

'Black Dog Night: Back to Black'

'Black Dog Night: Back to Black' is the most poignant and inspiring evening hosted by Vibe Gallery on the 30th of August at 7:30pm; showcasing live acts, anecdotes and creative talents, with both educational and comedic elements. An art exhibition coinciding with the event, will run from the 29th of August until the 3rd of September.

This night is themed around the issues of those experiencing the troubles of social anxiety, which the general public aren't often aware of. It showcases the lives of individuals that have suffered from mental illnesses; the Back to Black rendition of 'Black Dog Night' (which both follows from the previous black dog night but designed to be enjoyed as much by first-timers) will depict the lives of the individuals and experiences, depicting raw events & experiences that have taken place.

Although the subject matter is serious, our objective is to break the stigma of mental illnesses and bring a light-hearted approach of the conditions to a wide audience by focusing of the brighter side of dark situations.

The struggles faced in otherwise simple tasks lead to a unique set of problem solving. In all periods of personal tribulation there can be varying moments of fortitude, hilarity and indignity.

'Black Dog Night' hopes to bring all of these facets from the shadows and make the invisible more visible. Our aim is that you will leave the evening entertained, informed and inspired.

What exactly is the "Black Dog":

The phrase "Black Dog" was made famous in recent times by Sir Winston Churchill, whom is referring to his own personal battles with depression. The metaphor however, goes way back to the Ancient Rome and was used by Horace to describe a bad omen or a symbol of the devil. In the 1800's a more modern version of the expression has taken place "a black dog has walked over me" to describe being in a state of mental depression (Brewer 1870).

Please visit our facebook page to view the video highlights of the first 'Black Dog Night' to gain a flavour of what it's in store!