

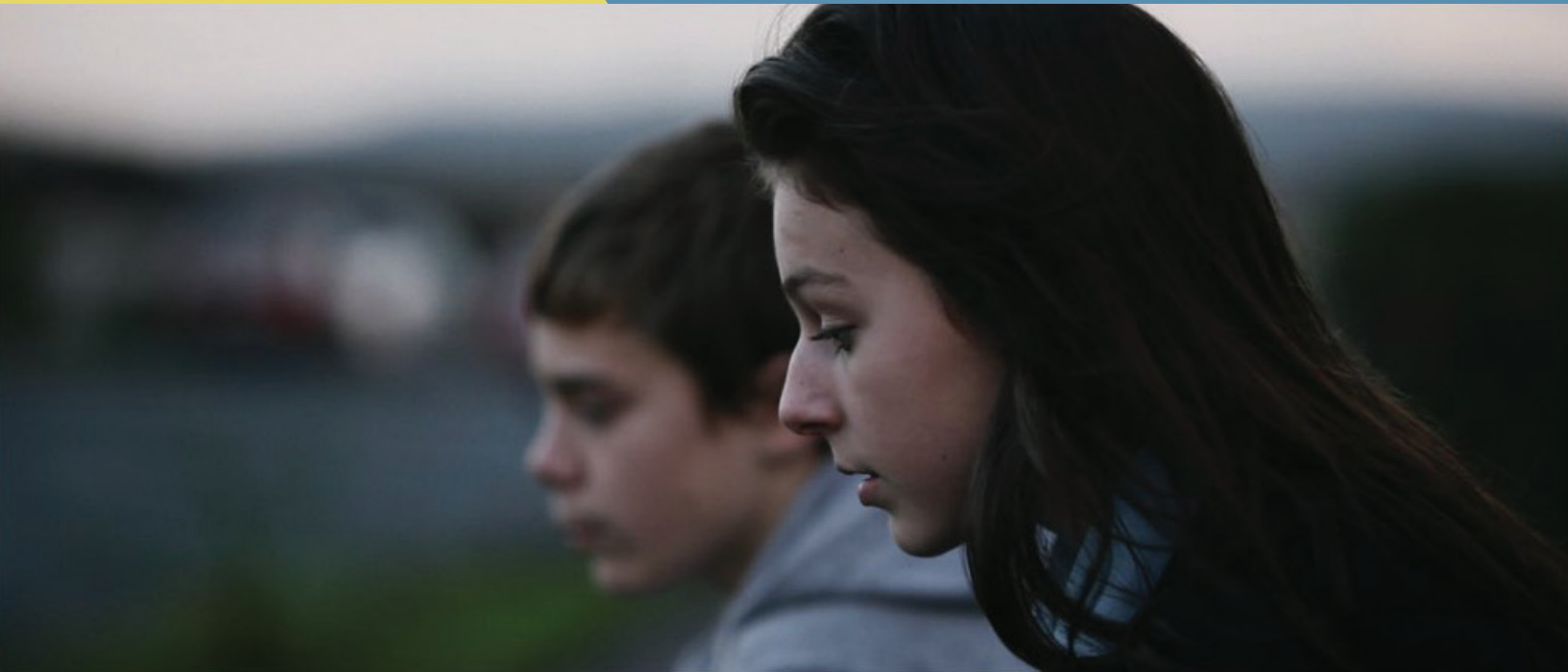


Cork
International
Film Festival

Intinn

A New Film and Mental Health Programme for Transition Year Students

Cork | Limerick | Waterford | Kerry April - May 2020



Youth Film & Mental Health Programme

Cork International Film Festival is Ireland's first and largest film festival. With the support of Creative Ireland and ESB Energy for Generations Fund, the Festival has expanded its acclaimed 'Illuminate' programme to create a new Film and Mental Health programme for Transition Year students 'Intinn', meaning 'mind' or 'way of thinking'. **Intinn offers young people the opportunity to attend a film screening which has been specially curated to enable them to explore different aspects of mental health relevant to youth audiences and to help them explore and understand their own wellbeing and resilience skills through:**

- Specially curated film screening
- Q&A & discussion with filmmakers
- Bespoke workshop with mental health professionals

Cork International Film Festival's 'Illuminate' Film and Adult Mental Health Programme presents a series of film and public discussion events during the Festival in November which explore different aspects of mental health and wellbeing, in partnership with ESB Energy for Generations Fund Arts+Minds and Cork Mental Health Service HSE. The programme was initiated in 2014 and is unique in Ireland.



Clár Éire Iddánach
Creative Ireland
Programme
2017-2022



Intinn

Cork International Film Festival successfully piloted the **Intinn** programme with 300 students in Cork in 2019, in advance of the regional project roll out in 2020. We invited Transition Year students in Cork to attend one of four events held in The Gate Cinema and St. Peter's, North Main Street, Cork.

The Intinn event comprises of a screening of '**I Used to Live Here**', and a post screening Q&A with filmmakers. Students are invited to join youth mental health professionals from the UCC School of Nursing who will facilitate them in participative workshops exploring personal wellbeing and resilience.

