

## **Mondays at the Museum: a co-creation project**

### **co-authored by:**

Professor Rowan Bailey, Dr Chalotte Goldthorpe, Dr Laura Mateescu (University of Huddersfield), Cathryn Pike (Kirklees Museums and Galleries), Iain Long (Local Services 2 You), Lisa Moseley (Yorkshire Sport Foundation), Dr Nicky Mounsey, Philip Cadogan, Tyler McKie, (Tolson PCN), Beth Reilly, Gemma Jenkinson, Julie Redfearn, Mags Rogerson, Kulvinder Sokhal, Emma Noel (Kirklees Council), Sarah Harding (Kirklees Library Services), Paul Bridges (Huddersfield Mission), Sian Hughes, Sarah Shaw, Clare Taylor (Health and Wellbeing Academy, University of Huddersfield)

## List of Figures

Figure 1. Posted-notes Feedback Wall, 2024 .....	6
Figure 2. Craft activity at MATM, 2025 .....	9
Figure 3. Yoga at MATM, 2025 .....	10
Figure 4. Tai Chi at MATM .....	10
Figure 5. Big Drum at MATM.....	11
Figure 6. Service users in conversations with social prescribers, MATM, 2025.....	12
Figure 7. Conversations in the Cafe, MATM, 2025.....	12
Figure 8. Reminiscence Workshop images, 2024.....	13
Figure 9. Reminiscence Workshop materials, 2024 .....	14

**Watch a summary of the project here:**

**[Mondays at the Museum – YouTube](#)**

**Read case study on Creative Health Hub:**

**[Mondays at the Museum](#)**

### **Research Focus Summary**

The *Mondays at the Museum* (MATM) model is grounded in research that explores how heritage spaces can actively contribute to individual and community wellbeing through inclusive engagement. Developed at the Tolson Museum in Kirklees, the initiative provides a structured, weekly drop-in day dedicated to participatory creative health and heritage activity.

As part of a research funded project with AHRC Impact Accelerator Funding (School of Arts and Humanities, University of Huddersfield) and with support from the National Creative Health Hub, our research focus has been twofold: firstly, to examine how regular, low-barrier access to creative health and heritage can foster social connection, belonging and confidence; and secondly, to understand how heritage engagement can be intentionally aligned with public health and social prescribing agendas.

The research involved conversations and interviews with 10 key organisers of the programme, such as key workshop providers (drumming, crafts, Tai Chi and Yoga), social prescribers, local anchor organisations, PCNs and the cultural engagement officer, exploring how they have embedded creative, participatory activities into a museum setting. We have also developed a range of reminiscence workshops to investigate how heritage spaces can expand people's real opportunities to connect, learn and thrive. We recognise heritage not only as a repository of

the past but as a living asset that strengthens identity, supports mental and physical wellbeing, and fosters inclusive civic participation.

Interviewees were asked:

- What communities actively engage with Mondays at the Museum?
- How does the MATM programme enrich the lives of its participants?
- What difference is the programme making in people's lives?
- How is the Tolson Museum Perceived within the context of wellbeing and community engagement?
- What do people feel like they get from coming?
- What would you like to see more of?
- Where would you go if this was not on?

A post it-note feedback wall activity was also conducted with participants on the 5 of August 2024, asking the following questions:

- What do you think Mondays at the Museum does for the community?
- What do you enjoy about Mondays at the Museum?
- What would you do if Mondays at the Museum wasn't here?
- Any other opinions?

