

BEARSDEN
FESTIVAL



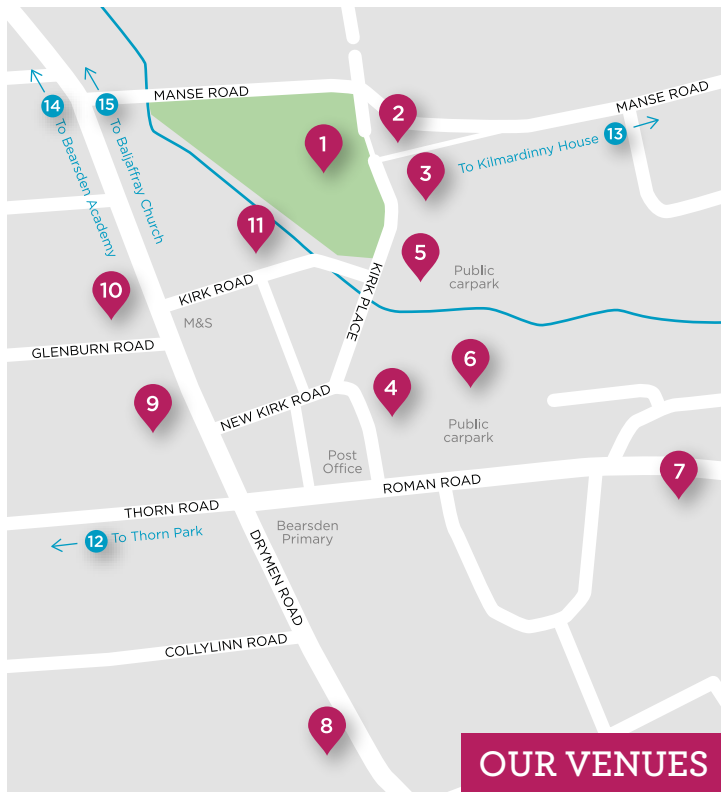
BEARSDEN
FESTIVAL
PROGRAMME
2019

Friday 10th - Sunday 19th May 2019

**Celebrating the impact of arts on
our mental health and wellbeing**



bearsdenfest



- | | |
|---------------------------|---------------------------------|
| 1 New Kilpatrick Church | 9 Bearsden Library |
| 2 NK Church New Halls | 10 All Saint's Episcopal Church |
| 3 NK Manse Gardens | 11 Massimo's |
| 4 NK Church Old Halls | 12 Thorn Park |
| 5 1st Bearsden BB Hall | 13 Kilnardinny House |
| 6 St Andrew's Church Hall | 14 Bearsden Academy |
| 7 Bearsden Baptist Church | 15 Baljaffray Church |
| 8 Bearsden Cross Church | |



WELCOME TO OUR FESTIVAL

There's a growing recognition that active engagement in the arts, creativity and community has positive impacts on our wellbeing.

Everyone has mental health and everyone is invited to be a part of this year's festival. It is much bigger than our earlier festivals because this theme has connected with so many people.

We know that human interaction is vital to our wellbeing. So this year's festival helps us to recognise and celebrate the diversity of our community and how that community is richer because of each other and the need we have of each other.

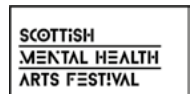
Enjoy the breadth of activities on offer, try something new, and do let us know about your experiences.

★ INFORM ★ INSPIRE ★ IGNITE

Roddy Hamilton, Festival Founder.



bearsdenfest



OPERATION PLAY OUTDOORS

Saturday 11th and
Sunday 19th May



★ IGNITE

Outdoor Play

10am-5pm

New Kilpatrick Manse Garden,
Enter from Kirk Place,
Bearsden G61 3RT

Free event

No booking required

Info: 07908 330736, bearsdenfestival.org

Join Operation Play Outdoors for a day of play with lots of loose parts play, den building, outdoor games, and a campfire in the last hour of each day! Our session is open to all ages and free to attend.

THE STABLES

Saturday 11th and
Sunday 19th May



★ IGNITE

Cafe, talks and stalls

10am-5pm

New Kilpatrick Manse Garden,
Enter from Kirk Place,
Bearsden G61 3RT

Free event

No booking required

Info: 0141 942 8827, bearsdenfestival.org

We're going to transform an unused space into a festival hub! A cafe, some community art and some interesting speakers will be taking residence in the old stable block on Kirk Place. Don't miss it!

