

Museus i Salut

Musei e salute

Museums and health

Els darrers estudis demostren que els museus poden ajudar a combatre l'estrès, reduir l'aïllament social i la soledat, augmenten l'autoestima i fins i tot poden contribuir a una vida més llarga. Després de la crisi de la Covid s'ha generat una línia d'acció, en la que els museus han generat un centre d'interès en la salut i el benestar.

Moltes de les darreres reunions tècniques de museus aborden el tema de Museus, Salut i Benestar en les que es poden escoltar presentacions inspiradores i consells útils d'aquells que dirigeixen aquest treball a museus d'arreu del món.

Des de la millora de la salut mental fins a la lluita contra l'aïllament social, la construcció de resiliència en els nens i el servei a aquells que pateixen afeccions relacionades amb l'edat, estan presents en la salut, el benestar i els museus.

Us adjuntem algunes pàgines web amb diverses experiències d'interès que ens poden ser d'ajut per començar a treballar en aquesta nova línia de treball que estem segurs serà prioritària en els propers anys.

Gli ultimi studi dimostrano che i musei possono aiutare a combattere lo stress, ridurre l'isolamento sociale e la solitudine, aumentare l'autostima e persino contribuire a una vita più lunga. Dopo la crisi del Covid, si è generata una linea d'azione, in cui i musei hanno generato un centro di interesse per la salute e il benessere.

Molti degli ultimi incontri tecnici museali affrontano il tema dei musei, della salute e del benessere, dove puoi ascoltare presentazioni stimolanti e consigli utili da coloro che guidano questo lavoro nei musei di tutto il mondo.

Dal miglioramento della salute mentale alla lotta all'isolamento sociale, alla costruzione della resilienza nei bambini e al servizio di chi soffre di malattie legate all'età, sono presenti nella salute, nel benessere e nei musei.

Alleghiamo alcune pagine web con varie esperienze di interesse che possono aiutarci ad iniziare a lavorare su questa nuova linea di lavoro che siamo certi sarà una priorità nei prossimi anni.

The latest studies show that museums can help combat stress, reduce social isolation and loneliness, increase self-esteem and can even contribute to a longer life. After the Covid crisis, a line of action has been generated, in which museums have generated a center of interest in health and well-being.

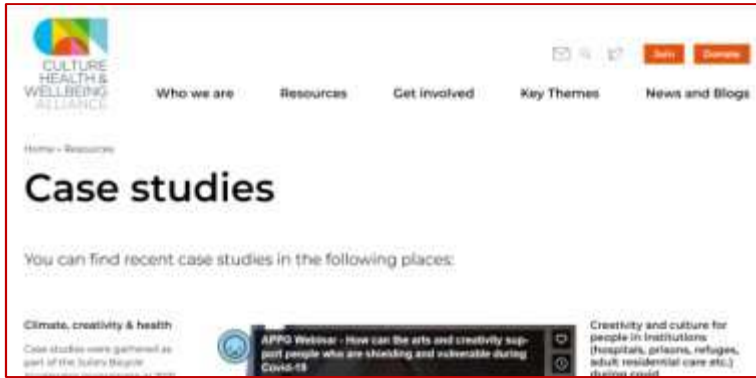
Many of the latest museum technical meetings address the topic of Museums, Health and Wellbeing where you can hear inspiring presentations and useful advice from those leading this work in museums around the world.

From improving mental health to combating social isolation, building resilience in children and serving those suffering from age-related conditions, they are present in health, wellbeing and museums .

