



# National Alliance for Museums, Health & Wellbeing

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National Alliance for Museums, Health & Wellbeing

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Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

# Who we are: Project partners

- UCL PACE
- Tyne & Wear Archives & Museums
- Research Centre for Museums and Galleries, University of Leicester
- Manchester Museums & Galleries Partnership (Manchester Museum, The Whitworth, Manchester Art Gallery)
- London Arts in Health Forum/National Alliance for Arts, Health & Wellbeing
- National Museums Liverpool
- Museums Association
- Thackray Medical Museum
- British Museum/Age Friendly Museums Network

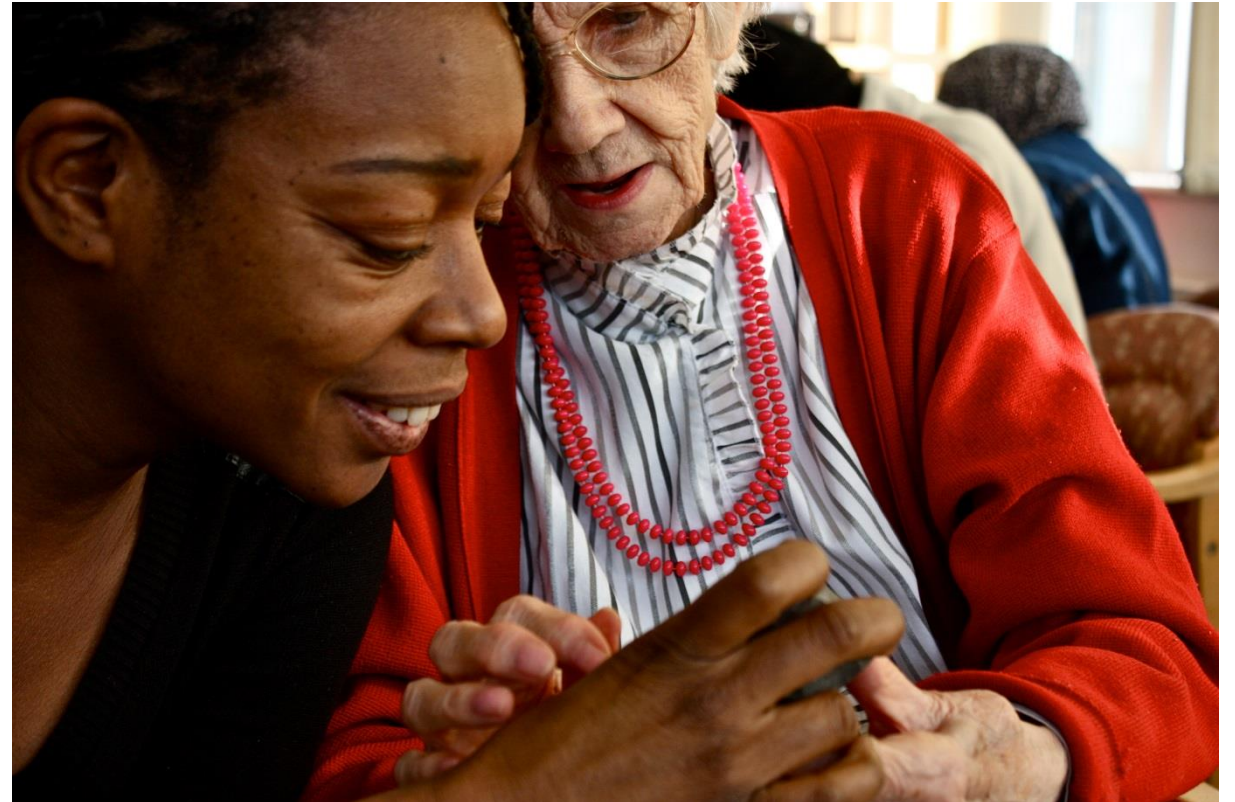


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# What we do:

## encourage more museums to run more H&W activities by

- mapping health & wellbeing activity in museums across UK
- sharing information & signposting to useful resources through our website
- promoting the work of museums in this field (All Party Parliamentary Working Group on Arts & Wellbeing)
- coordinating the National Museums & Wellbeing Week (29 Feb – 6 March 2016)
- supporting museums and health professionals
- writing guides to help navigate cultural commissioning process



# Mapping existing H&W activities

- Dementia
- Mental Health
- Cancer
- Stroke Rehabilitation
- Addiction Recovery
- Hospital Outreach
- Speech Therapy
  
