

Briefing #1: 8 April 2020

We will be providing weekly briefings on different subjects and themes during the C19 Crisis – please get in touch with your stories, materials and ideas – email

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A sense of belonging arts programme from your sofa.....

We are all disappointed but understanding of the reasons why the Scottish Mental Health Arts Festival and five of our Edinburgh festivals to date have been cancelled. As we all practice social distancing and take care of ourselves and each other, we thought it would be great to share some great online resources and ideas for keeping our minds active and creative. Our colleagues at the **Mental Health Foundation** are busy planning the SMHAF 2020 response to Covid-19. They've shared some great links together which we have added to and these are all set out in this briefing.

Please share with us what you are doing to remain **artful** during these challenging times

Everything starts from a dot. (Wassily Kandinsky)

Digital Events

Daily Dancing

Started by Scottish Mental Health Arts Festival's Associate Artist Emma Jayne Park (Cultured Mongrel) and Radio presenter Rosie Aspinall Priest (Sounds of the Second Sex), daily dancing is a quick way to set yourself up for the day with a community of people coming together for a boogie. From Monday to Friday you are sent a new ten minute playlist, you join our Zoom meeting at 10.00am, we count down, press play and DANCE!!! It's a simple, no pressure way of moving and being with people. If you want to get involved, send your email to emma@culturedmongrel.org.

Quarantine Cabaret

Join Cameron Foster and a host of other performers from the comfort of your home. With gigs, shows and events across the country cancelling en masse as the COVID-19 outbreak continues, a new platform is taking place to help struggling performers find an audience. Fundraising through **JustGiving** and streaming live on **Instagram**, Quarantine Cabaret will present music and poetry direct from artists' homes.

Scotsman Sessions

The Scotsman Sessions is a series of short video performances from artists all around the country commissioned by The Scotsman and released on **their website**, with introductions from their critics. Artists featured so far include **Pictish Trail**, **Esther Swift** and **Karine Polwart**.

Glasgow Short Film Festival

Following an online mini-fest taking place during their original dates, GSFF are planning to build an online resource of free-to-view animations from around the world, suitable for all ages. [Visit their website](#) or [sign up to their newsletter](#) for updates.

Feminists in Quarantine: Femspectives at Home

The Femspectives team have launched a feminist film club you can join from your living room! Each week, they will decide on a film that you can watch collectively or in your own time online and host a post-screening discussion via Zoom.

Glitterati

SMHAF friend Douglas T. Stewart is hosting a weekly online quiz on Tuesday evenings from his living room to raise money for charity Help Musicians. You can listen and take part on Facebook, either by yourself or with friends.

Bella Caledonia: The Howff

Bella Caledonia have created this online space to promote artists and musicians who are no longer able to perform live due to coronavirus. Each night features different artists, including opportunities to support them through buying their work online.

Siobhan Wilson

Singer-songwriter Siobhan Wilson has created an online space where she is livestreaming gigs, Q&As and a podcast, which you can subscribe to for a small monthly fee.

Virtual Tours

British Museum, London

The British Museum is the OG national museum. When it opened in 1759 it was the first of its kind to open to the public in the whole world, and they're still showing us how it's done today. Tap through a musical guide to Africa, the Americas, Asia, Oceania and Europe – and play a little tune along the way. [Virtual tour of the British Museum](#)

Solomon R. Guggenheim Museum, New York

Thousands visit the Gugg every day just to explore its epic Frank Lloyd Wright-designed building, and thanks to this Google Street View tour you can still wander its halls from your couch. Peruse the museum's most significant offerings of postmodern, conceptual and installation art, then head to the homepage for a bumper database of its entire collection. [Virtual tour of the Solomon R. Guggenheim Museum](#)

The Broad, Los Angeles

Forty-five seconds. That's how long you normally have to bathe in the twinkling, reflective abyss of Yayoi Kusama's 'Infinite Mirrored Room' at the Broad. But now you can spend as much time with its signature piece as you'd like – virtually, at least. As part of its Broad from Home initiative, you can watch a video of Kusama's artwork set to a spacey soundtrack. [Virtual tour of 'Infinite Mirrored Room' at the Broad](#)

MASP, São Paulo

The Museu de Arte de São Paulo has a very particular way of displaying artwork in their galleries: paintings are hung on crystal easels that make them look like they're floating mid-air. Check it out on their virtual gallery, which also features online exhibits of art from Brazil and beyond. [Virtual tour of MASP](#)

The [Glasgow Women's Library collections](#) are available online! Explore their website to find out more about this incredible resource, housing a huge collection of materials by, for and about women.

Digital Workshops

Scottish Ballet Health Classes

From Monday to Friday, Scottish Ballet are inviting people to join them on [Facebook Live](#) to dance together. There is a different class running each day, tailored to the specific needs of different communities but open to all. The

classes will be streaming live at 11.30am each day, then made available on Facebook to catch up. Includes classes for people with specific health conditions, people aged 60+ and parents and children.

Luminate@Home

Luminate, Scotland's creative ageing organisation, have developed a new programme of online creative activities that you can do wherever you are. Created during the coronavirus outbreak, the activities are designed for older people who are isolated at home or in a care home. A new film will be posted at 2pm on Tuesdays and Fridays.

40 Days to Learn Film

Filmmaker Mark Cousins has put together a 200-minute visual talk on film divided into 40 short sections that can be watched on [Vimeo](#).

Creative Opportunities

Scenes for Survival

Scenes for Survival is a crisis responsive artistic online project launched by the National Theatre of Scotland in association with BBC Scotland and BBC Arts' Culture in Quarantine project. It will include a series of short digital theatre works and create opportunities for creative talent working in Scotland.

Visible Fictions

Visible Fictions are commissioning 1 minute stories from artists based in Scotland - whether that's a monologue, a stop motion animation, a puppet piece, a song... anything original! And something that you can film on a mobile phone from the comfort of your own home - perfect if you are having to batten down the hatches and ride this virus wave. The deadline for pitches is 5pm on Friday 27 March. [Follow on Facebook for updates](#).

Music and Podcasts

Old School

Ida Schuster is the world's oldest podcaster! In Old School, Ida shares her unique perspective on life, love and theatre in the twentieth and twenty-first centuries. This inspirational story, of growing up in a Jewish immigrant family, in the Gorbals area of Glasgow, takes us on an incredible journey through her childhood, the war years, and her long career on stage and screen.

The Fruit Tree Foundation

The Fruit Tree Foundation is a project developed by musicians Rod Jones and Emma Pollock in partnership with the Mental Health Foundation to challenge perceptions of mental health. It resulted in a series of gigs at SMHAF and a collaborative album [First Edition](#), featuring Scott Hutchison, Karine Polwart, James Yorkston and other Scottish musicians. You can listen to the full album on [Spotify](#).

Chamber Music Scotland did a series of #StreamingHomeConcerts that were such a success, they've decided to do one weekly! You can watch all the home concerts so far on their YouTube channel. [Follow Chamber Music Scotland on Twitter](#) for details of how to tune into future shows.

Mental Health Foundation

Twitter ([@MH_Arts](#)), Facebook ([@mentalhealtharts](#)) or Instagram ([@mhfestival](#))