

**RedbridgeCVS invites you to the first  
“Healthy Living, Healthy Minds”  
film event.**

The *Healthy Living, Healthy Minds* film event is **free** and takes place over 3 days at the Cineworld Cinema in Ilford. It will showcase, two South Asian films that explore family relationships and attitudes to promoting and maintaining mental wellbeing.

Participating in this event will allow you an opportunity to join together with the Redbridge community to enjoy, explore and promote mental, physical and spiritual wellbeing while respecting cultural and religious beliefs.

**The event will run from:** Tuesday 30<sup>th</sup> June, Wednesday 1<sup>st</sup> July and Thursday 2<sup>nd</sup> July you are invited to attend any one of these days from 10:00am to 12:30pm

**At:** Cineworld, Ilford, Clements Road, IG1 1EA

For **bookings** please contact: **Nisema** or **Hardeep** on 020 8514 9620 or 07967151196 or email: [nisema@redbridgecvs.net](mailto:nisema@redbridgecvs.net) or [hardeep@redbridgecvs.net](mailto:hardeep@redbridgecvs.net)  
Attendees must be over 16 years old.

**Booking details:**

Entry for the event is FREE and lunch will be provided plus a chance to win great raffle prizes... **Booking is required** to guarantee a place.

**Open Secrets**

*Open Secrets* is a short award winning film about how a Redbridge based South Asian family overcome fear, shame and discrimination towards their son's mental ill health. It examines the stressors on the family as well as the sufferer. It has been showcased around the UK yet this will be the first time it has been publicly shown in Redbridge.

Directed by Azeem Khan.

Starring: Saeed Jaffrey and Valmike Rampersad.

**Girni (Grinding Machine)**

*Girni* tells the story of Samir, a 10 year old boy living with his widowed mother and grandfather in India. His mother buys a grinding machine as an opportunity to improve their quality of life. The machine brings with it a horrible oppressive sound that takes over the child's home environment. This leads to him losing his relationship with his mother, his friends...and his childhood. This film has won awards around the world.

Directed by Umesh Kulkarni

Starring: Madan Deodhar

**Discussions**

After each film there will be a panel led discussion about the issues raised, including an opportunity to talk to Azeem Khan, the director of *Open Secrets*.