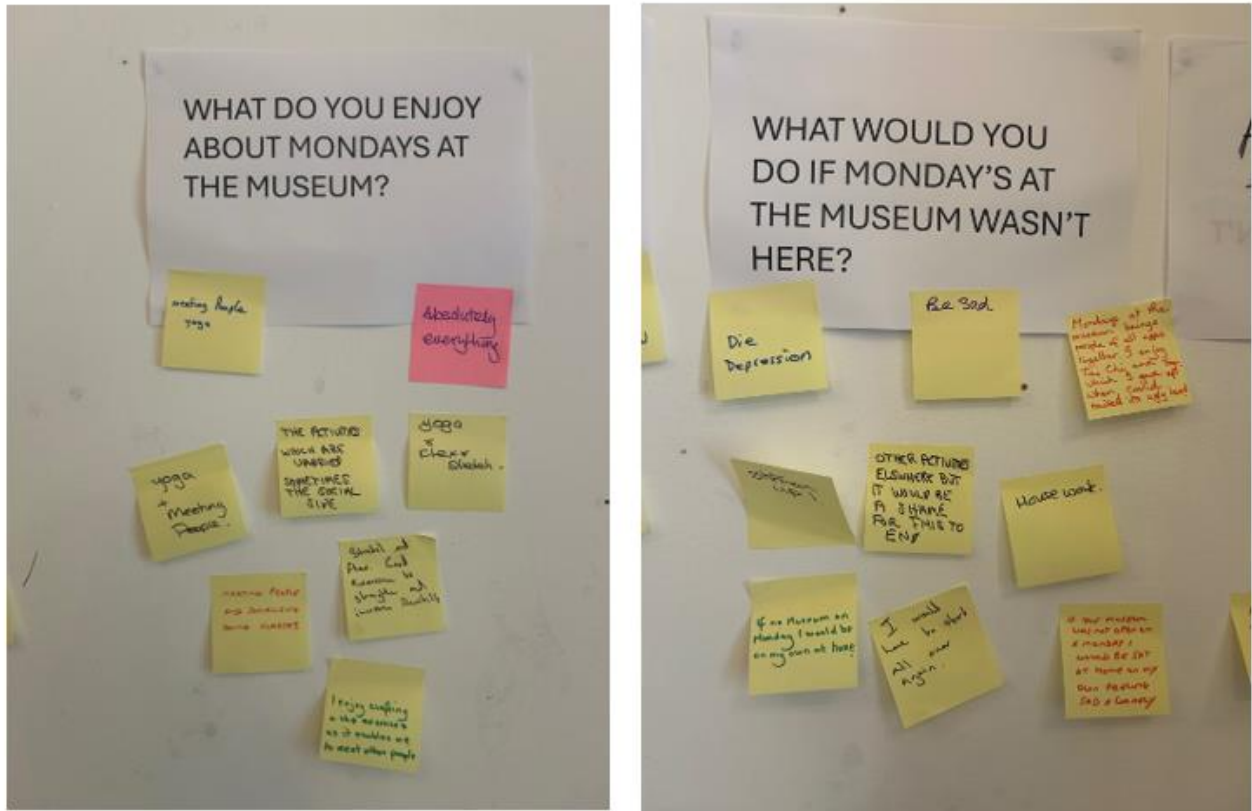


Figure 1. Posted-notes Feedback Wall, 2024

Feedback mechanisms and conversations with service users, workshop facilitators and social prescribers helped to disclose the values of the programme as a welcoming, inclusive space that brings together people of all ages and backgrounds to connect, learn, and improve their wellbeing. Impacts are evident through:

**1. Community Engagement:** Mondays at the Museum welcomes a richly diverse range of participants. There is no single demographic; attendees span from young adults in their 20s to individuals in their 80s. The programme includes people with additional needs and learning disabilities, and reflects a multicultural mix including Caribbean, South East Asian, and white British communities:

*"We have people from their 20s... someone with additional needs... all the way up to people in their 80s... Caribbean, white, Southeast Asian community." (A. Gulamhussein, Yoga Flex and Stretch personal communication, July 29, 2024)*

**2. Enrichment of Participants' Lives:** Mondays at the Museum offers a variety of activities - yoga, Tai Chi, crafting, social prescribing – which foster physical, mental, and emotional wellbeing. Participants report enjoying the opportunity to socialise, engage in creative and physical activities, and connect with others. The programme also integrates heritage and culture, making use of the museum's space and some of the collections to enrich the experience beyond health and wellbeing:

*"It's just brought me back... to some place where I'm happy with myself and happy with my situation." (Tai Chi Facilitator, personal communication, 2024)*

### **3. Tangible Impacts:**

- It reduces social isolation and anxiety, especially for those referred through social prescribing: *"I would be sat at home on my own feeling sad and lonely." (Post-it note feedback, 2024)*
- It enables friendships and community networks, with some groups staying connected outside of the weekly sessions: *"People have formed friendships... they meet up at other activities throughout the week. I know the craft group have a WhatsApp group and message in between" (I. Long, coordination and monitoring officer L2Y, personal communication, June 10, 2024)*
- Feedback from participants reveals that Mondays at the Museum is a vital lifeline - some express that without it, they would feel lonely, depressed, or disconnected: *"Die, depression" (Post-it note feedback, 2024)*

*"I don't know what we would do if this wasn't on" (Older Adult Participant, personal communication, 2024)*

