

Connecting to archives through creativity to support wellbeing

Dr Gina Pierce

Tangible Archive Research Outreach Project

London Metropolitan University



Printed textile designer

Practice based researcher

Founder, Tangible Archive
Research Group

Senior lecturer London
Metropolitan University

Happiest in the studio



William de Morgan tile c.1900, Roman floor tile, blue and white Delftware tile c.1700. Museum of London







‘thinking through process’
(Schon, 1995)

A stencilling workshop taking
place at London Museum
Studios with Age UK, 2025





London Museum Studios with a Carers Community group, 2025



Stencil Printing Workshop Feedback

Workshop delivered by Gina Pierce with London Museum Studios, April 2026

Thank you for taking part in this Stencil Workshop. I would be very grateful if you could take a minute to tick the boxes below to help with the workshops in the future.

This feedback is anonymous however I may use the information gathered for research purposes. I will be taking photographs of the prints only (not people, unless asked to) and I may share them online. Please inform me if you do not want yourself or your print photographed.

Please tick any statements that apply:

- ☒ I feel that I did something creative today
- ☒ I enjoyed being part of a group activity
- ☒ I found this workshop a positive experience
- ☒ I found this a relaxing experience
- ☐ The time went quickly during the activity
- ☐ I would like to do this sort of workshop again
- ☐ I was interested to discover something about the history of the area

Would you be interested in taking part in another workshop with London Museum?

if at better times

Any other comments:

today was good

Thank you very much for taking the time to complete this feedback, it is much appreciated.

Gina Pierce

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Instagram: ginapiercedesign

Feedback form,
NHS Better Lives participant

The activity is intrinsically rewarding.

There are clear goals that, while challenging, are still attainable.

People experience feelings of personal control over the situation and the outcome.

There is immediate feedback.

People know the task is doable, and there is a balance between skill level and the challenge presented.

There is intense concentration and focused attention.

Flow: The Psychology of Optimal Experience, (Csikszentmihalyi, 1990)



‘engaging in the arts
improves the functioning of
every major organ system in
the body, even helping us to
live longer’

*Art Cure: The Science of How
the Arts Transform our Health*
(Fancourt, 2026)

With 2.8 million people out of work due to long-term sickness and ill-health costing the UK economy £212 billion annually, the case for creative health is as economic as it is clinical. Arts interventions return up to £8.56 in social value for every £1 spent. The question is no longer whether the arts improve health, it is how and when the government decides to act

UK Arts and Health (June 2026)



Arts for Mental Health 2025 lists the therapeutic benefits of **textile** crafts, which include reducing stress and promoting relaxation (Zhu, 2025).



‘It’s rhythmic movement is key. The brain likes rhythm because it is predictable, it makes your brain feel safe’

Knit for Health and Wellness: How to knit a flexible mind and more... (Corkhill 2014)



Tote bag printed by participant in
the 18 – 30 group

NHS Better Lives



‘Through arts and culture engagement it is possible to find ways to connect not only with each other but also with ourselves, supporting a sense of resonance with our relationship with the world’ (Jensen et al, 2023)

Stencil Printing Workshop Feedback

Workshop delivered by Gina Pierce at London Museum Studios 18.12.2025

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- ☒ I found this a relaxing experience
- ☒ I would like to do this sort of workshop again
- ☒ I was interested to learn something about the archive at London Museum

Any other comments:

Such a lovely workshop. Very calm & peaceful activity in good company. Much needed respite from caring worries. Thank you

Thank you very much for taking the time to complete this feedback, it is much appreciated.

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Participant from City Carers
Community at London Museum
Studios, 2025



Thank you

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