

Northern Ireland Mental Health Arts Festival (NIMHAF)

Registered Charity Number: 103013

Annual Report for the Charity Commission

Financial Year - 5th April 2022 – 4th April 2023



The aims of the Northern Ireland Mental Health Arts Festival

The Festival was established in 2013 and in 2022-2023 we held the 9th Festival.

The main aims of the Festival are to:

- Celebrate mental health
- Challenge stigma and mental health inequalities
- Make connections between public, arts, and community organisations
- Reach those often missed by both the arts & health education models
- Support recovery and wellbeing and reduce self-stigma through participation in the creative process
- Create enduring partnerships and projects

The main activities and achievements in 2022-2023

The main activities and achievements in this year were the planning and management of the 9th Festival which was held in May 2022, to coincide with Mental Health Awareness Week.

The main Festival events can still be accessed at: <https://www.nimhaf.org/2022>

The main theme of the Festival in 2021 was 'Gather' and events were held in-person and online. For the purposes of the report, some of the events are also outlined below:



11 & 13 May, 10:30 am - 12:00 pm

Belfast Central Library Ground Floor

MINDFUL COLOURING

Belfast Central Library

A morning of mindful colouring in Belfast Central Library.

[Read More](#)



11 - 14 May

Artists

WARRIORS AGAINST STIGMA

NIR Personality Disorder Network

Group exhibition raising awareness of EUPD/BPD and tackling the myths and stigma it attracts.

[Read More](#)



11 - 19 May

Catalyst

CATALYST CAFE

Catalyst

Catalyst Cafe is a space to grab a cup of tea, have a chat, and take some time out from studio/work/life. Let's huddle and sing/dance/laugh/cry about being an artist.

[Read More](#)



11 - 13 May, 10:00 am - 4:00 pm

Millennium Court Portadown

'MYTH'

Millennium Court Portadown

'Myth' exhibits a collection of drawings and ceramics produced by Action Mental Health service users based in Portadown and Newry.

[Read More](#)



11 - 21 May

Online

FIR TO MIDDLING

Brian Conroy

Written piece by Brian Conroy inspired by Georgia Barnett.

[Read More](#)



11 - 21 May

Lama Museum and Arts Centre

REVIVAL

Claire Makimmin

Exhibition from multidisciplinary artist and musician Claire Makimmin.

[Read More](#)



11 - 21 May

Crescent Arts Centre

MASKS, MYTHS & MAGIC

Crescent Arts Centre

Exhibition from Armagh Rhyme, Dara Valley.

[Read More](#)



11 - 21 May

Urban Arts Gallery (Gallery of Reflection)

A REFRACTION OF TRUTH

Teresa Lyle

Exhibition that explores the disorder of Dyslexia and works to challenge tropes.

[Read More](#)



11 - 21 May

Donaghadee Library

MY CREATIVE LIFE

Creatives Lives

A poetry and photography project run by Creative Lives working with 12 groups across NI.

[Read More](#)



11 - 21 May

Online

MEGALITH

Paul Doran

Written piece by Paul Doran inspired by our 2023 Artist Residency.

[Read More](#)



11 - 21 May

Void Gallery

RE SETT ING S

Jaki Irvine and Locky Morris

Void Gallery is delighted to present Re_sett_ing_s, a collaborative exhibition between Locky Morris and Jaki Irvine.

[Read More](#)



11 - 21 May

Online

SAY SOMETHING

Society Films

A film created during lockdown by Society Films.

[Read More](#)



11 - 21 May

Online

I AM

Sushila Devi Colloghan

Short film by Sushila Devi Colloghan.

[Read More](#)



11 - 21 May, Artist Talk: 13 May
8:00 - 8:00 pm

The Strand Arts Centre

NÍ FHEICFEADH IORA AN TALAMH

Billy Woods

Exhibition from Belfast based
Photographer Billy Woods.

[Read More](#)



11 - 21 May, Artist Talk: 18 May

Belfast Exposed (Street View)

BANSHEE - FILM SCREENING & ARTIST TALK

Mervyn Marshall

Banshee is a short gothic horror
composed entirely of still images by
Mervyn Marshall.

[Read More](#)



11 - 21 May, Inched Viewing: 18
May, 7:00 - 8:00 pm

Arts & All

MASK

Zoe Dilworth & Robyn Hazlett

Exhibition from artists Zoe Dilworth
and Robyn Hazlett that centres around
mental health.

[Read More](#)



11 May, 2:00 - 4:00 pm

The Black Box

MY CREATIVE LIFE

Creative Lives

A poetry and photography project run
by Creative Lives working with 12
groups across NI.