We are attaching some web pages with various experiences of interest that can help us to start working on this new line of work that we are sure will be a priority in the coming years.



https://metis-lab.com/2022/03/25/museotherapie-origines-et-concept-debats-et-applications/?utm_sq=h11mao198o



<https://www.culturehealthandwellbeing.org.uk/resources/case-studies>



https://www.aam-us.org/2022/01/10/why-well-being-is-at-the-heart-of-museum-experiences/#_edn2



<https://www.ibsafoundation.org/en/blog/well-being-becomes-meaningful-horizon-for-museums>



<https://www.heritagefund.org.uk/news/five-ways-museums-can-improve-mental-health-and-wellbeing>



<https://happymuseumproject.org/resources/wellbeing/>



<https://jingculturecommerce.com/museumnext-museums-wellbeing-summit-takeaways/>



<https://uk.icom.museum/penn-researchers-find-mental-health-benefits-in-visiting-museums-including-reduced-anxiety/>

The image shows a screenshot of The Beaneys website. At the top left is the logo for 'THE BEANEYS HOUSE OF ART & KNOWLEDGE'. To its right is a search bar and buttons for 'Donate' and 'Membership'. Below the navigation bar, there is a main header with links for 'Plan Your Visit', 'What's On', 'Explore', 'Learn', 'Wellbeing', 'News', and 'Our Museums'. The main content area features a large video player with the title 'Health and Wellbeing at The Beaneys' and a play button. Below the video player is a grid of six program thumbnails, each with a title and a small image: 'Health & Wellbeing in Museums Toolkit', 'Sensing Culture', 'The Power of The Object Group', 'Mindfulness Mondays', 'Culture, Health and Wellbeing Alliance', and 'Sounds Beaneys'.



Health and Wellbeing Exhibitions



Esmée Fairbairn Collections Review

— Read more

<https://canterburymuseums.co.uk/the-beaney/health-and-wellbeing/>

Health

Breast Cancer Awareness Exhibition says, "Do Touch the Artworks"

July 04 2022



By Manuel Charr



Interview from West Dean, ENG

WITH MUSEUMNEXT VIRTUAL CONFERENCES

<https://www.museumnext.com/article/breast-cancer-awareness-exhibition/>

Health

How The Met Celebrates Disability Through Art

June 29 2022



By Jim Richardson

All museums and galleries agree that accessibility is important in a museum space. But it is something that is difficult to achieve. Budgets are tight, and it can be difficult to know how best to create programming and events that would be suitable for an array of disabilities and accessibility needs.

The Metropolitan Museum of Art has taken a comprehensive view of its accessibility initiative, looking at how they can make every aspect of a museum visit more accessible. Part of their initiative is creating accessible programming. Jamie Song and Rebecca McGivra from The Met spoke about two of these programs, Met Discoveries and an art club for blind or partially-blind visitors at the Creative Museum Summit recently.

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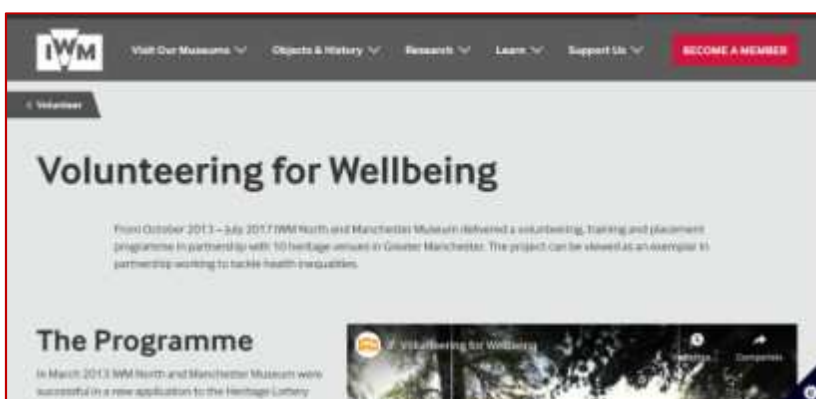
<https://www.museumnext.com/article/how-the-met-celebrates-disability-through-art/>



<https://blooloop.com/museum/opinion/health-and-wellbeing-in-museums/>



https://www.francetvinfo.fr/culture/arts-expos/musee-orsay/sante-se-soigner-en-allant-au-musee_5127664.html



<https://www.iwm.org.uk/volunteer/programmes/volunteering-for-wellbeing>

Alles au musée : le meilleur médicament pour la santé ?

