

A photograph of two women sitting together in what appears to be an art gallery. The woman on the left is younger, with dark curly hair, wearing a green turtleneck and a dark blue quilted vest with the 'Rab' logo. The woman on the right is older, with short grey hair and glasses, wearing a blue top. They are both smiling and looking towards the camera. The background is a wall covered in various small, colorful artworks and photographs.

# Art and Culture on Prescription

The Manchester Museum's  
& Galleries Partnership

The Manchester Museum and the Whitworth, part of the University of Manchester, and Manchester Art Gallery provide creative arts for health programmes for the local community through a varied programme of activities. In 2012 they were recognised by RSPH for outstanding and innovative contributions to Arts & Health research & practice with two awards.

In recent years there has been growing evidence that supports the understanding of the impact of engaging in the arts can have on health and wellbeing. With growing conversation around the impact that social prescribing can have on our communities and healthcare systems, we are now inviting health and social care professionals, and associated service providers to make referrals to our health and wellbeing programmes.

Our programmes are led by artists, practitioners and specialists who have a wide range of experience in working with varied audiences. We believe that accessing culture and the arts can support positive health and wellbeing.

Each programme seeks to combat social isolation, foster creative learning, improve personal health and happiness, focus on individuals beyond any health problems or learning needs, initiate long-term engagement with culture and the arts, and to support creative activity, inspiration and stimulation.



## Coffee, Cake and Culture

Making culture accessible for anyone living with a physical or mental health need.

Making art enables people to express themselves, be creative and provides opportunity to form new identities whilst celebrating uniqueness. We offer free gallery visits fully supported by artists and volunteers. Coffee, Cake and Culture allows participants to share their experiences and memories through meaningful and stimulating activity.

To make a referral please contact Daisy Strang,  
Arts for Health Programme Assistant.

daisy.strang@manchester.ac.uk  
0161 275 8459

**Dates:**

Tuesday 23 April  
Tuesday 30 April  
Tuesday 7 May  
Tuesday 14 May

**Time:**

2-4pm

**Location:**

The Whitworth,  
The Learning Studio



## Creative Writing for Carers

Be kind to yourself. Take a break.

Caring for someone can be rewarding but it may also be a challenge. The needs of the person you care for may often come before your own and lead to limited time available to look after yourself. These creative writing sessions are for anyone with a care role for family members or friends.

To make a referral please contact Daisy Strang,  
Arts for Health Programme Assistant.

daisy.strang@manchester.ac.uk  
0161 275 8459

**Dates:**

Thursday 4 April  
Thursday 11 April  
Thursday 18 April  
Thursday 25 April

**Time:**

7-8.30pm

**Location:**

Manchester Museum,  
Sylvia's Space



## Muso Baby

A friendly, interactive music session for parents and children run by music therapist, Rachel Swanick. Come and learn skills to promote bonding with your little one, whilst meeting new people and exploring the museum.

To make a referral please contact Daisy Strang, Arts for Health Programme Assistant.

daisy.strang@manchester.ac.uk  
0161 275 8459

### Session 1

**For parents and babies**

#### Dates:

Wednesday 13 March  
Wednesday 20 March  
Wednesday 27 March  
Wednesday 3 April

#### Time:

10.30-11.15am

### Session 2

**For parents and moving babies and toddlers**

#### Dates:

Wednesday 13 March  
Wednesday 20 March  
Wednesday 27 March  
Wednesday 3 April

#### Time:

11.30am-12.15pm

#### Location:

Manchester Museum,  
Nature's Discovery



## HANDMADE

Sociable craft workshops for adults aged 50+

Arts and Craft bring benefits in terms of personal health happiness and wellbeing and by participating in the HANDMADE session you will have the opportunity to do just that as well as meet other people.

The sessions provides an opportunity to try your hand at a range of craft skills whilst boosting your sense of wellbeing in an informal and relaxed environment.

To make a referral please contact Claire Cowell, Age Friendly Culture Coordinator.

claire.cowell@manchester.ac.uk  
07776 170688

#### Dates:

Friday 19 April  
Friday 26 April  
Friday 10 May  
Friday 17 May

#### Time:

10am-12pm

#### Location:

The Whitworth,  
The Learning Studio



## GROW

GROW is a project that promotes the benefits of engaging in horticultural activities to improve mental wellbeing of an individual.

Working within our beautifully designed Art Garden by landscape garden designer Sarah Price and within Whitworth Park, participants have the opportunity to learn a variety of horticultural techniques and engage with our collections. The aim of this project is to help individuals to acquire new skills, rebuild confidence and to provide opportunities to engage with others socially in a safe and culturally inspiring environment.

