

# Walks

for

# wellbeing

with Portsmouth Museums

Portsmouth Museums are hosting six engaging walks around the local area.

Each walk is 90 minutes long and delivered by our friendly facilitators. For our photography sessions 📷 it is advised to bring along your camera phone or camera if you have one. We can provide alternatives if you don't - just let us know in advance. All materials will be provided for the zine making and printing activities 🖋️.

SEE OVERLEAF FOR MORE INFORMATION AND HOW TO BOOK

Supported by the Thriving Communities Fund, made possible thanks to:



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



**NHS CHARITIES  
TOGETHER**



## Urban Printmakers

WHERE:  
Portsmouth Museum  
& Art Gallery

WHEN:  
1pm

29  
OCT  
2021



## Miniature Universe Photographers

WHERE:  
Portsmouth Museum  
& Art Gallery

WHEN:  
1pm

12  
NOV  
2021



## Lakeside Strolls

WHERE:  
Cumberland House  
Natural History Museum

WHEN:  
10.30am

27  
NOV  
2021



## Collage Zine Makers

WHERE:  
Southsea Castle

WHEN:  
1pm

03  
DEC  
2021



## Reflections of the Past

WHERE:  
Charles Dickens'  
Birthplace Museum

WHEN:  
10.30am

15  
JAN  
2022



## City Centred

WHERE:  
Guildhall Square

WHEN:  
10.30am

29  
JAN  
2022



## HOW TO BOOK

Get referred via Social Prescribing link workers based at your GP surgeries.

Alternatively contact [Grace.Scott@portsmouthcc.gov.uk](mailto:Grace.Scott@portsmouthcc.gov.uk) or [Karen.Hobbs@theyoutrust.org.uk](mailto:Karen.Hobbs@theyoutrust.org.uk) for more information.

This Project is designed and coordinated by Paul Gonella, Becky Vincer, Portsmouth Museums, and the YOU Trust who are working with GP surgeries in the Coastal Communities of Portsmouth, Emsworth & Hayling Island.

For more information contact [socialprescribing@theyoutrust.org.uk](mailto:socialprescribing@theyoutrust.org.uk)

The Thriving Communities Fund aims to improve and increase social prescribing community activities by bringing together place-based partnerships of local voluntary, community, faith and social enterprise projects. The Thriving Communities Fund has been made possible thanks to funding from the National Academy for Social Prescribing, Arts Council England, Natural England and Historic England, with support from NHS England and NHS Improvement, Sport England, the Office for Civil Society, the Money & Pensions Service and NHS Charities Together.