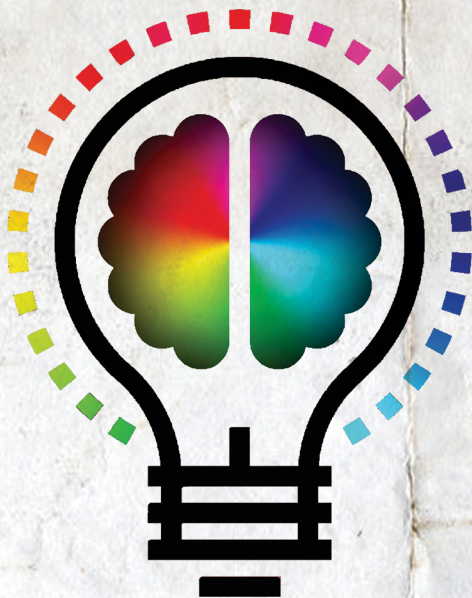


**HEADS
&TALES**
Mental Health Heritage



PROGRAMME
Feb 2018-Oct 2019

(Sign up to our newsletter to receive updates of even more opportunities to be announced later in 2018)



“Heads & Tales” is a 2 year project to create a new heritage archive for the North East exploring, rebalancing and celebrating the voice of people experiencing mental health conditions



Chilli Studios are delighted to announce the **Heads & Tales Heritage project** programme featuring activities, training, volunteer opportunities, discussions, exhibitions, events, cultural and research trips.

Heads & Tales Heritage project is about exploring, rebalancing and celebrating the voice of adults experiencing mental health issues in the North East. Looking back through time from the late 1800s on, we will gather together and respond to current archives in museums, health & arts sectors. As well as this reflective work, we aim to create substantial new archives with the starting point of the Declaration of Human rights in 1948 up to the present day.

Through artistic means we aim to capture and create new material for the archives that show a more diverse perspective and understanding of the contemporary mental health sphere. We hope to raise equality in archival material of an under-represented group by creating new narratives on people's memories and experiences for future archives and generations.

This project will be shaped and led by participants, volunteers and staff who are directly and indirectly affected by mental health issues.

Set up in 2004, **Chilli Studios** is a registered charity that delivers services to adults who are, or are at risk of experiencing mental health problems, and those who experience social exclusion within their communities.

CREATIVELY IMPROVING MENTAL HEALTH

www.chillistudios.co.uk | Reg Charity no. 1116957

PROGRAMME

Booking is essential! Also find out more through www.headntales.uk or contact us at info@headntales.uk 0191 209 4058

EVENT

**FRI 26th JAN
4-7.30pm
2018**

LAUNCH EVENT

Celebration, discussions, activity and film screening "Apples is Apples" 69min, 2014, 12R @Chilli Studios, 2nd floor Blackfriars centre, Newbridge st, Newcastle, NE1 2TQ

WORKSHOP

**FRIDAYS
FEB 2nd,
MARCH 2nd
& APRIL 6th
2018
11am-3pm**

Do It Ourselves Journalism

If you don't like the news, make some of your own!

Delivered by the people who made THE ECLIPSE, an alternative tabloid newspaper made by and for people in the North East. The workshops will equip you with the very basic skills to report on the issues that concern you. Pop in to one or join in for the full 3 dates below.

Friday 2nd Feb: The News Around Us: exploring tabloid newspapers and the stories they tell.
@Chilli Studios, NE1 2TQ

Friday 2nd March: Difficult Questions. How do we change our assumptions?
@RECOCO/Recovery College, 5th Floor, Broadacre House, Market Street, Newcastle, NE1 6HQ

Friday 6th April: Sharing Our stories. Preparing our stories for print or video journalism.
@Chilli Studios, NE1 2TQ

**RECORDING
SESSIONS
Fortnightly
& Monthly
individual
sessions**

Creative Audio Heritage

sessions Delivered by artists at Chilli studios. These sessions are for members to build skills and reflect on themes of the project - to also create new recordings for our contemporary archive using text, photography, digital, audio, radio & film. Please enquire if interested or if you are currently not a member with Chilli Studios.

WORKSHOP
MON FEB 5th
-12th MARCH
6 weeks
11am-1pm
@ Chilli Studios

Stories of Success

is a new programme by Curiosity Creative. Share your story & experience with others and create your own personal digital story using the latest tablet technology.
@ Chilli Studios. For members of Chilli Studios, mental Health Art & music Studio. Please enquire if not currently a member with Chilli Studios.

TRAINING
FRI 16th &
FRI 23rd FEB
2-4pm
@ Chilli Studios

Evaluation involvement and opportunities

Delivered by Disability North. Learn skills on facilitating groups and activity. Help evaluate the Heads & Tales project and make it of best possible value and ethics!
@Chilli Studios, 2nd floor Blackfriars centre, Newbridge st, Newcastle, NE1 2TQ

TRAINING
TUES 27th
FEB
11am-1pm
@ Chilli Studios
&
TUES 27th
MARCH
12pm-3pm
@ Recovery college

Oral history recording & knowing your (Copy)Rights!

Basic guide to conducting interviews and getting to know the basic mobile equipment. This session will also include looking at Creative Commons and Copyright.
Tues 27th Feb @Chilli Studios, NE1 2TQ
Tues 27th March @ Recovery college, 5th Floor, Broadacre House, Market Street, Newcastle, NE1 6HQ

CULTURAL TRIP
THURS
22nd MARCH
16 seats

Wakefield Mental Health Museum & Yorkshire Sculpture park

A research venture to Yorkshire to see how others curate and manage mental health archives. We will also be visiting the wonderful Sculpture park for creative inspiration.
@ Fieldhead, Ouchthorpe Lane, Wakefield, West Yorkshire, WF1 3SP.

