Prescribe Culture Programme 6



Participant Information – Programme 6

May / June 2025

Introduction

Prescribe Culture is the University of Edinburgh’s award-winning heritage-based, non-clinical support for health, social care and wellbeing.

Founded on Social Prescribing, a new movement in health, defined by the NHS as:

**An approach (or range of approaches) for connecting people with non-medical sources of support or resources within the community which are likely to help with the health problems they are** **experiencing.**

Through Prescribe Culture’s Programme 6, you are being referred to and prescribed a series of six. standalone workshops, for small groups of no more than 8 individuals, that are inspired by heritage stories.

You do not need any previous experience of engaging with heritage to benefit from Prescribe Culture’s Programme 6. At heart, it is all about providing some weekly respite from any worries and difficulties you are currently experiencing and it offers an opportunity to connect with others and the world around you, with a more personalised approach accessible though small group format.

**Please note Prescribe Culture’s Programme 6 is a non-clinical mental health intervention, it is not therapy. The Programme 6 facilitators are heritage engagement professionals who have undertaken mental health awareness training, they are not mental health professionals.**

**Why Culture?**

Recent research shows that engaging with cultural assets and/or nature has benefits for mental health and wellbeing (see p.11 for links to some of this research).

* **Connect** – strengthen your relationships with the people who are close to you and broaden your relationships in your community and with the wider world
* **Be Active** – this does not necessarily mean going to the gym but find an activity that you like and make it part of your life.
* **Keep Learning** – learning new skills can give you a sense of achievement and confidence.
* **Give to Others** –even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
* **Be mindful** –be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Read more about the Five Ways to Wellbeing: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>.



**Prescribe Culture’s Programme 6** is a mental health and wellbeing support programme delivered for small groups of adults living in Edinburgh City.

Once you complete and submit the Prescribe Culture referral form, you will receive a Welcome letter and further details about the Programme 6 you have selected.

There are a total of 16 places available. Places will be allocated on a first-come, first-served basis. If your first choice is full, we will alert you to alternative programmes that still have availability.

**Key Dates for Programme 6 May/June 2025**

|  |  |
| --- | --- |
| Referrals open from | Mon 14 April 2025 |
| Registration closes | Mon 19 May 2025 |
| You will receive confirmation of your place within | 4 working days of referral submission |
| Programme 6 has staggered start and end dates | Please see table below |

**Overview of Programme 6 choices**

Programme 6 May/June 2025

**Please note: no prior experience or knowledge** of any subject or activity is necessary**.**

**Programme 6** is not a learning programme, this **is about supporting mental health and wellbeing and increasing sense of connection, or reconnection, to the world around us.**

Each session in all Programme 6s is ‘stand-alone’ so, if you miss a week or two, it will not affect the next session you attend. However, like a medical prescription, Programme 6 will be most effective if you attend regularly, and ideally, all sessions.

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| **Programme 6 Choice** | **Where** | **Day/Time** | **Short Description** |
| **Step Back & Reflect**  In-person  90 Minute sessions  8 places | St Cecilia’s Hall  Niddry St  Off the Royal Mile | Tuesdays 3.30-5pm  13/20/27 May  3/10/17 June | Step back from the day, today, and take a break with time-travel.  This micro-respite programme utilises heritage stories as an opportunity to take weekly timeout and discover a little more about yourself and the world around you, past and present.  This Programme 6 is delivered 100%  in-person at St Cecilia’s Hall. |
| **Step Back & Reflect**  Online  1-hour sessions  Except last session  In-person, 2 hours  8 places | 5 x Online (1 hour)  6th session  in-person  at St Cecilia’s Hall  (2 hours) | Tuesdays 12-1pm  6/13/20/27 May  And 3 June  Last session in-person  Tuesday 10 June  12-2pm | Step back from the day, today, and take a break with time-travel.  This micro-respite programme utilises heritage stories as an opportunity to take weekly timeout and discover a little more about yourself and the world around you, past and present.  This Programme 6 is predominantly online so better suited to those who have less ability to be out and about and/or those who may require something more accessible in the middle of a working day. |

