Prescribe Culture Programme 6

Highlands





Participant Information

Programme 6 Highlands

August – November 2022

Prescribe Culture is the University of Edinburgh’s award-winning heritage-based, non-clinical support for health, social care and wellbeing, founded on Social Prescribing, defined by the NHS as:

**An approach (or range of approaches) for connecting people with non-medical sources of support or resources within the community which are likely to help with the health problems they are** **experiencing.**

Through Prescribe Culture Highland’s Programme 6, you are being referred to and prescribed to select from a range of nature or culture-based programmes. Each programme consists of series of six workshops, for small groups (max. 8). The lead facilitator for each programme will, depending on your choice of Programme 6, be a member of staff from High Life Highland Rangers or Culture Services or a member of staff/volunteer from one of the member organisations from Museums and Heritage Highland.

**Please note Prescribe Culture’s Programme 6 is a mental wellbeing support offer.**

**We will not be providing therapy and the session facilitators are Rangers or Heritage Engagement professionals/volunteers, not mental health professionals.**

**Why Culture?**

There has been a lot of research done in recent years which shows that engaging with culture has benefits for wellbeing (see p.20 for links to some of this research).

Evidence suggests there are five steps we can all take to improve our mental wellbeing. These are:

* **Connect –** strengthen your relationships with the people who are close to you and broaden your relationships in your community and with the wider world
* **Be Active** – this doesn’t necessarily mean going to the gym but find an activity that you like and make it part of your life.
* **Keep Learning** – learning new skills can give you a sense of achievement and confidence.
* **Give to Others -** even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
* **Be mindful -** be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Read more about the Five Ways to Wellbeing: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbe>

**Prescribe Culture’s Programme 6** is a mental health and wellbeing support programme delivered for small groups (max. 8) of individuals living in the areas local to a selection of natural, heritage and cultural assets managed by Museums Heritage Highlands and High Life Highland Culture Service and Rangers Service.

Once you have completed and submitted the Prescribe Culture contact form, registering interest in Programme 6, (link below) we will ask you to confirm acceptance of your place, by email, as soon as possible.

The programme has a total of 112 places available across the Highlands.

Places will be allocated on a first-come, first-served basis.

[Prescribe Culture Contact Form | The University of Edinburgh](https://www.ed.ac.uk/information-services/library-museum-gallery/cultural-heritage-collections/museums-and-galleries/prescribe-culture/prescribe-culture-introduction/prescribe-culture-contact-form)

**Key Dates for Prescribe Culture Programme 6 Highlands**

|  |  |
| --- | --- |
| Webpage live and registration open from | 5 July 2022 |
| Registration closes | One week before course starts |
| You will receive confirmation of your place within | 3 working days of form submission |
| The Programme 6s will all go into delivery from 29 August and run until the early November | For details please see table below |

**Overview of Programme 6 choices**

Prescribe Culture Programme 6 Highlands

**Please note: no prior experience or knowledge** of any subject or activity is necessary**.**

**Programme 6** is not a learning programme, it **is about supporting mental wellbeing and sense of connection to the world around us.**

Each workshop in the Programme 6 series is ‘stand-alone’, if you miss a week or two, it will not impact on the next workshop you attend.

However, like a medical prescription, Programme 6 will be most effective if you attend regularly and, ideally, all sessions.

The ‘at a glance’ programme is split into the nature-based programmes and the heritage-based programmes and run in order of start date for the 6 week run.

