

# PRESS RELEASE

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## Wellbeing Wednesdays, Friendship Benches, Activity on the Water It's Summer at the National Waterways Museum, Gloucester

Summer sails into the National Waterways Museum, Gloucester on a wave of wellbeing later this month. The Canal & River Trust (the charity that manages the museum) has devised some thoughtful ideas to get young visitors connecting with each other and the wider world. From logging acts of kindness to spending time outdoors and activities on the water all the suggestions are intended to improve wellbeing.

Drop-in sessions will run each Wednesday from 27 July to 24 August for families to try the wellbeing ideas and activities and learn skills to navigate the world around them. The first session follows a Commonwealth Games theme with a chance to make a baton with a message to share with a Commonwealth closer to home – family and friends. The sessions will be open between 10am and 3pm in the museum.

Developing connections is part of wellbeing and visitors will be welcome to take a seat on the museum's Friendship Bench as a way of making contact with others. Part of Gloucester's 'Serenity in the City' campaign the clearly marked seat is intended to combat loneliness by encouraging people to sit and chat. It's a great way to make new friends as well as enjoying the views across the Docks.

Out on the water, on Friday 5 August, there's a chance to improve both physical and mental wellbeing with taster sessions of paddleboarding and kayaking in the Docks. The 45 minute-long sessions cost just £5, no previous experience needed. Booking is essential and all the details can be found on the events pages of the Canal & River Trust website [ActivityontheWater](#)

Anna Finn, destination & attractions manager for the Canal & River Trust says: "As a wellbeing charity we're passionate about the subject. It's something we should all be able to enjoy, whatever our age. We know that being by water is good for our health and wellbeing and it's central to our new sessions and our summer events.

Whether joining us to connect with others, trying some time on the water or simply taking a stroll around the museum we hope we can bring some tranquility and calm to our visitors busy lives.”

The National Waterways Museum, Gloucester is open on Tuesday to Saturday from 10am to 4pm. Tickets give unlimited visits for 12 month and cost £8.50 for adults, £7.50 for concessions, £5 for children under 16 and under 5s are free. Family tickets are £20.

The museum has also teamed up with the Soldiers of Gloucestershire Museum, just across the Docks, to offer a joint family day ticket of £20. A chance for all the family to discover the city’s watery and military history. Tickets can be bought from either museum.

[canalrivertrust.org.uk/gloucester](http://canalrivertrust.org.uk/gloucester)

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**Ends**