

Western Isles - Lewis Events

MENTAL HEALTH & SUICIDE PREVENTION AWARENESS WEEK

10th-15th September 2012

Monday 10th September

Bollywood Dance Class

Dance Studio, Lewis Sports Centre, Stornoway, 12.45pm-1.30pm

Kirsty Anderson in partnership with Choose Life will be offering this class which draws on a range of dance styles. Bollywood is energetic, colourful, glamorous and tongue-in-cheek and a great way to keep fit!

Learn something new, explore another culture, come in bright clothing and boogie to some groovy tunes!

'Experiencing Mental Health and Suicide'

Town Hall, Stornoway, 7pm

Samaritans in partnership with Choose Life invite you along to our event in Stornoway to hear two stories of suicide and its affect on individuals lives. All are welcome to attend.

Linda Nolan was undergoing treatment for breast cancer when she lost her husband of 26 years, Brian Hudson, to skin cancer and after this she called Samaritans for the first time. It was an incredibly difficult time. Her mum passed away three months after Brian, and again Samaritans helped her through. Linda says she's called the Samaritans helpline 5 to 6 times in total, and that on one occasion, the charity actually helped save her life.

After tragically losing a friend to suicide two years ago, five young men from Uist continue to work to raise awareness of suicide and the potentially tragic consequences of depression. Until they lost Steven, they never knew that suicide was the biggest killer of men under 35, and their aim now is to help make people more aware of this silent killer and to encourage other young men to speak to about their feelings.

Tuesday 11th September

Film Screenings, An Lanntair, Stornoway, from 7pm. £4 entry

Hidden Gifts: The Mystery of Angus MacPhee (24 mins)

Graeme Obree: Full Cycle (30 mins).

Thursday 13th September

Suicide Prevention Week Conference - Keynote Speech

Caladh Inn, Stornoway, from 6.45pm

With research showing that any 1 of us in 7 considers suicide in any given week, suicide prevention really is everyones business. As employers, service providers, service users and community members this event will provide perspective as to what can be done to help prevent suicide.

The speakers at this event are: Rory O' Connor, Professor of Psychology, University of Stirling who leads the Suicidal Behaviour Research Laboratory at Stirling, the leading suicide and self harm research group in Scotland. Two local speakers will also be speaking of their own personal experiences of suicide and loss in a small community and how this has inspired them to go on to work to tackle the stigma around suicide and to help and support others who have been affected.

To reserve a place at the conference please contact Elaine MacKay on the details below.

Friday 14th September

RnR Dance Class

Bridge Centre, Stornoway, 5.30pm

Kirsty Kirstie Anderson in partnership with Choose Life will be offering this dance class entitled "R n R - Revitalise and Re-fresh".

If you ever feel like you just need to download your week and forget about the stress of the office, this is the class for you. Get ready for your weekend with this chilled out class focusing on stretching, strengthening and just moving.

**Please come along and help rid the stigma of mental ill-health and suicide.
All welcome.**

For further information contact Elaine Mackay, NHS
Western Isles, 37 South Beach, Stornoway, tel
01851 708035 or email: elainemackay@nhs.net

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Wednesday 12th September

'The Life and Work of Angus MacPhee' Poetry and Exhibition Evening.

Comunn Eachdraidh Uibhist a Deas (Kildonan Museum), South Uist, 7pm-9.30pm

Exhibition and afterwards presentation by Karrie Marshall on her involvement in the work of Angus MacPhee.

This will be followed by a poetry reading session from Chrys Salt, who has written a poetry collection about Angus and his life, entitled 'Grass'.

Friday 14th September

Mental Health and Suicide Prevention Awareness Conference, followed by 'see me' pledge ceremony.

Dark Island Hotel, Benbecula, 10am - 2pm

Speakers and presentations from: Professor Rory O'Connor on suicide and stigma; Karrie Marshall offering an interactive workshop on challenging attitudes, stigma and discrimination, and looking at how things have changed in the past 50 years; Suzie Vestrie, Director of 'see me', giving a short presentation on the work of 'see me'.

The Conference will be followed by three local workplaces being presented with awards for signing the 'see me' pledge, acknowledging that their workplace will work to eliminate stigma and discrimination of mental ill-health.

Film Screening - 'Hidden Gifts: The Mystery of Angus MacPhee', followed by Taigh Ciùil Music Night, featuring local artists.

Taigh Chearsabhagh, North Uist, 6.30pm-9.30pm

Hidden Gifts is a creative documentary that explores the mystery of art and mental illness. It tells the story of Angus MacPhee, "the quiet big man" from South Uist, who wove clothes from grass. Diagnosed with schizophrenia in 1946, Angus was taken from his island home on South Uist to Craig Dunain psychiatric hospital among the hills near Inverness in the Scottish highlands.

For fifty years he spoke not a single word to any member of the hospital staff. His presence was also an absence; his secret grass weaving his only form of expression.

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of mental ill-health and suicide.**

All welcome.

For further information contact Kenna MacInnes, Health Promotion, 42 Winfield Way, Balivanich, tel 01870 602588 or email: kenna.macinnes@nhs.net

