



Ways to Wellbeing: LEARN

Learning Coordinators are a bit like teachers, they deliver activities to people of all ages.

Today, our Learning Coordinator is cooking up a storm in the kitchen and would love for you to join her.

- Head to the kitchen and learn how to make drop scones on the traditional range. The bonus of this activity is that you might even have some delicious treats to take away with you!



Ways to Wellbeing: GIVE

Members, Trustees, Funders and Patrons donate their time, money, and skills to Holst Victorian House to ensure it thrives as an important historical venue. For your final activity we would like to share with you the number of ways you can support cultural venues.

- Increase our engagement by posting about your day on social media and tagging us @holstvictorianhousemuseum
- Sign up to receive our newsletter
- Purchase something from our gift shop
- Tell a friend, teacher or family member about us or bring them along with you on a future visit
- Join us for one of our special events, to find out more ask one of the team about our upcoming plans
- Put a penny in our donations box
- Become a volunteer at the Holst Victorian House

Thank you for joining us, we hope you've enjoyed the day and that you'll come and visit us again soon!

This trail was produced by Grace End and inspired by the Kids in Museums Takeover Day scheme. More information can be found here: kidsinmuseums.org.uk/what-we-do/takeover-day

For more information about mental health and the five ways to wellbeing go to the 'Mind' website: mind.org.uk

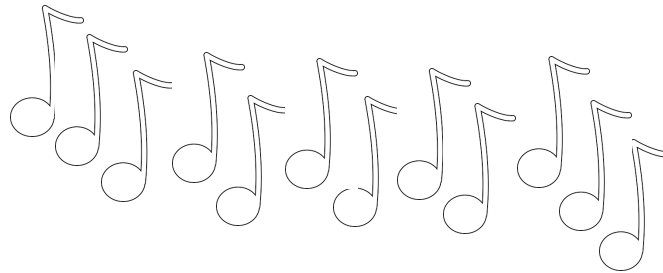


Ways to Wellbeing: NOTICE

Curators look after the items in a museum's collection and can bring the

history of a museum back to life. One of the most recent discoveries here at the Holst Victorian House is that of the missing manuscripts lost for over 100 years and recently rediscovered in New Zealand!

- We've twelve notes of our own that are missing, scattered around the house. Can you help us find them? Colour each note in and let us know its hiding spot. Make sure to head to the front desk to collect your treasure once you're done!



- Along the way you might spot some other items in the collection that you particularly like. Feel free to draw and colour in your favourite item and tell us why you chose it. There's paper, pencils and a gallery wall to add to in the front hall.

(Wooden Notes courtesy of Ruth End, local artist.)



**Holst
Victorian
House**

Welcome to the Holst Victorian House Wellbeing Trail!
Along the way you'll experience roles essential to the running of our museum and pick up some top tips on how to stay happy and healthy as we follow the five ways to wellbeing.



Ways to Wellbeing: CONNECT

Volunteers are at the heart of many museums including the Holst Victorian House. Volunteering is a wonderful way to connect with others including fellow volunteers and the many visitors to the house. So, come and experience how it feels to be one of them...

- Welcome your family and friends into the house in the heart of Cheltenham, you might even do this dressed up as a member of the household from days gone by!
- Learn some fun facts and share them with your guests as you lead them on tours of the house. You might want to watch our video, read the Holst House magazine or chat to our volunteers to find out more.
- Find out and share information about activities and upcoming events such as future activities, concerts or perhaps you've inspired your guests to volunteer themselves.



