

# WELCOME TO THE MUSEUM

We are really pleased you have come to spend some time here. Museums are good places to make you feel happy and to give you the space to discover what you like and how you feel as you walk around. We hope you will enjoy your visit and come back and visit us again. We want to show you how you can benefit from your visit and how it can improve your mental and physical wellbeing.

## 5 Ways to Health & Wellbeing

### 1 CONNECT

When it comes to our wellbeing, other people matter. Connect with people around you: your family, friends, colleagues and neighbours.

- Have face-to-face conversations
- Take five minutes to find out how someone is really feeling
- Speak to someone new
- Ask someone how their weekend was

### 2 BE ACTIVE

Being active is great for your physical health and evidence shows that it can also improve your mental wellbeing.

- Walk instead of taking the bus
- Use the stairs instead of the lift
- Do some regular exercise
- Take part in a social sport
- Go for a jog or walk in the park

### 3 TAKE NOTICE

It can be easy to rush through life without stopping to notice much. Be aware of what is taking place around you as this directly enhances mental wellbeing.

- Declutter your space
- Focus on the weather or seasons
- Eat lunch in a new place
- Focus on exactly what you are doing

### 4 KEEP LEARNING

Learning new skills can give a sense of achievement and new confidence. You are never too old to learn something new.

- Sign up for a new class
- Learn arts and crafts
- Read a book
- Rediscover an old interest
- Find a new hobby

### 5 GIVE

Giving to others is a good thing, but it can also do a lot of good for your own mental wellbeing. Small acts, like a smile or a kind word, or larger acts such as volunteering can all help.

- Volunteer for a local charity or club
- Thank someone
- Smile at someone and say hello
- Do something nice for a friend



Discover something amazing

Leicester Museum & Art Gallery  
New Walk's world of discovery

New Walk  
Leicester  
0116 225 4900

Church Road  
Belgrave  
0116 229 8181

Belgrave Hall  
Heritage Venue & Gardens

Abbey Pumping Station  
Leicester's Industrial Museum

Corporation Rd  
Leicester  
0116 299 5111

The Newarke  
Leicester  
0116 225 4980

Newarke Houses  
Social History & Regimental Museum

Leicester Guildhall  
Medieval Venue & Museum

Guildhall Lane  
Leicester  
0116 253 2569

[www.leicestermuseums.org](http://www.leicestermuseums.org)



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ENGLAND**



Follow Us

'The Wollaston Family' by William Hogarth: accepted by HM Government in lieu of tax and allocated to Leicester City Council, 2019. Also funded by the National Heritage Memorial Fund, Art Fund (with a contribution from the Wolfson Foundation), Leicester Archaeological and Historical Society, Leicester Literary and Philosophy Society, Golden Bottle Foundation and City of Leicester Museums Trust

# HEALTH AND WELLBEING



How **Leicester Museums** can help you stay **happy** and **healthy**



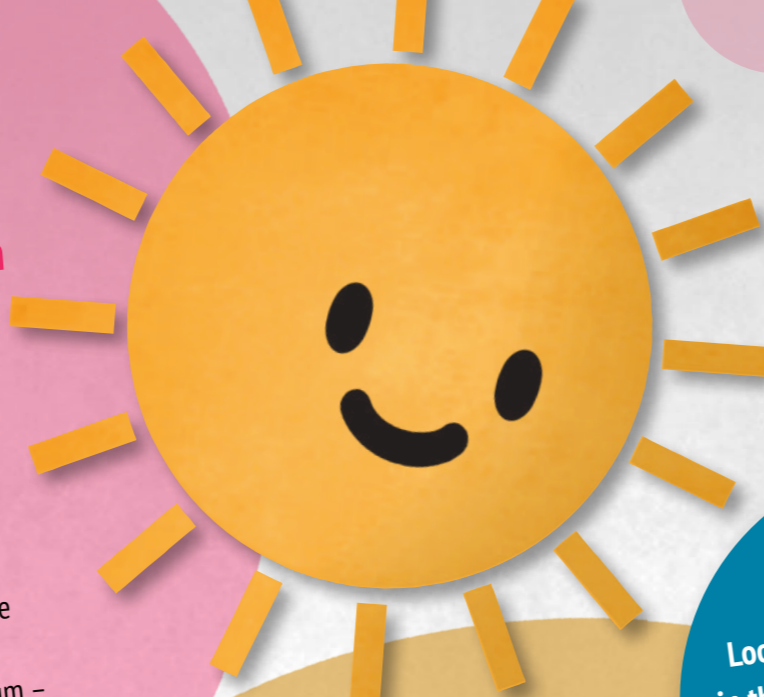
# BE ACTIVE

Explore as much of the museum as you can. Keep moving!

