need to discuss the form or submission please call Heidi on 07989331651 or Viv on 07902293166**

* **I confirm that I have fully read the festival information including the FAQ**

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| Event idea and title: |
| How will it make people reflect on / raise awareness of / challenge stigma in mental health? |
| How does it fit under the focus of arts & film? |
| What audience or existing group are you aiming to reach? |
| What resources have you got already to be able to run this event? |
| What resources do you still need / challenges do you face in putting on the event? |
| Lead contact for eventName:Tel:Email: |