- Active lifestyles
- Spaces for wellbeing



# What we've found so far:

- A lot of activity!
- A large focus on dementia activities, particularly reminiscence and older people at risk of social isolation
- A large focus on mental health, but a tendency for non-tailored projects i.e. non-specific projects that are directed to people with mental health problems
- Some interesting physical health categories (cancer, stroke and brain injury)
- Overall more focus on illness as opposed to health
- Increasing role for museums as consultants for creating spaces for wellbeing
- Little robust evaluation



# Sharing information

- Browse the Resources, Toolkits and Inspiration sections on our website

<https://museumsandwellbeingalliance.wordpress.com/>





## A BEGINNER'S GUIDE TO PARTNERSHIPS AND COMMISSIONING

This guide is aimed at museums wanting to expand existing health and wellbeing activities or develop new programmes through cultural commissioning. You will find detailed descriptions of the key players involved in the commissioning process, suggestions for who to approach, finding the right contacts as well as tips on getting started.

### 1) NHS

If you are considering working with NHS England, these brief guides to the NHS structure [here<sup>i</sup>](#) and [here<sup>ii</sup>](#) give a useful overview. The key players from a museum perspective within this complex structure are the Clinical Commissioning Groups (CCGs) and the Patient Participation Groups (PPGs).

#### *Clinical Commissioning Groups (CCGs) – the facts:*

- CCGs run over half of the NHS budget since 2013 when they were created.
- CCG boards are comprised by clinical practitioners (mostly nurses and GPs) and their members have a variety of roles and titles. CCGs are grouped together by region (not by Trust).
- There are 211 CCGs in the UK.

#### Why do I need to go to my local CCG?

CCGs are the groups allocating money to most services, according to local health needs. Those needs or priorities are renewed *every five years* and they stay relatively fixed until the next planning round. The commissioning process for CCGs involves the following phases:

- 1) Assessing the local area's health needs
- 2) Planning how services will support health priorities
- 3) Securing and allocating funding in those services
- 4) Monitoring the delivery of services and ensuring quality of care is up to standard

Find out what the local health priorities of your CCG are and where the funding cycle for your local CCG currently stands. It is important that you establish where you stand on the funding cycle, as it will be challenging to suggest projects for funding after money has been allocated i.e. after Phase 3. You should

# Get involved!

- Showcase what you're already doing and organise an event for Museums and Wellbeing Week, 29 February – 6 March 2016
- Come to the Museums & Wellbeing Conference Manchester, 2 March 2016
- Join the Alliance!  
[www.jiscmail.ac.uk/MUSEUMSANDWELLBEINGALLIANCE](http://www.jiscmail.ac.uk/MUSEUMSANDWELLBEINGALLIANCE)



Some examples of good practice


[← Events calendar](#)


# T'ai Chi on the Terrace

Get set for the day with T'ai Chi on the Terrace. Join our weekly session at 8.00 - 8.30am on Tuesdays.

£4.00 a session or £38 for the 10 week course. Please call [01225 477773](tel:01225 477773) to book.

## Tuesday morning sessions

 Tuesdays between 13 Oct and 15 Dec, 8.00 - 8.30am

 Booking required, £4.00 per session

## Ticket details

£4.00 a session or £38 for the 10 week course. Ring [01225 477773](tel:01225 477773) to book.

## Collections

Cabinets of Curiosity  
Culture Cafe  
Magic Carpet  
Treasure Hunt  
Gentleman's Group  
RAMMbassadors  
Moving Here  
Think Big  
USA Time Project  
Young People and Poetry

- > Supporting Museums
- > Awards and standards
- > Inspired by RAMM
- > RAMM people
- > Our redevelopment
- > The Origins of RAMM
- > Our values
- > A Million Thoughts
- > About RAMM FAQs

## Related Items

[Sign up for our newsletter](#)

## Visiting us

## About RAMM

## Schools

## Young RAMM

## Getting involved

## What's on

## News

### Living Each Season

Making RAMM more dementia-friendly



### Collections and Identity

Rediscovering yourself through museum objects



### WEA art and design courses

The museum as inspiration for adult learning



### Telling our Stories

Uncovering Exeter's multi-coloured history



### Prison Brain Gyms

Exercising the mind for over-50s



### English at the Museum

The museum as a classroom for improving literacy



### Collaboration

How cross-sector partnerships with museums can change people's lives.



