

MONDAYS AT THE MUSEUM

FREE WELLBEING ACTIVITIES EVERY MONDAY BETWEEN 11:00AM & 3:00PM

TOLSON MUSEUM, RAVENSKNOWLE PARK, HUDDERSFIELD HD5 8DJ



Mondays at the Museum September 2022

Collaborative wellbeing project between Social Prescribing, Kirklees Museums and community anchors

Free wellbeing activities between 11am and 3pm. Connecting community, health and heritage.



Statistics

1712 visitors (9th June – 5th Sep)

20 community partners

2 community anchors

3 museum staff

20th June
all day.

Meet your Social Prescribing Link Worker
WW1 Gallery 

Bud: GrowingTolson (therapeutic growing)
Heritage Garden 10am - 2pm.

Baby Boutique/50 things to do before you're 5
Transport Gallery

Light Refreshments (tea, coffee, snacks)
Community Heritage Gallery 

Museum in a Box (memories and artefacts)
Community Heritage Gallery

Free, drop in sessions

| | | |
|-------------------|---|---|
| 11-11.30am | Rise and Shine: short morning stroll Ravensknowle Park | |
| 11.00 -1pm | Stop Smoking Transport Gallery | |
| 11.30am | Exercise for Confidence The Study |  |
| 11.30am | Yoga for All Woodhead Room | |
| 12.30pm | Our Parks (outdoor fun fitness for all) Ravensknowle Park | |
| 12.45pm | Menopause Cafe Woodhead Room | |
| 1.00pm | Wellbeing Walk Ravensknowle Park |  |
| 1.00pm | Parent & Child Walk and Talk Ravensknowle Park | |
| 1.30pm | StARter Art session The Study | |
| 1.30pm | MAGIC Chair Exercise (suitable for all) Transport Gallery | |
| 2.00pm | Big Drum (dance, music and percussion) Woodhead Room |  |

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     Working in partnership

Mondays at the Museum



I've brought some chocolates for the table next week. I've had great day – never done anything like it before but really enjoyed it.

I came to do yoga cos I've had an operation on my back and need to do something. I'm on the waiting list for KAL but don't here anything. I stayed for chair exercise too. Its good here, its free and it gets me out of the house, can have a cup of tea . Since my wife died, I'm lost.

I wasn't going to come out today, I wasn't feeling up to it. I'm tired now but it was worth it.

Feedback from participants



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Free wellbeing activities between
11:00am & 3:00pm
Connecting community, health
and heritage
starting Mon 6th June 2022
Tolson Museum, Huddersfield, HD5 8DJ
www.facebook.com/TolsonMuseum/
contact info@huddersfieldmission.org.uk



Feedback from community partners

MONDAYS
AT THE MUSEUM
connecting community,
health & heritage



- Thank you to the third sector leaders, Shaping lives and Tolson Museum for the opportunity to hold Heartisan wellbeing screen-printing workshops. It was really enjoyable to see the surprise on everyone's faces when they left with a T-shirt that they had designed themselves.
- Thank you
- Jennie-lee Jack @ Heartisan

- Personally I have found each week to be great – there are activities for everyone and all abilities to get involved in.

Everyone has been great and really get involved when there, the atmosphere is welcoming and very inclusive.

The Yoga sessions I have found to be really popular and people come regularly which is great to see, new people who join in have given me good feedback about how inclusive they are and how comfortable they feel in the sessions.

I have had attendees tell me they find the class to be really good for their bodies and can move a little more than they could when they first started which is great feedback.

Attendees have also said how enjoyable the sessions are and how they look forward to coming each week to the Yoga Class.

- Alida @ Jade-Lotus Yoga

Case studies

Mary



Activity: Gardening with Growing Works

“I enjoy Mondays at the Museum because I can get involved in the gardening and I have access to a range of activities. It helps with my weekly routine, and I like to see friendly and familiar faces every Monday. I also enjoy listening to the drums in the big drum session.”

Verna and Agnes



Activity: Yoga, well-being walks and big drum sessions through Shaping Kirklees

“Mondays at the Museums are always really busy, and we see the difference that it makes to people. It connects with all communities and there is activity for all ages. It encourages people to leave the house and try new things that they wouldn’t normally do. It is always a lovely day; we like to call it ‘happy Mondays’.”

Case studies

Rachael, Baby Alex and Freddie age 2

Activity: Parent Sanctuary walks, Yoga and Big Drum, and Art and Craft

Mondays at the Museum is lovely, you can stop all day if you want to!

It has given me more confidence to get out and about with the kids. It has helped me both mentally and physically. I have met lots of people, and everyone is very friendly. It has also made me look for more activities locally, rather than going further away.



Shirley

Activity: Tried yoga for the first time, and have also done chair exercises and well-being walks

"I enjoy the exercises. Since the pandemic I have not had the opportunity to get out and about as much as I used to and after two years it had begun to affect my mobility. Mondays at the museum have helped me to get out of the house more often and to be more active again."



Mondays at the Museum

What next?



Continue to work with existing partners who can self-fund

Develop new partners*

Run a regular timetable

Share facilitation

Small shared fund for expenses, marketing and pilot activities*.

Promote to specific groups and individuals

Continue to respond to community demand and social prescribing need

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