



# Wellbeing at Work

**Interested in developing knowledge of self-care, compassionate care for clients and cultural social prescribing?**

The wellbeing at work programme has been designed to support social prescribers to develop an increase sense of wellbeing and resilience in the workplace. Informed by learning from cultural social prescribing, over 5 workshops you will be introduced to creative tools to support reflective practice and compassionate client and self-care.

## Who is it for?

The programme is open to link workers and care navigators working in a Primary Care Network based in Lambeth.

## How to find out more

For further information including how to sign up please scan the QR code below or email [creativityandwellbeing@dulwichpicturegallery.org.uk](mailto:creativityandwellbeing@dulwichpicturegallery.org.uk) for further information. Deadline for registration **Wednesday 9 April 2025.**

**DULWICH  
PICTURE  
GALLERY**



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