Step Back & Reflect Programme 6 In-Person

**Day and Time:** Tuesday 13th/20th/27th May and 3rd/10th/17th June 3.30-5pm

**Venue:** St Cecilia’s Hall and Music Museum

**Lead Facilitator:** Ruthanne Baxter, UoE Heritage Collections Civic Manager & Prescribe Culture Lead.

As a small group, each week, we will enjoy a little time travel to meet some lesser-known interesting characters from our past, take a fresh look at places you may be familiar with and explore what stories the landscape has to tell, over the centuries.

You will ‘meet’ crofters, wordsmiths, inventors, a Victorian lady explorer and an ornithologist, among others. We’ll pop back to Edwardian Edinburgh, Georgian London, spend a little time in Canada in the late 1800s and take a little ‘trip’ to the Highlands and Islands, circa 1930s, to name a few of the eras in the mix.

All of the above will be used as a springboard to reflection and self-discovery and inspire you to step back from your day, today, and consider aspects of life in our modern world that unite us with communities who have shared, and shaped, our planet before us.

Step Back & Reflect Programme 6 Online

**Day and Time:** Tuesday 6th/13th/20th/27th May and 3rd June online 12-1pm

Final session, in-person at St Cecilia’s Hall, Tuesday 10 June 12-2pm

**Venue:** Weeks 1-5 Online. Last session, St Cecilia’s Hall and Music Museum

**Lead Facilitator:** Ruthanne Baxter, UoE Heritage Collections Civic Manager & Prescribe Culture Lead.

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**How can Prescribe Culture’s Programme 6 help?**

Feedback from Prescribe Culture members who have attended Programme 6s includes:

*“Every time I came away from my Programme 6 sessions, I simply felt more energised and positive”*

*“Through the Step Back and Reflect series, I got great comfort from understanding that how I have been feeling is not odd or unusual – people for centuries have felt this way. Plus, the sessions are just fun too!”*

*“During the week I tend to be feeling tired and uncertain and worried about my work load, but after my Programme 6 sessions I feel enthusiastic and more positive. It has also allowed me meet like-minded others”*

*“I really look forward to my Programme 6 sessions – there are no expectations on me there other than to relax and enjoy and I have met lovely people I may not otherwise have met”*

**About our Prescribe Culture Programme 6 Step Back and Reflect Facilitator**

A heritage engagement professional for over twenty years, Ruthanne has seven years’ experience developing and delivering psychology-informed heritage programmes, co-designed to support those who are experiencing mental health challenges, are impacted by loneliness/isolation or simply requiring a novel support to improve wellbeing.

She is passionate about the role, benefits and power of heritage engagement in helping reduce loneliness and isolation, increasing sense of connection to the world around us and providing ‘micro respite’ for those living with stress, anxiety, burnout and/or depressive symptoms.

**Now you have had an overview of the Programme 6s available, simply go to the Prescribe Culture webpage, complete the referral form found here**

[Programme 6 (Edinburgh) | The University of Edinburgh](https://www.ed.ac.uk/information-services/library-museum-gallery/heritage-collections/in-the-community/prescribe-culture/programme-6-edinburgh)

**and email to** [**PrescribeCulture@ed.ac.uk**](mailto:PrescribeCulture@ed.ac.uk)



**How can I contact the Prescribe Culture team?**

You can email us on [PrescribeCulture@ed.ac.uk](mailto:PrescribeCulture@ed.ac.uk)

**Can I talk to someone in-person, by telephone or online in advance of registering?**

Frequently Asked Questions

Yes. Please email [PrescribeCulture@ed.ac.uk](mailto:PrescribeCulture@ed.ac.uk) to set up time to chat with Ruthanne Baxter, Prescribe Culture Lead.

**Can I register for more than one Prescribe Culture Programme 6?**

If places are still available in the second programme as it goes into delivery, we will let you know and you will be very welcome to use both programmes as a non-clinical support for your mental health.