Publié le 28 juin 2022 à 12:00



TEXTURA INTERIORS

Textil
Hogar y
Decoración

Fundas Nórdicas,
Sábanas, Toallas, Plaids,
Cojines, Manteleros y Más.

TEXTURA
Anita

<https://www.elle.fr/Societe/News/Alles-au-musee-le-meilleur-medicament-pour-la-sante-403191>

Health



Wellbeing with Vincent


The subject of wellbeing and mental health within arts and cultural institutions is often centred around displaying or using objects to provide therapeutic assistance to...

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S **Science**
Just when you thought you had...
with a...
with a...

<https://www.museumnext.com/article/category/health/>




How The Metropolitan Museum of Art Used Conversation to Reduce Social Isolation

Social isolation is a new phenomenon. But it was certainly experienced more widely over the...




Using trauma-sensitive mindfulness in museums

In a busy and stressful world, practicing mindfulness can be a gateway to navigating the more challenging aspects of our lifestyles. Museums and galleries can...




Supporting museum staff in a trauma-infused world

Increasingly, museums are recognizing the importance of supporting staff and volunteers with a programme of support to assist in the delivery of emotional or traumatic...




Supporting Mental Wellbeing at Kew Palace

As the home of King George II while receiving treatment during his periods of severe ill mental health, Kew Palace is so strange to the...




How can museums increase accessibility for neurodiverse audiences?

Working to make museums accessible to a bigger, broader and more varied audience is something that we can all agree on. But as we do...




Are museums good for your mental health?

Could it be that the benefits of the museum space go far beyond education? Museums have always been upheld as hubs of knowledge and culture...



Breast Cancer Awareness Exhibition says, "Do Touch the Artworks"

The Fernández Blanco Museum, in the City of Buenos Aires is hosting an interactive exhibition called "The art of self-examination", which aims to help women...



How The Met Celebrates Disability Through Art

All museums and galleries agree that accessibility is important in a museum space. But it is something that is difficult to achieve. Budgets are tight...



In conversation with Samantha Bowen, SEND in Museums

An experienced museum professional, an educator, an inclusion campaigner, developer of



Moving Beyond a Traditional Museum Access Programmes

The New York Transit Museum in Brooklyn, New York is an institution that knows how to engage with its



How museums can help to develop self-confidence

How are cultural institutions able to make visitors feel better about themselves? The benefits of visiting a museum or gallery, be it in person or...



How museums can make their websites more accessible

In the age of inclusivity, making resources more accessible is the way forward for organisations and



Museum visits can be a powerful tool in the quest for greater mindfulness

How better to force ourselves to stay in the present and appreciate every moment than by surrounding ourselves with the very best of art and...



In conversation with Carol Rogers, Director of House of Memories, National Museums Liverpool

The national and international success of dementia awareness programmes, House of Memories is a testament to the hard work and dedication of those involved. With



Museums and healthcare providers: a partnership to drive positive outcomes for wellbeing in the community

Once upon a time front line healthcare was heavily weighted towards the treatment of physical ailments and diseases of the body. And while some still



How can museums increase accessibility for dyslexic visitors?

With a mission to educate, inform and entertain, museums play fundamental roles in sparking interest and inspiring visitors of all ages, backgrounds and neurocognitive function...



