




THE
HOLBURNE
MUSEUM

WWW.HOLBURNE.ORG

Pathways to Wellbeing



FREE Museum-based
creative opportunities to
support positive mental
health and wellbeing.

Looking for creative
opportunities or to learn
new skills?

Interested in Museums
and Art?

Want to meet new
people and get out?



PATHWAYS TO WELLBEING
CHANGING LIVES THROUGH ART

Pathways to Wellbeing is an exciting programme of creative groups which take place at the Holburne Museum and partner museums and galleries in Bath.

These friendly groups are designed to support people who have lived experience of mental health challenges and issues related to loneliness and social isolation. No experience is necessary to join.



Bath
Partnership
Museums



BATH
PRESERVATION
TRUST

Bath Abbey

We offer safe, calm, inspiring, informative and welcoming spaces for people to explore their creativity, learn about local heritage and have fun!

We work with specialist artists who support people to learn new skills using high quality art materials and equipment.

All our groups are well supported by trained staff and volunteers who are non-judgmental, friendly and passionate about the benefits of creativity for mental health and wellbeing.

We believe that giving ourselves time to enjoy museums, art and creativity can be life-changing.

Come and join us!



Useful Information:

Regular groups run all year round, meeting either **weekly** or **bi-weekly** in museums.

There are 2 main enrolment times in **March** and **August** but spaces may be available at other times.

Most groups run for **23 weeks** (with occasional breaks) + some short 'taster' courses through the year.

There are clear progression routes to 'move on' to other Pathways groups including the Discover Museums course.

For up to date information see:

www.holburne.org/pathways

Gardener's Lodge Art Group

Where: Based at the Holburne Museum
(and partner museums and galleries)

When: Every Wednesday afternoon

Places: 10 places (regular attendance is required)

A friendly, supported group where you can develop your art skills, be creative and meet like-minded people in a safe environment.

- Fun range of creative sessions and projects led by specialist artists
- All materials and refreshments are provided
- Opportunities to exhibit work in museums and take part in community art events

IMAGE – Peer-led Museums Group

Where: Based at the Holburne Museum
(and partner museums and galleries)

When: Every other Wednesday morning

Places: 10 places (regular attendance is required)

A **Peer Led Group** for people interested in heritage and art.

The group is run by its members and works with the Holburne and partner museums to develop creative responses to exhibitions and museum collections and to advocate for museums, creativity and wellbeing. Help organise and facilitate events, share skills and exhibit your art work.

Discover Museums – Pathways to Volunteering

6 WEEK SUPPORTED COURSE

Where: Based at the Holburne Museum

When: 2 hrs per week at a regular time (to suit you)
Check website for enrolment date

Places: Approx. 10 places – commitment is essential!

Find out more about volunteering in a museum, develop your confidence, knowledge and skills with the support of a friendly museum mentor.

- See behind the scenes and meet curators and museum staff
- Shadow a museum volunteer and research an object you like
- Complete a creative project and share it with friends and family at a special celebration event

Follow-on opportunities

Friends of Pathways is an independent collective of past Pathways to Wellbeing members who meet once a month. With access to the collections and temporary exhibitions they continue their creative relationship with Bath Museums and benefit from creative opportunities.

To find out more please see website:

www.holburne.org/pathways



To apply for a place or for more information

Pathways groups are referral only groups.

Ask your support worker, social prescriber or GP to contact us on your behalf.

We work with lots of organisations in the Bath area and can contact you for a chat.

Or self refer:

- Fill out a quick on-line application form by searching www.holburne.org/pathways and scrolling to the grey button – Apply to join a Pathways group
- TEXT Pathways + your name to **07380 615276**
- Phone or email us

Contact:

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Louise Champion (Pathways Manager)
l.champion@holburne.org | **01225 388566**

www.holburne.org/pathways

We'll be in touch!