[Read More](#)



11 May, 8:45 pm

Void Gallery

SILVER TONGUED DEVIANCE

Frank Rafferty

An open mic platform event hosted by
spoken word artist Frank Rafferty in
Void Gallery.

[Read More](#)



11 May, 7:00 pm, Artist Talk:
7:30pm

Crescent Arts Centre

DARA VALLELY: ARTIST IN CONVERSATION WITH BRIAN CONEY

Dara Vallely with Brian Coney

A night of conversation between
Armagh Rhymer Dara Vallely and
Writer Brian Coney.

[Read More](#)



11 - 21 May

Online

THE ART OF CONVERSATION WITH BRONAGH GALLAGHER

Noelle McAllinden & Bronagh
Gallagher

Interview with this year's 'Textual
Advocate'.

[Read More](#)



12 & 19 May, 2:30 - 3:00pm

Belfast Central Library 1st Floor
Meeting Room

SHARED READING

Belfast Central Library

Get read aloud to at Belfast Central
Library.

[Read More](#)



12 - 13 May, 8:00 pm

Echo Echo Dance Theatre

GHOSTS

Echo Echo Dance Studio

An Evocative Theatre Dance Piece from
Echo Echo Dance Studio.

[Read More](#)



12 - 20 May, Daily 2:00 - 5:00 pm
(except where stated)

Crescent Arts Centre

DAY TRIP (IN MEMORY OF MARY BUTTERS)

Richardson, Brennan & Doran

Reviews of INWHAT live exploring
myths and combining a specially
commissioned script, archive as well as
new footage.



13 May, 11:00 am - 12:30 pm

Ormeau Park

A FORAGE OF TRE MYTHS

Clare McQuillan

Foraging walk with wild tea and pla
tane.

[Read More](#)





12 May, 10:00 am - 1:00 pm

Belfast Central Library 1st Floor **PUZZLES AROUND THE PILLARS** Belfast Central Library

Luncheon puzzles at Belfast Central Library.

[Read More](#)



12 May, 4:00 - 6:00 pm

Audacity Coffee

MAY SOCIAL The Silly Billy Collective

Silly Billy Collective's May Social Meet Up for Neurodivergent Artists.

[Read More](#)



12 May, 7:00 pm

Crescent Arts Centre

MYTH

Soramus Hooney Centre

Student Writing Showcase at the Soramus Hooney Centre.

[Read More](#)



12 May, 7:30 pm

Soramus Hooney Homestead

EARTH TO ALICE Alice McCullough

Performance poet Alice McCullough brings her critically acclaimed one-woman show to Soramus Hooney Homestead.

[Read More](#)



12 & 20 May, 10:00 - 4:00 pm

Vaid Gallery

THE CURIOSITY CLUB

Vaid Gallery
A well-stocked creative space filled with supplies for all ages to use.

[Read More](#)



13 - 21 May

2 Royal Avenue

MIGRATION, ART & MIND

Anika Warner's Collective

An exhibition of work from artists in the Anika Warner's Collective.

[Read More](#)



13 May

Royal Avenue

IX ME

from Gollinger

A musical, satirical play that looks at the female role in art.

[Read More](#)



13 - 21 May

2 Royal Avenue

LISTENING TO VOICES

Public Installations

Audio installation by Paula Roberts working with the group 'Hearing Voices'.

[Read More](#)



13 - 21 May

2 Royal Avenue

SUN SLIPS THROUGH

Gallery Only & Chad Alexander

A collaborative audiovisual installation from Cedar, Gollinger and Chad Alexander.

[Read More](#)



13 - 21 May

Royal Avenue

DANS MYTHOLOGY

3 Events

A series of live performances exploring the mythology of the series.

[Read More](#)



13 - 21 May, 10:00 am - 6:00 pm

2 Royal Avenue

RE-TELLING THE TALES

Workshop Matters

A visual art exhibition for workshops and talks, myths and folklore.

[Read More](#)



13 May, 10:00 am - 6:00 pm

2 Royal Avenue

VACAN

VACAN

Interactive conversation on sustainability with VACAN in 2 Royal Avenue.

[Read More](#)



May, 10:00 am - 6:00 pm

Royal Avenue

GREENPRINTING EMO

Jonathan Stronman

For Jonathan Stronman gives a meaningful game.

[Read More](#)



13 May, 10:00 - 12:00 pm

Crescent Arts Centre

INTRODUCTION TO POETRY THERAPY

Writing Therapy

From 'The Place Designed to Inspire' by Sharon Taylor.