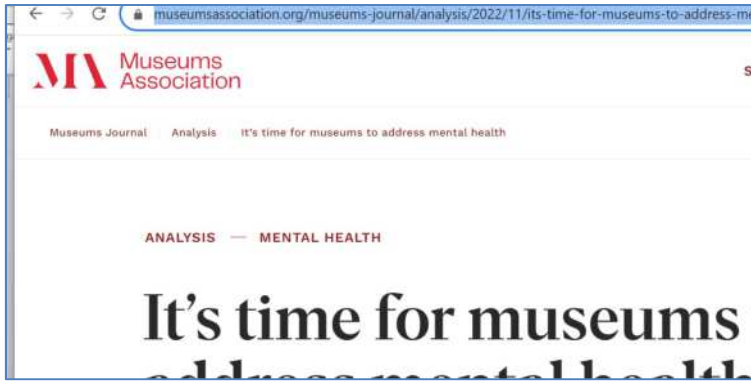
The screenshot shows the 'meetme' website for the MoMA Alzheimer's Project. The main heading is 'The History of the MoMA Alzheimer's Project'. Below it, there are two columns of text. The left column lists 'History of the MoMA Alzheimer's Project', 'Publication PDF Download', 'Background on Dementia', 'NYU Evaluation of Meet Me at MoMA', and 'Evaluation by Alzheimer's Clinic, Inc.'. The right column contains the main text of the history, starting with 'How do programs for people with dementia and their caregivers fit into MoMA's overall educational program?' and 'The Museum of Modern Art is committed to making all visitors to experience its organized collection of modern and contemporary art. MoMA recognizes the diversity of the general public and needs, and offers a variety of programs and services to ensure the accessibility of the Museum and its collection. Through its Access Programs, each year the Museum serves over 10,000 individuals who have physical, learning, emotional, behavioral, or developmental disabilities, or are partially sighted, blind, hard of hearing, or deaf. Due to the staggering number of people affected by Alzheimer's disease, in 2009 MoMA decided to develop programming for this particular audience, and was one of the first museums in the country to do so. What types of programs does MoMA offer for people with dementia and their caregivers? MoMA offers for individuals with dementia and their care partners include: program programs for groups coming from care organizations, such as assisted-living facilities, nursing homes, and adult-care centers. These programs incorporate lively discussions of artwork as well as art-making components, and take place at the Museum's outdoor sculpture garden, the Architecture and Design Studio, or in a lecture hall.

<https://www.moma.org/visit/accessibility/meetme/resources/#history>



The screenshot shows a web browser window displaying an article on museumnext.com. The article title is 'Lockdown learning – the digital education resources that raised the game'. The date is 'June 17 2021'. There is a circular profile picture of a woman and a rectangular image of a painting depicting a person on a horse in a landscape.

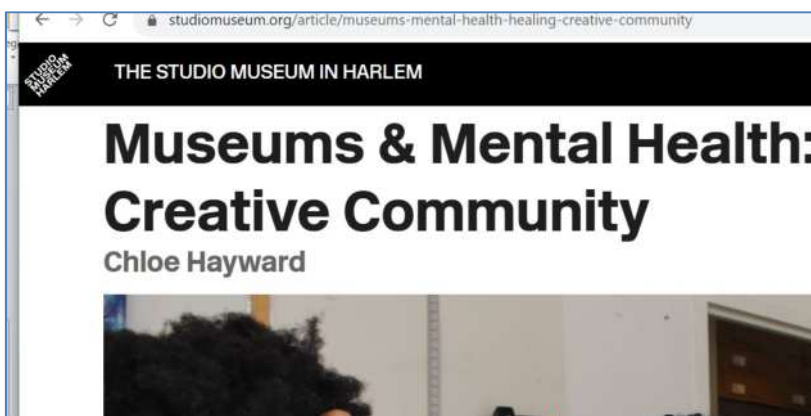
<https://www.museumnext.com/article/health-education-in-the-museum/>



