

**HEADS
&TALES**
Mental Health Heritage



**“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**

**PROGRAMME
Oct 2018-Oct 2019**



Chilli Studios are delighted to announce the 2nd year **Heads & Tales Heritage project** programme featuring activities, training, volunteer opportunities, discussions, exhibitions and events.

Heads & Tales is a two year project that seeks to create a new heritage archive for the North East by exploring, rebalancing and celebrating the voice of adults experiencing mental health conditions.

Looking back through time from the late 1800s on, we will gather together and respond to current archives in museums, health and arts sectors. As well as this reflective work, we aim to also create substantial new material for archives with the starting point of the Declaration of Human rights in 1948 up to the present day.

Through artistic means we will collectively question, capture and create new material to show a more diverse perspective and understanding of the contemporary mental health sphere. By doing so, we hope to raise equality in archival material of an underrepresented group by creating new narratives based on people's memories and experiences. To raise awareness now and make hidden histories present for future generations.

This project is shaped and led by participants, volunteers and staff who are directly and indirectly affected by mental health conditions.

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

YEAR 2 PROGRAMME

All FREE & mainly adult sessions. Booking essential.
Find out more -> www.headntales.uk or contact us at
info@headntales.uk 0191 209 4058

EXHIBITION 6th Oct 2018

@ Newcastle Central
City Library

World Mental Health Day Showcase

An opportunity for people to find out about organisations and sources of help, and share stories. Event organised by Launchpad.
@ 1st floor hall, Newcastle City Library

EXHIBITION & EVENT 10th Oct - Dec 2018

@ Discovery Museum

World Mental Health Day

We have had the delight in creating an intervention wall for the Museum Foyer. The wall gives a snap shot of the current climate around mental health and asks the public to think wider about the complexity of causes. There is also another wall that you can add your own story to and give a voice of hope, raising awareness & sharing mental health experiences.

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

ART EXHIBITION Oct - end Nov

@ Tynemouth Metro
Station

Derailed; the ups and downs of mental health

Addressing the history of mental health, whilst shining a light on many aspects of mental health conditions that people experience. By North Tyneside Art Studio.

CONFERENCE 26th Oct 2018 10am-5pm

@ Lit & Phil Society

HISTORY FOR CHANGE: Celebrating radical local heritage projects looking back to move forward

Hosted by Homeless History of Newcastle Project. Featuring 10 local heritage projects.

**HEADS
& TALES**
Mental Health Archive

A new archive for the North East that aims to explore, rebalance and celebrate the voice of people experiencing mental health conditions



www.facebook.com/HeadsTales
@headstalesuk
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www.headstalesuk.uk 0191 209 4058
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10 October: World Mental Health Day

Mental health in a changing world

Mental health needs can be complex, enduring and deep-rooted, and as just as complex - and a combination of genetic, social and environmental factors can dramatically increase risk of mental ill health.

Every year one adult in four and one child in ten, will have a mental health issue.

78% of teachers have seen a pupil with a mental health problem in the past year, with one in seven cases involving suicidal thoughts or behaviour.

In 2017 there were 6,213 suicides in the UK and Republic of Ireland.

Only one in eight adults with a mental health problem are currently receiving treatment. 70% of children and young people have not had appropriate support or intervention.

Every statistic is an individual, a family, and a community...

Causes of mental ill health are never simple. Share your experience by adding dots in the areas that have affected you.



#SocialJusticeForMentalHealth

Artist-led CREATIVE ARCHIVE WORKSHOPS

MONDAYS
11am-3pm
October 1st -
Dec 17th 2018

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 throughout history. Archives viewed 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.

WORKSHOP
Fridays
7th & 14th
Dec 2018
12.30-2.30pm
@ Chilli Studios

HER TALES

Creative heritage sessions on women and mental health. Women only group: Welcoming and celebrating all women. Travel cost and creche on request contact jo@chillistudios.co.uk 0191 209 4058

TRAINING
Fridays
11th, 18th &
25th Jan 2019
11am-3pm
@ Newcastle
Central City Library

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. Helping to increasing the chance of accessing support & pathways online!
@ IT suite, level 4, Newcastle City Library

TRAINING
Mondays
28th Jan &
4th Feb 2019
@WHIST

Oral history recording

Basic guide to conducting interviews and getting to know the basic mobile equipment. This session will also include looking at Creative Commons and Copyright. Creche available on request **@Womens health in South Tyneside, Salus House, 33, Mile End Rd, South Shields NE33**

TRAINING
5th April 2019
2-4pm @
@Chilli Studios

"Presence" Social media and #tagging

Basic marketing training on using social media and tagging. Opportunity to "take over" Heads&Tales instagram account for a week!

EVENT
May 2019
@Venue TBC

Digital Archive a thon

We are built on the power of community action and WE NEED YOU! Be a part of making this project a lasting history for all. This will be a drop in all day event aiming to upload hundreds of items created through the project to our public accessible online platform. Have a sneak peek of our collection whilst helping make it public! Travel, food and drink provided.



MONDAYS 11am-3pm **October 1st-Dec 17th 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**

Workshops @ **Discovery Museum** and **Chilli Studios** on alternative weeks. Please contact for details.

Extra Art sessions with both Lalya & Nelly

Mondays 14th & 24th **11-3pm January 2019**

Finalising ideas and creating artworks ready for exhibition @ **Chilli Studios**



CONFERENCE **Saturday 29th** **June 2019**

@ **Blackfriars Hall**

HEADS & TALES **Conference**

Celebrating the organisations, individuals and graft that collectively created The Heads & Tales project. 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. Creche on request @ **Blackfriars Ball room, St Vincent de Paul, Newbridge st, NE12TQ**

SHOWCASE **EXHIBITION** **16th-27th** **July 2019**

@venue tbc

HEADS & TALES Exhibition

Showcasing a complex and diverse collection of items from our new archive. Created & curated by staff, volunteers and participants experiencing mental health conditions. @ **TBC**

EVENT **1st-31st OCT** **2019**

@ **Newcastle Central City Library**

Pop Up Exhibition

A small scale exhibition featuring a collection of items, information boards and screen based work from our new archive.

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 toolkit.

@ **Chilli Studios, 2nd floor Blackfriars centre, Newbridge st, Newcastle, NE1 2TQ**

HEADS & TALES

Mental Health Heritage



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www.facebook.com/MHheritage



@HeadsAndTalesMH



@headsandtales_heritage



INTERESTED IN VOLUNTEERING WITH US?

Please feel free to contact us on the above details



LOTTERY FUNDED



Tyneside and
Northumberland

attaya
projects