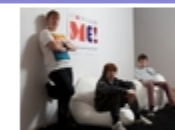
### Once a Warrior

Finding common ground from Plains Indians to West Country military



### Cabinets of Curiosity

Talking with young people about objects that represent our lives



### Culture Cafe

Company, cake and curatorial conversations for older people



### Magic Carpet

The museum as inspiration for creativity and mental wellbeing



### Treasure Hunt

Young people at risk of offending map a trail around RAMM



### Gentleman's Group

Inviting older men into the museum



### RAMMbassadors

University students learn from objects and share with the visitors



### Moving Here

Different cultural perspectives on our objects





## About RAMM

- > [Funders](#)
- > [Partners](#)
- > [Participation](#)

[Living Each Season](#)

[Collections and Identity](#)

[WEA art and design courses](#)

[Telling our Stories](#)

[Prison Brain Gyms](#)

[English at the Museum](#)

[Collaboration](#)

► **Once a Warrior**

[Cabinets of Curiosity](#)

[Culture Cafe](#)

[Magic Carpet](#)

[Treasure Hunt](#)

[Gentleman's Group](#)

[RAMMbassadors](#)

[Moving Here](#)

## Once a Warrior



Current and former servicemen and women – some with histories of post-traumatic stress disorder (PTSD) – found parallels between their own military experiences and Native American warrior societies. The group responded in words and art to "Warriors of the Plains", a British Museum exhibition about honour and ritual in 19th-century North America.

A digital display reflecting the views of West Country warriors of today was displayed in the exhibition, alongside the art inspired by the project, Once a Warrior. Compiled from individual interviews and the group's artwork in 2012, the digital film is also online, including responses from the public.

Once a Warrior served as a bridge for better understanding of the personal codes that have guided combat across centuries, continents and cultures.

Funded by Arts Council England, this was a RAMM partnership with [Aftermath PTSD](#), a group which uses art to raise public awareness and provide respite to sufferers of combat-related trauma.

Please [get in touch](#) with Ruth Gidley if you would like to find out more about this project.

### About the project

What makes a warrior?  
How does our society  
welcome soldiers home?



### Once a warrior case study

From Indian rituals to  
the trauma of war



### On film

Three short films  
inspired by Warriors of  
the Plains



## About RAMM

- > [Funders](#)
- > [Partners](#)
- > [Participation](#)
- > [Supporting Museums](#)
- > [Awards and standards](#)
- > [Inspired by RAMM](#)
- > [RAMM people](#)
- > [Our redevelopment](#)
- > [The Origins of RAMM](#)
- > [Our values](#)
- > [A Million Thoughts](#)
- > [About RAMM FAQs](#)

## Related Items

[Sign up for our newsletter](#)

[Collaboration in Practice: Case Studies](#)

[RAMM Collaboration in Practice Nov 2014: Programme](#)

[Case study - Once a Warrior](#)  
[RAMM Public Task Statement 2015](#)

## How to get here

## Once a warrior case study



uses art to help people suffering from combat-related stress.

### The project

Current and former military personnel met curators and went behind the scenes at the museum. They were encouraged to talk about the exhibition, and found numerous parallels with the ways and rituals of Native American warrior societies from the 19th century to the present. For example, whereas Native American warriors used to decorate their clothing with patterns and human scalps, today's British regiments can be identified by their uniforms, mountain boots or special issue knives.

Given creative space, the group was inspired to paint, write poems, make a film and sew blankets. Their interviews were recorded and made into a digital film which showcases the artworks they made as part of the project. The film and artworks were shown alongside the visiting exhibition, with the public invited to respond.

### What changed?

All of the group said that they found the project valuable and said that they would recommend it to someone else. Participants tried out new creative outlets, learned new facts, and were proud of their work. They reflected on their own identities, and felt better connected to each other, to civilian society, and to other people across time, cultures and continents as a result of Once a Warrior The

### The challenges

- The West Country has many armed forces personnel who have returned from war, yet many civilians have no knowledge of military life.
- Mental health is a significant concern for many ex-military personnel
- Some ex-combatants suffer from post-traumatic stress disorder (PTSD) as a result of warzone experiences, some as a result of difficulty in returning to civilian life.

### The background

The Royal Albert Memorial Museum & Art Gallery (RAMM) has developed and delivered a number of projects linked with mental health and wellbeing. A British Museum exhibition about Native American warrior societies offered the opportunity to work with local servicemen and women, in partnership with Aftermath PTSD. This Exeter-based organisation



# Cultural Park Keeper

The park keeper re-imagined for 21st-century Manchester: bringing art, nature and people together

[Home](#) / [Learn](#) / [Outdoors](#) / [Cultural park keeper](#)

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## Learn

[Home](#)

[Learn](#)

[Outdoors](#)

[Outdoor Art Club](#)

[Grow: Art, Park & wellbeing](#)

[Cultural park keeper](#)

[Art Gardeners](#)

[Outdoor Events](#)

# Cultural Park Keeper

The park keeper re-imagined for 21st-century Manchester: bringing art, nature and people together

Thanks to generous support from the [Esmée Fairbairn Foundation](#), the Cultural Park Keeper will lead, develop and co-ordinate dedicated engagement and wellbeing programmes, partnerships and activities, all with a focus on existing park users and new audiences. There are three strands - participatory programmes for local families, wellbeing and [volunteering](#).