|  |  |  |  |
| --- | --- | --- | --- |
| **Programme 6 Choice** | **Where** | **Day/Time** | **Short Description** |
| **NATURE BASED** |  |  |  |
| **Inverlochy and its Castle** | Old Inverlochy Castle, Fort William | Thursdays11am – 12.30pm 25th Aug – 29th Sept | Gather at the Castle to enjoy a relaxed wander around the Inverlochy area with Countryside Ranger Fiona. Spend some time in nature and discover some of the rich local history on your doorstep, with plenty of time for a cuppa and a chat too! |
| **Wonderful Wildlife on Wick River**  | Meet at Poundstretcherson Wick Riverside | Wednesdays10.30am – 12 noon31 Aug - 5th Oct | Join Countryside Ranger Roz on a relaxed walk in company along the beautiful Wick River to see what we find interesting.  Can extend to the harbour and north and south head if we like.  Birds, beasties, flowers, signs of otters and water voles.  It’s up to you.  Great choice of cafes for a cuppa too! |
| **Thurso Riverside Ramble** | Thurso Riverside Path Network, Caithness | Fridays10.30am – 12 noon2nd Sept– 7th Oct | Enjoy a relaxed, informal, stroll with Paul the Countryside Ranger around the path network by Thurso riverside in Caithness. Together let’s discover and enjoy some of the wonderful wildlife which call this place home. |
| **Inverness Island Retreat**  | The Ness Islands Inverness | Tuesdays 11am - 12.30pm20th Sept – 25th Oct | Join John the Countryside Ranger for a cup of tea and some relaxing walks and activities looking at nature and the history of this beautiful island retreat in the heart of the city. |
| **HERITAGE BASED** |  |  |  |
| **Making History at the Museum of Childhood** | Highland Museum of Childhood, Strathpeffer | Mondays11:15am - 12:45pm29 Aug -3 October | Join the curator at the Highland Museum of Childhood to explore the collections and discover the behind-the-scenes activities that go into creating an exhibition at the museum. |
| **Explore Portree**  | Skye and Lochalsh Archive Centre, Elgin Hostel, Portree | Wednesdays10.30am – 12pm31st Aug – 5th Oct | If the land could speak, what would it say to us?Using objects, images, maps, place names and language to generate awareness of place the sessions will include a contemplative walk (weather dependant) after which a variety of creative activities will be undertaken with the aim of generating awareness of our breath and body through the drawing process. |
| **Stories from Caithness/NCVC** | North Coast Visitor Centre | Wednesdays 10:30 – 12:00pm31st Aug – 5th Oct | Join Aimee, Robert, Valerie and Jamie at the North Coast Visitor Centre every Wednesday for a morning of stories, snacks and art inspired by Caithness’ heritage. Over six weeks you’ll create a book of illustrations inspired by the museum’s exhibits. |
| **Programme 6 @ Cromarty** | NTS Hugh Miller’s Museum | Thursdays 10.30am – 12pm 1 Sept - 6 Oct | Join Alix at the museum and delve into the Victorian world of local lad Hugh Miller. We will be handling objects which have fascinating stories to tell. |
| **Programme 6 @ Brora Heritage** | Brora Heritage Centre,Fascally | Wednesdays2.30-4pmWed 7 Sept–12 Oct | Nick and the team at the Brora Heritage Centre will provide you with inspirational heritage stories spanning military history, the Highland Gatherings, and how to ‘christen’ a new house, in centuries gone by. You’ll enjoy fun and relaxing hands-on activities from a village stroll to sketching to origami. |
| **Stories from Caithness/Nucleus** | Nucleus: The Nuclear and Caithness Archives | Thursdays 10:30 – 12:008th Sep – 13th Oct | Join Valerie, Ann, Ian and Jamie at Nucleus every Thursday for a morning of stories, snacks and activities inspired by Caithness heritage. Over six weeks you’ll explore the wonderful history of Caithness through artefacts and archives from Wick Society and the Caithness Archive. |
| **Colour, Collections and Chat** | Inverness Museum & Art Gallery | Mondays 11.00 – 12.30 10th Sept - 17th Oct | Join Lar and Alison every Monday for a morning in the museum to explore the collections, take part in some colourful activities and enjoy hot or cold refreshments. Over the 6 weeks you’ll try out different activities which might lead to the creation of your own collections and colour inspired journal. |
| **Programme 6 @** **West Highland Museum** | West Highland MuseumFort William | Wednesdays 10:30 to 12:0028th Sept - 2nd Nov | Join Norman, at the West Highland Museum, to enjoy some down time activities inspired by Crafts and Highland heritage of Fort William. |
| **Programme 6 @Groam Museum** | Dingwall Community Centre  |  |  |
| **Programme 6 @Gairloch Museum** | Gairloch Museum |  |  |

