

# Health and Wellbeing Evaluation of **Museum in a Box** service at Kirklees Museums and Galleries (KMAG)



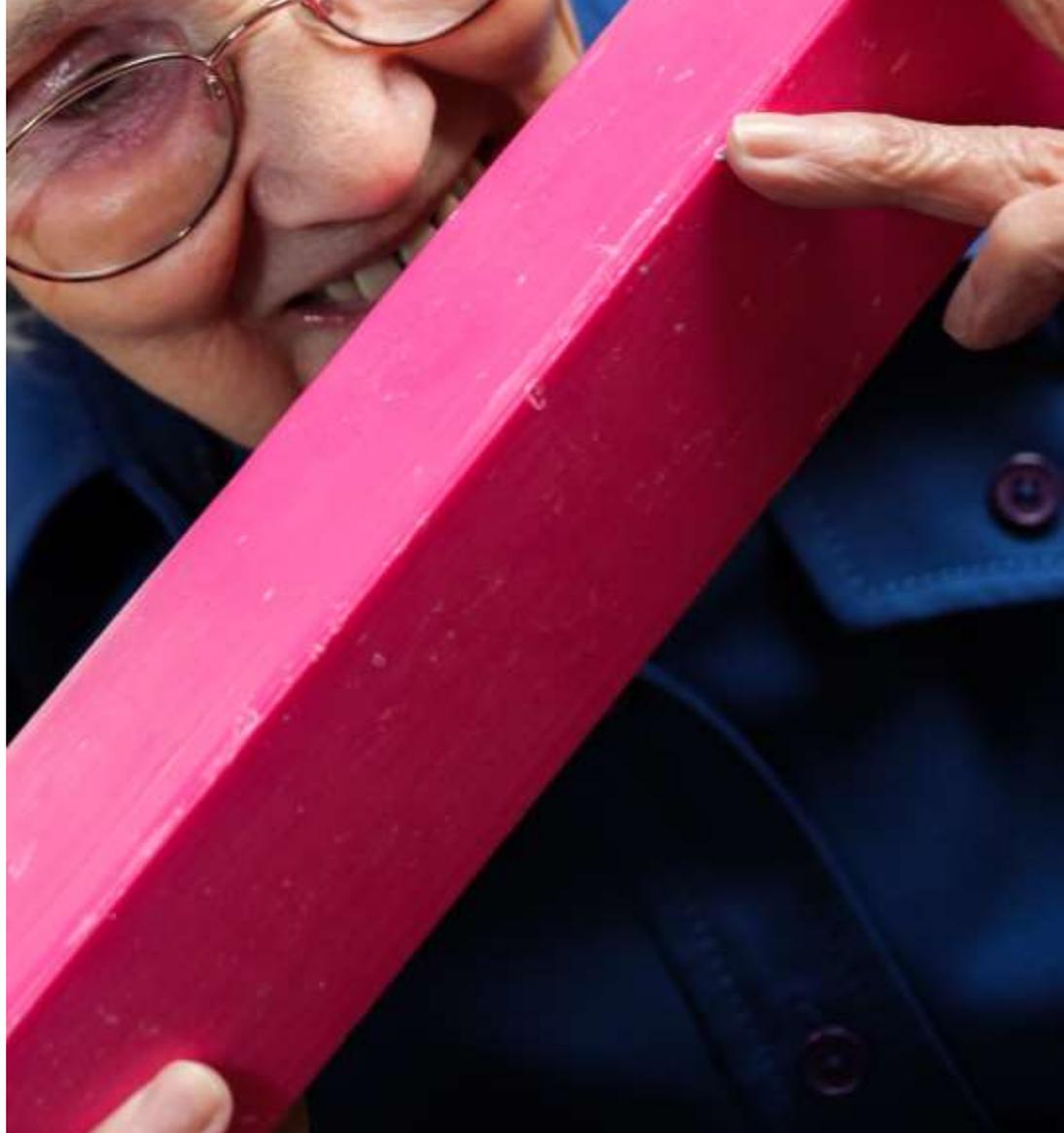
LOTTERY FUNDED



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

**Museum in a Box** is a range of themed historical resources created by Kirklees Museums and Galleries.

- Each loan box contains approx. 20 multi-sensory objects to help stimulate discussion, along with information and ideas about how to make the best use of the objects.
- Organisations can loan a box for up to one month.
- This free service has been operational for over 9 years.



