

MAP IT WELL SCARBOROUGH

Use this map to find creative ways to explore Scarborough.

Build a sense of wellbeing through the routes we have made – and create some for yourself. Discover more on our website:

www.mapitwell.co.uk
@MapItWell

This map was created by a creative group, facilitated by Luke Beech, Crescent Arts, Scarborough Museums Trust and the NHS.

Contact info@crescentarts.co.uk for this map in different formats.

Cover image: collaborative artwork with Luke Beech and creative group
Map design and illustration: Ellie Shipman



Scarborough Museums and Galleries
Shaping the world around you

Tees, Esk and Wear Valleys
NHS Foundation Trust



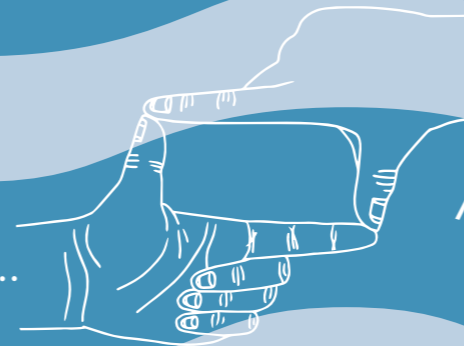
FOLLOW A COLOUR...



How many things can you see of that colour?

What shape and size is it?

FRAME A SPACE...



Make a frame with your hands.

What do you notice through it?

EXPLORE THE SENSES...



Name 5 things you see, 4 you hear, 3 you smell, 2 you taste and 1 you touch...

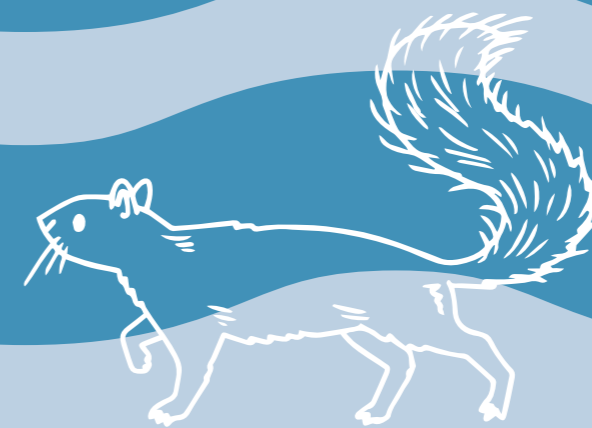
THINK LIKE AN ANIMAL...

What animal would you be?

How would you interact?

FOLLOW A SOUND until you can't

...hear it anymore.

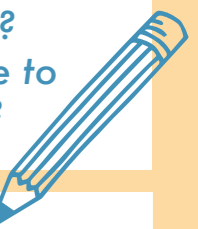


See creative examples to these grounding routes @MapItWell

These grounding exercises can be used anywhere: in your room, by a window, on the bus, in a park, by the sea, in a cafe or a garden...

Notice where they might feel more helpful and remember they are in your toolkit to use at any time! Breathe in and out as you go.

WRITE YOUR OWN
What helps you feel calm?
What methods do you use to notice your surroundings?



MAP IT WELL

POSITIVE POINTS FROM LOCAL PEOPLE

KEY

- 1 Seeing the bright chalets
NORTH BAY, THE SANDS
- 2 Zooming on a BodyBoard
NORTH BAY BEACH
- 3 Big waves on the wall
MARINE DRIVE
- 4 The sound of the foghorn
THE LIGHTHOUSE
- 5 Footprints in the sand
SOUTH BAY BEACH
- 6 Soaking in the view above
SCARBOROUGH SPA
- 7 Eating fish and chips
ON THE BEACH
- 8 Walking around the mere
THE MERE
- 9 A bird's eye view of town
OLIVER'S MOUNT
- 10 Watching wrestling on TV
AT MY GRANDPARENTS'
- 11 Enjoying the castle view
JONNO'S FIELD
- 12 Strolling through the cemetery
MANOR ROAD CEMETERY
- 13 Following the stream
PEASHOLM PARK
- 14 Eating all the cheese!
CROSS LANE
- 15 Daffodils in Spring
SEA CUT (SCALBY BECK)



ILLUSTRATED BY ELLIE SHIPMAN

A Add your positive points
WHERE ARE THEY?

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Seven large, empty white circles arranged horizontally, intended for drawing or marking locations on the map.