- There is a strong desire for more sessions and expanded activities, with some suggesting the programme run on multiple days to meet growing demand: *"Two days a week, yeah, instead of one day, that would be better." (Older Adult Participant, personal communication, 2024)*

**4. Perception of Tolson Museum:** Tolson Museum is increasingly seen as a hub for wellbeing and community engagement. Alongside being a heritage site, it is activated as a welcoming space that stimulates mental and physical health, social connection, and cultural enrichment:

*“I’ve always known this museum... brought my children here as well and my grandchildren.” (Older Adult Participant, personal communication, 2024)*

*“I love it up here because everything is more charitable. And I need expenses to come up here from Sheffield every week. But you know, I just want to do it because I know it does good, and it does me good and I enjoy it. I don't think about money. I'm not a businessman!” (Tai Chi Facilitator, personal communication, 2024)*

*“Even though MATM is primarily a health and wellbeing project, it’s important to incorporate heritage and culture into what we do. To be frank, our work should connect with the museum as much as possible; otherwise, we’re not fully taking advantage of this wonderful space and the rich collections it has to offer.” (I. Long coordination and monitoring officer L2Y, personal communication, June 10, 2024).*

The research also examined operational enablers - such as partnerships with health providers, consistent staffing and facilitation - to identify scalable and sustainable models for other museums and heritage sites. Mondays at the Museum positions heritage as a strategic contributor to community and creative health, social infrastructure and place-based cultural development.

Mondays at the Museum also aligns with [Kirklees Heritage Strategy \(2024\)](#), which frames heritage as a **living resource** that supports identity, social connection, community pride, and place-based cultural development. Heritage spaces are not just for preserving the past - they can actively contribute to people’s wellbeing and social participation.

Evidence from existing research and national organisations shows that **engaging with heritage and culture can improve mental and physical health, reduce social isolation, and**

**strengthen confidence and creativity** (Fancourt & Finn, 2019; National Academy for Social Prescribing, 2020; Historic England, 2020). Structured participation, whether through creative workshops, object handling, or co-created exhibitions, supports social networks and encourages a sense of belonging, particularly for older adults, neurodiverse participants or people experiencing isolation.

Evidence can also be situated within a **Capabilities Framework**, drawing on Hilary Cottam's (2018) consideration of the capabilities we need to live an enriching and thriving life. She identifies four key capabilities areas as enablers for our wellbeing: **Work & Learning, Health & Vitality, Relationships, Community**. These are useful reference points to understand the types of conditions that can enable wellbeing.

Through creative, participatory activities and integration with **social prescribing networks**, Mondays at the Museum reveals how heritage spaces can promote both individual growth and wider community capabilities. By offering accessible, consistent and co-designed programmes, it is a model that illustrates the potential of heritage to become a **vital partner in public health, social care and community development**.

Impacts of this approach to **heritage-for-wellbeing** are evidenced in positive outcomes experienced by participants, which can be mapped and evaluated in relation to the four capabilities areas. More broadly, this evidences not only what people can do, but also the socio-cultural and place-based conditions which enable them to flourish.



## Impact stories using a Heritage for Capabilities Framework

### Impact Story: Work & Learning



*Figure 2. Craft activity at MATM, 2025*

**Hands-on creative workshops and volunteering opportunities** at Mondays at the Museum provide participants with practical skills in heritage, arts, and wellbeing. For example, a volunteer facilitator developed their craft practice through co-delivering sessions, designing workshops, and creating survey tools with participants. This not only strengthened professional skills but also opened pathways to further education and career development. Mondays at the Museum demonstrates how heritage engagement can **support lifelong learning, confidence-building, and personal growth**.

## Impact Story: Health & Vitality



*Figure 3. Yoga at MATM, 2025*



*Figure 4. Tai Chi at MATM*



*Figure 5. Big Drum at MATM*

Physical activity is central to Mondays at the Museum, with sessions such as **yoga, Tai Chi, wellbeing walks, and drumming** taking place in the calming environment of the museum. These shared movement activities energise participants, improve mobility and fitness, and reduce stress, while also encouraging social interaction. Integration with **NHS and social prescribing networks** provides on-site health advice, wellbeing checks, and referrals. One participant described arriving early for a yoga session not just to exercise, but to **move, laugh, and connect with others**, showing how heritage spaces can actively promote both **physical vitality and emotional wellbeing**.