Making History at the Highland Museum of Childhood

**Day and Time:**  Mondays 29August to 3 October, 11:15 am to 12:45 pm

**Venue:** Highland Museum of Childhood, The Old Station, Strathpeffer

**Lead:** Morven MacDonald, Museum Curator

**Session 1** **-** Monday 29th August, 11:15 am – 12:45 pm

**Welcome to the Museum**

This first session will provide an opportunity for friendly introductions over a cuppa and biscuits, followed by a tour of the museum, collection store and the museum’s creative space in the Old Station Goods Shed. The museum’s curator will chat about a small exhibition that will be displayed in the museum from October and invite you to join in with a series of behind-the-scenes, hands-on activities over the following weeks, that will bring this new exhibition to life. Be part of making history at the Highland Museum of Childhood!

**Session 2 -** Monday 5th September, 11:15 am – 12:45 pm

**Searching the Stores**

In this session, we’ll explore the museum’s catalogues to discover what types of objects are held in the collection and select objects that might fit into the new exhibition. You will have the opportunity to explore the museum’s store, close-up and the curator will show you how to find one specific item amongst thousands within the store! The session will be rounded off with a cuppa and opportunity for sharing ideas about the new exhibition.

**Session 3 -** Monday 12th September, 11:15 am – 12:45 pm

**Exploring Artefacts**

We’ll be getting hands-on with objects from the collection during this session. The museum’s curator will guide you in how to handle and display objects safely and effectively. You will have the opportunity to hold objects from the collection and see how well they have been preserved over time – or perhaps not! We’ll try arranging some objects to see how they might work in the new exhibition.

**Session 4 -** Monday 19th September, 11:15 am – 12:45 pm

**Sending Messages**

This session will focus on how we create text information that we want to display alongside the objects in the exhibition. We will be fact-finding through the use of books, museum records and internet sources and exploring ways of displaying facts in text labels and images that can be created with basic computer applications. You will have the opportunity to try creating your own object label from start to finish – from fact-finding to cutting and gluing!

**Session 5 -** Monday 26th September, 11:15 am – 12:45 pm

**Practice Makes Perfect**

This week, we’ll bring everything we’ve gathered and created in previous weeks together to create a practice run for the new exhibition. We will explore how objects look on display and consider factors such as light and space around the new exhibition. You will decide where the object label you created in session 4 should be placed in the exhibition. Towards the end of the session, we will prepare for safely transporting all of the elements for the exhibition, to the exhibition space in session 6.

**Session 6 -** Monday 3rd October, 11:15 am – 12:45 pm

**The Grand Finale**

During this last session, we will construct the new exhibition within the museum’s exhibition area. You will be able bring all of your experiences and creations from previous sessions together in this final session. We will celebrate with a cuppa and cake, as you look back on your achievements over the past weeks and say, ‘I was part of making history at the Highland Museum of Childhood’.

Explore Portree

**Lead: Catherine MacPhee, Archivist and supporting Artist**

**Session 1** – 31 August / 10:30am – 12pm / SLAC

**Book Binding with Laura West #1**

Descriptor: Laura West will provide the first session of bookbinding to create an A4 sized workbook to use as part of the programme.

**Session 2 –** 7 September / 10:30am-12pm / SLAC

**Book Binding with Laura West #2**

Continuation of week one, complete workbooks and explore location of walk with images and maps.

**Session 3 –** 14 September/ 10:30am-12pm / SLAC

**Contemplative Walk, ‘Healing Threads’**

Morning discussion and explore of place, heading out with paper and materials for session of contemplative drawing

**Session 4 –** 21 September/ 10:30am-12pm / SLAC

**Contemplative River Walk**

Sound and movement walk with writing and drawing activity

**Session 5 –** 28 September/ 10:30am-12pm / SLAC

**Lino Prints / Screen Printing**

Session in Archive reflection on places visited to create a series of prints/Postcards/ bags. Using images or drawing on landscape.

**Session 6 –** 5 October/ 10:30-12pm / SLAC

**Objects and textiles**

Discuss and learn about objects/textiles in the archive collections. Learn about Mhair Mhor nan Oran and her protest suit. Collage making in workbook using materials from the week.