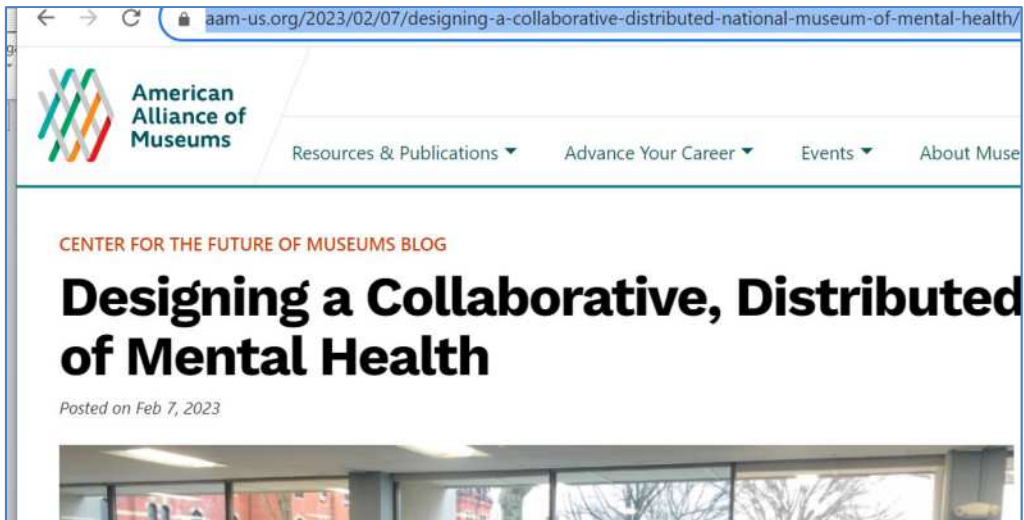
<https://www.museumsassociation.org/museums-journal/analysis/2022/11/its-time-for-museums-to-address-mental-health/#>



<https://baringfoundation.org.uk/news-story/how-can-museums-engage-with-people-with-mental-health-problems/>



<https://studiomuseum.org/article/museums-mental-health-healing-creative-community>



<https://www.aam-us.org/2023/02/07/designing-a-collaborative-distributed-national-museum-of-mental-health/>



[Health and Wellbeing in Museums – Leicester Museums](#)

Documents per scaricare

Documenti da scaricare

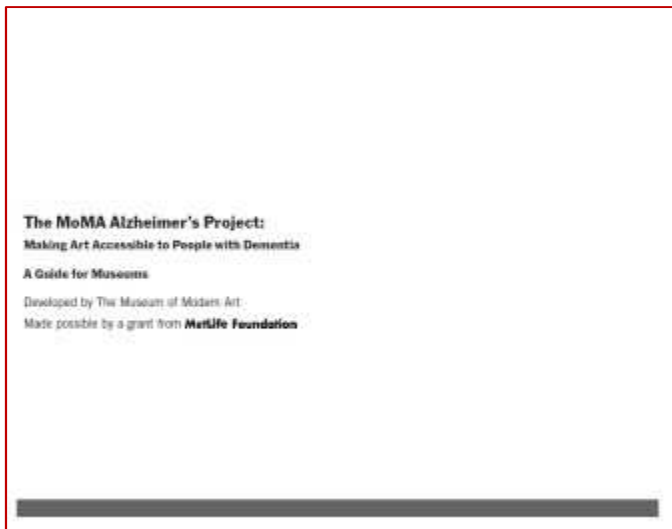
Documents to download



<https://www.culturehealthandwellbeing.org.uk/appg-inquiry/>



https://www.artfund.org/assets/national-art-pass/artfund_calm-and-collected-wellbeing-report.pdf



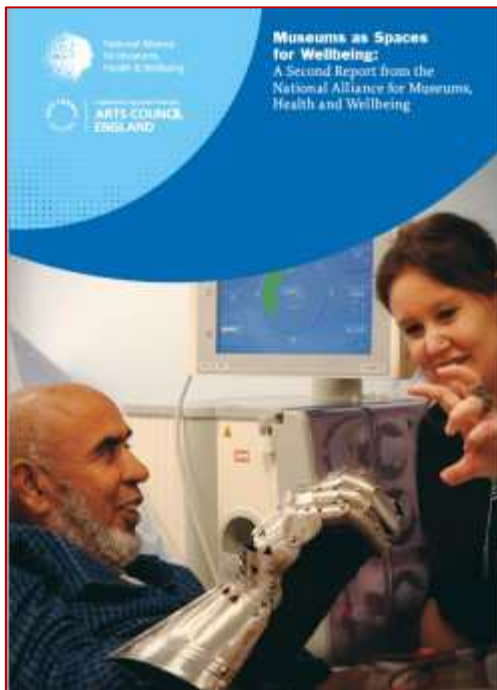
<https://www.moma.org/docs/learn/GuideforMuseums.pdf>



