



**FIRST FORTNIGHT**  
THE ART OF MENTAL HEALTH

**FIRST FORTNIGHT**  
**MENTAL HEALTH ART & CULTURE FESTIVAL 2020**  
Commencing on January 2nd, 2020, features more than 100 events, in 67 venues across 17 counties including *The Blindboy Podcast*, *Ham Sandwich's Therapy Sessions*, *Richie Sadlier*, *Pat Kinevane's Silent*, a world premiere by *Stephen James Smith* with the Irish National Opera and many more family and child-friendly events, music, sports, comedy, theatre, film, panel discussions, listening events and workshops

Each year we endeavour to bring thought-provoking and conversation-inducing art across the country to challenge mental health prejudice and stigma. This year the focus and themes explored in the festival are loneliness, isolation, and community. Over the nine years of the festival, we've been proud to bring passionate and hardworking volunteers, families, organizations and charities together to create a *First Fortnight* community to combat feelings of loneliness and isolation.

We were honoured to have **Minister of State for Mental Health and Older People, Jim Daly** with us to officially launch our *First Fortnight* 2020 programme at Dublin Chamber of Commerce HQ last week.

Minister Daly is on record from earlier this year affirming what we have all come to realise; "Loneliness affects people across all walks of life, young and old, rural and urban dwellers those living alone or with others. There are times in everyone's life when he or she feels lonely or isolated, *at a time when people have never been more connected online.*" However, *"online communities can be a great social outlet and source of peer support when balanced with face-to-face contact also. Older people's groups, mental health groups and community development groups are continually working to promote a positive community response to loneliness."* Minister Daly continues, *"Ireland is justifiably proud of its strong tradition of vibrant, sustainable and inclusive communities. Calling in to check on neighbours, volunteering in sporting groups, getting involved in Tidy Towns committees, involvement in neighbourhood watch or supporting families in times of crises."*

Our 2020 edition of First Fortnight also includes **community collaborative sculpture installations**, the **45<sup>th</sup> anniversary of a 5-time Oscar winning feature film**, a **Sea Swim, dance, art and drama workshops** including **Batman needing a Break**. In addition, comedian, writer and broadcaster **Colm O'Regan**, former athlete **David Gillick**, international rugby player **Hannah Tyrell**, actor **Tadhg Hickey (CCCahtoots)**, musicians **Ham Sandwich** and wonderful **John Spillane** and actor **John Connors** with further special guests to be announced.

*"We have always seen First Fortnight as the antidote to the themes we decided to focus on within this year's festival programme. It's through community driven initiatives like First Fortnight, the opportunity is created to extend an invitation for connection to address feelings of loneliness and isolation, which we all experience but also heavily stigmatised just like mental health."* **David Keegan, CEO, First Fortnight**

*"It is through consistent changes in our community, society as a whole can be changed. We invite you to attend our festival and leave feeling part of our ever-growing community, empowered to be part of the change. One person can always make a difference and as one community, we can make a profound impact."* **Edel Doran, First Fortnight Programme Co-ordinator.**

**Of the festival, Minister Daly remarked;** *"With First Fortnight Mental Health Arts Festival 2020 shining an additional spotlight on the area of loneliness, isolation and community it serves us all with the perfect duty of care to ourselves and each other, one of inclusiveness. This is a fitting focus for the festival which over its nine years has been a central fixture in our annual calendar during the month of January. The time of year when sadly, statistics show loneliness at its most prevalent. It is no accident the festival, since its inception, has been held annually during the month of January. Empathy and inclusiveness from that very first kitchen table conversation, between now CEO David Keegan and his friend and co-founder JP Swaine."*

**For further information contact:**

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**Social media handles:** [W. firstfortnight.ie](http://W.firstfortnight.ie) | [F. @FirstFortnight](https://www.facebook.com/FirstFortnight) | [T. @firstfortnight](https://www.instagram.com/firstfortnight) | [Insta. Firstfortnight](https://www.instagram.com/firstfortnight)  
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### Programme Overview

In a first for the festival, **First Fortnight** in partnership with **Irish National Opera** and **St. Patrick Mental Health services** present **How Aria?**, the festival's first opera. The project has seen service users of St. Patrick's collaborate with **Amanda Feery** (Irish National Opera Composer) and spoken word artist and First Fortnight writer, **Stephen James Smith** to create this new concert aria which will have its world premiere in **St. Patrick's University Hospital** on Sunday January 12<sup>th</sup>.