To find out more the Cultural Park Keeper's activities, follow our [Green blog](#).

[The Friends of Whitworth Park](#) have already worked with the city council to develop an ambitious plan for the park that includes infrastructure improvements (paths, seats, bins and tree planting and so on) alongside other elements such as wildlife areas and sensory gardens. The park is ready and waiting to be a place where great things happen, and we are delighted to be a part of its ongoing revival.

# GROW

## Grow: Art, park & wellbeing

Improving mental wellbeing



[Home](#) / [Learn](#) / [Outdoors](#) / [Grow: Art, Park & wellbeing](#)

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### Learn

[Home](#)

[Learn](#)

[Outdoors](#)

## GROW

GROW: Art, Park & Wellbeing

GROW is a partnership project with various central & south Manchester community mental health services. It is a new project that promotes the benefits of engaging in horticultural activities to improve mental wellbeing.

“Joining my local group has given me the confidence to enjoy all the wonderful green spaces that I didn’t even know existed. I feel liberated”

Jean Hooton, Health Walk participant

Walking is great for your wellbeing and puts a spring in your step. With *Walking for Health*, you can take part in free short art walks at Whitworth park to help you get active at a pace that works for you.

It’s an excellent way to stretch your legs, explore what’s on your door-step, and make new friends.

Join us every **Wednesday lunchtime 12.30pm-1.30pm** for a walk in the park. We meet at our park entrance reception of the gallery.





# Great Escape

No emails, texts, updates or alerts – just our series of yoga, meditation and movement sessions.

[Home](#) / [Learn](#) / [Adults](#) / [Social](#) / **Great Escape**

## Learn

[Home](#)

[Learn](#)

[Adults](#)

[Social](#)

[Thursday Lates](#)

[Saturday Supplement](#)

[Handmade](#)

# Great Escape

Take advantage of the Whitworth’s peaceful setting – and some of its wonderful new spaces, such as the beautifully restored Grand Hall – to bring mind and body into healthy alignment.

## Great Escape: Yoga

Thursdays, 8.30am – 9.45am. £5

No emails, texts, updates or alerts –yoga that takes full advantage of the Whitworth’s peaceful setting – and some of its wonderful new spaces. No need to book.





HOME

● **EXPLORE & DISCOVER**



Explore & Discover

1820s Pockerley

1900s Town

1900s Pit Village

● **1900s Colliery**

1940s Farm

# 1900S COLLIERY

No recreation of the history of  
North East England would be  
complete without a colliery and  
the people who worked there



Generations of families worked down the North East's pits – it was the industry on which the region's prosperity was built. In 1913, the year of peak production, 165,246 men and boys worked in Durham's 304 mines.

## Related

**Pit Pony Experience**



# Journeys of Appreciation

The impact of visiting museums and galleries on service users and staff from an NHS acute older adult mental health and dementia service

Authors: Lorinda Pienaar, Helen Shearn, Nuala Conlan, Stephanie Daley, Geoff Ward

## What is the Journeys of Appreciation Programme (JOAP) ?

An innovative multi-partnership, engaging in-patient service users and staff in museum and gallery visits with follow-up creative and therapeutic workshops. JOAP is a Maudsley Charity funded 3 year programme.

### Aims

- To create and reconnect service users and staff with experiences, which promote recovery, well-being and social inclusion
- To enhance therapeutic relationships, life story practice and ward culture by fostering participation in the programme

### What we have achieved within the first 10 months

Visits to galleries and museums: 9

Service users attended: 62

Ward staff attended: 69



## Glasgow Museums



Glenwood Day Care Centre's memory wall



Stobhill Hospital memory wall



# National Alliance for Museums, Health & Wellbeing

Contact us!

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Maria Patsou, Research Assistant, [m.patsou@ucl.ac.uk](mailto:m.patsou@ucl.ac.uk)

Follow us on Twitter [@museumwellbeing](https://twitter.com/museumwellbeing)

Join the Alliance! [www.jiscmail.ac.uk/MUSEUMSANDWELLBEINGALLIANCE](http://www.jiscmail.ac.uk/MUSEUMSANDWELLBEINGALLIANCE)