

# Wellbeing at Work Q&A Fact Sheet

## What is the Wellbeing at Work Programme?

The wellbeing at work programme has been designed to support social prescribers to develop an increase sense of wellbeing and resilience in the workplace. Providing space for peer to peer learning it will introduce creative tools to support reflective practice and compassionate client and self-care. Rooted in cultural engagement it supports participants to build knowledge and experience of cultural social prescribing for both self and clients.

The programme has been developed through research and collaboration between Dulwich Picture Gallery and social prescribing services based at the Tessa Jowell Health Centre. The programme is delivered by a team of cross sector specialists with a wide range of experiences working in the intersection of community, health and the arts.

## When does the programme take place?

Workshops will take place on Wednesday mornings between April and September 2025. There will be two workshops delivered online via Teams and three workshops will take place in person in a central Lambeth location. You can find a full list of workshop dates and times below.

## Do I need to join every session?

Places will be prioritised for those who are able to attend all or most of the sessions.

## Who can join the programme?

The programme has been designed to be accessed by link workers, and care navigators working in Lambeth. You don't need to have previous experience of cultural social prescribing or to have attended any previous programmes. If you are not sure if you are eligible please email the team for further information.

## Will I need to do any work or study in advance of the workshops?

You will need to complete a registration form and a pre and post evaluation form. There will be no other tasks between the sessions.

## Who will be delivering the programme?

The programme is being led by Dulwich Picture Gallery, lead creative arts partner for the Tessa Jowell Health Centre since 2020. Delivery partners include creative consultant and coach Jane Willis. Creative Health organisation Performing Medicine who work with health professionals to provide high quality, compassionate care and City of London Sinfonia ( CLS) a London based orchestra working in care and clinical settings. You can find out more about our deliver partners [here](#).

## Do the workshops count towards an accreditation?

All participants will receive a certificate of attendance if they attend a minimum of 4 workshops and will be eligible for a 12 month community welcome pass to Dulwich Picture Gallery, which they can use to visit the Gallery and community events independently or with their clients.

## How can I book a place?

To book a place please complete the following [Pre Registration Form](#) by **Wednesday 9 April 2025**.

Please email [creativityandwellbeing@dulwichpicturegallery.org.uk](mailto:creativityandwellbeing@dulwichpicturegallery.org.uk) if you would like the form in an alternative format.

## Workshop Dates for Lambeth Link Workers and Care Coordinators

Workshop 1	Wednesday 23 April	Introduction to reflective practice and wellbeing tools.	10.00am -12.30pm Join from 9.45am	Online via Teams
Workshop 2	Wednesday 7 May	Discover and learn more about the Circle of Care. We will introduce a relational framework and explore skills for compassionate care.	10.00-11.30am Arrival from 9.45am	Venue TBC
Workshop 3	Wednesday 11 June	Practical Taster Day Take part in practical experiences of cultural and green social prescribing activities at Dulwich Picture Gallery and learn more from the delivery teams on how they design and deliver workshops for service users.	10.00am -2.00pm Arrival from 9.45am	Venue TBC
Workshop 4	Wednesday 9 July	This Cultural Social Prescribing session offers an exploration of the role and value of arts and creativity to support health and wellbeing.	10.00am-12.30pm Arrival from 9.45am	Venue TBC
Workshop 5	Wednesday 24 September	Reflective Practise 2: What can we take forward?	10.00am -12.30pm Join from 9.45am	Online via Teams

If you have any questions please contact Kelly Robinson, Senior Learning and Participation Manager via [creativityandwellbeing@dulwichpicturegallery.org.uk](mailto:creativityandwellbeing@dulwichpicturegallery.org.uk)