To make a referral please contact Francine Hayfron, Cultural Park Keeper.

francine.hayfron@manchester.ac.uk  
07795 128868

**Dates:**

Tuesday 23 April  
Tuesday 30 April  
Tuesday 7 May  
Tuesday 14 May

**Time:**

10.30am-12.30pm

**Location:**

The Whitworth,  
The Art Garden



## See, Make & Do: Autism Friendly Early Openings

Join us for our early openings at the Museum aimed at children aged 5-16 who have autism or other needs, along with their families and carers, and siblings. Activities begin before the Museum opens to the general public and there is a quiet room available. See objects, do activities and make creations inspired by one of the Museum's galleries.

To make a referral please contact Victoria Grant, Family Programme Coordinator.

victoria.grant@manchester.ac.uk  
0161 306 1779

**Dates:**

Saturday 27 April  
Fossils gallery, Ground Floor  
Saturday 4 May  
Nature's Library and Vivarium (Live Animals) gallery, Floor 2  
Saturday 11 May  
Living Worlds and Nature Discovery Floor 1  
Saturday 18 May  
Heritage Futures, Floor 3

**Time:**

9.15-10.30am

**Location:**

Manchester Museum,  
Meet in reception



## Volunteering for Wellbeing

The Whitworth has been a part of Inspiring Futures: *Volunteering for Wellbeing* project since our reopening in 2015 and has continued to draw on our extensive experience of delivering a socially engaged volunteer programme.

We have taken on volunteers from a variety of backgrounds across Greater Manchester to access culture and re-engage with learning.

We support our volunteers with induction and training opportunities plus regular one-to-ones and assistance with CV and job applications.

We aim to combat social and economic isolation and improve wellbeing through developing key transferable skills leading towards increased confidence and employability.

To make a referral please contact Fiona Cariss, Volunteer Manager.

fiona.cariss@manchester.ac.uk  
0161 275 8459

**Location:**  
The Whitworth



## Take Notice

Explore art with mindfulness. Beginners and experienced meditators welcome. First and third Tuesday of every month.

Please note: these sessions are not specially facilitated sessions. We encourage independent visiting as an act of self care.

To make a referral please contact 0161 235 8888,  
Find out more: [manchesterartgallery.org/learn](https://manchesterartgallery.org/learn)

**Dates:**  
Tuesday 5th March  
Tuesday 19th March  
Tuesday 2nd April  
Tuesday 16th April  
Tuesday 7th May  
Tuesday 21st May

**Time:**  
12.15pm  
& 1pm

**Location:**  
Manchester Art Gallery



## Mindful Marks: De-stress and Draw

Drop in and join artist Naomi Kendrick to find your flow in these mindful mark-making workshops.

Please note: these sessions are not specially facilitated sessions. We encourage independent visiting as an act of self care.

To make a referral please contact 0161 235 8888,  
Find out more: [manchesterartgallery.org/learn](https://manchesterartgallery.org/learn)

**Dates:**

Tuesday 5th March  
Tuesday 19th March  
Tuesday 2nd April  
Tuesday 16th April  
Tuesday 7th May  
Tuesday 21st May

**Time:**

10.30-11.15am

**Location:**

Manchester Art Gallery



## Mossa Movements

Monthly inclusive dance workshop for children with additional needs. Our dance practitioner Bryony encourages everyone to be creative and explore their own ideas as well as learning simple movements in a safe and encouraging environment.

To make a referral please contact Fiona Cariss,  
Volunteer Manager.

[fiona.cariss@manchester.ac.uk](mailto:fiona.cariss@manchester.ac.uk)  
0161 275 8459

**Dates and Time:**

Saturday 16th March  
3.30-4.30pm

Saturday 6th April  
12pm-1pm

Saturday 11th May  
3.30-4.30pm

**Location:**

The Whitworth,  
Grand Hall



## Open Doors

A monthly session at Manchester Art Gallery for autistic children and their families.

Artists from Autism for the Arts develop and deliver this art based session which aims to empower families to feel comfortable and confident accessing cultural venues.

To make a referral please contact Katy McCall,  
Learning Manager: Families.

k.mccall1@manchester.gov.uk

**Dates:**

Saturday 18th May

Saturday 15th June

**Time:**

9.15-10.30am

**Location:**

Manchester Art Gallery

### Where to find us

#### Manchester Museum

The University of Manchester  
Oxford Road, Manchester M13 9PL  
[manchester.ac.uk/museum](http://manchester.ac.uk/museum)

#### The Whitworth

The University of Manchester  
Oxford Road, Manchester M15 6ER  
[manchester.ac.uk/whitworth](http://manchester.ac.uk/whitworth)

#### Manchester Art Gallery

Mosley Street  
Manchester, M2 3JL  
[manchesterartgallery.org](http://manchesterartgallery.org)