We also have a number of award winning pieces in the 2020 programme including **The Olivier Award winning playwright Pat Kinevane** who wrote the first ever piece of theatre to be staged at a First Fortnight Festival in 2012. At #FFFest20 the award winning **Silent** will be staged at **O'Reilly Theatre on 6 Great Denmark Street in Dublin** on January 15<sup>th</sup>. "The play's main character, homeless McGoldrig has lost it all, including his mind." This beautiful production was **created by Fishamble and Pat Kinevane**, and for us it feels like we are welcoming Pat home. **Winner of The First Fortnight Award at Dublin Fringe 2019, Admin** will be staged at Smock Alley from January 7<sup>th</sup>. "This show explores the relationship between class, capitalism and health. Oisín is having an existential crisis in the canned goods aisle at Aldi."

**In One Eye, Out The Other** is the first solo comedy show from **Tadhg Hickey (CCCahtoots)**, was the **Most Nominated Show at Dublin Fringe Awards 2019**. **In One Eye, Out The Other**, sees Tadhg introduce us to Feargal, a downtrodden but cheery man who fulfilled his lifelong dream of becoming an alcoholic. The Sunday Independent says **In One Eye, Out The Other** is, "A vital catharsis: I laughed until I cried. Go see it." The show is **directed by John McCarthy** and **produced by Claire O'Connell**.

**Horrible Creature** will be presented at **IFI, Eustace Street on January 8<sup>th</sup>** and be followed by a post-show discussion with Director **Áine Stapleton**. **Horrible Creature** centres the lives of **James Joyce** and **Nora Barnacle** who in 1915 travelled with their young children, **Giorgio and Lucia** to Switzerland to escape the turmoil of World War 1. Lucia later became a professional dancer and toured the continent, however, she was forced into psychiatric care in the early 1930s. In **Horrible Creature**, Lucia's own writing, interpreted by a cast of international dance artists conjures her world between 1915 and 1950.

In response to audience demand First Fortnight 2020 programme sees an increased number of participatory and workshop events catering for a variety of ages and interests around the country. Some which caught our eye is **Seedlings Early Years Workshops**. **Led by The Ark's Early Years Artist in residence, Joanna Parkes**, this interactive drama workshop for **ages 2-4** explores how to cope when things go wrong. It is held at The Ark on Eustace St, Temple bar Dublin on January 10<sup>th</sup> and 11<sup>th</sup>. The Ark Partnership also presents **Batman Needs A Break!** Held on January 11<sup>th</sup>, this workshop **is for children from five (5) to twelve (12) years** and focusing on relaxation and de-stressing techniques is led by **Paul Timoney**, a multi-disciplinary artist who makes stories, poems, performance and pictures.

After receiving many plaudits from its well-documented staging in prisons and mental health facilities in the UK, First Fortnight, Mermaid Arts Centre and Presentation Centres are thrilled to collaborate in bringing **Madlove** to Ireland for the first time. Being held at both **Mermaid Arts Centre in Wicklow** on January 16<sup>th</sup> and **Presentation Centre Wexford** on January 17<sup>th</sup>. **Madlove** aims to build the most crazy, bonkers, mental asylum we dare dream of: a desirable and playful space to go mad, countering the popular myth that mental illness is dangerous and scary. "Through **Madlove**, we can begin to understand the power relations between patient and staff, lived expert and academic expert, artist and audience, neuro-diverse and neuro-typical... and start making positive change. It's time to put the treat back into treatment

Continuing with the workshop theme, **Golden Age Tango Therapy** is a two-hour Tango Therapy Workshop. Tango is a silent but clear language of true feelings, wisdom, mutual respect, trust and joy. We all have a unique story to tell. Discover your story through Tango at **Wexford Arts Centre** on January 17<sup>th</sup>.

