



Historic England

Council for
British Archaeology



SlAH
Southampton Institute
for Arts and Humanities



Delapré
Abbey

Wellbeing and Heritage Conference

20-21 March 2024

Delapré Abbey, Northampton

PROGRAMME

DAY 1 – 20TH MARCH 2024, WEDNESDAY

9.30-10.00 am - Arrival and coffee (Room 1)

10:00-10:15 am - Opening and welcome from Richard Clinton, CEO Delapré Abbey (Room 1)

10:15 -10:45 am - Welcome from Linda Monckton, Head of Wellbeing and Heritage, Historic England and Neil Redfern, Executive Director, Council for British Archaeology (Room 1)

10:45 am - 11:45 am Sessions

Presentations: Putting people first - shifts in heritage policy and practice (Room 1)

- Ian Thomas (British Council) – “How can cultural heritage, people-centred, participatory approaches help us support wellbeing?” - 10:45-11:00 am
- Emma Samuel and Diarmaid Walshe (Ethos Heritage CIC) – “Why policy and procedures are essential for inclusivity and accessibility in community archaeology” - 11:00-11:15 am
- Martina Tenzer (Historic England/University of York) – “What matters most to people? A ‘bottom-up’ approach to understanding the potential of heritage for wellbeing” - 11:15-11:30 am
- Q&A – 11:30-11:45 am

Presentations: Equality, diversity and inclusion (Room 2)

- Bethan le Mausurier (University of Exeter) – “Seeking happy heritage futures in the Anthropocene: an alternative framework of heritage and nature drawn from anti-oppressive theory” -10:45 – 11:00 am

- Tré Ventour-Griffiths (independent public historian and sociologist) – “Being Black, Being (Un)Well: Health and Heritage, a Colonial Epistemology?” - 11:00 – 11:15 am
- Kymberly Jones (archaeologist and volunteer at PAS, Swansea Egypt Centre and National Museum of Wales) – “Inclusivity within heritage: A brief look at 30+ years of struggle with disabilities within the sector” - 11:15-11:30 am
- Q&A – 11:30 – 11:45 am

All day Exhibition (Courtyard and/ or Room 4)

- Historic England Archive and Wellbeing sessions with Age UK
- Art works created by participants in the Kirkham Heritage, Health & Wellbeing programme

Posters (Courtyard and /or Room 4) (see list of posters at the bottom of the programme)

11:45 am - 12:15 pm Delapre Abbey activity mini-tour

12:15-1:00 pm Lunch

1-2pm Sessions

Presentations: Heritage sites as wellbeing hubs (Room 1)

- Simon Piaia (National Trust) and Emily Butler (Moseley Road Baths) – “Moseley Road Baths – Diving In Together” – 1:00-1:15 pm
- Elaine Griffiths, Jeannine Goh, Allison Angel (The Monastery of St Francis & Gorton Trust) – “Manchester’s Modern Day Monastery” – 1:15 – 1:30 pm
- Sarah Roller (Historic Houses) and Siobhan Goodwin (The Bishop’s Palace, Wells) – “Historic Houses and Wellbeing” – 1:30-1:45 pm
- Q&A – 1:45-2:00 pm

Presentations: Archaeology and Wellbeing (Room 2)

- Aidan Phillips (Northamptonshire Fire and Rescue), Ben Donnelly-Symes (Northamptonshire Archaeological Resource Centre), Nadia Norman (Stanwick Lakes), Sarah Scott (University of Leicester), Dickie Bennett (Breaking Ground Heritage) - “Operation Phoenix - Supporting Northamptonshire Fire and Rescue Staff Using Archaeology” – 1:00-1:15 am
- Faye Minter, Alice De Leo, Karen Howard (Suffolk County Council Archaeological Service - SCCAS) and Claire Andrade (Suffolk Mind) – “Rendlesham Revealed – a community archaeology project” – 1:15-1:30 pm
- Richard Osgood (Operation Nightingale /Ministry of Defence) and Rosanna Price (Cotswold Archaeology) – “Recovering the Fallen: how searching for the dead inspires life for the living” 1:30-1:45 pm
- Q&A – 1:45-2:00 pm

Workshop 1: CHaT (Cultural Heritage and Trauma), delivered by the *Roots and Futures* team, University of Sheffield (Room 3) - 1:00-2:00 pm

2:15-3:15 pm Sessions

Presentations: Heritage and wellbeing for children and young people (Room 1)

- Sophie Meyer and Caroline Davey (Cornwall Heritage Trust) – “The Lowenna Project – working with care experienced young people” – 2:15-2:30 pm
- Dr Peter Guest (Vianova Archaeology & Heritage Services) - “Ensuring heritage is for everyone. Providing access to archaeological fieldwork for children with special educational needs (SEN)” – 2:30-2:45 pm
- Linda Monckton (Historic England) – “Project Rejuvenate”- 2:45-3:00 pm
- Q&A – 3:00-3:15 pm

Presentations: Heritage and wellbeing for older people (Room 2)