*“It's just got really busy now. It's like a little social scene on a Monday. I just love coming on a Monday because we do yoga in the morning, and I just love it because it's just my Monday for myself, doing what I want, and all the things I like doing.” (Big Drum Facilitator testimony, Cultures of\_, 2025).*



## Impact Story: Relationships



*Figure 6. Service users in conversations with social prescribers, MATM, 2025*



*Figure 7. Conversations in the Cafe, MATM, 2025*

Consistent, participant-led activities foster meaningful social connections. **Reminiscence workshops, storytelling, and co-creative sessions** build trust and shared understanding, enabling participants to form friendships that extend beyond the museum. One attendee described MATM as “a place to laugh, share memories, and feel part of something,” highlighting the museum’s role as a **catalyst for sustained, supportive relationships** (Cultures of\_, 2025).

*“The most important thing is meeting other people, I think. Come along. Come over and speak to the staff and they'll direct you and tell you what to do; and then you'll meet one person then two people and so you'll have a whole new group of friends. It's life changing.*  
(MATM Participant, personal communication, 2025)



*Figure 8. Reminiscence Workshop images, 2024*





Figure 9. Reminiscence Workshop materials, 2024

### Impact Story: Community

By embedding local stories, co-designed activities, and collaborative events, MATM strengthens **community identity and pride**. Creative projects, including **drumming workshops, collective heritage displays, oral history recordings, and local exhibitions**, allow participants to see their neighbourhoods and cultural practices reflected in the museum. A growing sense of **belonging, shared ownership, and pride**, demonstrating how heritage, combined with participatory creative activities, can **connect people to place and foster cohesive, inclusive communities**.

*“We just call it Mondays at the museum. There’s many museums in Kirklees but people know what you’re talking about when you say Mondays at the Museum. So, it’s that sense of “I’ve got somewhere to go, I belong somewhere” which is really important.” (A. Gulamhussein, personal communication, July 29, 2024)*

*“Oh, the company! I might be a volunteer here, but otherwise I would just sit at home on my own. So, this is good for me as well. We hadn't got room for anyone else there this morning in the crafts and they had to put a second yoga class on” (Volunteer testimony, Cultures of\_, 2025).*

### **Developing a Heritage for Capabilities Toolkit**

Informed by *Mondays at the Museum* research and evidence generated through a capabilities approach that highlights the relationship between heritage engagement, creative health, and wellbeing, we co-developed a practical toolkit to support organisations in developing inclusive, place-based programming across four core capability areas: **Work & Learning, Health & Vitality, Relationships, and Community**.

To ensure relevance, accuracy, and usability, the toolkit is **co-authored with Mondays at the Museum core partners and stakeholders**, including public health, PCNs, social prescribing partners, museum staff, facilitators, volunteers and community representatives. This collaborative approach embeds lived experience and professional expertise to ensure the toolkit reflects **best practice, local insights, and operational realities**.

### **Co-producing a Heritage for Capabilities Toolkit:**

The *Heritage for Capabilities Toolkit* was developed through an iterative and phased co-production process with key partner, and included:

1. **Reviewing the Draft Toolkit:** a draft version was shared with core stakeholders for feedback, discussion, refinement and approval
2. **Group Discussion:** Agreement on content, structure, and key messages.
3. **Design and Production:** Once the toolkit content was finalised, a professional design studio was commissioned to produce a **print-ready booklet (with ISBN)** that is visually engaging, accessible, and user-friendly.

This ensured the toolkit is **fit for purpose, widely applicable, and ready for rollout** across other organisations and heritage sites, following a Monday at The Museum engagement model linked to capabilities for living happier, healthier lives.



### **Why Use a Capabilities Lens for Heritage?**

A capabilities approach to heritage for wellbeing moves beyond participation numbers and focuses instead on the impacts and difference that heritage makes in people's lives. It advocates and supports inclusive practices where participants are active co-creators of their own health and wellbeing journey, instead of being passive recipients.

This enables opportunities to build relationships through new friendships, enhances community belonging through shared stories of place, supports wellbeing by reducing isolation and stimulates overall health by increasing movement and physical activity. Learning is also encouraged through the sharing and recording of local knowledge which helps build attachment to place, fostering pride of place.

Heritage, culture and health become interconnected when they align to social prescribing and wider wellbeing and place-based strategies and agendas. When evidence of impacts is communicated through a capabilities approach, it reveals authentic, human-centred narratives which help to strengthen advocacy with funders and policy makers.