Programme 6 @ North Coast Visitor Centre

**Day and Time:**  Every Wednesday, 31st August – 5th October, 10:30am – 12pm.

**Venue:** Meeting at the North Coast Visitor Centre’s main foyer for a walk around the museum, then gathering in the Caithness Room.

**Led by Aimee Lockwood**

**Session 1 -** Wednesday 31st August / NCVC

**Introduction to Programme 6 at NCVC**

Aimee will be joined by Robert to welcome you to NCVC and give you a relaxed introductory tour of the museum, followed by refreshments from the cafe. We’ll then move to the Caithness Room to create our first piece, a miniature 8-page booklet, and play some laid-back drawing games inspired by the museum’s collection.

**Session 2 –** Wednesday 7th September / NCVC

**Letters from Caithness: Parchment and Wax Seal Making**

Delve into the Nucleus archives to explore some historic letters from Caithness and hear about the stories behind them. We’ll break for refreshments from the café, then return to the Caithness Room to create our own parchment and wax seals from vintage coins held in the museum’s collection.

**Session 3 –** Wednesday 14th September / NCVC

**North Coast Visitor Centre**

**The Herring Girls: Lino Printed Stamps**

We’ll gather at the stone used as a meeting point by the herring girls of Caithness, the women who were the backbone of the fishing industry, and read some of their personal letters from the archives. After a break for refreshments, we’ll get into printmaking and create fish shaped lino-cut stamps inspired by the work of these impressive women.

**Session 4 –** Wednesday 21st September / NCVC

**North Coast Visitor Centre**

**Caricatures: Mono-printing Portraits**

This week we’ll experiment with another print-making technique, mono-printing, to create energetic portraits inspired by the caricature of D.B. Keith. Valerie will introduce us to Keith’s life and work, then we’ll use photographs from the archives to inspire our own small prints.

**Session 5 –** Wednesday 28th September / NCVC

**Ocean Voyages: Ship Illustrations**

We’ll take another look into the Nucleus archives this week with a deep dive into some of the diaries kept by people on voyages from Caithness. We’ll hear about their stories and take a look at their writing, then head to the Caithness Room (after a break for refreshments!) where we’ll create blueprint-style illustrations using masking fluid and ink wash.

**Session 6 –** Wednesday 5th October / NCVC

**Binding it all Together – Simple Bookbinding**

In our final session we’ll explore the work of some of Caithness’ self-published writers and bookmakers. We’ll head to the café for a coffee break, then gather in the Caithness Room to bring together everything we’ve made over the last five weeks into a keepsake book! Aimee will introduce you to a single-leaf bookbinding technique that will enable us to bring everything we’ve experienced together.

Programme 6 @ Cromarty

**Day and Time:** Every Thursdays from 1 September to 6 October

10.30am to 12.00pm

**Venue:** The main Miller House Museum, Church Street, Cromarty, IV11 8XA (immediately next door to the thatched Birthplace Cottage).

**Lead: Alix Powers-Jones**

**Session 1 Thursday 1 September 10:30am at Hugh Miller’s Museum, Cromarty**

**Title: What IS this? Objects telling stories.**

**Descriptor:** You will be welcomed to Hugh Miller’s Museum by Alix Powers-Jones, the museum manager. Your first session will start with introductions and refreshments on arrival, before we dive right into handling some mystery Victorian wooden tools which represent a trade almost completely forgotten. You will then be trying out your own tool- handling skills by working with clay.

**Session 2 Thursday 8 September 10:30am at Hugh Miller’s Museum, Cromarty**

**Title: Discovering stories in the stone.**

**Descriptor:** A second session led by Alix Powers-Jones. A reminder of who is who with introductions and refreshments, then we will be handling “ecofacts” (artefacts from nature) in the form of fossils. Discover the patterns of the past creatures that once lived in our local waters. Use the fossils to create wax rubbings and a greetings card to take home.

