

## Launch of film and art exhibition celebrating arts and mental health

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On Friday 9 March at the Hannah Maclure Centre in Dundee, Art Angel, a local arts and mental health project, will launch it's recently completed film, Winter Sun and an accompanying art exhibition.

Winter Sun celebrates the innovative work of six artists and challenges the public perception of mental health problems through exploring the issue of recovery and how creative activity can advance wellbeing. The exhibition entitled '... a short but yet a cloudless day' showcases work from the six artists involved in the making of the film as well as other artists from Art Angel. The exhibition will run from March 12th to April 30th at the Hannah Maclure Centre in Dundee. Rosie Summerton, Manager of Art Angel said: "Artistic and creative expression can be a vital part of peoples recovery from long term mental health problems. It helps to give people meaning and purpose and gives participants an opportunity to re

define themselves as artists with something to offer the community. This in turn helps to build people's confidence and self esteem, which are key factors in recovery and overall wellbeing."

The film and exhibition was funded and supported by the Scottish Recovery Network. Since conception the SRN has worked to raise awareness of recovery from long term mental health across Scotland as part of the Scottish Executive's National Programme for In

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