### **Why a Heritage for Capabilities Matters:**

One of the key principles of a heritage-for-capabilities approach is to collaboratively design programmes with participants, ensuring that a capabilities model is embedded from the very beginning. Co-creating activities that reflect people's needs, interests, strengths, lived experiences, and aspirations can best support them in what they can be and do.

Co-creation is integral to stepping away from top-down delivery methods, developing participatory programming instead. It helps to foster confidence, agency, skills and social connection.

When capabilities are embedded in this way into programme design, initiatives that interconnect creative health and heritage become inclusive, impactful, and responsive rather than reactive. Co-design and co-creation are evidenced in this way as opportunities that can enable people to actively influence both the experience and its outcomes.

- **Moving from outputs (“we ran a workshop”) to outcomes (“people gained confidence”):**

A heritage-for-capabilities approach developed through co-creation actively builds and strengthens people's capabilities, rather than simply delivering activities to them. The focus shifts from outputs - such as reporting that a workshop took place - to outcomes that capture meaningful change. This includes capabilities like increased confidence, improved wellbeing, stronger social connections, and greater agency over self and place, which highlights how heritage sites can be activated to make positive changes in people's lives.

- **Aligning with health, wellbeing, movement, creative health and place based knowledge strategies:**

A capabilities approach closely aligns heritage within public health and community engagement agendas by demonstrating how creative, cultural and movement activities - such as physical exercise, arts and crafts, museum object handling - can enhance health and wellbeing. It also acknowledges the vital role of place (heritage sites, neighbourhoods, communities) in shaping lived experiences.

For example, a Mondays at the Museum offer that embeds capabilities as a model, directly supports national public health priorities such as:

- improving health and wellbeing
- promoting physical activity
- fostering creative approaches to health
- and recognising how places influence people's lives

When connecting heritage and creative health initiatives to these priorities, it strengthens alignment with wider policy agendas and delivers meaningful impact on both personal and place-based outcomes. This contributes to improved health, movement, creativity, and place-based knowledge.

- **Strengthening advocacy with funders and policymakers:**

When heritage and creative health organisations can demonstrate tangible impacts and in people's capabilities (such as increased skills, confidence, agency, and wellbeing) they build a compelling case for funding and investment.

Evidence that captures social, cultural, and health benefits provides funders and policymakers with clear, measurable outcomes that go beyond traditional heritage metrics. Organisations can strategically present this evidence to demonstrate how heritage contributes to national priorities in health, wellbeing, and community engagement. This positions heritage not only as a cultural asset but as an active partner in delivering public value, making policy alignment stronger and funding decisions easier to justify. Robust capability-focused evidence can elevate understanding heritage sites from providers of cultural activities, into essential components of integrated health and socio-cultural strategies for health and wellbeing.

- **Heritage sites become catalysts for cross-sector collaborations:**

When heritage organisations partner with health and social care bodies such as:

- NHS England,
- Integrated Care Boards (ICBs),
- Primary Care Networks (PCNs),
- Hospital Trusts,
- local authorities,
- GPs,
- and voluntary and community sector organisations (VCSOs)

the benefits are significant and far-reaching. These collaborations enable heritage sites to contribute to preventative health strategies, social prescribing, and community wellbeing initiatives. Sites that provide activities in partnership with other sectors can create inclusive and accessible spaces for diverse levels of abilities and age groups to engage in movement and physical activity, mental health, and spaces for rich social connection.

For health providers and partners, working in collaboration with heritage sites offers innovative, non-clinical interventions that reduce pressure on services, improve patient outcomes, and address health inequalities through meaningful and relevant delivery of activities. People's capabilities increase from holistic programmes that enable them to build

skills, confidence, and agency. These are markers that foster belonging from an identity rooted in place.

Partnership work weaves a stronger local ecosystem, more closely aligned with national health priorities. This demonstrates the role heritage plays as an active contributor to integrated care and public health agendas.

### **The Mondays at the Museum Model: How Capabilities Translate into Heritage Practice**

In Monday at the Museum, a capabilities approach reveals tangible impacts enabled from cross-sector partnerships. Partners and communities co-created a programme that supports mental health and wellbeing through a range of activities, including movement, creativity, engagement with museum collections and social inclusion.

#### **Work and Learning:**

This capability area is informed by activities that helped to develop skills, confidence, and pathways for personal and professional growth. Opportunities included workshop facilitation, volunteering, training, alongside engagement in heritage and creative health practices. It enabled participants to develop transferable skills, enhance employability, and gain experience in cultural and health-related contexts.