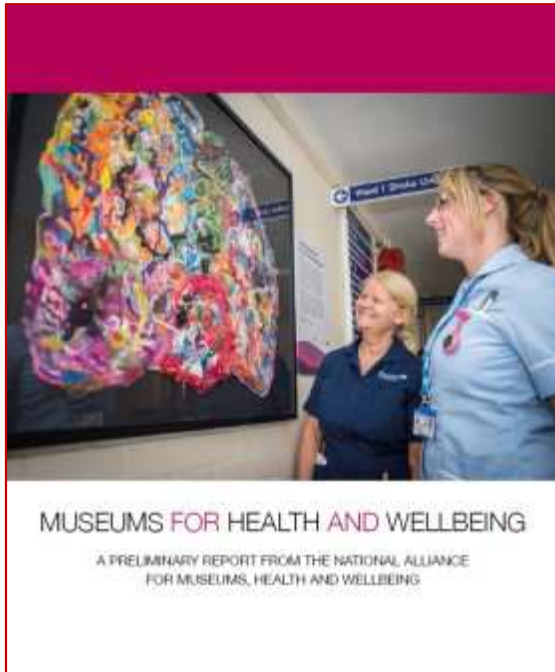
<https://www.museumsgalleryscotland.org.uk/media/2388/mgs-impact-report-health.pdf>



https://southeastmuseums.org/wp-content/uploads/PDF/mind_body_spirit_report.pdf



<https://museumsandwellbeingalliance.files.wordpress.com/2018/04/museums-as-spaces-for-wellbeing-a-second-report.pdf>



<https://www.artshealthresources.org.uk/docs/museums-for-health-and-wellbeing-a-preliminary-report-national-alliance-for-museums-health-and-wellbeing/>



<https://www.aam-us.org/wp-content/uploads/2018/01/museums-on-call.pdf>



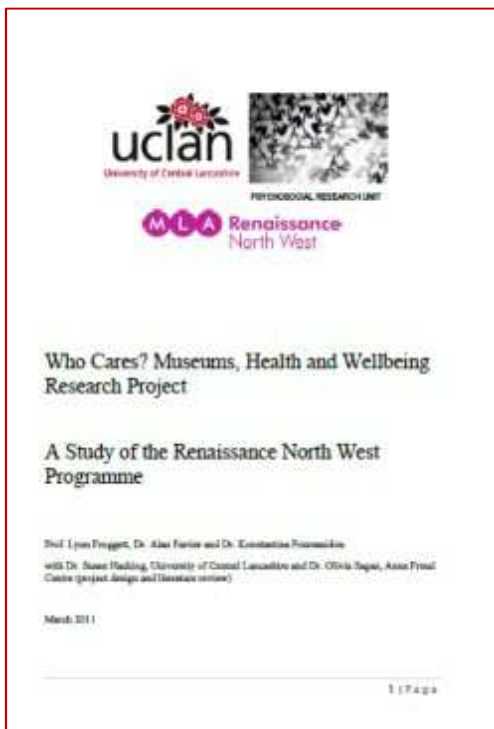
https://ec.europa.eu/culture/sites/default/files/2021-08/Report-Workshop-Culture-SocialCohesion_November-20_en.pdf



