

**Here at Open Up, we're always keen to spread the word about exciting new mental health related projects. See below for information on a digital storytelling project, launching this week...**

**inspired-stories.tv** will be the first Internet TV station to give people with lived mental health experience a platform to tell their stories and provide filmmaking skills training. The station sets out to promote film as therapy, future employment and a forum for discussion and change. The channel goes live on October 10th - World Mental Health Day.

An eclectic mix of mental health films including 2 produced by Together Working for Wellbeing will be screening on the site. Themes include self harm, stigma, social alienation, hearing voices, creativity and identity. Explains Sybil Ah-mane, Film Director, Flexible Films, 'As well as a showcase for mental health service users to tell their stories, we aim to provide films, manuals and training on the film making process; encouraging users to find their own voice.'

So passionate are they about the therapeutic and empowering effect of filmmaking that Flexible Films, intend to fund the first three months of the TV station. The success of filmmaking as a life-changing tool is illustrated in the work they have been doing with Inspirational Filmworks, (a mental health service user film group funded by Oxleas NHS Foundation Trust) whose films will be screened on the channel.

Since 2003, out of 19 Inspirational Filmworks members:

- 4 have gone back to work
- 1 has completed a BA in Fine Art
- 7 are in Further Education
- 4 are doing voluntary work

'The filmmaking process itself, is a powerful way of rebuilding both confidence and self esteem. Filmmaking requires discipline, attention to detail and a high degree of flexibility and creative thinking. Skills that can be applied to all areas of life,' says Sarah Lewis, Director, Inspirational Filmworks.

Inspired Stories TV will be asking people with lived experience to submit their films and two will be selected for broadcast in January 2009.

inspired-stories.tv  
Promoting well being through storytelling

For more information email [inspiredstories@flexiblefilms.co.uk](mailto:inspiredstories@flexiblefilms.co.uk)  
[www.flexiblefilms.co.uk](http://www.flexiblefilms.co.uk)

--

Open Up  
**Mental Health Media**

356 Holloway Road, London, N7 6PA  
Tel: 020 7700 8171 Fax: 020 7686 0959

**To unsubscribe from this mailing list, please email [open.up@mhmedia.com](mailto:open.up@mhmedia.com)**

Open Up - Sharing Experience \* Raising Awareness \* Challenging Discrimination

[www.openuptoolkit.net](http://www.openuptoolkit.net)

**Open Up is now on [NET.mesomoco.org.uk](http://NET.mesomoco.org.uk)- the mental health social networking site. Members can visit our community page here: [Open Up on Mesomoco](#)**  
**Become a fan of Open Up! Visit our [Open Up Facebook page](#)**