



SLEEPING WELL

at Ordsall Hall

Wellbeing Guide to Ordsall Hall

Welcome to Ordsall Hall. Please explore our beautiful house and gardens and enjoy some creative activities along the way. The activities in this leaflet are inspired by how Tudor and Stuart people used their homes and gardens to help them sleep and live well and are designed to get you thinking about sleeping and living well today.

There are 3 activities in this leaflet that will take you to the garden, kitchen and bedrooms. You can follow the trail in any order. Ask at reception, or use the floor plans, to help you find your way.

Please take our clipboards and drawing materials with you.



Old Woman Sleeping, Rembrandt van Rijn, c.1636, Rijksmuseum

At Ordsall Hall, we want to use the house and gardens as places that support wellbeing.

Surrounded by busy Salford, here you can find lots of quiet corners to rest, connect, share, take notice and keep learning.



Local people and charity Wellbeing Matters have tried out these activities to help us explore how connecting with history and heritage improves our health. You can hear from them throughout this booklet.



'Ordsall Hall is an amazing place, it makes me feel comfy, warm and safe'

The Kitchen

As you enter the kitchen you will see the Sleeping Well display on the right.

In Tudor and Stuart times, flowers and herbs grown in the garden were brought into the kitchen where they were transformed into foods, drinks, and medicines to treat health problems such as poor sleep. Dill, fennel, and chamomile were just some of the plants that were used to aid sleep.

'I really enjoyed the sensory aspects, the smells of the rose, nutmeg, liquorice, the warmth of the hot tea, sounds of the simmering on the stove'

Activity:

Create your own bedtime tea-bag

Ask at reception for a key to the wooden chest. Inside you will find dried roses, chamomile, and fennel seeds. Choose your ingredients to put in the drawstring bag. Take it home with you and give it a taste. There are also recipe cards to take home.



Dill. Coloured etching by M. Bouchard, 1778.
Wellcome Collection

Did you know?

Lettuce was believed to promote sleep in Tudor and Stuart times. Lettuce was often eaten in salads and soups to cool the body and support digestion, which in turn aided sleep.

The Garden

Head outside from the main entrance - straight ahead you will see the Sleeping Well garden and information panel. If it's raining or winter time, head through to the bay window in the Great Hall. Here you will have a great view of our formal Tudor style garden. Have a seat and draw what you see.



Activity: Take time to smell & sketch the roses.

Gently rub the leaves of any plants growing here to see if they release their fragrance. Use the space below to try some sketching - does drawing help you notice their details?

'I have always thought of the gardens at Ordsall Hall as a great place to visit for wellbeing'

Rose flowers. Coloured engraving by H. Fletcher, c.1730, after J. van Huysum. Wellcome Collection



Gardens were essential for supporting health and wellbeing in Tudor England. Many plants were grown to treat illnesses throughout the year. This garden is filled with herbs and flowers associated with sleep including roses and lavender.

Did you know?

In Tudor and Stuart times, the fragrance of rose and lavender plants was believed to calm and cool the body in preparation for sleep. Leaves from these plants were stuffed inside pillows and used to scent bedding textiles and bedchambers.



The Bedroom



Heading through the Great Hall, you will come to the first of Ordsall Hall's two bedrooms. This is the Star Chamber.

Spend some time here looking at the original Radclyffe bed, a precious heirloom that dates from the 1570s. Notice the stars on the room ceiling which give the impression of the night sky. Decorative bedding textiles with comforting religious images would once have surrounded this bed. Bedtime prayers were also believed to protect people from harm during the night.



*The Garden of Eden, British bedding textile, late 16th c,
Metropolitan Museum of Art, Gift of Irwin Untermyer*

*'It's lovely to
immerse yourself
in the customs
and ideas of the
Tudor period'*

Did you know?

Advice on sleep in the Tudor age was very like our own. Manchester doctor Thomas Cogan (1545—1607) advised people to do pleasant things before bed like listening to music, chatting with friends 'of merry matters', taking a gentle walk, or hearing stories read aloud.



The Great Chamber

Now go upstairs into the Great Chamber. Here we have a replica bed that you can sit on! Feel free to lie down and draw the curtains.



What can you hear, smell or feel?

Tudor and Stuart people would consider the smell and temperature of the room as important factors affecting their sleep.

Activity: Sleep Like a Tudor

Use the space below to write out or draw your bedtime routine or design a new one. Or think about what helps to relax you at bedtime, like your favourite scent or cosy blanket.



Further Information

If you want to explore more about how creativity and history can improve wellbeing, the following venues offer a variety of groups and workshops that you might like to try:

- Ordsall Community Arts: ocarts.co.uk
- Tatton Café: thetatton.co.uk
- START Inspiring Minds: startinspiringminds.org.uk
- Langworthy Cornerstone: langworthycornerstone.co.uk
- The Angel Centre: theangelcentre.org.uk
- Salford Museum & Art Gallery: salfordmuseum.com

There are also further Sleeping Well activities online which you can try. Take a look at our website or scan the QR code.

SCAN HERE