**First Fortnight** is very excited to partner with **Dance Ireland** in partnership with dance artist **Áine Stapleton** for three workshops focusing on dance and well-being during #FFFest20. These take place at **Dance House Dublin** on Thursday 9<sup>th</sup> and Friday 10<sup>th</sup> at 1pm. A third will be held at **St. Nicholas School, Waterside, Galway** on Saturday 11<sup>th</sup> January at 11am.

#### For further information contact:

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We held our inaugural **Sea Swim** in 2019 and the organizers were overwhelmed by the interest. Over 200 people participated and we are going to do it all again in 2020. **First Fortnight in association with Clean Coasts and Grown present Sea Swim at Killiney Strand, Dublin** on Saturday January 11<sup>th</sup>, 2020 at 11am (Meeting point: Dart station entrance onto the beach). How many will join us this time?! We will be providing hot refreshments post-swim. For this zero-waste event, please bring your own cup. If you do not want to swim, you are welcome to participate in a short beach clean and enjoy the good vibes. *This event is proudly supported by Dun Laoghaire Rathdown County Council.*

**Gloke** is new to the First Fortnight programme and deserves an additional spotlight. The word 'Traveller' carries a lot with it - history, culture, pride and for some, stigma. So too do those who identify with it. Reports of poor mental health among Traveller men is over 38% higher than in the general population. Suicide is seven (7) times more likely in Traveller men than in the general population. This year First Fortnight has partnered with **The Eastern Region Traveller Health Network** and **Geoff Finan (AKA The Poet Geoff)** to explore issues around identity and mental health in communities of Traveller men, culminating in a special festival event presenting the creative outcome. Further details on this event will be available on [firstfortnight.ie](http://firstfortnight.ie) once to hand. We are thrilled Geoff will perform an excerpt from **Gloke** at our festival programme launch on November 27<sup>th</sup>.

Our 2020 programme includes some truly marvellous film pieces. **First Fortnight Art and Culture Festival 2020** celebrates the **45<sup>th</sup> anniversary of One Flew Over The Cuckoo's Nest** while also introducing us to **Irene's Ghost**, a documentary style film which follows a son's search to find the mother he never knew. Using animation mixed with filmed footage, **Irene's Ghost** explores memory and mental health to movingly rebuild a lost life. The touring piece will be screened at ten different locations across the country from January 4<sup>th</sup> with post screening discussions in Dublin, Cork and Galway. In total, the two screenings will reach nine counties.

**First Fortnight** in partnership with **Cork Film Festival** present **Ernie & Joe**, which follows San Antonio, Texas police officers Ernie Stevens and Joe Smarro, who are diverting people from jail and into mental health treatment. The documentary film had its premiere at Cork Film Festival earlier this month, and will screen during **#FFFest20 at Templemore Garda College in Tipperary** at 2pm on January 2<sup>nd</sup>. This screening is open to Gardaí and cadets.

Once again **First Fortnight partners** with **IFI to present IFI Family @ First Fortnight**, a selection of short films for young people and families. The festival's flourishing partnership with **Alliance Française and Embassy of France in Ireland** present **Les Invisibles/The Invisibles** on Tuesday January 14<sup>th</sup>.

**Hosted by the Balor Theatre, Co. Donegal in partnership with First Fortnight and co-ordinated by Comhcheol Arts and Wellness present Ireland's Call at The Balor Centre, January 9<sup>th</sup> followed by a post-show discussion.** Written by **John Connors** (Love Hate) and developed as part of Show In A Bag, in association with Dublin Fringe Festival, Fishamble and Irish Theatre Institute, **Ireland's Call** follows the lives of three youths as they grow up in Coolock. It examines issues of mental health, suicide, class, religion and identity. This play is an unflinching exploration of the Irish psyche.