*Evidence of Impact:* Participation records, skills surveys, and CPD case studies evidence how people enhance their learning and work capabilities.

#### **Health and Vitality:**

This capability area is informed by embedding movement, arts, crafts and partnerships with health providers into heritage activities. They support physical and mental wellbeing and offer interventions that align to health strategies and social prescribing.

*Evidence of Impact:* Wellbeing measures, social prescribing data, and mapping attendance reveals positive health and wellbeing outcomes from preventive care.

#### **Relationships:**

This capability area is informed by engagement in heritage experiences and co-creation. Shared stories and lived experiences strengthen community bonds. Impacts are revealed through increased senses of trust and belonging, reducing isolation, and interconnecting

generations through collaborative storytelling and connection to place.

*Evidence of Impact:* Peer networks, participant testimonials, and co-created narratives are rich insights into improved social connections

## **Community**

This capability area is informed by outcomes derived from place: senses of identity, of belonging and a shared connection/ownership of heritage. Impacts are revealed through consistent engagement from participants, who stay connected to each other beyond the scheduled programme of activities.

*Evidence of Impact:* Participant engagement feedback forms, local press coverage, and community partnership agreements demonstrate how heritage initiatives contribute to stronger and more cohesive communities.

Mapped together, the capabilities areas reveal how integrated care - through heritage, creative health, and public health - fosters overall improvements in people's quality of life. Positive impacts are derived from co-creation and opportunities for personal growth, movement, health and wellbeing, social and community cohesion, place-based development - all the while aligned with wider policy agendas in health, wellbeing, and cultural engagement.

## **The Co-Creation and Purpose of the Toolkit**

*Mondays at the Museum* is pioneering in its approach, having been developed through co-creation and co-authorship, and underpinned by a capabilities lens that evidences impacts from the intersection of heritage, creative health, and wellbeing. This approach ensures close alignment between heritage practice and health provision, responding to national priorities aimed to support public health, social prescribing, and community resilience.

The *Heritage for Capabilities Toolkit* translates this learning into a practical, scalable resource for other organisations to embed a capabilities approach within their own heritage programming. It provides strategies for co-creating inclusive, locally relevant activities that strengthen health and wellbeing outcomes, foster belonging, and support place-based development.

By mapping impact across four key areas (**Work & Learning, Health & Vitality, Relationships, and Community**), the toolkit contextualises how heritage can actively contribute to living well.

**Co-production** underpins every stage of the toolkit's development. It was collaboratively created and co-authored with academic researchers, public health partners, Primary Care Networks (PCNs), social prescribing networks, museum teams, facilitators, volunteers, and community representatives. This ensured the toolkit reflects lived experience, operational realities, and learning from programme delivery. Ongoing feedback, testing, and refinement allowed the toolkit to evolve as a flexible model that can be adapted to new contexts.

### **What the Toolkit Includes:**

The toolkit combines strategic context with practical application and is structured in two parts:

- **Side 1** outlines the rationale and benefits of using a capabilities approach in heritage settings.
- **Side 2** provides actionable guidance, templates, and tools to support implementation.

A QR code links to supporting materials in the appendix, including:

- *Mondays at the Museum* project report and proposal
- Sport England Movement Fund application example
- Session planning sheets and weekly timetable sample
- Promotional materials
- Evaluation templates
- Memorandum of Understanding (MOU) example

Together, these resources offer a clear roadmap for embedding a capabilities lens into heritage programming, supporting replications of the *Mondays at the Museum* model to strengthen cross-sector partnerships and evidence positive impacts in people's lives.

### **Guidance for Local Delivery**

The toolkit supports organisations to translate principles into action through an adaptable delivery process:

1. **Map your context (Know your site)**

Understand local heritage assets, transport links, demographics, and community networks.

2. **Build partnerships (Know your offer)**

Work with social prescribing networks, charities, local artists, volunteers, and community connectors to create a shared offer.

3. **Plan and design activities (Know your impact)**

Develop sessions guided by the capabilities areas to support learning, health, relationships, and belonging.

4. **Develop an outreach strategy**

Use accessible communications and trusted local channels such as GP surgeries, neighbourhood forums, libraries, and social media.

5. **Launch, learn, and adapt**

Embed feedback loops, co-design evaluation with participants, and use learning to refine delivery over time.