ROMAN MOSAICS

Saturday 11th –
Sunday 19th May



★ IGNITE

Visual Arts

Various times - see online for details

Bearsden Baptist Church,
14 Roman Road,
Bearsden G61 2SL

Free event

Booking required at [bearsdenbaptistchurch.com](https://www.bearsdenbaptistchurch.com)

Info: 0141 942 0752,
mairi@bearsdenbaptistchurch.com

Create mosaics for the garden as part of the Antonine Wall Project. The mosaics will explore and represent the types of food grown and eaten by Roman soldiers who lived at the fort on the site. Suitable for all ages.

BEARSDEN FESTIVAL OPENING NIGHT



★ INSPIRE

Various

7.30-9.30pm

Bearsden Academy,
St Andrew's Way,
Bearsden G61 3AX

Free event

Booking required at [eventbrite.com](https://www.eventbrite.com)

Info: 0141 942 8827

Gather your friends and join us for the grand opening with art, food, music and our inaugural Community Awards ceremony recognising volunteers who make a difference. Special guest host, comedian and broadcaster Hardeep Singh Kohli.

ROBERT BURNS: 'THE PICTURE OF THY MIND'



★ INFORM

Literature

10-10.50am

New Kilpatrick Church **New Halls**,
28 Kirk Place,
Bearsden G61 3RT

Free event

Booking recommended at [eventbrite.com](https://www.eventbrite.com)

Info: 07851 773616

New research suggests the Scotland's national poet, Robert Burns, was affected by a mood disorder. Moira Hansen, of the University of Glasgow, will explore how that may have affected his life and played a part in shaping some of his most well-known poems.

WRITE FRAME OF MIND



★ IGNITE

Literature

11.15am-12.45pm

New Kilpatrick Church **New Halls**,
28 Kirk Place,
Bearsden G61 3RT

Free event

Booking recommended at [eventbrite.com](https://www.eventbrite.com)

Info: 07851 773616

Novelist Lisa Ballantyne leads a Reflective Arts Workshop on techniques to unleash thoughts and experiences onto the page and shows how shaping a piece of creative writing provides a positive approach to self expression, harnessing emotions and experiences. **Suitable for 16+.**

BEAUTY IN BROKENNESS



★ IGNITE

Pottery

2-3pm and 3.15-4.15pm

New Kilpatrick Church **New Halls**,
28 Kirk Place,
Bearsden G61 3RT

Free event - limited numbers

SOLD OUT!

Info: 07851 773616

Learn the ancient Japanese art technique of Kintsugi, led by potter, Anne Morrison. This event is part of the Reflective Arts Workshop series. It is intended to offer a peaceful space for personal creative expression of mental wellbeing and illness. **Suitable for 16+.**

CREATIVE ZONE



★ IGNITE

Workshops

2.30-5.30pm

New Kilpatrick Church **Old Halls**,
2 Douglas Place,
Bearsden G61 3SH

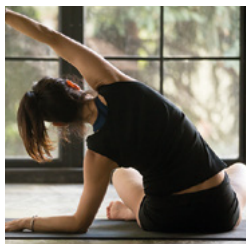
Free event

No booking required

Info: 07851 773616, bearsdenfestival.org

A family event where everyone helps create community art. No special skills required! Help build a mega Lego village, paint a Kindness Rock, make your piece of a big art installation – it's all about working together and having fun.

WELLNESS ZONE



★ IGNITE

Workshops

2-5pm

All Saints Episcopal Church Halls,
Drymen Road,
Bearsden G61 2RN

Free event - limited numbers

Booking recommended at bearsdenfestival.org

Info: 07851 773616

Take a break from your busy weekend to explore different wellness therapies. Free 30 minute trial sessions of yoga, tai chi, Alexander technique, pilates and more. Details available on our website.

SHOWDOWNTIME



★ IGNITE

Music

Workshops: adults 4-6pm, kids 5-6pm
Open evening concert 7-8.30pm

New Kilpatrick Church and New Halls
28 Kirk Place, Bearsden G61 3RT

Free event

Booking recommended.

Adults - eventbrite.com Kids - eventbrite.com

Info: 0141 942 8227, bearsdenfestival.org

Scratch choirs! Learn songs from the shows, break for tea, and perform at an open evening concert when we'll be joined by The Centre of Excellence for Dance and Musical Theatre. Separate workshop for kids of primary age. Buddy scheme for those less able.

KILMARDINNY PLAYERS



★ INSPIRE

Theatre

11-11.15am and 12.45-1pm

New Kilpatrick Church **New Halls**,
28 Kirk Place,
Bearsden G61 3RT

Free event

No booking required

Info: bearsdenfestival.org

“A Talk in the Park” from Confusions by Alan Ayckbourn performed by Kilmardinny Players. This short piece of powerful drama deals with the themes of loneliness, ill treatment, grief, and relationship difficulties. Some strong language. **The play is suitable for adult audiences only.**

STREET FESTIVAL



★ IGNITE

Various

Afternoon

Around Bearsden Cross

Free event

No booking required

Info: bearsdenfestival.org

Bringing a festival atmosphere to town, we'll have singers, drummers, dancers, pipers and carnival puppets popping up around the Cross area. Come and say hi.