# Museum in a Box loans from Sep 2016 – Sep 2017

**119** loans  
by **33**  
organisations



# Who uses the Museum in a Box Service?

Type of Organisation	% of Users in last year (Sep 2016-Sep 2017)
Community groups	34%
Nursing / Care homes	18%
Charities representing specific health conditions	15%
Faith-run groups	9%
NHS Health Care / local authority health lifestyle schemes	6%
Schools	6%
Civic Societies	6%
Hospices	3%
Housing Groups	3%

# Evaluation structured around the 5 ways to wellbeing



**8** organisations who regularly use the boxes took part in our survey

and **3** also took part in one-to-one interviews conducted by The Audience Agency

# Survey Results



# What are the conditions/ needs of users/participants?

Memory Problems

Learning Disabilities

Dementia

Parkinson's Disease

Restricted Mobility

Life-limiting illnesses

Age related conditions, 70 yrs plus

Carers for those living with Dementia

# CONNECT

**All survey respondents agreed or strongly agreed that:**

- **Museum in a Box resources and sessions have enabled service users/participants to improve their social interaction with others.**
- **The Museum in the Box resources have enabled staff to improve their interaction with service users/participants.**

**Some residents who do not communicate much seem to come alive when we start to do the reminiscence sessions.**

**People with dementia would start to talk quite freely and openly. It's like we brought out a hidden part of that person.**

**It's helped people to learn about each other, which is what we need to do for people with dementia. This enables us to care for them better. We really need to know about them and to learn their history, the Museum in a Box helps us to do that.**



# TAKE NOTICE



**100% of survey respondents strongly agreed that service users/participants have enjoyed reminiscing and engaging with their personal history through using the boxes.**

**The boxes increase feelings of happiness and creates a buzz!**



**“People have shared more personal information than they would probably if you didn’t have any tools there.”**



**“..if you’re talking about washday, a lot of the older residents will remember their mother doing the washday, so if they’ve got a little mangle or a rubbing board or even a wooden mushroom that they used to darn socks, if they’ve actually got it in their hand then it seems to bring something alive in that person.”**

Discussions started off by looking, touching and smelling. The Museum in a Box items helped participants to recall memories and learn new information from each other



I've learnt a lot. When you're in the homes and you're reminiscing and the staff come along [...] they learn a lot about history. It is amazing.

# KEEP LEARNING

- All survey respondents agreed or strongly agreed that service users/participants have learnt new things through engaging with the boxes.
- All respondents agreed or strongly agreed that staff have learnt new things about history through the boxes.



# BE ACTIVE



**Two survey respondents agreed or strongly agreed that ‘through taking part in Museum in a Box Activity, service users/participants have increased the amount of physical activity they do.’**

This involved reducing sedentary behaviour including residents leaving their room to take part in a Museum in a Box activity and using the music CDs to encourage hand movements.



Some people who might normally have been asleep were asked to come along to the lounge. Just for them not to be asleep, having walked to the other lounge and maybe gone across to the other side of the room when they're usually just sitting down for three hours. That's just huge.



With the singing, I get them to clap, they might hold hands, so we don't actually do movement to music as such, but it does encourage dancing with their arms.

# SATISFACTION

with the Museum in a Box service



*Welcome to* Kirklees  
Museums &  
Galleries



## Museum in a Box



Museum resources for community  
organisations in Kirklees



**All survey respondents said they were very satisfied with the Museum in a Box scheme.**



**I was impressed by the variety of items in the boxes and the range of topics/eras covered.**

**Some residents really look forward to the sessions. Improves confidence and self-esteem as they realise how much they know. Creates laughter and positive feelings.**

**The variety of items, including tactile items, smells, music etc. All work on the brain in different ways to invoke memories.**

# WITH THANKS TO..



 the audience agency



And all the Museum in a Box users that took part in the survey and interviews, including:

Jacqueline Crowther PhD – Admiral Nurse at Kirkwood Hospice

Christine Rhodes – Community Connections Project Co-ordinator at Yorkshire Children's Centre.

[www.kirklees.gov.uk/museums](http://www.kirklees.gov.uk/museums)



