



HOLBURNE

Pathways to Wellbeing

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

Looking for creative groups
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

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.

New groups start in **March** and **September** each year 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.

Please note: Anyone who has previously attended a group is not eligible to reapply for a new place.

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-Supported Museum Group

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

When: Every other Wednesday morning

Places: 10 places (regular attendance is required)

Moving towards greater creative independence, a less supported group for people who want to deepen their engagement with museums and creativity.

Enjoy a combination of artist led and independent sessions where members of the group support each other to develop creative responses to exhibitions and collections.

There are also opportunities to help organise and facilitate events, share skills and exhibit art work.

Discover Museums – Pathways to Volunteering

6 WEEK SUPPORTED COURSE WITH YOUR OWN INDIVIDUAL MENTOR

Where: Based at the Holburne Museum

When: 2 hrs per week at a regular time (to suit you)
Offered annually – contact us for next dates

Places: Approx. 10 places – commitment is essential!

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

- See behind the scenes and meet curators and museum staff
- Work with your mentor to find out more about an object you like
- Complete a creative project and share it with friends and family at a special celebration event

Happy Mondays – Creative Collective

Where: Based at the Holburne Museum

When: Monthly (Monday mornings)

Places: A membership group* for those who have completed at least one other Pathways to Wellbeing group

An independent collective of Pathways to Wellbeing members. Enjoy free access to the Holburne's collection and exhibitions and a space to create and connect with others.

Basic art materials provided, bring your own projects to work on. To find out more please see website:

www.holburne.org/pathways

*small annual
subscription fee



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 mental health and support 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 yellow button – Apply to join a Pathways group
- TEXT Pathways + your name to **07380 615276**
- Phone or email us

Contact:

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Phoebe Hudson (Pathways Assistant)
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www.holburne.org/pathways

We'll be in touch!



The Gardener's Lodge in Sydney Gardens