[Read More](#)



13 May, 10:00 am - 12:00 pm

Soramus Hooney Homestead

WRITING FOR PEACE, FLOW & WELL-BEING

Sharon Taylor

Writing workshops with Sharon Taylor for creative writing, meditation, healing and afterlife inspiration.

[Read More](#)



13 May 10:00 am

Enniscorthy Arts Centre

THE ENORMOUS TURNIP: FAMILY WORKSHOP
Annemarie Whymore

A workshop and exhibition for families with the Amazing Turnip.

[Read More](#)



13 May 10:00 - 12:00 pm

PEA

CRIS BELTS
Deborah White

Make a paper and wood for Deborah White's Peas and Cris Belts. Making workshop in CCA on Sat 13 May 2023 1:00 pm - 3:00 pm.

[Read More](#)



13 May 4:00 pm

FOLKLORE, MYTHS & TALES OF TYRONE
Rita Morris & Aislinn Johnson

Join Rita Morris and Aislinn Johnson as they guide you through the folklore, myths and tales of Tyrone.

[Read More](#)



13 May 10:00 am - 12:00 pm

MYTHS & MELT
Stephen Arthur and Deborah White

A workshop with Stephen Arthur and Deborah White from their story books.

[Read More](#)



13 May 11:00 am - 12:00 pm

Enniscorthy Library

FAMILY STORYTELLING TIME
Enniscorthy Library

Family storytelling time for children with Debra's Gracie from Amazing Storytelling Time.

[Read More](#)



13 May 1:00 - 3:00 pm

Enniscorthy Arts Centre

POETRY THERAPY IN PRACTICE: MYTHS, JOURNEYS AND SELF-DISCOVERY
Shelley Bradley

Poetry Therapy in Practice: Myths, Journeys and Self-Discovery.

[Read More](#)



14 May 10:00 am - 12:00 pm

Water Museum

MYTHS & MELT
Stephen Arthur and Deborah White

A workshop with Stephen Arthur and Deborah White from their story books.

[Read More](#)

13 May 12:00 - 2:00 pm

2 Royal Avenue

STORY MAKING SESSION: FOLKLORE EDITION
Enniscorthy Library

A special folklore making session with Tracy Farrell.

[Read More](#)



13 May 2:00 - 3:00 pm

Enniscorthy Central Library

THE LEGO CLUB
Enniscorthy Central Library

An afternoon of Lego building in the Enniscorthy Central Library.

[Read More](#)



14 May 12:00 pm

2 Royal Avenue

IT'S OK TO BE YOU: DRUG STORY TIME
Jackie Spence Johnson

Join Jackie and Tracy from the Enniscorthy Central Library for a story time.

[Read More](#)



14 May 12:00 pm

2 Royal Avenue

STRUGGLING TO BREATHE: THE DIARY OF A PSYCHIATRIC INPATIENT
Michael O'Sullivan

Reading to better understand the experience of the best of us when we're not our best selves.

[Read More](#)

14 May 12:00 to 2:00 pm

2 Royal Avenue

THE LONGEST IT GOY EVER TOLD
Michael O'Sullivan

Children's author Michael O'Sullivan is giving the longest reading.

[Read More](#)



14 May 1:00 - 3:00 pm

Enniscorthy Library

LIFE DRAWING
Ignacio Pardo

Join the artist Ignacio Pardo for a workshop designed to explore our world.

[Read More](#)



14 May 1:00 - 3:00 pm

Enniscorthy Library

LITTLE FORGET ME NOTS
Enniscorthy Library

An author performance plus live art by Tracy Farrell.

[Read More](#)



14 May 10:00 am - 12:00 pm

Enniscorthy Arts Centre

WE ARE ALL MUSIC MAKERS AND DREAMERS OF DREAMS
Henry O'Connell & Shelley Bradley

Music and Poetry Therapy Workshop with Henry O'Connell and Shelley Bradley.

[Read More](#)



14 May 12:00 - 2:00 pm

Enniscorthy Arts Centre

MYTHS, LANDSCAPE & SOUNDSCAPE
Enniscorthy Arts Centre

A Collaborative Sound Bath Experience at Enniscorthy Arts Centre.

[Read More](#)



14 May 1:00 - 3:00 pm

2 Royal Avenue

Y RISE
Enniscorthy Library

A live performance plus live art by Tracy Farrell.

[Read More](#)



14 May 10:00 am - 12:00 pm

Enniscorthy Arts Centre

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[Read More](#)

14 May 12:00 pm

2 Royal Avenue

STRUGGLING TO BREATHE: THE DIARY OF A PSYCHIATRIC INPATIENT
Michael O'Sullivan

Reading to better understand the experience of the best of us when we're not our best selves.