**Session 3 Thursday 15 September 10:30am at Hugh Miller’s Museum, Cromarty**

**Title: Creating fossil stories**

**Descriptor:** A third session with museum manager Alix Powers-Jones. After welcome and refreshments, you will be building on last week’s fossil session, to create your own jointed “fossil” mobile. It’s amazing what can be created from old (clean!) plastic containers, cardboard, felt tip pens and a bit of imagination…

**Session 4 Thursday 22 September 10:30am at Hugh Miller’s Museum, Cromarty**

**Title: Artful stories**

**Descriptor:** This is session 4 with Alix Powers-Jones and we will be examining the role of

 visual communication in Hugh Miller’s understanding of the natural world. There will be Victorian pens and ink wells, glorious maps and sections. You will use your imagination to create a drawing of your own “story section” about a place that you like to visit. Could be your back garden, a forest somewhere or even your own sitting room.

**Session 5 Thursday 29 September 10:30am at Hugh Miller’s Museum, Cromarty**

**Title: Revealing hidden life stories.**

**Descriptor:** In this fifth session with Alix Powers-Jones we will be examining how objects can reveal hidden stories and illuminate hidden experiences. We will be looking at wear patterns on a Victorian stone mason’s mallet. What does this mighty tool reveal about its use and its user? Also, about its subsequent history after use but before it became a museum exhibit. You will be writing a short piece about the mallet and its story.

**Session 6 Thursday 6 October 10:30am at Hugh Miller’s Museum, Cromarty**

**Title: Life and light stories**

**Descriptor:** A final sixth session with Alix Powers-Jones you will be looking at one of the most powerful constraints on human activity: light. Before the advent of the electric light, activity was ruled by day length and by meagre artificial light. You will be handling Victorian light sources and reflecting (terrible pun!) on the magic of light to reveal stories. You will be creating your own “stained glass” window from card and coloured tissue.

Programme 6 @ Brora Heritage

**Day and Time**: Every Wednesday, 7th Sept – 12th Oct, 2.30-4pm

**Venue**: Brora Heritage Centre, Fascally

**Led by**: Nick Lindsay

**Session 1 -** Wednesday, 7th Sept

**Brora Heritage Centre, Fascally - Introduction to Brora’s unique heritage**

Nick will be joined by Brora Heritage Centre staff members Liam and/or Odhran, to welcome you to the centre and the programme. Your first session will start with introductions and refreshments on arrival. Then we will explore the centre and look at some of the objects and stories.

We will then have a wee chat about what we’ve seen and what we’d like to explore in more detail in the next five sessions. We have an outline programme for the six weekly sessions, which will take you back in time with objects from the collection and stories of Brora’s local heroes, but it can be amended to suit.

**Session 2 -** Wednesday, 14th Sept

**Brora Heritage Centre, Fascally - A Victoria Cross**

The family of the late James Manson Sutherland loaned his WW2 military collection to the Society for display in 2006. James was an original member of the SAS and has a grizzly collection of items ‘acquired’ during his service. Another item is a Victoria Cross which won’t reveal its own hidden story.

**Session 3 -** Wednesday, 21st Sept

**Brora Heritage Centre, Fascally - A diving medal**

In 1908, fresh from winning the gold medal at the London Olympics, the Swedish champion arrived in Brora and was the star attraction at the Brora Highland Gathering. Witnessed by huge crowds, he gave an outstanding display of high diving from both the road and railway bridges into the deep River Brora! How did we come by the medal he was presented for his daring feats?

**Session 4 -** Wednesday, 28th Sept

**Brora Railway Station - Some highlights of the village (if weather wet, meet at Brora Heritage Centre, Fascally)**

The village of Brora is full of fascinating sites and stories. If the weather is with us, we’ll take a leisurely stroll around the village to see some of the lesser known, but very important facets of our village. You will be amazed!

**Session 5 -** Wednesday, 5th Oct

**Brora Heritage Centre, Fascally - A message in a bottle**

Around 15 years ago, Richard Sutherland, of G&R Sutherland (Joiners), and some of his workers were renovating a property on Harbour Road, Brora. Under the floorboards, they discovered an old (empty!) whisky bottle with a label from the old Station Hotel in Brora. This was a good find, but tucked into the neck of the bottle was a piece of brown paper signed by some of the workmen who had been constructing the building in the early 1900s. This was their way of ‘christening’ the new house, after a fine toast to their workmanship!

