

Health and Wellbeing Cohort 2019

Now in its fourth year, the cohort is an unique opportunity to develop both knowledge and skills in this increasingly important area. Join a group of up to 8 museums to develop both your knowledge and confidence through training, peer support and mentoring.

Why should you apply?

- Are you confused about what the terms Health and Wellbeing really mean and how they affect museums?
- Have you been approached by a potential partner in the community but are unsure how to develop services?
- Do you have an interest in the subject but lack confidence in leading work?
- Do you want to know about key trends and potential funding?
- Are you unsure how to evaluate projects and demonstrate impact?
- Does your museum already offer services but you would like some peer review and rigour applied to your work?
- Would you really value expert advice and support for FREE?!

What are the benefits?

- A fantastic opportunity to access high quality training
- Learn alongside peers in a supportive environment – we're all in it together!
- Opportunity to develop a project, test out your skills and pilot your ideas
- Support from an experienced mentor
- Receive targeted reading lists, research and case studies – specific to your interest
- Expert advice – for example for the past 3 years our lead consultant has been Jo Ward who is the Deputy Chair of the NW Social Prescribing Network and our evaluation workshop was delivered for the last 2 years by Dr Nuala Morse from the University of Leicester

Programme

- Mixture of workshops and individual mentoring
- Four whole-day workshops in York and opportunity for a study trip
- Action learning in between the workshops
- A challenge fund may be offered to non NPO museums

Workshops – held in York, dates to be agreed

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| 1 | Health and Wellbeing overview | May/June |
| 2 | Focus on evaluation | July |
| 3 | Networking and stakeholder event – including cross-arts partners and cohort alumni | September/October |
| 4 | Project presentations and focus on specific topics (e.g., Social Prescribing, asset based approaches etc) | January/early February |

Over the past 3 years projects have included:

- Developing workshops for socially isolated older people
- Commissioning access and visual awareness training

- Running a 6 week programme along a Social Prescribing Model
- Improving services for looked-after young people
- Hospital based exhibitions
- Co-curation
- 4 week programme for people with mental health challenges – using art, yoga and mindfulness
- Community singing, held in the museum galleries
- Gardening for health
- Developing sessions to support the wellbeing of museum volunteers
- Reminiscence work
- Working with people with dementia

What our previous participants said

- *My confidence has increased and I am now seen as the lead for H&W in my museum*
- *Membership of the well-being cohort gave us access to information, training and support allowing us to identify the correct training for our staff and volunteers*
- *Being involved in the cohort has really demonstrated the importance of the subject to the management team*
- *The experience of being part of the cohort also helped us with our advocacy and funding applications – with the result that we were successful in securing funding!*
- *I really benefitted from working as part of a group and being supported by my colleagues*
- *It was the perfect excuse to prioritise this area and take time from the working week to really focus*
- *The cohort project has helped me improve services in the museum*

What impact could your work make?

Here is some feedback from individuals accessing the projects:

“Living alone it is a joy to mix, especially on such a project. Sharing thoughts, ideas with an end result of an exhibition boosts your confidence and helps you feel your opinions and ideas matter”

“We learnt new ways of looking ... This helped us to grow and be confident with our opinions.”

“Feel so much more relaxed. Ready to face the world.”

“This course has helped me to focus on really being in the present moment because I find this really hard to do once I am triggered.”

“This has helped me so much. I have been in a dark place and though I’m not on the other side yet this practice I’ve learnt has helped enormously.”

NEXT STEPS

Please email Liz Denton by 31 March 2019 to confirm that you would like a place in the 2019 cohort

liz.denton@ymt.org.uk