The music and spoken word highlights for this year's programme include **Therapy Sessions**, which is possibly the fastest to sell out annually, so early bird purchase is highly recommended. This year the spoken word and music fusion will take place at **Workmans Club, Dublin** on January 10<sup>th</sup> and 17<sup>th</sup> and at **Kino in Cork** on Saturday January 11<sup>th</sup>. One of the Dublin Therapy Sessions will be curated by **Ham Sandwich** with Glaswegian **spoken word artist Leyla Josephine, Poets James Crickard and Stephen Murphy** confirmed. The musical guests will remain a surprise until closer to the dates! Both nights will this year again be mc'd by spoken word artist, **Stephen James Smith**. In **Cork** on January 11<sup>th</sup> the **musical melty pot Mongoose** will curate with **Polish poet Bohdan Piasecki** confirmed to feature together with genius musician, poet, dreamer and story teller **John Spillane**.

On January 16<sup>th</sup>, **Strange Brew and Labyrinth** present **Frightened Rabbit Revisited**, a very special concert featuring the songs of Frightened Rabbit in **The Sugar Club, Dublin** featuring an all-star line-up of Irish acts, with all proceeds going to First Fortnight and The Tiny Changes Foundation in memory of Scott Hutchinson. The performance will travel to **Galway's Roisin Dubh** on Friday 17<sup>th</sup>. A hugely popular event in the 2019 programme, to avoid disappointment early booking is strongly advised.

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For book lovers, or indeed light readers amongst us, **Mind-Reading** is for us, it's for everyone. In **January 2020**, Libraries across the country are joining **First Fortnight** to shine a spotlight on mental health-related books. From factual texts to brilliant works of fiction and helpful information books, readers will be spoiled for choice as libraries highlight texts that will open up discussion around mental health. [Find reading lists on firstfortnight.ie](https://www.firstfortnight.ie) which will feature contributions from **County Libraries, Healthy Ireland, HSE, Jigsaw, Children's Books Ireland and Reading Well**. A number of libraries are also hosting **First Fortnight themed events**.

**Martin Rogan, CEO Mental Health Ireland:** *"Loneliness and Isolation are big issues for people facing mental health challenges and Mental Health Ireland are delighted to see community added to the theme. Our communities are a powerful setting to support and promote positive mental health through the arts, sports and social groups. They offer connectedness and hope for people experiencing loneliness and isolation and the first two weeks in January are a great time to get out and meet the people in your community at the First Fortnight events taking place all over Ireland."*

**John Saunders, Director, See Change, Irelands National Mental Health Reduction Programme says:** *"Once again, See Change is delighted to partner with First Fortnight to open up the conversation and challenge the stigma and discrimination surrounding mental illness through the arts, as a forum for self-expression, healing, and dialogue."*

**Paul Gilligan, CEO of St Patrick's Mental Health Services,** said: *"St Patrick's Mental Health Services is delighted to host three creative, innovative events in our partnership with the 2020 First Fortnight festival and to progress our shared goals of raising awareness, reducing stigma around mental health, and encouraging people to seek support when they need it. Expressing ourselves through the arts and engaging with culture enables us to explore and talk about mental health in a positive, meaningful way. Everyone has the right to live a mentally healthy life: tackling stigma and empowering open conversations through the festival helps to change attitudes and foster a society where everyone can see this right fulfilled."*

**Ian Power, SpunOut:** *"SpunOut.ie is excited to once again be partnering with First Fortnight to continue our mission to eradicate mental health stigma. In our work, every day we aim to empower young people with the literacy to talk about and seek help for their own mental health and that of their friends and family. We're excited to get young people talking about mental health this January through Therapy Sessions during First Fortnight."*

#### **Here is a quick look at some other festival highlights**

##### **Co. Galway**

**Alone In The Crowd**, is a community collaborative sculpture installation running from January 3<sup>rd</sup> through January 17<sup>th</sup> at Town Hall Theatre. The Art in Mind collective is a non-profit organisation seeking mental wellbeing through artistic practice.