**Session 6 -** Wednesday, 12th Oct

**Brora Heritage Centre, Fascally - George MacBeath’s Janitor’s uniform**

Every child from Brora who attended the village school from 1977 to 1998 was a friend of George MacBeath, the school’s janitor. He loved working there and was valued for his genial character by staff and pupils alike. It was a sad day, when he retired after 21 years, 2 months and 7 hours in his place of work. George donated his janitor’s uniform to the Society in 2017, three years before he passed away; what stories it could tell!

Everyone’s favourite janitor at Brora School, the late George MacBeath was friend to many generations of schoolchildren in our village.

Stories from Caithness: Nucleus Centre

**Day and Time:** Every Thursday, 8th Sep – 13th Oct, 10:30am – 12pm.

**Venue:** Nucleus: The Nuclear and Caithness Archives, Wick, KW1 4QS

**Led by** the Caithness Archive team and Wick Society members

**Session 1 -** Thursday 8th Sept

**Introduction to Programme 6 at Nucleus: Local landmarks and films**

The team will welcome you to Nucleus and give you a relaxed introductory tour of the archive. A selection of historic photographs of Caithness, film programmes and a Wick Voices film identifying some of the shops in the town from an earlier era will be on display to spark conversation. A delicious selection of tea, coffee and cakes will be provided.

**Session 2 –** Thursday 15th Sept

**Caithness Glass: Mastermind**

Today the team will introduce you to the history of Caithness Glass. You will be able to view and handle some of the unique glass products produced over the years by Caithness Glass. There will be an opportunity to hear a Wick Voices recording by Dennis Mann, the person who engraves the Mastermind trophy and join in a short quiz to see if you are masterminds too! A delicious selection of tea, coffee and cakes will be provided.

**Session 3 –** Thursday 22nd Sept

**Harbours and the sea**

Explore stories of harbours and the sea at Nucleus with the archive team and members of Wick Society. Display boards revealing sea stories of heroism, historic records of Wick harbour and diaries from voyages across the globe will be on display. Wick Society’s handling box of objects from the harbour will also bring the stories and jobs of the past to life. A delicious selection of tea, coffee and cakes will be provided.

**Session 4 –** Thursday 29th Sept

**The Stevenson family: lighthouses, breakwater etc.**

This week we’ll explore the fascinating history of the Stevenson family. Robert Louis Stevenson spent some time in Wick while his father was attempting to build a harbour breakwater. His uncle Alan Stevenson was the architect and builder of the Noss Lighthouse. We’ll listen to a Wick Voices recording based on RL Stevenson’s time in Wick and then explore the Wick Society’s Lighthouses handling box. The Wick Society will also provide the opportunity to see the ceremonial mallet that was presented to the Countess of Caithness on the laying of the foundation stone of the ill-fated breakwater. A delicious selection of tea, coffee and cakes will be provided.

**Session 5 –** Thursday 6th Oct

**School days**

Join in a reminiscence session with Wick Voices as they explore memories of our school days. Using a mix of photographs and oral history recordings participant will be encouraged to remember and talk about their schooldays. School log books and high school magazines held in the archive will also be on display revealing fascinating, and often amusing, stories from school days past. A delicious selection of tea, coffee and cakes will be provided.

**Session 6 –** Thursday 13th Oct

**The Johnston photographic collection**Photographs are a link into the past. The Wick Society is the proud custodians of the Johnston Photographic Collection. The collection documents the people and places of Wick from 1860 through to the 1970’s. Photographs from the collection will be available for participants to view and discuss. Participants will also be given the opportunity to bring in their own photographs and discuss the memories they hold. A delicious selection of tea, coffee and cakes will be provided.

Colour, Collections & Chat

**Day and Time:** Every Monday, 11am-12.30pm, Mon 10 Sept – Mon 17 October.

**Venue:** Inverness Museum & Art Gallery

**Led by** Lar MacGregor, Exhibition Assistant and Trained Happiness Facilitator (Centre for Complementary Medicine) / Alison Parfitt, Curator, Collections Engagement

**Session 1** – 12 Sept

**‘I remember when brown was a thing’**

A guided\* ‘walk’ around the museum & art gallery, that asks participants to reflect and share memories (if they feel comfortable to do so) of people and place. \*Guided is based on current guidelines for Covid-19 restrictions.

