

Health and Wellbeing Cohort 2022

Now in its sixth year, the cohort is a 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 and peer support. At the start of the programme you will have an online or telephone meeting with our Health and Wellbeing consultant, who will produce a bespoke reading list for you and be available for support throughout the year. There will also be the opportunity of mentoring from an expert in evaluation strategies for H&W programmes.

Why should you apply?

- Confused about what the terms Health & Wellbeing mean and how they affect museums?
- Are you reconsidering your direction and focus post COVID?
- 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 two experienced mentors
- Receive targeted reading lists, research and case studies – specific to your interest
- Expert advice – for example for the past 5 years our lead consultant has been Jo Ward who is the Deputy Chair of the NW Social Prescribing Network. Our evaluation workshop is delivered by Dr Nuala Morse from the University of Leicester

Programme

- Mixture of workshops and individual mentoring
- Combination of online and in-person training - equivalent to four whole-day workshops
- Action learning in between the workshops

Workshops – held online or in York, dates/locations to be agreed

1	Health and Wellbeing overview	July 14 th , York Castle Museum
2	Focus on Evaluation	19 or 20 September, Castle Museum tbc
3	Creating Wellbeing Programmes &	5 October, online, 10am -12.30pm

St Mary's Lodge, Events for Young People
Marygate, York, YO30 7DR

🐦 @MusDevYorks

✉ mdyoffice@ymt.org.uk

🌐 www.museumdevelopmentyorkshire.org.uk

4	Co-production & Partnerships	1 November, online, 10am -12.30pm
5	Social Prescribing	December, online, date to be agreed
6	Cohort meeting – subject tba	online January 2023
7	Final meeting – date tba	online February 2023

Over the past 6 years projects have included:

- Support for isolated people during COVID
- Developing workshops for socially isolated older people
- Running a six week programme along a Social Prescribing Model
- Improving services for looked-after young people
- Hospital based exhibitions
- Co-curation
- Four week programme for people with mental health challenges
- Gardening for health
- Developing sessions to support the wellbeing of museum volunteers
- Reminiscence work
- Working with people with dementia

Examples from our alumni can be found here: [MDY Resources: Health & Wellbeing Case Studies](#)

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*
- *The perfect excuse to prioritise this area and take time from the working week to really focus*

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 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

- We are accepting expressions of Interest for the MDY Learning Cohorts until **13th June 2022, at 9:00am.**
- **Apply online** [Application process for 2022 MDY Cohorts](#)
- **For further information please email Liz Denton** liz.denton@ymt.org.uk