**First Fortnight in partnership with Red Door Studio** is offering a unique opportunity for parents and caregivers to enrich the connection with their children through joint creative exploration. **Heart Connection**, January 18<sup>th</sup> 2<sup>nd</sup> Floor, 78 Prospect Hill, Galway city

**Perceptions**, Ballinasloe Library, Co. Galway January 14<sup>th</sup> – Red Door Studio present a creative workshop exploring how we see things at different times of our life and how this shapes our experience.

##### **Co. Clare**

On January 18<sup>th</sup> at 11am and 2pm **Teens, Anxiety and Depression: What Parents can do to help?** A workshop with creative approaches takes place at Orchard Wellness Centre, St. Anthony's Terrace, Harmony Row, Ennis. This taster workshop is designed for parents of adolescents going through a difficult time be it anxiety, depression, bullying, traumatic events, relationship issues, self-harm / suicidal ideations or dealing with parental divorce / separation.

##### **Co. Leitrim**

To our delight **Tea and Storytelling and Story Sharing for 24/7 Family Carers** continues its presence with the festival in 2020. Held on January 9<sup>th</sup> at 11am in the **24/7 Carers meeting space, Manorhamilton, Co. Leitrim**, this unique event works to honour those dedicated to the care of others. *"If you find it in your heart to care for somebody else, you will have succeeded."* Maya Angelo

##### **Co. Wexford**

**A Desire For Closeness** is an exhibition by Nicola Anthony being held at The Presentation Centre, Convent Road, Enniscorthy. In this exhibition, international artist **Nicola Anthony** has worked with individuals in Wexford who feel isolated, displaced, or lonely. Taking the stories, they told about their lives, or the letters they wrote her, Nicola creates an immersive installation of interwoven, kinetic text sculptures: The exhibition will wrap you up in stories about the experience of loneliness, and help you to reconnect.

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**Co-Motion** a music and walking experience and huge hit at both 2018 and 2019 festivals returns to **The National Botanic Gardens**. The event is free, but advance registration is essential.

**Richie Sadlier** will be in conversation with **Banter's** Jim Carroll at **Workman's Club** on January 14<sup>th</sup> at 7pm. The Football pundit, psychotherapist and award-winning author will be joining us at **First Fortnight** for a conversation with print and broadcast journalist **Jim Carroll** about his life and brilliant book, *Recovering*. We also welcome the return of comedian, writer and broadcaster Colm O'Regan and Julien Clancy's latest creation **It's Good To Talk** (January 6<sup>th</sup>, **The Vintage Room at The Workman's, Dublin**) and **Dublin Story Slam** (January 7<sup>th</sup>, 8pm at **The Sugar Club, Dublin**), a sell-out annually at the festival. **Corinthian**, hosted by Irish Times' Ian O'Riordan and featuring Irish International rugby player, **Hannah Tyrell** and former Athlete and now broadcaster **David Gillick**, have proven hugely engaging annually and take place before full audiences. On Saturday January 11<sup>th</sup>, as with previous years, **The Sugar Club** will once again be home for this event.

We welcome back **Darragh Doyle** who this year will host **Mental Health Uploaded** and asks, "How do you cultivate the tech opportunities while also reducing the tech risks in an ever changing and developing industry?" In this panel discussion, we will explore this question with guest speakers from key areas. The date is January 16<sup>th</sup> at **Tangent, First Floor, Trinity Business School, 182 Pearse Street, Dublin 1**. First Fortnight in association with **Tech for Good Dublin** ([techforgooddublin.org](http://techforgooddublin.org)) present **First Fortnight Tech Thursdays** on Thursday January 9<sup>th</sup> at **AIB 101 Grafton Street**. The event is free; however, registration is essential. The event commences at 6pm and focuses on nurturing our mental health and staying well with a showcase of the KeepAppy App and a practical demonstration of some mediation and yoga techniques.