- Use the entrance staircase instead of the lift if you can. Interesting fact - the design was inspired by **ammonite fossils** from the museum's brilliant collection of curiosities.
- Walk around the outside of the building. Did you know that the original columned horsedrawn cab, **Joseph Hansom**.
- Consider visiting another city centre museum - they are within walking and cycling distance.

## THE DINOSAUR GALLERY

Walk around this gallery and find: the famous fossilised marine reptile **The Barrow Kipper**, the 4.5 billion year old **Barwell Meteorite** and the ammonites that inspired the staircase design.



We all know when we are feeling well, but sometimes we need a gentle nudge to look after ourselves, so we stay well

## GERMAN EXPRESSIONISM

Think about how the artworks in this gallery make you feel. Talk to the person you are with to see what they think.



# TAKE NOTICE

Really focus on what you are doing in the museum

- Is there something new in the museum since your last visit. The museum hosts many **temporary exhibitions** annually. Investigate what is on in the main upstairs gallery?
- Take a moment to enjoy the things around you, like the paintings in the **Victorian Gallery**. The Victorians loved fine details and for artworks to look realistic. Their very grand gold frames are almost works of art in themselves.
- Find an object or painting that you really like and makes you feel good. Revisit your **favourite object** every time you are in the museum.

## WILD SPACE

Look at the animals on display in this gallery. Which one are you seeing for the very first time? Take a photo and tell friends and family interesting facts about it.



# CONNECT

Choose an object or space you really like in the museum

- Ask the person you are with what their favourite object is and why. In the 1930s the museum inspired local boy **David Attenborough** to explore his love of the natural world.
- Our staff have many favourite objects including **Two Shire Horses Grazing by William Simmonds** in Arts and Crafts Gallery and **Head of a Goat and Goat Vase by Picasso** in Picasso Ceramics Gallery. Go and find them and ask the gallery staff which objects they like.
- There are **resources and activity sheets and packs** to use during your visit. Ask at reception or find them in the galleries. They are designed to enhance your visit.

# KEEP LEARNING

Read the information about the objects in the museum

- Attend an activity or event in the Museum. Many of these take place in the gallery spaces. Try a concert in the Victorian Gallery surrounded by masterpieces such as **St John the Baptist entering the Wilderness by Lorenzo Monaco**. Join an activity in the Dinosaur Gallery under the impressive frame of the 15 metre **Rutland Dinosaur**.
- Ask a member of staff something about the museum. It opened in 1849 and today it has 15 galleries and a vast range of collections and displays. There is a lot to find out!
- Visit the **museum website** and learn more about the museums and the events and activities that take place. Discover something you love through image galleries and fascinating facts or fun family events taking place at the museums.

# GIVE

What have you seen today that you think someone else would like

- Tell friends and family what you have enjoyed and encourage them to visit. Take a leaflet or brochure away to give to them and maybe buy a postcard from the museum gift shop.
- **Leicester Museum & Art Gallery** is free to enter. If you wish to make a donation when you visit you can do so in the donation box near the entrance. The museum has added to its world class collections through the generosity of our visitors.
- Consider giving the museum staff feedback about your visit or an event that you attended.



## VICTORIAN ART GALLERY

Look for the painting called **The Wollaston Family by Hogarth**. This painting was bought partly with generous public donations.

## LIFE AND DEATH IN ANCIENT EGYPT

Take time to read the information in this gallery. Tell someone you know all about what you have learnt.



As you visit the different galleries and spaces, think about these things based on the five ways to health and wellbeing

