



## THIRD MUSEUMS FOR HEALTH AND WELLBEING CONFERENCE

**Date:** Tuesday 13 March 2018

**Location:** Thinktank, Birmingham

**#museumsandwellbeing**

Location	Time	Event
Issigonis Suite	10.00-10.30	Registration with tea, coffee and biscuits
Thinktank Theatre	10.30-11.00	<b>Welcome:</b> Professor Helen Chatterjee, Chair of National Alliance for Museums, Health and Wellbeing and Andy Fowles, Birmingham Museum and Art Gallery
	11.00-11.45	<b>Keynote: <i>Wellbeing, isolation and museums: A commissioner's perspective</i></b> - looking at the impact that social isolation and loneliness has on people's wellbeing/independence and discussing the role that museums can play in helping people connect and keep well. Emma Hanson, <i>Head of Strategic Commissioning Adult Community Support, Kent County Council</i>
	11.45-12.15	<b><i>Enabling creative approaches to wellbeing</i></b> – the perspective of a GP and social prescribing activist. Jane Povey, <i>GP</i>
	12.15-12.30	<b><i>Launch of the Culture, Health and Wellbeing Alliance</i></b> – hear about the new Alliance's plans and remit which is officially launched today as a result of the merger of the National Alliance for Museums, Health and Wellbeing and the National Alliance for Arts, Health and Wellbeing. Alex Coulter, <i>Director, Arts and Health South West</i> and Professor Helen Chatterjee
Issigonis Suite	12.30-13.30	<b>Lunch</b>
		<b>Stalls:</b> chance to explore health and wellbeing related projects, resources and support organisations
	13.30-14.30	<b>Breakout session 1</b>
Edison Suite on level 1	13.30-14.30	<b>Workshop A: Well embedded</b> Hear how Tyne and Wear Archives and Museums embedded wellbeing in their organisation and take part in practical activity to help you align your organisation with wellbeing. With Zoë Brown, <i>Outreach Officer</i> and Iain Watson, <i>Director, Tyne and Wear Archives and Museums</i>
Thinktank Theatre	13.30-14.30	<b>Workshop B: Integrating wellbeing in our work - process and practice</b> 'If you want to go quickly, go alone. If you want to go far, go with others.' Explore and learn how to use design thinking to enhance wellbeing through innovation and collaboration, and human scale change. With Charlotte Smith, <i>Head of Discovery and Learning, Chester Zoo</i> and Gaby Porter, <i>Chair, Happy Museum</i>
The Lodge Suite	13.30-14.30	<b>Workshop C: Museum, health and wellbeing - methodologies for measuring impact</b> Find out about using effective methods for gathering evidence around the health and wellbeing impact of museum programmes. Professor Helen Chatterjee, UCL and Dr Nuala Morse, University of Leicester

<b>Brindley Suite</b>	13.30-14.30	<b>Workshop D: Mindfulness in Nature</b> The Whitworth uses its collection, galleries and outside spaces as meditative spaces to bring together art and nature through sensory tours across all programmes. This workshop provides an insight into the Whitworth's approach to wellbeing employing mindful approaches to make personal connections. Denise Bowler, <i>Secondary and FE Coordinator</i> and Francine Hayfron, <i>Cultural Park Keeper</i> , The Whitworth
	14.30-14.45	Comfort break
	14.45-15.45	<b>Breakout session 2</b>
<b>Edison Suite on level 1</b>	14.45-15.45	<b>Workshop E: Colleague engagement and wellbeing at National Museums Liverpool</b> Introducing a cultural change programme: our approach and lessons learnt so far. With Jenny Thomas, <i>HR Operations Manager</i> and James Best, <i>Director of HR</i> at National Museums Liverpool
<b>Thinktank Theatre</b>	14.45-15.45	<b>Workshop H: Starting from scratch: piloting wellbeing activities</b> For organisations who have not delivered wellbeing activities, the workshop will help you understand how to start a wellbeing programme on a limited budget, tailoring your existing offer to the local context and Five Ways to Wellbeing, testing ideas and learning from your participants. With Rosie Barker, <i>Community Engagement Officer</i> , Birmingham Museums Trust
<b>The Lodge Suite</b>	14.45-15.45	<b>Workshop G: Museum, health and wellbeing - methodologies for measuring impact</b> Find out about using effective methods for gathering evidence around the health and wellbeing impact of museum programmes. With Professor Helen Chatterjee, UCL and Dr Nuala Morse, University of Leicester
<b>Brindley Suite</b>	14.45-15.45	<b>Workshop F: Out of the Blue</b> In 2012 Liverpool Primary Care Trust funded a pilot project empowering members of Bluecoat's inclusive arts programme, <i>Blue Room</i> , to co-plan and deliver weekly art clubs for children. <i>Out of the Blue</i> was born and now reaches 60+ children every week. Hear about the journey, the process and exploring the impacts. With Lewis Scott <i>Blue Room member</i> and <i>Out of the Blue volunteer</i> , Betty Ritchie and Bec Fearon, The Bluecoat
<b>Thinktank Theatre</b>	16.00-16.30	<b>Quick fires:</b> 5 minute presentations about wellbeing-related projects and resources useful to your work <b>Closing comments</b>
	16.30-17.00	<b>Drop-ins:</b> Choose from
<b>Issigonis Suite</b>		<b>Networking</b> - over tea and coffee
<b>The Lodge Suite</b>		<b>Wellbeing surgery</b> – having challenges with your health and wellbeing work? Why not take part in our surgery with Professor Helen Chatterjee, Dr Nuala Morse and Jo Ward
<b>Brindley Suite</b>		<b>Coming soon:</b> hear about our new free health and wellbeing online course



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