

## Beamish Crees

Catherine Appleby

**[Text:** Catherine Appleby, 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:** Catherine sat in armchair in Beamish's Clover Cottage]

**[Catherine:** I'm the support worker in the health and wellbeing team at Beamish. Now, working with the Tuesday group at the Cree Network we are working alongside the chaps in the workshop doing those sessions with them. We also work further afield with social prescribers, local authorities, occupational therapists, GP surgeries and also self-referrals where people come along, refer themselves then we can look at whether the Cree groups that we have on a Tuesday is a good fit for someone. So, the guys we have here on a Tuesday, some of them have attended for quite a long time and they've been supported to attend through the Cree and most were referred through social prescribers or GPs. Now I would say working alongside the Cree, we still have that sustainability, we have that chance to keep the groups running, keep bringing more new people in. We always aim to have this experience and support here every week for the guys that do attend. We tend not to work to a time limit, we encourage people to keep coming and working with the Cree allows us to do that and it makes us a much more sustainable service for people who really find a shorter service when its only offered over a period of time really quite challenging as they are always focussed on the end. Really with the Cree, they don't have that with us. They have the experience of knowing every Tuesday we're here. But also, outside of that if the guys need to get in touch with us for referrals to other networks whether it be therapy or talk works anything like that, we can support them to access that and it's the Cree that funds that and allows us to still keep that service going. So, we all come together and have a cup of tea to start that session, while we're having our cup of tea we discuss what were doing for that session if people have got projects ongoing, if they're looking for something new to do what they're interested in doing if there's things we need for the cottage, I know there are some chaps working on some nice planters and stuff like that. So, its very much person centred focussed, it's all about what they're interest is. A lot of the chaps who come, then in time once their confidence builds up, feel like they can bridge out into voluntary roles within the museum.

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