LECTURE
FRI 16th
APRIL
1-4pm
@ Coach lane
Campus, Northumbria
University

MAD STUDIES

Taster session on Mental Health Research with Northumbria University MAD Studies. A cutting edge critical appreciation of the meaning of madness within contemporary society and how it is constructed from different perspectives, and in doing so both power and stigma are created and exercised.

TRAINING
FRI 4th MAY
10am-4pm
@ Recovery College

WED 20th JUNE
10:30- 3:30
@ North Tyneside
Art Studios, Linskill
Centre, NE30 2AY

EXHIBITION
SEPT 2018
4th - 12th
TUES-FRI
10-4pm
SAT 1-4pm
@ Holy Biscuit,
1 Clarence St,
Newcastle upon Tyne
NE2 1YH

Speak out!

Delivered by Time to Change.
Learn skills, information and build confidence to speak out safely about your experience of mental health problems in front of groups or audiences to challenge stigma.

Art & Liberation: Diaries, Sketchbooks & Art

Open call out for submissions for sketchbooks, diaries and art showing the importance of creativity to the mind! This exhibition will showcase ephemeral works created in/or whilst supported by mental health centres and institutions. Focusing on the diverse and individual experiences of mental health and artistic expression. From psychosis to recovery/balance. Contact for more info on the back page. Chilli Studios annual exhibition will also take place in the adjacent gallery.

Preview & celebration Monday 3rd Sept 6-8pm

EXHIBITION
13th-16th
SEPT 2018

Heritage Open days: Art & Liberation Pop Up

A small pop up gallery of sketchbooks, diaries and art showing the importance of creativity to the mind!

@ TBC Newcastle Central City Library

TRAINING
FRIDAYS
JAN 2019
11th, 18th &
25th
11am-3pm

WIKIPEDIA

These training sessions will show you how to create and edit Wikipedia pages. We will collectively create pages on important North East mental health centres, organisations and people.

@ TBC Newcastle Central City Library

EXHIBITION
JUNE 2019
10-28th
10-4pm
MON-FRI
@ Recovery College

HEADS & TALES

A small scale exhibition that will showcase the current archive material unraveled, explored and gathered from 1800s to the present day. Also exhibiting contemporary archive material created during the project. Created & curated by staff, volunteers and participants experiencing mental health conditions.

@ Anderson House, Market St,
Newcastle upon Tyne NE1 6XA



ARCHIVES & MUSEUMS

Artist-led RESEARCH & CREATIVE ARCHIVE WORKSHOPS

Join our participatory artists in residency [Lalya Gaye](#) & [Nelly Stavropoulou](#) at Discovery Museum to sift through the archives, looking at mental health and its wider context through out history. Archives viewed may include some material from Mental Health Institutes as well as other archives of the North East.

You will also have the chance to creatively respond and reinterpret the past archive. From sculpture building, installations, digital arts, drawings, collage, audio, song to poetry - these sessions will be shaped by your ideas inspired by the archive material from the museum service.

Workshops will take place both at the Discovery Museum and Chilli Studios on alternative weeks. Please contact for details.

EXHIBITION & EVENT 10th OCT 2018

@Discovery Museum

WORLD MENTAL HEALTH DAY

Exhibition and response wall for the public to explore, share and question the progress and perceptions of mental health through the ages.
@ Discovery Museum, Tyne and Wear Archives and Museums, Blandford Square, Newcastle upon Tyne NE1 4JA

TASTER TOURS DEC 2018 & MARCH 2019

DATES TBC

@Discovery Museum

OPEN ARCHIVES

Come for a taster tour of the archives. See behind the scenes and visit the store rooms.

@ Discovery Museum, Tyne and Wear Archives and Museums, Blandford Square, Newcastle upon Tyne NE1 4JA

TYNE & WEAR
archives &
museums



PARTNERSHIP EVENTS



MONDAYS 11am-3pm
APRIL 16th- JULY 9th 2018

Nelly Stavropoulou will be supporting groups to research and creatively engage with archive material based on mental health in the context of:

- 1. LANGUAGE & MEDIA**
- 2. TREATMENTS & MEDICATION**



MONDAYS 11am-3pm
OCTOBER - DECEMBER 2018

Lalya Gaye will be supporting groups to research and creatively engage with archive material based on mental health in the context of:

- 3. SOCIAL & POLITICAL**
- 4. MAPPING & LOCATION**

EXHIBITION & CONFERENCE
TUES 25th
JUNE 2019
@ Great Hall,
Discovery Museum

HEADS & TALES

Bringing together all that has been created through the Heads & Tales project and celebrating the organisations, individuals and graft that collectively made it happen. Speakers from cross sectors (including charity, health, museums & emergency services) will be discussing the experience and creation of the new Mental Health Archive for the North East and the legacy we wish to create together.

@ Discovery Museum, Tyne and Wear Archives and Museums, Blandford Square, Newcastle upon Tyne NE1 4JA

EVENT
10th OCT
2019
@Chilli Studios

World Mental Health Day: HEADS & TALES ARCHIVE ONLINE

A celebration and awareness raising event promoting and supporting access to the new online archive and educational toolkit.
@Chilli Studios, 2nd floor Blackfriars centre, Newbridge st, Newcastle, NE1 2TQ

HEADS & TALES

Mental Health Heritage



WWW.HEADNTALES.UK | 0191 209 4058
info@headntales.uk

www.facebook.com/MHheritage



@HeadsAndTalesMH



@headsandtales_heritage



INTERESTED IN VOLUNTEERING WITH US?
Please feel free to contact us with the above details



LOTTERY FUNDED



time to change

let's end mental health discrimination



**WE ARE OUR
MEDIA**



Tyneside and
Northumberland

attaya
projects



TYNE & WEAR
archives &
museums