

TIME REQUIRED

This project will run from approximately July 2019-October 2019. The project aims to recruit three cohorts of participants who would each take part in four sessions (see below for further details). Project Assistants would be asked to come along to as many of these as they could for 1 or more of the cohorts, and to help share the creative work produced.

SKILLS AND ATTRIBUTES REQUIRED

- Kindness
- Effective communication
- Understanding of working with people experiencing or recovering from mental health diagnoses
- Enthusiasm for heritage research and creative activities
- Understanding of how participating in creative activities can improve people's wellbeing

TASK AND RESPONSIBILITIES

Reporting to the Community and Learning Officer (West):

- Assist in preparing and delivering workshops with participants who are experiencing or recovering from mental health diagnoses
- Assist with sharing results of the project with wider audiences

BENEFITS TO THE VOLUNTEER

- Participate in a rewarding project which will help to improve people's wellbeing and confidence
- See and handle rich archival material
- Chance to share interesting local history stories with the public
- Enjoyment and fulfillment
- Travel expenses are funded

THE SUFFOLK RECORD OFFICE

Suffolk Record Office helps residents and visitors engage with our county's rich heritage. It collects, conserves and communicates the recorded history of Suffolk from the 12th century to the present day, empowering people in exploring their roots and planning their future.

Project overview:

Sharing Suffolk Stories Project: Rooted in History

A creative heritage project to support people's mental health and wellbeing, in collaboration with Art Branches

This project will explore the wealth of history at Hardwick Heath in Bury St Edmunds. This large parkland adjacent to West Suffolk Hospital was once home to the impressive Hardwick House.

We are aiming to recruit three cohorts of participants, who will each have the opportunity to take part in four sessions. The first session will explore the rich archival material at Bury Record Office relating to Hardwick Heath. The second will be a visit to the Heath, and in the third and fourth sessions participants will work with a professional artist to produce creative responses to themes that they have picked up on.