- Jess Bowden (Heriot-Watt University, Edinburgh) – “Photovoice with Older Adults: Exploring the role of Heritage and Historic Places in Ageing and Wellbeing” – 2:15 – 2:30 pm
- Helen Wallbridge (Hampshire Community Heritage) – “Remembering Yesterday, Supporting Today. Using cultural heritage to enhance the well-being of people living with dementia” – 2:30-2:45 pm
- Sophie de Chardon (Independent Researcher) - “Heritage and Dementia: Supporting Practitioners” – 2:45-3:00 pm
- Q&A – 3:00-3:15 pm

Workshop 2: Change Minds: using archives for mental wellbeing, delivered by the Restoration Trust and Change Minds project participants (Room 3) - 2:15-3:15 pm

3:15 -3.45 pm Break

3.45 -4.45 pm Sessions

Presentations: Community and Place I (Room 1)

- Ruthanne Baxter (Gladden Village) – “Gladden: A Virtual Community” – 3:45-4:00 pm
- Karina Croucher, Chris Gaffney, Adrian Evans and Andrew Wilson (University of Bradford) – “Place, identity and wellbeing: Bradford and beyond” - 4:00-4:15 pm
- Jo McQuade, Emma Kelsey, Katie Mulkeen (City of Doncaster Council Culture Services) and Kat Woolley (Yorkshire Wildlife Trust) – “History Health Happiness – Back to Nature” - 4:15-4:30 pm
- Q&A – 4:30-4:45 pm

Presentations: Heritage and Social Prescribing I (Room 2)

- Beth Frazer (Northern Ireland Environment Link) – “Heritage 4 Health – A Social Prescribing project in Northern Ireland” – 3:45-4:00 pm
- Arran Johnson, Ian Milsted, Christina Henzel, Alice Hall-Thomas, Domhnall Crystal (York Archaeological Trust) - “‘Accessible Archaeology’, a participant perspective” – 4:00-4:15 pm
- Katrina Gargett, Yvonne Wolfram-Murray, Calypso Finch (MOLA), Eleanor Sier (Delapre Abbey) – “What a Difference a Dig Makes: delivering wellbeing benefits to Northampton’s underserved communities at Delapre Abbey through archaeology and social prescribing” 4:15-4:30 pm
- Q&A – 4:30 – 4:45 pm

Workshop 3: The Ripple Effect, Being well with change. How heritage, art and ecology can support positive wellbeing and actions, delivered by Leigh Chalmers, Wessex Archaeology and James Aldridge, Artist (Room 3) 3:45-4:45 pm

4:45 -5:45 pm Leave and move to Reception venue

6:00-7:30 pm Policy panel and Drinks Reception supported by Southampton Institute for Arts and Humanities (venue central Northampton, TBC)

POLICY PANEL

- Susan Wilkinson, HE commissioner
- Charlotte Osborne-Ford, CEO, NASP
- Lizzie Glithero-West, CEO, The Heritage Alliance
- Sarah Roller, Historic Houses
- Laura Drysdale, The Restoration Trust
- Neil Redfern, Council for British Archaeology

DAY 2 THURSDAY 21ST MARCH 2024

9:30-10:00 Coffee and networking

10:00 – 11:00 Sessions

Presentations: Heritage and Social Prescribing II (Room 1)

- Desi Gradinarova (Historic England), Jenny Hartnoll (Health Connections, Frome), Amanda Chambers (NCVS), Megan Clark (Wavehill Ltd) – “Heritage and volunteering in the whole systems approach to social prescribing – Heritage Connectors and Heritage Buddies” - 10:00-10:15 am
- Sue Flowers (Phoenix Rising partnership), Helen Shearn (Helen Shearn & Associates) – “Improving wellbeing in Kirkham: the creative heritage of a northern town, Lancashire” - 10:15-10:30 am
- Jennie Willetts and David Wilford (Bramley Baths) – “Uses of heritage in social prescribing and pathways to access” – 10:30-10:45 am
- Q&A – 10:45-11 am

Workshop 4: The past in the present: creating a community history toolkit for health and wellbeing, delivered by Erin Beeston, Manchester Histories/Creative Manchester, University of Manchester (Room 2) – 10:00-11:00 am

All day Exhibition (Courtyard and/ or Room 4)

- Historic England Archive and Wellbeing sessions with Age UK
- Art works created by participants in the Kirkham Heritage, Health & Wellbeing programme

Posters (Courtyard and /or Room 4) (see list of posters at the bottom of the programme)

11:15 am -12:15 pm Sessions

Presentations: Heritage and Mental Health (Room 1)

- Laura Hampden (Historic England) – “Healing Landscapes: Reparative Archaeology in Practice” -11:15-11:30
- Helena Garcia Carrizosa (Open University) – “Mental Health and Wellbeing; an afterthought of a four-country participatory research project in museums” – 11:30-11:45 am
- Will Rathouse (formerly with MOLA and Mind Aberystwyth) and Rob Rathouse (South London and Maudsley NHS Foundation Trust) – “Mental Health Archaeology: Limitations and Risks” – 11:45 am – 12:00 pm
- Q&A – 12:00-12:15 pm

