



SLEEPING WELL at Ordsall Hall

Would you like to take part in a wellbeing programme that explores historic sleep in the beautiful surroundings of Ordsall Hall?

- **Sleeping Well at Ordsall Hall is a six-week programme that explores how people took care of their sleep during Tudor times.**
- **You'll take part in a series of hands-on activities including remaking sleep aids, craft and gardening.**
- **We want to find out if learning about the past through creative activities helps people feel better.**


Ordsall Hall

MANCHESTER
1824
The University of Manchester

'Sleeping Well at Ordsall Hall' is run by the University of Manchester, working with Ordsall Hall (part of Salford Community Leisure) and health partners in Greater Manchester. The project is funded by the Arts and Humanities Research Council.

What you'll get out of it:

- Spend time at one of Salford's top visitor attractions.
- Learn new things, make connections with people, be active, take notice of your surroundings and make a positive contribution to others.
- Bus and tram expenses will be covered.

When will the project run?

- **Tuesdays 6 May to 10 June 2025 1-3.30pm**
or
- **Sundays 18 May to 22 June 20025 12.30-3pm**

Interested?

- Have a look at the information on the next sheet to make sure you fit the criteria and still want to take part
- Have a look at what our sessions are like here.



- To say you want to take part email **anna.fielding@manchester.ac.uk**

Who is conducting this research?

This project is a collaboration between a team led by Professor Sasha Handley at The University of Manchester, Ordsall Hall (part of Salford Community Leisure) and health partners Wellbeing Matters in Greater Manchester. The project is funded by the Arts and Humanities Research Council.



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What is the purpose of the research?

We want to recruit people living in Salford for a 6-week series of workshops, introducing you to the historical research on Tudor sleep and wellbeing through practical remaking, craft and garden activities. We would like to find out if this helps improve wellbeing.

Are there any risks or benefits to taking part?

- You'll receive a bus or tram voucher to cover your travel for each session.
- You'll be able to take part in a 6 week programme that might help your wellbeing.
- You'll help design a new programme for Salford residents and will help advance our understanding of creative health interventions.
- You won't be asked questions about your mental health, but you will be asked to rate your wellbeing before and after each session. It's possible you or others might want to discuss mental health during the programme. It is possible this could be distressing for people taking part. A plan is in place if this happens and a staff member will be available for support.

Who can take part?

To take part in the project, we are looking for people who are:

- Age 18+
- Able to provide informed consent to participate in the project and able to engage in the activities in spoken English.
- Living in Salford, able to travel to Ordsall Hall weekly for the six-week programme, and able to attend each session: **Tuesday 6 May - 10 June 2025 (1-3.30pm) or Sunday, 18 May - 22 June 2025 (12.30-3pm).**
- Ordsall Hall is fully wheelchair accessible and has adjustments for those with physical disabilities. If participants would benefit from BSL interpretation, or have other access needs, please contact anna.fielding@manchester.co.uk



We are not able to include people who are:

- Currently experiencing a mental health crisis, because we recognise that people in this situation need specific support beyond the scope of this project.

How can I find out more information?

- Email anna.fielding@manchester.ac.uk if you have any questions about the activities and to say you want to take part.
- If you have any questions about the research or ethical approval, email sasha.handley@manchester.ac.uk
- Visit our website for more information on our main research project