Art and its positive relationship with Mental Health is well-documented. In **#FFest20** our relationship with the medium also continues. The National Gallery of Ireland continues its First Fortnight programme **heArts & Minds**, providing a tailored education, learning and engagements programme focusing on young people and Mental Health. From practical sessions to talks, the programme will provide opportunity all ages and abilities to connect with this topic. Further details and booking information will be available from **National Gallery of Ireland** and [firstfortnight.ie](http://firstfortnight.ie)

### **About First Fortnight**

Now in its tenth year, **First Fortnight** is an arts-based mental health charity and organises its festival annually each January aimed at challenging stigma. The charity was instrumental in founding the European Arts Festival model and helped stage Europe's first mental health arts festival in Athens, Greece in 2016. **First Fortnight** subsequently hosted European Mental Health Arts Festival in communities across Ireland in 2019. An awareness campaign commencing in the **First Fortnight** of the year works because we are all a little raw this time of year and more likely to be open to an empathic response. **First Fortnight** has become a fixture in the cultural calendar and synonymous with mental health awareness, challenging prejudice and ending stigma. **First Fortnight** also runs a **Centre for Creative Therapies**, which provides an art psychotherapy and music therapy service to adults with experience of homelessness or at risk of homelessness.

### **About National Office For Suicide Prevention (NOSP)**

We would like to gratefully acknowledge the core funding support we receive from the HSE's National Office of Suicide Prevention, without whom First Fortnight would not be possible.

**The National Office for Suicide Prevention (NOSP)** is responsible for the coordination of training initiatives around suicide prevention and mental health promotion in line with Connecting for Life, Ireland's national strategy to reduce suicide 2015-2020.

### **About Mental Health Ireland**

At **Mental Health Ireland**, our aim is to promote positive mental health and wellbeing for all individuals and communities and to support people with lived experience of mental health challenges in their recovery.

We are a leading provider of mental health promotion in the voluntary sector. This is achieved through campaigning and advocacy at a national level and the educational activities of our Development Officers throughout the country.

Our network of Mental Health Associations promote positive mental health and support people with mental health difficulties within their own communities. <http://www.mentalhealthireland.ie>

### **For further information contact:**

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**About See Change - The National Mental Health Stigma Reduction Partnership**

**See Change** is Ireland's national programme to end stigma and discrimination associated with mental health difficulties. Throughout the year, **See Change** works with over 90 partner organisations and 40 ambassadors with lived experience, on a number of initiatives such as the workplace programme and our 'Look Beyond' photography exhibition, in order to challenge people's perception of mental health difficulties. In May 2018, **See Change** brought us the sixth annual Green Ribbon campaign to get Ireland talking about mental health, sparking a national conversation. 500,000 green ribbons were distributed nationwide, free of charge in conjunction with hundreds of grassroots events and initiatives. [www.seechange.ie](http://www.seechange.ie)

**About St Patrick's Mental Health Services**

Founded by noted author Jonathan Swift, **St. Patrick's Mental Health Services** is Ireland's largest independent, not-for-profit mental health provider and aspires to be the recognised leader in the provision of quality mental health care; the promotion of mental health awareness and the protection of the rights and integrity of those suffering from mental illness. [www.stpatricks.ie](http://www.stpatricks.ie)

**About SpunOut**

**SpunOut.ie** is Ireland's youth information website created by young people, for young people.

We provide information to around 160,000 active young readers aged 16-34 each month.

Our vision is an Ireland where young people are empowered with the information they need to live active, happy, and healthy lives. We believe we should have easy access to relevant, reliable, and non-judgemental information and we are proud to provide our readers with a dynamic, responsive website full of up-to-date, factual information, free of any shame or bias. [www.spunout.ie](http://www.spunout.ie)

Ends – Tuesday December 3rd, 2019

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