The current Prescribe Culture offer?

Online
Take 30 Together
Virtual #T30TV

An e-social prescribing programme for anyone seeking support for mental wellbeing by connecting to the world, and others, by escaping with and exploring global heritage.

Ongoing / Self-referral

Edinburgh
Programme 6

Small group (max.8), 90 minute workshops for 6 weeks.
A heritage-based, non-clinical mental health support with inspiration, coffee, cake and hands on activities.

Closed / Referral

Online
Unlock & Revive

10 week programmes developed for the Dementia community

Activities include Sing It Back, HES Talks and Heritage Share sessions.

Seasonal / Community Care Partners

Scotland
At Home with Heritage

Explore, discover, create and connect, at home, through heritage engagement activities. For those living with health and social inequalities and for whom digital is not a solution

Target Community Self-Referral

Heritage-Inspired Pathways to Wellbeing

Prescribe Culture Members

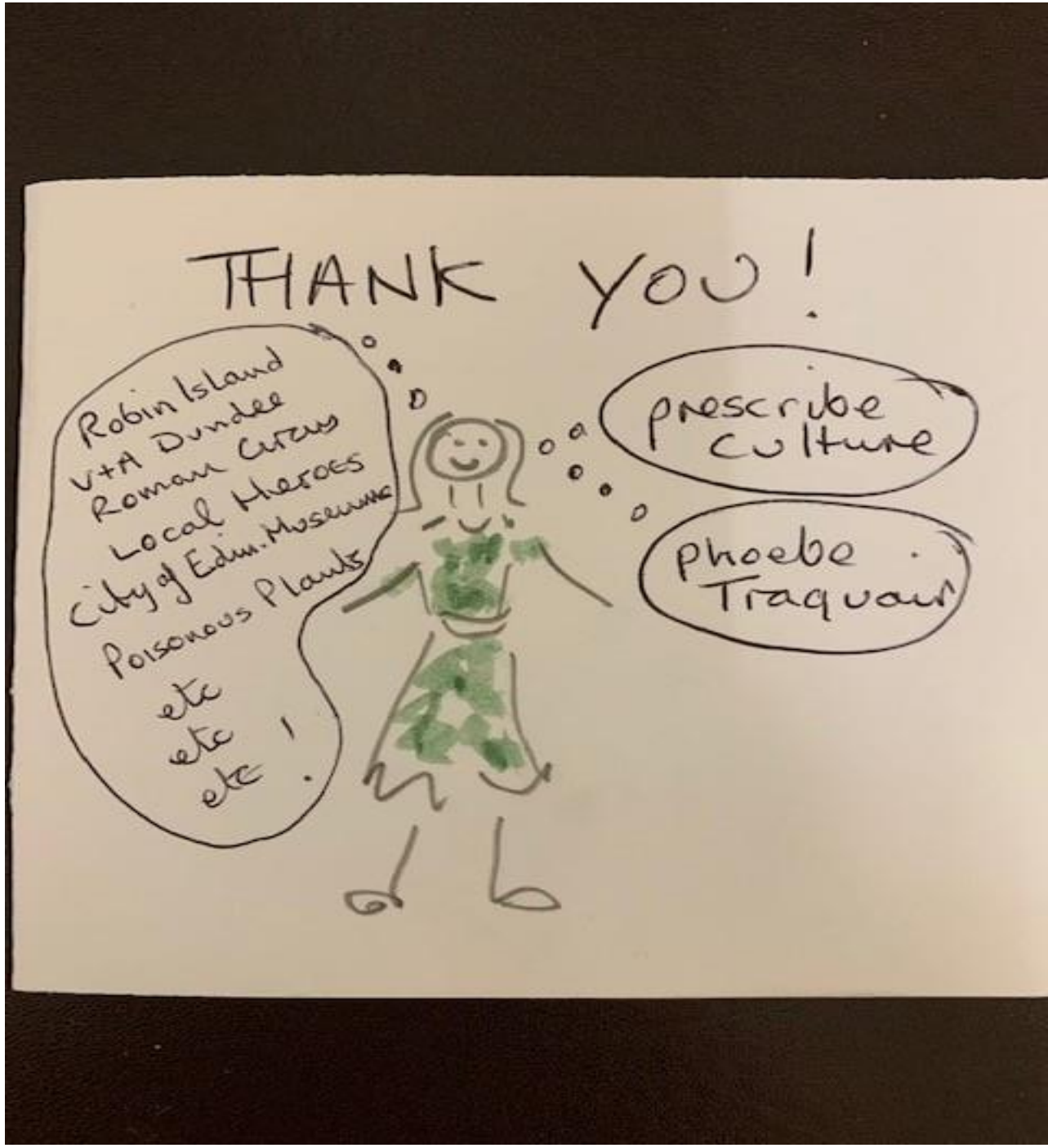
who took an organic pathway to becoming

Prescribe Culture Members+

Dona Making a Difference

Thank you

for involving me, occupying me and keeping me sane over lockdown – and beyond!



Paula – one of our student ‘T30TV’ location scouts!

Linda’s Pathway

“Take 30 Together Virtual really helped improve my wellbeing, especially through a very difficult time in my life in the latter part of 2020, and it’s helped me settle into my new life in retirement.

It kept me company in lockdowns. It forced me to learn how to use a webcam, Microsoft Team and Zoom – including presenting!!

Taking part in the T30TV sessions has also given me the confidence to go ahead with my new volunteering role at a local school.

Please keep doing what you are doing!

THANK YOU!”

Thank You for listening.

Prescribe Culture

Prescribe Culture
The University of Edinburgh's Social Prescribing Initiative

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