**Session 2** – 19 Sept

**‘I hope to see blue’**

From sofa to shoreline, participants will be supported to investigate their surroundings and imagine a journey that would include people/experiences. Narratives will develop around an object and colour.

**Session 3** – 26 Sept

**Today I will speak to someone about green**

Possibilities and hope. “Hello” is more than the utterance of simple greeting. In a world that’s engulfed in turmoil, a HELLO represents an invitation to open a dialogue with someone instead of drawing a line in the sand. This creative journey will use objects and the colour green, to ask participants to write a ‘Hello’ message with their mark making.

**Session 4** – 3 Oct

**Gold or Silver Linings**

We have looked back, been present and this would be a glimpse into how much ground has been covered within the explorations that have been undertaken.

**Session 5** – 10 Oct

**Yellow is the new black**

An exploration that will have us springing into a new object and colour with a reinvigorated hunger for tea in the garden with the sun on our faces!

**Session 6** – 17 Oct

**A Journaling We Will Go**

This activity will lead to production of a wellbeing journal. Participants will be encouraged to choose the colours and textures that they connect with from their journeys with their objects. All with a hot or cold beverage and chatter.

Programme 6 @ West Highland Museum

& Highlife Hilland Archive Centre

**Day and Time:**  Every Wednesday from 28th Sept to 2nd Nov 10:30 am to 12:00

**Venue:** Norman and team will meet you at the west Highland Mueseum building in Monzie Square. Your first session will start with introductions and refreshments on arrival, followed by an introduction to crafts and heritage.

**Lead: Norman Bell**

**Session 1 – 28th Sept / 10:30 / West Highland Museum**

**Basket weaving**

After a short viewing of various exhibits of weaving within the museum we will return to the Monzie Square building and start a small basket weaving project, that will take an estimated 40 to 50 mins to complete, these baskets will be a central point to collect the items and projects that will follow in the following weeks.

**Session 2 – 05th Oct / 10:30 / West Highland Museum**

**Handmade Para cord keyring**

Make a small Para Cord Keyring: after viewing the Paracord exhibit in the Commando exhibition in room 1 of the Museum, we will then return to the Monzie Building to recreate these as a keyring this activity will take an estimated 40 to 50 mins with a choice of colours and patterns.

**Session 3 – 12th Oct / 10:30 / West Highland Museum**

**Pottery bowl making**

Make and decorate a small clay pot: after visiting our archaeology room to view our selection of pottery, we will return to the Monzie Building and craft a small pot, this will be with a dry clay and will have no requirement to be baked, and these will be decorated as per the wishes of the attendee.

**Session 4 – 19th Oct / 10:30 / West Highland Museum**

**Paint a stone/ write a note**

After meeting at the Museum, we will walk to the Archive Centre where the session will start by choosing a stone and then painting their stone with something that they feel is inspirational to themselves or others, and to write an inspirational note to someone in the group.

**Session 5 – 26th Oct / 10:30 / West Highland Museum**

**Take a photo and compare**

After meeting at the museum, we will walk to the Archive Centre taking note of our journey, at the Archive Centre we will search archive photos of the High Street, choose a photo and then we will return to the High Street and find the corresponding place in today’s High Street

**Session 6 – 2nd Nov / 10:30 / West Highland Museum**

**6 week round up.**

This session will be tailored to the group as a round up to the activities that have been done over the last 6 weeks

Now you have had an overview of the Programme 6s available, simply go to the Prescribe Culture page and complete the contact form selecting, ‘Programme 6’

[Prescribe Culture Contact Form | The University of Edinburgh](https://www.ed.ac.uk/information-services/library-museum-gallery/cultural-heritage-collections/museums-and-galleries/prescribe-culture/prescribe-culture-introduction/prescribe-culture-contact-form)



**How can I contact the Prescribe Culture team?**

You can email us on PrescribeCulture@ed.ac.uk

**Can I talk to someone in person about signing up to the pilot project?**

Frequently Asked Questions

Yes. Please email PrescribeCulture@ed.ac.uk to set up time to chat with Ruthanne Baxter, Prescribe Culture Lead.