PLAYLIST FOR LIFE SILENT DISCO



★ IGNITE

Music

7-10pm

St Andrew's Church Hall,
29 Roman Road,
Bearsden G61 2SN

Free event - limited numbers

Booking recommended at [eventbrite.com](https://www.eventbrite.com)

Info: yadancer@yahoo.com

We're thrilled to be bringing the Silent Disco phenomenon to the Bearsden Festival to raise funds for Playlist for Life, a charity that brings musical memories to people with dementia. Fantastic, mood lifting fun for all ages.

SEE ME WALK A MILE



★ IGNITE

Walk

2-4pm

Bearsden Baptist Church,
14 Roman Rd,
Bearsden G61 2SL

Free event

No booking required

Info: 07851 773616, bearsdenfestival.org

Beginning and ending at Bearsden Baptist Church (café open), we have two walking routes led by See Me Scotland and local walking groups. Walkers are encouraged to have a meaningful conversation about mental health. All welcome.

REGAIN YOUR WORK – LIFE BALANCE



★ INFORM

Workshop

1.30-4pm

Kilmardinny House,
Kilmardinny Avenue,
Bearsden G61 3NN

Free event

Booking required: **0141 578 8530** or at
[bgateway.com/local-offices/
east-dunbartonshire/events](https://bgateway.com/local-offices/east-dunbartonshire/events)

Being self-employed can sometimes bring a feeling of unbalance and being out of control. It's easy to feel stressed, anxious, burnt out and overwhelmed. This Business Gateway workshop will provide you with tools and techniques that can help you regain your work-life balance.

SLEEP, CIRCADIAN RHYTHMS & MENTAL HEALTH



★ INFORM

Talk

7.30-8.30pm

New Kilpatrick Church **New Halls**,
28 Kirk Place,
Bearsden G61 3RT

Free event

Booking recommended at eventbrite.com

Info: 07851 773616

This talk by Prof. Daniel Smith highlights the importance of healthy circadian rhythms and why we need to reconnect with daily and seasonal cycles of night and day.

RELAXING READS



★ INSPIRE

Literature

11am-12pm

Bearsden Library,
The Hub, Drymen Road,
Bearsden G61 3QT

Free event

Booking recommended. Search 'Relaxing Reads Bearsden' at www.eventbrite.co.uk

Research shows that reading can reduce stress, lower blood pressure and improve memory. Drop in to our relaxing reads sessions where you can just listen to a selection of short readings to raise your mood and relax you.

SINGING WORKSHOP



★ IGNITE

Music

7.30-10pm

Bearsden Cross Church,
59 Drymen Road,
Bearsden G61 2SU

Free event

No booking required

Info: 0141 942 0731, sing@bryan-marshall.com

Singing can lead to incredible benefits for your physical, emotional and social wellbeing. Come and join in or listen in to this informal workshop hosted by Westerton Male Voice Musical Director, Bryan Marshall. Open to all adults, male and female, and no music experience required.

MUSIC IN MIND



★ INFORM

Talk

7-8.30pm

Bearsden Cross Church,
59 Drymen Road,
Bearsden G61 2SU

Free event

Booking recommended at [eventbrite.com](https://www.eventbrite.com)

Info: 07851 773616

Co-founder of Playlist for Life, Andy Lowndes is joined by acclaimed soloist Wilma McDougall and local dementia adviser Angi Inch for an entertaining and thought-provoking evening exploring the power of music for improving mental health. Will particularly appeal to carers.

ROCK CHOIR OPEN REHEARSAL



★ IGNITE

Music

10-11.30am

New Kilpatrick Church **New Halls**,
28 Kirk Place,
Bearsden G61 3RT

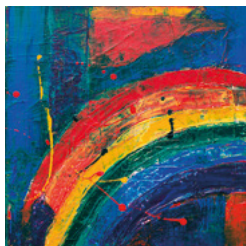
Free event

No booking required

Info: jennifer.sim@rockchoir.com

What better way to spend a morning than singing feel-good upbeat songs with your local Rock Choir! A very friendly and welcoming group. If you simply enjoy singing, then come along and join us. You will be sure to leave feeling uplifted! Stay for refreshments after the rehearsal.