Through co-creation, cross-sector partnership working, and place-based development, the toolkit can enable organisations to deliver a *Mondays at the Museum offer* in ways that are inclusive, impactful, sustainable and responsive to inclusivity principles in heritage setting.

### **Inclusivity Principles in Heritage Settings**

The *Mondays at the Museum* toolkit is grounded in inclusive heritage principles that ensure heritage spaces are welcoming, relevant, and accessible to diverse communities. It supports organisations to reflect local identities and histories by centring community voices, collaborative storytelling, and addressing underrepresentation through co-created activities.

Key inclusivity principles embedded in the toolkit include:

- **Reflecting community diversity** by representing a wide range of cultures, identities, and lived experiences.
- **Inclusive participation** through accessible design that responds to physical, sensory, cognitive, and socio-economic barriers.

- **Equitable storytelling** that values multiple perspectives, challenges stereotypes, and fosters belonging.
- **Inclusive access**, including step-free routes, clear signage, neurodiversity- and dementia-aware approaches, multi-format materials, and supportive facilitation that centres participant agency and comfort.

Drawing from these principles, the toolkit ensures that organisations are supported to deliver creative health programmes that are rooted in local and community needs.

### **Measuring and Communicating Impact:**

Measuring impact is central to demonstrating the impact and value of a *Mondays at the Museum* offer across heritage, health, and community contexts.

The toolkit promotes the use of simple, proportionate evaluation tools that fit naturally into delivery, including:

- pre- and post-session wellbeing check-ins,
- participant feedback forms and story cards,
- facilitator reflective logs, and case study or photo-story templates.

These approaches prioritise accessibility and ease of use, while capturing meaningful change over time.

Evidence is organised using a capabilities lens to support consistent and funder-relevant reporting. Outcomes are clustered across four key areas:

**Work & Learning:** skills development, confidence building, and volunteering pathways

**Health & Vitality:** physical and mental wellbeing outcomes and referral data

**Relationships:** social connection, network growth, and participant testimonials

**Community:** local partnerships, visibility, and neighbourhood participation

When integrated holistically, this evidence base enables organisations to strengthen funding applications, advocate for cross-sector cultural and health partnerships, and build compelling, place-based narratives that demonstrate how heritage contributes to living well.



## Recommendations

Drawing on cross-sector learning from heritage, health, and community partners, the following recommendations highlight three core areas to focus on when rolling out a Mondays at the Museum offer. These tips are designed to support operational feasibility, meaningful collaboration, and long-term sustainability:

### Recommendations for Cross-Sector Collaboration and Operational Feasibility:

Successful delivery depends on early and inclusive collaboration across heritage, health, and community sectors.

#### Handy tips:

- Integrate physical activity into programming to align with Sport England criteria and broaden health-related impacts.
- Leverage community partnerships and voluntary contributions to enhance delivery capacity, especially in resource-limited contexts.
- Ensure inclusive collaboration with Primary Care Networks (PCNs) and museum staff to support operational feasibility and shared ownership.
- Address these elements early in planning and formalize them through partnership agreements or Memorandums Of Understandings (MOU)
- Embed these practices to support sustainable implementation across diverse heritage settings.

*“I think the unique selling point of Mondays at the Museum has to be the partnership working that has given the offer sustainability beyond any other funded museum project. Having the local anchor organisation arranging the programme and managing funding applications has made it sustainable.*

*Having Tolson PCN as a funder (using monies from Social Prescribing referrals) is, we think, unique across the country, but also makes it circular; it is put back in for the benefit of those who have been referred through social prescribing.”*  
(Cathryn Pike, Cultural Engagement Officer, Museums and Galleries)

### **Recommendations for Evaluation Framework Alignment:**

Evaluation is most effective when it speaks to the needs of funders, health partners, cultural organisations, and communities alike.

#### **Handy tips:**

- Align evaluation tools with Capabilities framework to build robust, funder-friendly impact narratives and enhance relevance and cross-sector applicability, such as:
  - the Five Ways to Wellbeing to capture holistic wellbeing outcomes.
  - Generic Learning Outcomes (GLOs) to assess learning and engagement in heritage contexts.
- Ensure evaluation methods resonate with health partners, cultural institutions, and community stakeholders.

### **Recommendations for Partner Review and Feedback Integration:**

Ongoing learning and adaptation are central to maintaining relevance and inclusivity.