[Read More](#)



14 May 1:00 pm

2 Royal Avenue

KIDS COOK-ALONG - FOOD MYTHS
Enniscorthy Library

It's Cooking with Michael O'Sullivan. The theme is Food Myths. Meet with us for this.

[Read More](#)



14 May 12:00 - 1:30 pm

Enniscorthy Central Library

KNIT AND MATTER
Enniscorthy Central Library

A morning of knitting and conversation in Enniscorthy Central Library.

[Read More](#)



14 May 12:00 pm

2 Royal Avenue

STRUGGLING TO BREATHE: THE DIARY OF A PSYCHIATRIC INPATIENT
Michael O'Sullivan

Reading to better understand the experience of the best of us when we're not our best selves.

[Read More](#)

FE McWilliam Gallery

MYTHS AT FE MCWILLIAM

FE McWilliam

A Special Tour of Works at the FE McWilliam for NIMHAE.

[Read More](#)



16 May, 10:00 - 3:00 pm

2 Royal Avenue

BLOSSOMING - A MOVEMENT FOR WELL-BEING WORKSHOP

Maiden Voyage

Movement for Wellbeing Workshop with Sandy Cuffbert - Awakening to Spring.

[Read More](#)



17 May, 11:00 - 11:30 am & 2:30 - 3:00 pm

Belfast Central Library

RHYTHM AND RHYME

Belfast Central Library

Sessions that introduce parents and young children to rhymes, songs and stories.

[Read More](#)



16 May, 11:00 am

2 Royal Avenue

DRAWING 2 ROYAL AVENUE

Marcus Patton

Draw the historical 2 Royal Avenue in this free workshop from Marcus Patton.

[Read More](#)



16 May, 4:00 pm

2 Royal Avenue

ART OF CONVERSATION

Naelle McAlinden

Join Naelle McAlinden and panel of artists and organisers to discuss 'Myths'.

[Read More](#)



17 May, 11:00 am - 12:00 pm

2 Royal Avenue

SOUND-LED YOGA

Rachel Reid-McCann & Jess Brien

Sound-led yoga workshop from DJ Rachel Reid-McCann and yoga instructor Jess Brien.

[Read More](#)



16 May, 12:00 - 1:00 pm

University of Atypical

INTO ANOTHER WORLD

Brain Injury Matters

Stories from the Creative Workshop participants of Brain Injury Matters.

[Read More](#)



16 May, 6:00 pm

The Shop
Ulster University

HUSK BENNETT & DAVY MAHON IN CONVERSATION

University of Ulster

Contemporary artists Husk Bennett and Davy Mahon discuss urban myths and how folktales play a role in each artist's practice with an emphasis on the trials and tribulations of being an artist, failure, loans and cats.

[Read More](#)



17 May, 2:00 - 3:00 pm

2 Royal Avenue

A SONGBOOK OF STORIES, MYTHS & LEGENDS

Brain Injury Matters Enthusiasts Choir

A Songbook of Stories, Myths and Legends with the Enthusiasts Choir.

[Read More](#)





May, 4:00 pm

Royal Avenue

RANGO TIME

Jul Currie

Acclaimed performance by acclaimed musician and performance artist Paul Currie.

[Read More](#)



May, 10:00 am - 2:00 pm

1st 5th floor Castlecourt

PEN STUDIOS AT ASTLECOURT

Get the artists and have a look around the spaces at the Makers Mall in Castle Court.

[Read More](#)



May, 7:00 pm

Arve Centre Derry

AKELANDS

Robert Higgins & Patrick McGivney

Screening of Akelands, the debut play from Robert Higgins and Patrick McGivney.

[Read More](#)



May, 7:30 pm

Arve Arts Centre



17 May, 7:00 PM

Online

A COMPASSIONATE CONVERSATION

Noelle McAlinden & Frank Liddy

An online panel discussion from Compassion City Belfast.

[Read More](#)



18 May, 2:00 - 5:30 pm

The Black Box

PERFORMANCE ANXIETY WORKSHOP

Xenia Pestova Bennett

Workshop with Xenia Pestova Bennett that explores the concept of stage fright and coping mechanisms to navigate it.

[Read More](#)



18 May, 7:00 pm

The Duncalm

SUAIMHNEAS

Duncalm

Listen to some of Ireland's best new musicians in the chilled out folk and ambient scene in an intimate and meditative space.

[Read More](#)



17 May, 7:00 pm

The Green Room

MUSIC, VISUALS, STORYTELLING & PERFORMANCE

GRANITE

An evening of music, visuals, storytelling, and performance to celebrate ancient stories and sacred sites.

