



# SMASH

## MENTAL HEALTH ARTS PROGRAMME: SPRING SCHEDULE

Do you live or have a connection to Moston and Harpurhey? Are you currently struggling with your mental health and well-being?

SMASH offers you a range of different creative activities that suit your own experiences and interests. You don't need to know anything about art!

You can choose from a range of creative experiences that will:

- Help you improve how you feel
- Increase your understanding of mental health and illness
- Help you to meet and talk with other people facing similar experiences
- Increase confidence in talking about your experiences
- Provide new creative ways for expressing your feelings



Artwork: Tiitu Takalo



# MENU OF ACTIVITIES

MAY 2022

**13th May 10:30am - 11:30/12pm TALK** - Join **Writer / Performer David Viney** for a conversation around falling accidentally into poetry and what it takes for a working class lad to overcome imposter syndrome and a mental health condition to perform in front of 10,000 people live on TV. Expect a funny, unflinching survivor's guide to the Arts.

**20th May 10:30am – 1pm: SEE & HEAR - "I Am" SICK! Festival 2022, St Peters Sqaure.** 'I Am' is a new collection of portraits by **award-winning photographer Allie Crewe**, commissioned by SICK! Festival and developed in partnership with domestic abuse charity, SafeLives.

**27th May 10:30am - 12.30pm CREATE** - **Writer / Performer Dave Viney** returns to deliver a fun, enlightling and pun based poetry workshop. Dave will take you on a journey from page to stage and support you to create a poem as a group

**You can sign up to SMASH activities at any time, you can choose whichever of the different activities suit you.**

**To find out more and arrange a chat about what you would like to get from SMASH, send an email to: [Steve@sickfestival.com](mailto:Steve@sickfestival.com) or call us on 07949 546135**

## FUNDED BY