**Can I sign up to participate in more than one Programme 6 option?**

No, unfortunately not. We are aware of the demand for mental wellbeing support so we want to ensure we provide this support opportunity to as many students as possible. Therefore we ask each student to register for one Programme 6 option.

Places will be allocated on a first come, first served basis.

**How many people will be in each group?**

There will be a maximum of 16 PG students/researchers in the online Programme 6 option and maximum of 10 in the in-person, on-site Programme 6 options.

**What will happen in the first and last sessions?**

The first session will be slightly longer than the standard workshops to allow the facilitators introduce themselves, give you an overview of the workshop content for the six weeks, respond to any questions you might have and ensure everyone feels comfortable and relaxed.

The last session will also be slightly longer to allow time for some feedback from you, so we can improve our offer and ensure the most beneficial experience for Programme 6 students/researchers.

**Can I visit the location of the workshops before the project starts?**

Yes, please email PrescribeCulture@ed.ac.uk if you would like help to arrange this.

**Will there be any follow-up support available from Prescribe Culture when Programme 6 finishes?**

We very much hope that, by the completion of your Programme 6, you will have discovered heritage, culture and nature as a new option to supporting and managing your mental wellbeing.

At the end of Programme 6 we will send out a resource which signposts you to other cultural opportunities in Edinburgh for those of you who are looking to further a new interest. We have volunteering opportunities and run a regular programme of engagement events at UoE Heritage Collections, as do our partners at the Royal Botanic Gardens Edinburgh.

For more information see: <https://www.ed.ac.uk/information-services/library-museum-gallery/crc/volunteers-interns-honorary-fellows/volunteers-interns>.

**Resources**

**Self-help**

The University subscribes to many services to help students manage their mental health which can be accessed for free:

Resources and Research

* **SilverCloud** is a package of online mental health treatment programmes, mostly based on CBT, which help people overcome common mental health problems. <https://ed.silvercloudhealth.com/signup/>
* **Feeling Good App** contains a safe and effective programme, Positive Mental Training, that is widely used within the NHS in Edinburgh, for increasing wellbeing and recovery from stress, worry and low mood: <https://www.ed.ac.uk/student-counselling/self-help/apps-podcasts-ted-talks-relaxation-recordings/feeling-good-app>
* **Big White Wall (BWW)** is an online support network, available 24/7, guided by trained professionals: <https://www.ed.ac.uk/student-counselling/self-help/big-white-wall-bww>

The student counselling service also has a list of many self-help resources including helplines which you can access here: <https://www.ed.ac.uk/student-counselling/self-help/self-help-resource-list>.

**Crisis Support**

|  |  |
| --- | --- |
| **Name** | **Number** |
| Samaritans (24 hours) | 116 123 |
| Edinburgh Crisis Centre (24 hours) | 080 8010414 |
| NHS 24 (after GP opening hours) | 111 |
| Mental Health Assessment Team (24 hours) | 0131 537 6000 |
| University of Edinburgh Security (24 hours) | 0131 650 2257 |

**Research**

Research exploring the link between heritage, culture, health and wellbeing is growing. If you are interesting in finding out more some articles and resources to look at include:

* Bungay, H and Clift, S. (2010) Arts on Prescription: A review of practice in the UK, Perspectives in Public Health, 130, 6, 277-281.
* Creative Health, the Arts for Health and Wellbeing Report, July 2017. <http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf>.
* Thomson, L.J., Camic, P.M. & Chatterjee, H.J. (2015). *Social Prescribing: A review of community referral schemes.* London: University College London.
* Secker J. Hacking S., Spandler H., Kent L., Shenton J. (2007). *Mental health, social inclusion and arts: developing the evidence base*. Available from: <http://clok.uclan.ac.uk/3846/1/Arts.MH.FinalReportforweb.pdf>
* University of Westminster, ‘Making Sense of Social Prescribing ‘ <https://westminsterresearch.westminster.ac.uk/download/f3cf4b949511304f762bdec137844251031072697ae511a462eac9150d6ba8e0/1340196/Making-sense-of-social-prescribing%202017.pdf>