

Wellbeing

Free

ELEVATE

PERTH & KINROSS

MENTAL HEALTH

AND WELLBEING

FILM FESTIVAL

OCTOBER 2017

AK BELL LIBRARY,  
COMRIE RURAL HALL AND  
THE BIRKS CINEMA, ABERFELDY

Come along to this popular festival elevating the conversation around mental health and wellbeing through film.

Post film discussions and wellbeing information will be available after each screening.

SCOTTISH  
MENTAL  
HEALTH  
ARTS & FILM  
FESTIVAL

Part of the Scottish Mental Health Arts Festival 2017.



## THE LEVELLING

TUESDAY 10TH OCTOBER 7PM

VENUE: THE BIRKS CINEMA

RUNNING TIME 1HR 23MIN

Hope Dickson Leach's excellent debut feature is a superbly shot and piercingly acted realist tragedy. When Clover Catto receives a call telling her that her younger brother Harry is dead, she must return to her family farm and face the man she hasn't spoken to in years: her father Aubrey.

CERT 15

## BATTLE MOUNTAIN

SUNDAY 22ND OCTOBER 7.30PM

VENUE: COMRIE RURAL HALL

RUNNING TIME 1H 44MIN

A documentary following the Scottish racing cyclist Graeme Obree as he prepares for the world human-powered vehicle land speed record attempt in Nevada.

CERT 12A

## LION

TUESDAY 10TH OCTOBER 7PM

VENUE: AK BELL LIBRARY THEATRE

RUNNING TIME 1H 58MIN

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometres from home. He survives many challenges before being adopted by a couple in Australia; 25 years later, he sets out to find his lost family.

CERT PG

## BEING AP

TUESDAY 24TH OCTOBER 7PM

VENUE: AK BELL LIBRARY THEATRE

RUNNING TIME 1H 43MIN

'Being AP' documents one of Northern Ireland's greatest ever sportsmen during his last racing season. A fascinating mix of sacrifice, doubt, decisions, triumphs and failures. This is not just a story about racing. It's about universal themes, recognisable to the widest audience; relationships, decisions,

CERT 12

## LA LA LAND

TUESDAY 17TH OCTOBER 7PM

VENUE: AK BELL LIBRARY THEATRE

RUNNING TIME 2HR 8 MINS

Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

CERT 12A

## UNBROKEN

WEDNESDAY 25TH OCTOBER 1.30PM

VENUE: AK BELL LIBRARY THEATRE

RUNNING TIME 2H 14MIN

An epic drama that follows the incredible life of Olympian and war hero Louis "Louie" Zamperini (Jack O'Connell) who, along with two other crewmen, survived in a raft for 47 days after a near-fatal plane crash in WWII-only to be caught by the Japanese Navy and sent to a prisoner-of-war camp.

CERT 15

## DRIVING MISS DAISY

WEDNESDAY 18TH OCTOBER 2PM

VENUE: AK BELL LIBRARY THEATRE

RUNNING TIME 1H 34MIN

Based on the Pulitzer Prize-winning play by Alfred Uhry, Driving Miss Daisy affectionately covers the 25-year relationship between a wealthy, strong-willed Southern matron (Jessica Tandy) and her equally indomitable black chauffeur, Hoke (Morgan Freeman).

CERT U

## LIFE ANIMATED

SUNDAY 29TH OCTOBER 5.30PM

VENUE: THE BIRKS CINEMA

RUNNING TIME 1H 32MIN

Life animated is the inspirational story of Owen Suskind, a young man who was unable to speak as a child until he and his family discovered a unique way to communicate by immersing themselves in the world of classic Disney animated films.

CERT PG

## MANCHESTER BY THE SEA

THURSDAY 19TH OCTOBER 7PM

VENUE: AK BELL LIBRARY THEATRE

RUNNING TIME 2H 14MIN

An uncle is obliged to return home to care for his nephew after his brother dies. Unknowing he is to be the guardian, he struggles with the decision. Throughout the movie he recounts past memories that caused him to leave Manchester and distance himself from his past.

CERT 15

## PRE FILM EVENT

TUESDAY 17TH OCTOBER 5-6.45PM

VENUE: SOUTAR THEATRE

Join with other P&K Film Fest goers over some tea and sandwiches to chat about what the festival means to you and how effective it is in improving public mental wellbeing. Pick up leaflets and information on ways to good mental wellbeing. *Free event.*

Birks Cinema reservations 01887 822845 or on the website [www.birkscinema.co.uk](http://www.birkscinema.co.uk)

For all other bookings:

Please phone 01738 626242

or to book a free place online please visit

[www.plusperth.co.uk/elevate](http://www.plusperth.co.uk/elevate)