BALJAFFRAY PAINTING FOR FUN



★ IGNITE

Crafts

10am-12pm

Baljaffray Parish Church
Grampian Way
Bearsden G61 4RN

Free event

No booking required

Info: moiramay@ntlworld.com

Join the members of the Baljaffray Church art group for the morning, see an exhibition of their work and have a go yourself. Tea and coffee served. All welcome.

A VIEW FROM THE FRIDGE



★ INSPIRE

Theatre

7.30-9.30pm

Bearsden Baptist Church
14 Roman Road
Bearsden G61 2SL

Free event

Booking recommended at [eventbrite.com](https://www.eventbrite.com)

Info: 07851 773616

Muriel MacKenzie takes stock. Activism, anxiety, avocados? It's all in the mix for this opinionated empty-nester. Join Foolproof Creative Arts' Fiona Stewart for an evening of gentle anarchy as she performs her sell-out Edinburgh Fringe one-woman show.

Festival fundraising dinner with **HARDEEP SINGH KOHLI**



★ INSPIRE

Comedy

8-11.30pm

New Kilpatrick Church **New Halls**,
28 Kirk Place,
Bearsden G61 3RT

Tickets: £35 - limited numbers

Booking required at [eventbrite.com](https://www.eventbrite.com)

Info: 0141 942 8827

Comedian and chef Hardeep Singh Kohli hosts our Festival Fundraising Dinner, with proceeds going to local mental health organisations. Bid on the night for Hardeep's Home Cooking prize. Ticket price includes cocktail and three courses. (BYO bottle)

VOLUNTEER EXPO



★ INFORM

Exhibition and Workshops

10am-12pm and 1-3pm

1st Bearsden BB Hall,
Kirk Place,
Bearsden G61 3RG

Free event

No booking required

Info: 07851 773616, bearsdenfestival.org

Drop in and meet many of the voluntary organisations that make Bearsden community tick. Managed by East Dunbartonshire Association for Mental Health with the support of East Dunbartonshire Voluntary Action, the Expo will feature stalls and presentations.

AGELESS ART: SIDES OF ME



★ IGNITE

Crafts

11.30am-1pm

New Kilpatrick Church **New Halls**,
28 Kirk Place,
Bearsden G61 3RT

Free event

Booking recommended at [eventbrite.com](https://www.eventbrite.com)

Info: agelessart@outlook.com

Ageless Art helps people reconnect with their community through arts and crafts. Today's workshop is 'Sides of Me', exploring what makes us tick, with a lantern to take away at the end of the session. For all ages.

ADVENTURES WITH SHRINK PLASTIC



★ IGNITE

Crafts

2-3.30pm

All Saints Episcopal Church **Halls**,
Drymen Road,
Bearsden G61 2RN

Free event - limited numbers

Booking recommended at [eventbrite.com](https://www.eventbrite.com)

Info: dani@makekirkintilloch.co.uk

Rediscover your inner child through the magic of shrink plastic! You will learn to make a pin badge in a design of your choice. **Suitable for adults and children aged 8+ (with adult supervision).**

RORY O'CONNOR & SASHA GREENE



★ INFORM

Literature and talk

2-3.30pm

All Saints Episcopal Church,
Drymen Road,
Bearsden G61 2RN

Free event

Booking recommended at [eventbrite.com](https://www.eventbrite.com)

Info: 0141 942 8827

Sasha Greene introduces her brand new novel *Something Like Happy*, which deals with attempted suicide, relationships and recovery. She's joined by Professor Rory O'Connor, Director of the Suicidal Behaviour Research Laboratory. Both will host a Q&A.

BREATHING SPACE POSITIVITY CAFÉ



★ INFORM

Talk

2-5pm

All Saints Episcopal Church,
Drymen Road,
Bearsden G61 2RN

Free event

No booking required

Info: 0141 942 8827, [bearsdenfestival.org](https://www.bearsdenfestival.org)

Getting together for a coffee and a chat and encouraging ways in which we can practise positivity is a great way to improve mental wellbeing. Why don't you join in on the conversation? Hope to see you there!

THE INSPIRE PROJECT



★ INSPIRE

Various

7.30-9.45pm

New Kilpatrick Church,
28 Kirk Place,
Bearsden G61 3RT

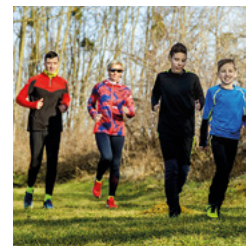
Free event

Booking recommended at [eventbrite.com](https://www.eventbrite.com)

Info: 0141 942 8827, bearsdenfestival.org

Festival flagship night of music and dance performance with High School of Glasgow Jazz Band, Paragon Music, NYCoS ED Boys Choir, DanceSing, J&J Dance. With special guest host, TV presenter Ali Douglas. More details available on our website.