Schedule :

- Introduction:** 10 mins
- Screening:** 1 hour 15 mins
- Q&A:** 20 mins approx
- Break:** 15 mins approx
- Workshop:** 90 mins



★★★★★ "Magnificent" Entertainment.ie
"Excellent" The Irish Times
"Remarkable" Today FM
"Spellbinding" The Irish Post

Film: 'I Used to Live Here'

Amy (Jordanne Jones) is a 13-year-old living in Tallaght, Dublin and has had to take on much of the responsibility for running the family home after the death of her mother. She is devoted to her father, Raymond (James Kelly), but he is too distracted to pay her a great deal of attention, particularly when an old girlfriend appears and suggests Raymond is the father to her baby. When news breaks that a local boy has killed himself, there's an outpouring of grief in the community that has a profound effect on Amy and the young people around her.

From the Director of the CFF2017 Audience Award winner '**Michael Inside**' and made in collaboration with Jigsaw (formally Headstrong), the National Centre for Youth Mental Health and featuring a cast of mostly non-actors drawn from the west Dublin area in which it is set, '**I Used to Live Here**' is a sensitive, enlightening and vital response to real social issues.

Post Screening Q&A

Students will have the opportunity to meet Director Frank Berry or young actors Dafhyd Flynn or Jordanne Jones who will offer insights into the making of 'I Used to Live Here' and the themes it explores. A team of mental health professionals from UCC School of Nursing will also be available to discuss the mental health and wellbeing themes which arise in the film.

Frank Berry



Frank Berry is an award-winning Irish Director with expertise in community filmmaking and television. His first feature documentary, the critically acclaimed 'Ballymun Lullaby' (2011), won the DGA Directors Finders Award. His next film 'I Used to Live Here' (2014), won the Best First Feature Audience Award at the Galway Film Fleadh and was released in Irish cinemas to critical acclaim. His latest feature, the multi award-winning 'Michael Inside' won the Audience Award at Cork Film Festival 2017 and is now available on Netflix.

Jordanne Jones



Jordanne Jones is an award-winning actress and a leading member of Ireland's new generation of screen actors. Trained at Bow Street Acting Academy under a full Scholarship, she has starred in 'I Used to Live Here' (2014), 'Lady Black Eyes' (2018) and 'Metal Heart' (2018).

Jordanne is also three times Dublin Champion, Leinster Champion and all Ireland finalist in her section in Boxing and she danced (Free Style) in the Worlds, Europeans and all Irelands and placed 1st, 2nd and 3rd on many occasions.

Dafhyd Flynn



Dafhyd Flynn is an award-winning young actor from Tallaght, Dublin and completed his education at Tallaght Community School. He starred in both of Frank Berry's features, 'I Used to Live Here' (2014) and 'Michael Inside' (2018). He won the Breakthrough Artist Award at the Dublin Film Critics Circle Awards 2018

What young people have to say about Intinn

Watching someone else be brave to get help makes it easier for someone else to go get help and not feel as awkward.

It shows a lot about mental health through film and it's fun way to spread awareness, a better way to get young people's attention. It showed that talking can help you in the way you need, film starts a conversation well. It showed different perspectives as it shows that the characters couldn't communicate their feelings and how damaging that can be. It just shows me we can be more open and accepting.

The film showed me how everyone deals with problems differently and how we need to be considerate. In the film, you can see everything happening rather than just hearing it - it was effective and enjoyable

It shows you that once you take yourself out of the situation, there's always a way to fix things like how by Amy talking to her family it helped her. Because you see the things that happen to the characters and you associate them to the real life and you see the things more clearly.

The breathing techniques really helped with my heart and anxiety.

Post Screening Workshop

Johnny Goodwin



Johnny Goodwin is a lecturer in mental health nursing in the School of Nursing and Midwifery, UCC. He holds an M.A in Film Studies and is in the final year of his Ph.D. which focuses on young people's perceptions of mental health services. Johnny's interests also include service user involvement in service development and research, the use of the arts and creativity in mental health, young people & mental health, and mental health stigma.

Students are invited to participate in a practical workshop focused on developing wellbeing and resilience skills, inspired by the film and Q&A. This workshop will explore themes from the film and will also offer further information about mental health services and where to find support in the community.

Students attending the second daily slot will be given an extended break for lunch - students must bring a packed lunch to the workshop venue. Students attending the first daily slot are welcome to bring a snack to the workshop venue.

MORE INFORMATION AND BOOKING

CORK

When: 1st, 2nd, 24th, 27th, 28th April

Two slots available daily: 9.30am - 1.00pm and 11.00am - 2.30pm

Where: The Gate Cinema and St. Peter's, North Main Street, Cork.

KERRY

When: 20th, 21st April

Two slots available daily: 10:00am - 1.30pm and 11.30am - 3.15pm

Where: Siamsa Tire, Town Park, Tralee, Co. Kerry

WATERFORD

When: 29th, 30th April, 1st May

Two slots available daily: 10:00am - 1.30pm and 11.30am - 3.15pm

Where: Garter Lane Arts Centre, O'Connell Street, Waterford City

LIMERICK

When: 8th, 11th, 12th May

Two slots available daily: 10:00am - 1.30pm and 11.30am - 3.15pm

Where: Millenium Theatre, Limerick Institute of Technology, Moylish, Limerick

To book, please contact: schools@corkfilmfest.org / +353 (0)21 427 1711

TICKETS: €5:50 per student - Teachers go free!



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corkfilmfest.org