#### **Handy tips:**

- Include a Feedback Integration Template to support structured input from stakeholders.
- Develop a Partner Review Checklist to guide collaborative evaluation and programme refinement.
- Use these tools to formalise feedback loops and ensure continuous improvement.
- Promote co-authorship by enabling partners to shape programme direction and content.
- Embed feedback practices into regular review cycles to maintain relevance and inclusivity.

### **Key Elements to Keep in Mind:**

Across all three areas, the following practical considerations should be addressed early in planning:

- Partner Agreements: MOUs clarify roles, funding, access
- Accessibility: Step-free entry, transport links
- Funding: cross-sectoral funding opportunities, health/culture grants, in-kind support
- Staffing: Clear roles for facilitators, volunteers
- Safeguarding: Risk assessments, consent, wellbeing
- Promotion: Use GP surgeries, social media, local press

### **Templates & Resources (QR Code Resource checklist)**

- Mondays at the Museum - Project Proposal
- Sports England Movement Fund Application
- Workshop Feedback Form
- MOU example
- Weekly timetable sample
- Useful contacts (KMAG, LS2Y, Sports England)

### **Useful contacts:**

Local Services 2 You (Community Anchor organisation) - [info@ls2y.co.uk](mailto:info@ls2y.co.uk)

Kirklees Museums & Galleries - [museumsandgalleries@kirklees.gov.uk](mailto:museumsandgalleries@kirklees.gov.uk)

Lisa Mosely (Yorkshire Sport Foundation: Movement Fund) -

[Lisa.Moseley@yorkshiresport.org](mailto:Lisa.Moseley@yorkshiresport.org)

## Acknowledgements:

With thanks to everyone who continues to support Mondays at the Museum (MATM). We are grateful to our funders and partners, including AHRC; the National Creative Health Hub; the University of Huddersfield; Tolson PCN; Local Services 2 You; Huddersfield Mission; S2R; NHS; and the social prescribers, facilitators, activity providers, and participating communities who make MATM possible.

Toolkit graphic design: Buttercrumble

Special thanks to Cathryn Pike (Kirklees Museums & Galleries) and Iain Long (LS2Y).



## References:

- Cottam, H. (2008). *Radical Help*. London: Virago.
- Creative Health Hub, University of Huddersfield (2021). *Cultural Engagement and Public Wellbeing in Kirklees*.
- Cultures of\_. (2025, August 19). *Mondays at the Museum*. YouTube; Cultures\_Of. <https://www.youtube.com/watch?v=ACPNAVleTJg>
- Fancourt, D., & Finn, S. (2019). *What is the evidence on the role of the arts in improving health and well-being?* WHO Regional Office for Europe.
- Gulamhussein, A. (2024, July 29). *MATM* (C. Goldthorpe, Interviewer) [Personal communication]. Yoga and Flex and Stretch facilitator interview.
- Historic England (2020). *Heritage and Society: Evidence Review*.
- Heritage Lottery Fund (2018). *Heritage and Wellbeing: Insights and Case Studies*.
- Kirklees Council. (2024, November). *Culture strategy - Heritage*. Kirklees.gov.uk. <https://www.kirklees.gov.uk/beta/culture-strategy/heritage-strategy.aspx>
- Long, I. (2024, June 10). coordination and monitoring officer L2Y
- Mindful Making facilitator. (2024, June 10). *MATM* (C. Goldthorpe, Interviewer) [Personal communication].
- MATM Participant. (2025). *Mondays at the Museum Video* (L. Mateescu & C. Bend, Interviewers) [Personal communication].
- MATM Volunteer. (2025). *Mondays at the Museum Video* (L. Mateescu & C. Bend, Interviewers) [Personal communication].
- “Oh, the company! I might be a volunteer here, but otherwise I would just sit at home on my own. So, this is good for me as well. We hadn’t got room for anyone else there this morning in the crafts and they had to put a second yoga class on” (Volunteer testimony, Cultures of\_, 2025).
- National Academy for Social Prescribing (2020). *Connecting Culture, Health and Wellbeing: The Evidence Base*.
- Older Adult Participant. (2024). *MATM* (R. Bailey, Interviewer) [Personal communication].
- Pike, C. (2025, July 31). *MATM* (L. Mateescu, Interviewer) [Personal communication].
- Post-it note feedback. (2024, August 5).

- Tai Chi Facilitator. (2024). *MATM* (R. Bailey & C. Goldthorpe, Interviewers) [Personal communication]. Tai Chi Facilitator, 2024.