



FEEL WELL

Glasgowlife
Museums

Feel Well is a Glasgow Museums' project that supports wellbeing by helping people connect with culture, creativity, and each other. Through friendly, supported sessions, participants are taken on a journey of discovery of Glasgow's museums and heritage. Using handling kits made of real museum objects, we will create a space where you can share stories, build confidence, and feel part of your local community.

What does it involve?

- A 6 week block of 2 hour sessions, each including supported wellbeing workshops, object handling, creative activities and community connection.
- Practical relaxation and self-management techniques to help deal with life's stresses (first part of each session)
- A look at museum objects in our handling kit and some creative craft activities inspired by them (second part of each session)
- Guided trip to the local museum on week 6

For more information and to find a session near you, please email GMLearning@glasgowlife.org.uk.