

## Beamish Crees

Beth Marsden

**[Text: Beth Marsden, Health and Wellbeing Support Worker, Beamish Museum]**

**Images** [Graphic skyline image across bottom of page. Logo with County Durham Together Partnership logo and Better for everyone strapline]

**[Video: Beth sat in armchair in Beamish's Clover Cottage]**

**[Beth:** Hello my name is Beth Marsden and I'm the health and wellbeing support worker at Beamish Museum.

So, what's been amazing is we moved into this house about a year and a half ago so it's kind of a purpose built building for us to run our workshops and groups out of. And what's been really amazing is the amount of space we have now so every group can be participant led so they can kind of pick what they want to do that day, whether it's just having a chat with staff or of its gardening or woodwork, we've kind of got all of the options there to be able to pick what they want to do.

Yeah, so there's been quite a few participants that have started out coming along to the group quite often for things like low mood or kind of low level mental health support and then from being part of this it's built their confidence up to the point where they feel like they can become volunteers within the museum, which has been really lovely. One of our, so he's been part of the group for about eight years, he's recently won an award from the British Museum, so he was commended for his volunteer work within the team.

It's an amazing opportunity to be part of the Cree as we get to see what other groups are up to so if we've got someone who's a participant that's looking to do things on more days of the week we can signpost them towards them or of its kind of support we've signposted people to things like Just for Women for their counselling services, which we found out by being part of that network, so it's been a really amazing resource to kind of link in with those other groups and know what's going on in the area.

**[Images:** County Durham Together Partnership logo]