

Reimagine Remake Replay launches Head and Heart 2.

Youth engagement museums project RRR launches its second mental health from 11th-13th June 2021.

Article written *By RRR Participant Michael McConway*

Young people's mental well-being is in a constant state of flux, often governed by intangible factors beyond our control. The recent pandemic has promoted within our generation of young people a greater awareness of their social and mental health.

This trend was recognised last year by Reimagine Remake Replay participants who organised the initial Head and Heart Mental Health Festival during the trying times of lockdown in 2020.

From this initial cohort grew the Arts and Well-Being Gang at RRR, who, all year round, use virtual communication to put their creative talents to task, taking part in weekly wellbeing sessions which provides a support network for 16-25 year-olds based in Northern Ireland.

This wellbeing group, along with members of the RRR LGBTQIA+ and Climate steering panels, have used their informed opinions and networking within the arts and well-being community in Northern Ireland to engage a number of expert facilitators, speakers and Heritage Staff in their planning of the upcoming Head & Heart 2 Festival.

From 11- 13th June 2021, the group have curated a diverse programme of virtual events with the aim of changing the way we think about mental health and well-being in our museums.

Events involving Staff from both local and national museum partners add to the diverse richness of this exciting programme. Try your hand at yoga with Roisin from Tower Museum and reminiscing through journals with Catherine from Fermanagh!

The 3 day programme also includes arts and crafts, photography, music and memories, cook-alongs, panel discussions and talks.

All activities are open to all, completely free and available to book now on www.reimagineremakereplay.org or any of the Reimagine Remake Replay's social channels.

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