

**BRIGHTSPARKS** Arts in Mental Health Group, invites you to an afternoon and evening of **film & discussion** on **Mental Health** views and issues - local and global

**4:30 - 8pm** on **21st Jan 2019**  
at **Attenborough Arts Centre**, Leicester, LE1 7HA

Please rsvp to: [office@brightsparksarts.uk](mailto:office@brightsparksarts.uk) by 18th Jan

- 4:30pm Registration and refreshments
- 4:45pm Official Launch of the New Bright Sparks Arts Website
- 5:10pm Premier of the new **BrightSparks** film
- 5:30pm Screening of **"CRAZYWISE"** film
- 6:30 - 8pm Discussion and "World Cafe"



6:30pm - Showings will be followed by an open discussion on Mental Health along with refreshments. Come along to and join in!

(It is fine to attend some or all of the event.)



# BRIGHTSPARKS

**BrightSparks Arts in Mental Health is supported by the Leicestershire NHS Partnership Trust to provide artist led opportunities for people experiencing mental health challenges to develop their creativity and showcase their work.**

BrightSparks has been managed by Arts and Health Coordinators Tim Sayers and Lydia Towsey and in recent months, has been undergoing development funded by the Big Lottery, which will soon result in BrightSparks becoming a charity.

We are delighted to share with you our brand new website which is designed to share information with participants, partner organisations and the public. Our new film made Woody Kitson and BrightSparks members & volunteers will be shown for the first time this evening and showcases the fantastic work our participants do.



**What if a psychological crisis was seen as having the potential to be a positive transformative experience, instead of a “broken brain”?**

Human-rights photographer and filmmaker Phil Borges spent 25 years documenting different attitudes to mental illness all over the world.

CRAZYWISE, an internationally acclaimed film, introduces mental health professionals and psychiatric survivors who see a psychological crisis as a potential growth experience, not a disease with no cure.

[www.crazywisefilm.com](http://www.crazywisefilm.com)