Ways to Wellbeing: GET ACTIVE

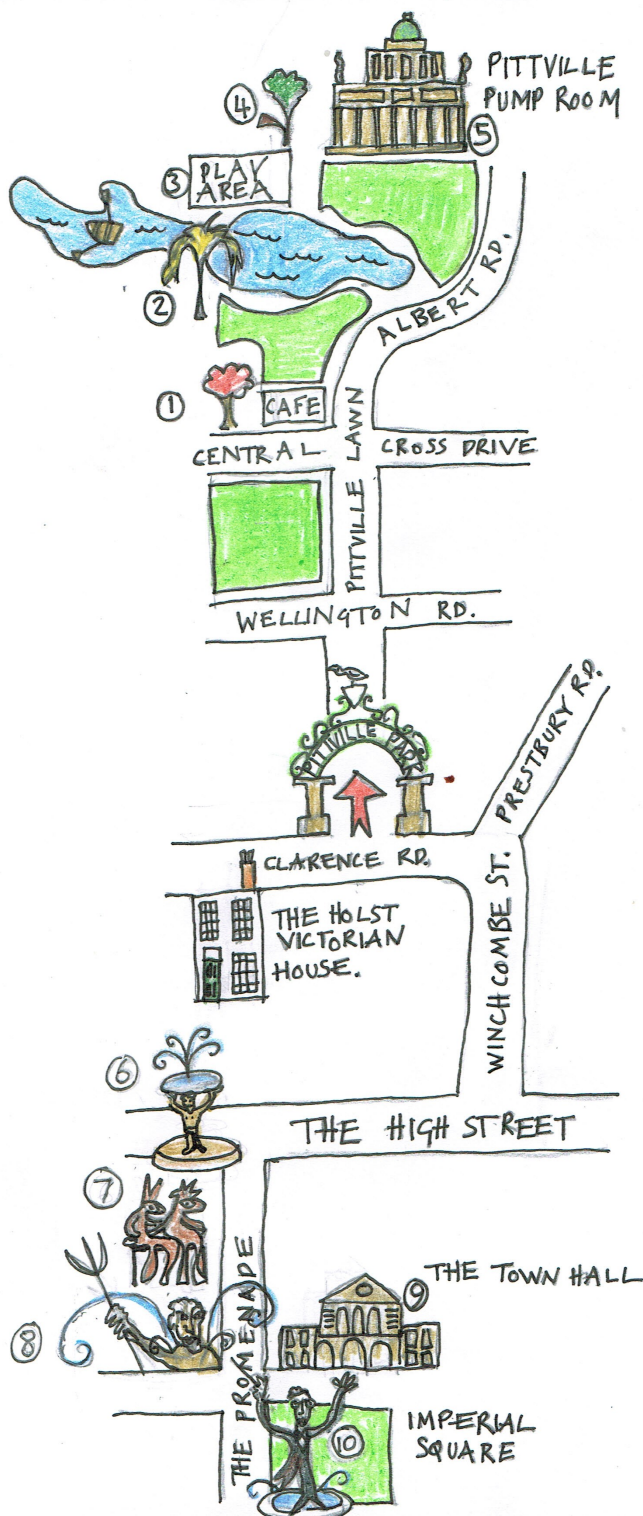
Visitor Experience Managers ensure visitors have a good time before they even arrive. Holst Victorian House is in the centre of Cheltenham, a beautiful regency town originally built for people to retreat to. For this activity you'll need to explore the local area to find out how visitors might get here and what they might see along the way.

- Follow our 'Walk for Wellbeing' map and explore Pittville Park. If you're feeling super adventurous you could even walk up to Imperial Gardens where you'll find a fountain with Gustav Holst himself conducting. (Map over page)

WALK FOR WELLBEING TRAIL

With your back to the Holst Victorian House you will see the very ornate archway into Pittville Park. Walk through the archway and up into the park. There are many old and beautiful trees here. Can you name any of them? Or collect any of your favourite leaves?

1. **Near the café on central cross drive** can you spot the Liquidambar tree? In the autumn the leaves turn red. Pick a leaf, crush it and smell the fragrance.
2. **Carry on towards the lake** and on your left before the tunnel can you spot the Ginkgo tree? The leaves are fan shaped and turn yellow in the autumn. These were also eaten by dinosaurs!
3. **Carry on up into the play area**, which is your favourite piece of equipment to play on?
4. **Alongside the Pump Room** you may be able to spot the Strawberry tree. It has small dark green leaves all year round as it is an evergreen tree. It may also still have the odd small red fruit on it in the autumn, they are edible but nowhere near as tasty as a normal strawberry!
5. **At the top of the park** is Pittville Pump Room. If it is open you may be able to taste some of Cheltenham's water here. This is the water that gives the town its 'Spa' status. Gustav Holst's music is sometimes performed here too.



6. Can you spot who is holding up **the fountain on Boots corner**?
7. **'The Hare and The Minotaur' sculpture** at the start of the promenade. Can you spot some of the interesting things that they are made of?
8. **Neptune's fountain.** The water for this fountain comes from the River Chelt which runs underground here. How many horses are pulling him along?
9. **The Town Hall.** Another venue where it may be possible to taste Cheltenham's waters. You can see the very ornate drinking fountain here. It's also another concert venue for Holst's music. Have you ever heard a concert here?
10. **Holst's Fountain.** Which piece of music do you think he might be conducting? (The clue is written around the bowl of the fountain).

You've now finished our walking for wellbeing trail, we hope you've enjoyed being out and about and as ever, please share photos from your adventures with us on our social media channels.

Many thanks to local artist Ruth End for creating this walk for wellbeing map and guide.