

preview



WALK OF FAME: CoolTan
Arts members e0136/C

Largactyl Shuffle

BFI Southbank, Feb 8

COOLTAN Arts, the Walworth-based charity that seeks to alleviate mental health distress by encouraging sufferers to exercise their creativity, is releasing a film about one of its flagship projects.

The charity's volunteers run a broad range of workshops and events, including visual and performing arts, poetry and sponsored walks. Their new film, *Largactyl Shuffle*, follows one of these walks.

Taking its name from the shuffling walk often induced by a psychiatric drug, the *Largactyl Shuffle* is a monthly stroll from the Maudsley Hospital in Denmark Hill to Tate Modern. Volunteers guide participants along the five-mile route, taking in some of Southwark's cultural landmarks along the way, often basing the journey around a different theme each time. The aim, as with many other CoolTan Arts events, is to de-stigmatise mental health suffering by drawing people's attention to it.

The new documentary film follows the organisation's annual midnight *Largactyl* stroll, and explores the reasoning behind the walks as much as the event itself. People who suffer from mental distress were involved at every stage of the film, from the planning to the filming and on to the post-production.

CoolTan Arts are also releasing two other short films: *Maggi Hambling*, about the artist who is a patron of the organisation, and *CoolTan Arts - Who We Are, What We Do And How We Do It*. They are hoping the films' premiere at BFI Southbank next week might lead to greater exposure for the charity and hopefully a wider release for the films.

While it's unlikely *Largactyl Shuffle* will be threatening *Avatar*'s box office success, it's a project that draws together charity, community and healthcare into one entertaining bundle.

Feelgood movie, anyone? **HB**

● **BFI Southbank, Belvedere Road, Waterloo SE1 8XT. 11am-1pm. Visit www.cooltanarts.org.uk for details.**