



Pathways to Wellbeing – A Museums and Wellbeing Programme

May 2019 – May 2022

The Holburne Museum and partner museums: No 1 Royal Crescent and American Museum & Gardens, The Edge – University of Bath

This programme is funded by The National Lottery Community Fund.

It encourages people who have lived experience of social isolation, mental health issues or homelessness to explore their creativity, inspired by museum and heritage settings. Through offering a range of different museum-based opportunities, Pathways to Wellbeing aims to promote positive mental health and wellbeing for all!

The Gardener's Lodge Art Group – The Holburne Museum

<p>Facilitators</p> <p>Louise Campion and specialist artists who lead our different projects</p>	<p>Group/Course Overview</p> <p>A friendly and supportive space to develop your arts skills, be creative and meet other like-minded people in a safe environment. The sessions are taught by specialist artists and each project lasts for about 6 weeks. Being part of the group you will get involved in exciting art projects and exhibitions at The Holburne Museum and in the local community. We believe the enjoyment of art can change people's lives!</p>
<p>Day/Date/Time</p> <p>Wednesday afternoons</p>	<p>Activity Details</p> <p>A wide range of arts based activities inspired by visiting the collection and changing exhibitions in the museum - sculpture, drawing, printing, ceramics and more! Tea and coffee is provided</p>
<p>Location</p> <p>The Gardener's Lodge, Sydney Gardens (behind the Holburne Museum)</p>	<p>Who the Group is For</p> <p>Anyone with lived experience of mental health issues, social isolation or homelessness who has an interest in heritage and art and wants to explore their creativity within museum settings. 12 places available.</p>
<p>Cost</p> <p>FREE</p>	<p>How to Join</p> <p>Ask your support worker to refer you. Apply through the Genesis Trust, Julian House, DHI, St Mungo's, AWP's Recovery Team or self-refer by contacting Louise Campion (Pathways to Wellbeing manager) Tel: 01225 388566 Email: l.campion@holburne.org</p>



IMAGE – Peer Led Museums Group

Facilitators
 This is a Peer Led Group who support each other's creativity by sharing their skills. A group facilitator attends some sessions.

Group/Course Overview
 This group is for creative people who are interested in working with 3 local Museums to develop exhibitions, engagement activities and their own arts skills. The group members also act as advocates for Museums and Wellbeing work by sharing the positive mental health and well-being benefits with museum visitors and the local community.

Day/Date/Time
 Every other Wednesday morning

Activity Details
 This is a **Peer Led Group** which means that participants will work with each other to draw on the different skills, strengths and knowledge which each person brings. A group facilitator will offer support at some, but not all, group meetings and sometimes the group will employ a specialist artist to teach a skill. The group explore a wide range of arts based activities inspired by visiting the collections and changing exhibitions in the museums. Members also help facilitate Community Coffee Mornings and arts activities in the museums.

Location
 A rolling programme moving between -
 The Holburne Museum
 No 1 Royal Crescent
 American Museum

Who the Group is For
 Anyone with lived experience of mental health issues, social isolation or homelessness who has an interest in heritage and art, wants to explore their creativity within museum settings, meet other people and get involved with 'behind the scenes' work in museums.

Cost
 FREE

How to Join
 Contact Louise for an application form
Louise Campion (Pathways to Wellbeing manager)
Tel: 01225 388566 Email: l.campion@holburne.org

Mentored Volunteering Course

Facilitators
 Discover Museums:
 Pathways to
 volunteering

Group/Course Overview
 This opportunity is for people who are interested in developing their confidence, knowledge and skills in museum settings. Perhaps you'd like find out more about volunteering in a Museum but need a little support or you'd like to develop transferable skills for future employment?

 If you have **2 hours** free a week and can commit to the 6 week course you'll be welcomed into the museum community by your own Museum Mentor.

Day/Date/Time
 Starting September 2019
 A 6 week course
 Meeting for **2 hours** contact time a week

 Starts week beginning Mon 16 September

 Ends week beginning Mon 4 November

Activity Details
What will you do?

- Be paired with a *trained mentor* who is an experienced and supportive museum volunteer
- Meet for 2 hours once every week *for 6 weeks* with your mentor at your chosen museum (on a day that suits you)
- Complete a creative project (with the support of your mentor) – researching an object or area of the collection you are interested in
- Have access to museum curators to help with you find out about the collection
- Have time with an artist to help you think about creative responses to the collections
- Prepare a short tour or presentation on your chosen area and present this at a celebration evening for museum staff, family and friends at your chosen museum

Location
 Choose a museum to be based in –
 The Holburne Museum
 No 1 Royal Crescent
 American Museum

Who the Group is For
 Anyone with lived experience of mental health issues, social isolation or homelessness who has an interest in heritage and art and would like to find out more about volunteering and meet new people.

Cost
 FREE

How to apply
 Contact Louise for an application form (application process opens June)
Louise Campion (Pathways to Wellbeing manager)
Tel: 01225 388566 Email: l.campion@holburne.org

Location

Who the Group is For