THORN PARK FUN RUN/ CYCLE FEST



★ IGNITE

Leisure

2-4pm

Thorn Park
Thorn Road,
Bearsden G61 4BS

Free event

Register at bearsdenfestival.org or on the day

Info: 0141 942 0731

Join us for a 1 mile (all age) and 2 mile (for 11+) fun run, cycle obstacle course, football and more healthy activities as we explore why exercise is good for your mental health. Common Wheel Bike Project will be there to give your bike a tune-up!

SCOTTISH MUSIC JAM



★ IGNITE

Music

7-10pm

Massimo's
3-5 Kirk Road,
Bearsden G61 3RG

Free event

No booking required

Info: 0141 942 8827, bearsdenfestival.org

Bring an instrument and join us for a great joyful trad music session in the bar area. Or just sit in and enjoy the music to close the Festival. Food and drink discount offer available.

FAITH AND MENTAL HEALTH

We're offering a number of opportunities for faith and mental health to meet. All these events take place in New Kilpatrick Parish Church.

Sunday 12 May, 6.30-7.30pm

Led by Rev Marian Cowie, with Alison Cairns of Bipolar Scotland and Chris White of the Mental Health Foundation.

A 30 minute service with discussion afterwards.

Tuesday 14 & Thursday 16 May, 6.30-7.30pm

Reflective space. Open, safe, quiet, accompanied. An hour with music and stillness.

Sunday 19 May 6.30-7pm

Festival Close: gathering as a community in a relaxed, ecumenical service.

FESTIVAL AT HOME

We want everyone to be able to join in the festival so we have organised singers, dancers, musicians, therapists and artists to visit care homes and sheltered housing around Bearsden. Many of the residents are coming to a Tea Dance at Kilmardinny House on 16 May.

Huge thanks to the volunteers who have made this possible.

HIDDEN GARDENS

Coming up on 1 June 12.30-4pm

Visit 12 wonderful gardens around Bearsden
£5/adult, kids under 12 free, includes refreshments
at New Kilpatrick New Halls. See bearsdenfestival.org

SCHOOLS AND YOUNG PEOPLE

Early intervention and building resilience is so important for young lives. Look out for the insightful showcase of mental health and wellbeing teaching and artwork from local schools at venues this week.

JOURNALLING WORKSHOP



Join Alex, the mental health and lifestyle blogger [@thehippychickpea](https://www.instagram.com/thehippychickpea) for a workshop exploring 'The Power Of Journaling' – how simple written tools and techniques can transform your mindset and improve your mental health. You will be led through a series of techniques that help with anxiety management and self-esteem, helping you to cultivate compassion and re-frame limiting self-beliefs to live life as your healthiest, happiest self! [Book here.](#)

INSPIRING PROJECTS

We want to give special mention to some wonderful mental health projects which are part of this week.

[Common Wheel Carnival Club's](#) puppets and willow creations, made at Gartnavel, bring a dramatic expression of creativity and recovery and we sincerely thank the club for donating their treasures to us. The Common Wheel Bike Project will be at the Thorn Park event, too.

We hope you'll catch [Sounds of the Gallery](#) at Opening Night, and want to give special mention to [Paragon Music](#) at the Inspire Project – both creating and making music and transforming lives.

Read more at bearsdenfestival.org



WHERE DO WE GO FROM HERE?

The festival aims to raise awareness and grow a community conversation around mental health, but there's only so much we can achieve in 10 days.

Wouldn't it be great to continue to pursue a longer-term vision to develop our community networks and support the wellbeing of our residents; to work together to tackle loneliness and social isolation; and to coordinate our efforts so that our services and activities are well signposted and everyone can find the support they need.

We'd like to organise a follow-up gathering in Autumn 19 with everyone interested in community mental health so that we can explore together where we go from here. Please do get in touch if this appeals to you.

THANK·YOU



Bearsden Festival would not happen without the generous support of our sponsors, partners and volunteers.

Huge thanks to **Awards for All, New Kilpatrick Parish Church, EDC Community Grants, Glasgow Flightpath Fund, East Dunbartonshire Arts Council, Bearsden East Community Council and CALA Homes.**

We've met so many willing partners along the way who have given us time, expertise, contacts and space, and we hope to continue working with you all in future.

Our planning team has been absolutely brilliant this year with a can-do approach to a festival growing arms and legs every week. Enjoy a well-earned rest on 20 May.

If you want to be part of this next time, email us at info@bearsdenfestival.org

Trish Robertson



bearsdenfest bearsdenfestival.org