**How many people will be in a Programme 6 group?**

There will be a maximum of 8 individuals in Programme 6 groups.

**What will happen in the first Programme 6 session?**

The first session allows the facilitators get to meet you and the rest of the group, the facilitator will give the group a little background to Prescribe Culture and the Programme 6 you will be attending. You will be asked to complete a very short pre-programme postcard, have an opportunity to ask any questions you might have about Prescribe Culture and the programme.

**Can I visit the location of my Programme 6 before the programme starts?**

Yes, please email [PrescribeCulture@ed.ac.uk](mailto:PrescribeCulture@ed.ac.uk) if you would like help to arrange this.

**Will there be any follow-up support available from Prescribe Culture when Programme 6 finishes?**

We very much hope that by the completion of your Programme 6, you will have discovered engagement with heritage and culture as new options for supporting and managing your mental wellbeing.

You are very welcome to register for the monthly Prescribe Culture Gatherings and heritage-inspired online social prescribing is available through Gladden Village, where the Coffeehouse is ‘open’ every Wednesday evening. Village membership is free and you can register here [Home (gladdenvillage.org)](https://gladdenvillage.org/)

Finally, you might wish to follow-on from Prescribe Culture’s Programme 6 by considering volunteering with UoE Heritage Collections or a partner. We have volunteering opportunities and run a regular programme of engagement events at UoE Heritage Collections, if you feel volunteering could support your overall mental health and wellbeing.

For more information see: <https://www.ed.ac.uk/information-services/library-museum-gallery/crc/volunteers-interns-honorary-fellows/volunteers-interns>.

**Resources**

**Self-help**

The University subscribes to many services to help students manage their mental health which can be accessed for free:

Resources and Research

* **SilverCloud** is a package of online mental health treatment programmes, mostly based on CBT, which help people overcome common mental health problems. <https://ed.silvercloudhealth.com/signup/>
* **Feeling Good App** contains a safe and effective programme, Positive Mental Training, that is widely used within the NHS in Edinburgh, for increasing wellbeing and recovery from stress, worry and low mood: <https://www.ed.ac.uk/student-counselling/self-help/apps-podcasts-ted-talks-relaxation-recordings/feeling-good-app>
* **Big White Wall (BWW)** is an online support network, available 24/7, guided by trained professionals: <https://www.ed.ac.uk/student-counselling/self-help/big-white-wall-bww>

The student counselling service also has a list of many self-help resources including helplines which you can access here: <https://www.ed.ac.uk/student-counselling/self-help/self-help-resource-list>.

**Crisis Support**

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| **Name** | **Number** |
| Samaritans (24 hours) | 116 123 |
| Edinburgh Crisis Centre (24 hours) | 080 8010414 |
| NHS 24 (after GP opening hours) | 111 |
| Mental Health Assessment Team (24 hours) | 0131 537 6000 |
| University of Edinburgh Security (24 hours) | 0131 650 2257 |

**Research**

Research exploring the link between heritage, culture, health and wellbeing is growing. If you are interesting in finding out more some articles and resources to look at include:

* Bungay, H and Clift, S. (2010) Arts on Prescription: A review of practice in the UK, Perspectives in Public Health, 130, 6, 277-281.
* Creative Health, the Arts for Health and Wellbeing Report, July 2017. <http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf>.
* Thomson, L.J., Camic, P.M. & Chatterjee, H.J. (2015). *Social Prescribing: A review of community referral schemes.* London: University College London.
* Secker J. Hacking S., Spandler H., Kent L., Shenton J. (2007). *Mental health, social inclusion and arts: developing the evidence base*. Available from: <http://clok.uclan.ac.uk/3846/1/Arts.MH.FinalReportforweb.pdf>
* University of Westminster, ‘Making Sense of Social Prescribing ‘ <https://westminsterresearch.westminster.ac.uk/download/f3cf4b949511304f762bdec137844251031072697ae511a462eac9150d6ba8e0/1340196/Making-sense-of-social-prescribing%202017.pdf>