**Prescribe Culture Gatherings July-October 2025**

Prescribe Culture Gatherings have one purpose – to support mental wellbeing and increase a sense of connectedness by providing monthly opportunities for people to come together, meet new friends and socialise, with and through, culture and coffee. All Prescribe Culture Gatherings consist of a cultural activity that is free or low cost, and always include a window for coffee and chat, at a café in the area.

The activities are all things open to the public and free, so if you enjoy the experience and/or visit as part of a gathering, you can head along to the same spaces and venues, in your own time, solo or with others, again and again.

All Prescribe Culture members are very welcome to bring along a friend, however, the Gatherings are supported by a host who will ensure everyone feels welcome and there is a relaxed and informal way of introduction for all those gathered. To register interest and receive more information on the Gatherings, simply email

 PrescribeCulture@ed.ac.uk

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| **Gathering Date/Time** | **Gathering Activity** | **Gathering Place** |
| Thursday 31 July5.15-6.45pm  | **Silent Book Club**An alternative to the traditional book club, with this one, you can either bring a book or select one from our Wellbeing Collection (which includes fiction, poetry and more). We’ll mix things up with meet and greet, silent reading and then chat with a cuppa.  | University of Edinburgh Main LibraryGeorge Square |
| Sunday 17 Aug2-5pm | **Discover Dunbar Afternoon**The city can be pretty crowded in August so, we’re taking this Gathering out of town! We’ll arrive in Dunbar around 2.30pm and, weather depending, enjoy a stroll on the beach, explore the John Muir Birthplace and then grab a tea/coffee before alighting the return train to Waverley | Waverley Train Station |
| Sunday 14 September2-4pm | **The Lives of Dean Cemetery** So much social history can be found in a stroll through a cemetery. In this Gathering, we will be hosted by our very own Prescribe Culture member, Gavin, who will ‘introduce us’ to some of the ordinary and extraordinary people who have found their final resting place here. | Main Gates to Dean Cemetery |
| Tuesday 14 October5.15-7.15pm | **Rooting Exhibition**Taking the University’s 350-year-old Art Collection as its focus, this exhibition features historic and contemporary artworks that consider environment, ecology, as well as the entangled relationship between economic and colonial legacies and the climate crisis. Join us for a curator’s spotlight tour, followed by some ‘free time’ with the exhibition before heading to a nearby café and some inspired conversation | University of Edinburgh Main LibraryExhibition Gallery |