[Read More](#)



18 May, 6:00 - 7:30 pm

Void Gallery

EXPLORATIVE DRAWING

Void Gallery

Explore different approaches to explorative drawing and composition resulting in a collaborative piece.

[Read More](#)



19 May, 6:00 - 8:00 pm

University of Atypical

I THINK I HAVE A BIT OF THAT: MYTHS SURROUNDING NEURODIVERGENT MINDS

The Silly Billy Collective

A collaboration of work centred around the neurodivergent brain.

[Read More](#)



20 May, 11:00 am - 5:00 pm

2 Royal Avenue

SHADOW SELVES

Kerrie Hanna

Shadow Puppet Storytelling & Crafting workshop with Kerrie Hanna.

[Read More](#)

[Read More](#)



20 May, 2:00 - 3:00 pm

Belfast Central Library

STORYTIME AND CRAFTS

Belfast Central Library

An afternoon of storytime and crafts for children at Belfast Central Library.

[Read More](#)

Teresa Kane

Wellsprings at the Mill, Ballinamallard welcomes you to a one-day workshop.

[Read More](#)



20 May, 7:00 pm

Crescent Arts Centre

MASKS, MYTHS & MAGIC

Armagh Rhymers

Performance by the Armagh Rhymers, one of the most celebrated traditional music and theatre ensembles on the island of Ireland.

[Read More](#)



21 May, 11:30 am

2 Royal Avenue

SOUND BATH FOR CHILDREN

Tessa Ann

A sound bath session for children using singing bowls, percussion and voices with Tessa Ann.

[Read More](#)



21 May, 1:00 - 3:00 pm

2 Royal Avenue

PLAYSKOOL DISKO

Dickie Bubbles

Auditorial rave for current and former kids.

[Read More](#)



21 May, 3:00 pm

2 Royal Avenue

AN ADHD GUIDE TO POP

Joe Nawaz

A performance by Joe Nawaz.

[Read More](#)



21 May, 3:00 pm

Online

CHALLENGING THE MYTHS OF PERCEPTION THROUGH POETRY

Poetry NI

A conversation on Myths with Poetry NI.

[Read More](#)



21 May, 5:00 pm

2 Royal Avenue

THE LUKE MCGIVETH AND THE LUKE MCTAKETH AWAY

Luke McGibbon

Comedy Performance by psychotherapist Luke McGibbon.



3 - 20 May, Artist Talk: 11 May, 12:00 - 1:00 pm

Belfast Exposed (Studio Gallery)

TRYING TO

Festival evaluation

There was positive feedback about all of the Festival's events. Audiences tended to be much larger and wider reaching than in previous years due to the online nature of the Festival. An evaluation was carried out on the 2022 festival to gather feedback from attendees. Evaluation forms were collected from **N=109** people who attended in person events during the 2022 festival. The majority of attendees rated both the event and host venue as excellent (88.7% and 85.6% consecutively). Most commonly, attendees felt that the event attended improved their mood (N=85 attendees) and provided a worthwhile experience (N=85 attendees). The majority of attendees were 25-30 years, however there was significant representation from attendees aged 18-25 years and 31-40 years. The majority of attendees identified as women (53%) or men (37%), with some representation from people of other gender definitions. A total of 17% of attendees reported that they are from a disadvantaged background. A total of 29% of attendees reported that they live with a mental health condition, 8% reported that they live with a disability, and 8% reported that they live with a chronic physical condition. The majority of attendees travelled from East Belfast and South Belfast, however there was at least some representation across a variety of geographical areas, including the USA.

Public benefit requirement

The Trustees have had regard to the Commission's public benefit requirement and the Festival continues to make a positive difference to both the artists involved and the audience members. The wider promotion of the Festival also helps promote mental health and address some of the stigma that may be associated with it.

A review of the charity's financial position at the end of the year

As the submitted accounts detail, the Festival's balance at the beginning of this year was £3,512.82. In the 2022/23 financial year, £15,000 was also awarded to the Festival by the Baring Foundation, £21,919 from Future Screen NI, £500 from Ekalon and £5,000 from the Mental Health Foundation. The costs associated with the 2022 Festival were £31,148. The balance at 4th April 2023 was £14,793. The Festival does not have any other assets or liabilities.

Charity Trustees 2021-22

The Trustees during this year were Emma Berry (Co-Chair), Frank Liddy (Co-Chair) Olivia McIntyre (Secretary), Kate Liddell (Treasurer) and Trisha Forbes (Board Member).

The 2022-23 annual report was prepared by Emma Berry (Co-Chair) and Trisha Forbes (Board Member) with the input from the rest of the Trustees.



21th December 2023