Workshop 5: Doorstep Discoveries - What is heritage? The wellbeing impact of diverse community led events for a national festival, delivered by Heritage Open Days (Room 2) - 11:15 am – 12:15 pm

Workshop 6: How can heritage buildings make us happier and healthier?, delivered by Purcell (Room 3) 11:15 am -12:15 pm

12:15-12:45 pm – Delapré Abbey mini-tour

12:45 – 1:30 pm - Lunch

1:30 – 2:30 pm Sessions

Presentations: Evaluation (Room 1)

- Dickie Bennett (Breaking Ground Heritage), Dr Karen Burnell (Solent University), Dr Craig Allison (Solent University) – “A Systematic review in heritage wellbeing interventions: how are we defining wellbeing and measuring outcomes. Do they correlate?” – 1:30-1:45 pm
- Liz Goodwin, Annie Hawton (University of Exeter), Shannon Hogan (National Trust), Vanessa Heaslip (University of Salford) – “Evidencing the value and value for money of heritage-based interventions” - 1:45-2:00 pm
- Sarah Wolferstan, Chiara Amini (University College London) – “Understanding of the socio-economic wellbeing benefit of engagement with heritage action and creativity: a UCL, South Downs National Park Authority and Seaford Town Council Knowledge Exchange” – 2:00-2:15 pm
- Q&A – 2:15-2:30 pm

Presentations: Communities and Place II (Room 2)

- Nadia Norman (Stanwick Lakes) – “Creating a Moment in History at Stanwick Lakes; How heritage projects can have a huge impact on wellbeing” – 1:30-1:45 pm
- Lucy Hockley (Historic Towns and Village Forum) – “Vibrant communities: Understanding built heritage, community developments and wellbeing” – 1:45-2:00 pm
- Joanna Sofaer, Ofelia Zaboloteanu, Bryony Whitmarsh, Jason Sadler (University of Southampton), Sharon Court, Joe Shoebridge, Leon D’Cruz, Anoop Chauhan (Portsmouth Hospitals University NHS Trust) – “Heritage on the Doorstep as Wellbeing Resource. The Heritage and Wellbeing for NHS Staff Project” – 2:00-2:15 pm
- Q&A – 2:15-2:30 pm

Workshop 7: Archaeology 4 well-being and the Later Prehistoric Norfolk Project, delivered by University of East Anglia, the Restoration Trust and project participants (Room 3) – 1:30-2:30 pm

2:45-3:45 pm Sessions

Presentations: Places of Worship and Wellbeing (Room 1)

- Eddie Tulasiewicz (National Churches Trust) – “Wellbeing and church buildings” – 2:45-3:00 pm
- Peter Aiers and Susan McIlroy (The Charterhouse, London) – “Community Life in an Ancient Site” – 3:00-3:15 pm
- Lesley Hardy (Diocese of Canterbury /Timelocked Heritage) – “Surveying the Sacred: Churches, Well- being and Contemporary Antiquarianism” – 3:15-3:30 pm
- Q&A – 3:30-3:45 pm

Workshop 8: Prescriptions, Partnerships, and Placemaking: Reflections on fostering cross-sectoral partnerships to develop and deliver archaeological social prescribing programmes with underserved communities, delivered by MOLA, York Archaeology and Wessex Archaeology (Room 2) – 2:45-3:45 pm

Workshop 8: Measuring impact: tailored evaluation of health and wellbeing within heritage projects, delivered by Morris Hargreaves McIntyre (Room 3) - 2:45-3:45 pm

3:45-4:15 pm Break

4:15-4:45 pm – Closing of conference (Room 1)

- Tom Colwill, (Historic England) – “Cultural Heritage Capital and Wellbeing: Examining the Relationship Between Heritage Density and Life Satisfaction” – 4:15-4:30 pm
- Thank you and goodbye (Linda Monckton, Neil Redfern, Jo Sofaer, Richard Clinton) 4:30-4:45 pm

4:45 -5:00 pm - Leave

POSTERS (Courtyard or Room 4)

1. Giulia Mezzalama (Politecnico di Torino) – “Heritage-led collaborative practices empowering youth mental health”
2. Christopher Jeavons – “Mindful museums: The health and wellbeing impacts of mindfulness-based approaches to museum collections”
3. Thomas Kador (University College London) – “Campus heritage and student wellbeing: lessons from the SWELS project”
4. Dr Anna Fielding, Naomi Lewis, Caroline Alexander (University of Manchester) – “Sleeping Well in the Early Modern World and Ordsall Hall Creative Health Hub”
5. James Sibson (Limpley Stoke Community Benefit Society-LSCBS)- “Community-led Regeneration of the Hop Pole Inn: Our Story So Far”
6. Cheryl Cecilia Lui, Irene Prentice and Hannah Rustomjee (Bath Medical Museum) - ‘Crafting Happiness in a Heritage Setting’