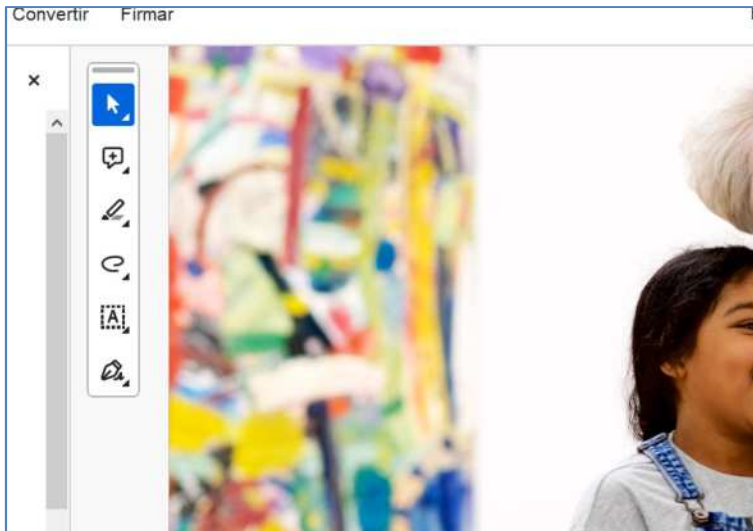
https://www.moma.org/docs/meetme/Resources_NYU_Evaluation.pdf



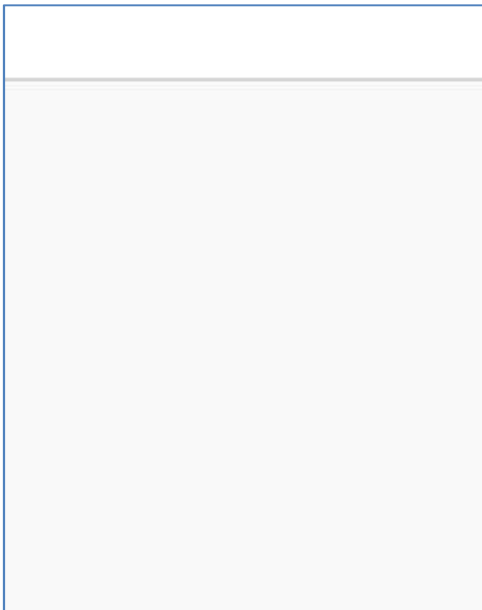
<https://voicesofculture.eu/wp-content/uploads/2022/06/VoC-YMH-14-6-2022.pdf>



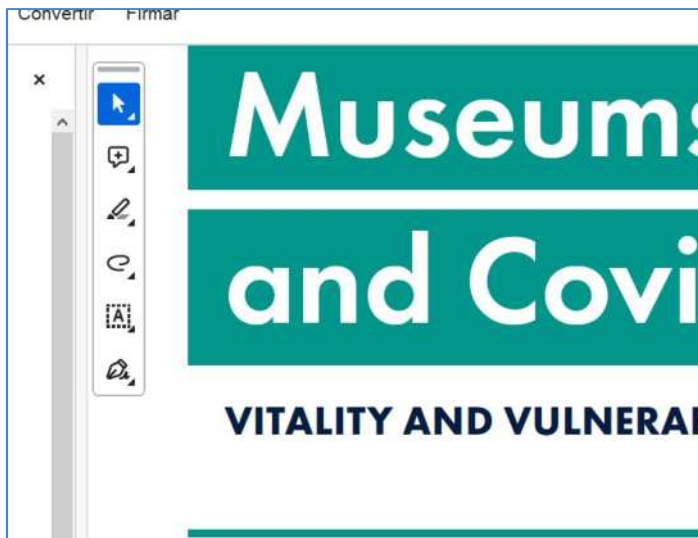
https://www.researchgate.net/publication/264541260_Who_Cares_Museums_Health_and_Well-being



https://bibli.artfund.org/m/300606adcae26d47/original/Insights_Calm_and_Collect.pdf?_ga=2.45783207.2055529448.1681998438-348925387.1648200478



https://southeastmuseums.org/wp-content/uploads/PDF/mind_body_spirit_report.pdf



https://www.ulster.ac.uk/_data/assets/pdf_file/0007/1259242/Museums,-Covid-and-Wellbeing-pages.pdf