

# Wellbeing and Heritage Conference

20-21 March 2024

*Delapré Abbey, Northampton*

## Programme

### Day 1 – Wednesday 20 March 2024

9.30-10.00am      **Arrival and coffee**      Drinks served in the Salon

**Opening of the conference**      Room 1/Live streamed

10:00-10:15am      **Opening and welcome** from Richard Clinton, CEO Delapré Abbey

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

#### 10:45-11:45am      **Sessions**

**Presentations: Putting people first - shifts in heritage policy and practice**      Room 1/Live streamed

10:45-11:00am      Ian Thomas (British Council) – How can cultural heritage, people-centred, participatory approaches help us support wellbeing?

11:00-11:15am      Carenza Lewis (University of Lincoln) - Changing minds: How is research advancing understanding of the impact of heritage participation on mental wellbeing, and how can this evidence help improve people's lived experience?

11:15-11:30am      Martina Tenzer (Historic England/University of York) – What matters most to people? A 'bottom-up' approach to understanding the potential of heritage for wellbeing

11:30-11:45am      Q&A

**Presentations: Equality, diversity and inclusion**      Room 2/Live streamed

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

11:00-11:15am      Tré Ventour-Griffiths (Independent public historian and sociologist) – Being Black, Being (Un)Well: Health and Heritage, a Colonial Epistemology?

11:15-11:30am 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

11:30-11:45am Q&A

11:45am-12:15pm **Delapré Abbey activity – mini tour**  
Meet outside the front door at 11:45am

12:15-1:00pm **Lunch** Served in the Salon

### 1:00-2:00pm Sessions

**Presentations: Heritage sites as wellbeing hubs** Room1/Live streamed

1:00-1:15pm Simon Piaia (National Trust) and Emily Butler (Moseley Road Baths) – Moseley Road Baths – Diving In Together

1:15 – 1:30pm Elaine Griffiths, Jeannine Goh, Allison Angel (The Monastery of St Francis & Gorton Trust) – Manchester’s Modern Day Monastery

1:30-1:45pm Sarah Roller (Historic Houses) and Siobhan Goodwin (The Bishop’s Palace, Wells) – Historic Houses and Wellbeing

1:45-2:00pm Q&A

**Presentations: Archaeology and Wellbeing** Room 2/Live streamed

1:00-1:15pm 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

1:15-1:30pm Faye Minter, Alice De Leo, Karen Howard (Suffolk County Council Archaeological Service - SCCAS) and Claire Andrade (Suffolk Mind) – Rendlesham Revealed – a community archaeology project

1:30-1:45pm 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

1:45-2:00pm Q&A

**Workshop 1** Room 3

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

**2:15-3:15pm Sessions**

<b>Presentations: Heritage and wellbeing for children and young people</b>	<b>Room1/Live streamed</b>
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2:15-2:30pm	Sophie Meyer and Caroline Davey (Cornwall Heritage Trust) – The Lowenna Project – working with care experienced young people
2:30-2:45pm	Dr Peter Guest (Vianova Archaeology & Heritage Services) – Ensuring heritage is for everyone. Providing access to archaeological fieldwork for children with special educational needs (SEN)
2:45-3:00pm	Linda Monckton (Historic England) – Project Rejuvenate
3:00-3:15pm	Q&A

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

<b>Workshop 2</b>	<b>Room 3</b>
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2:15-3:15pm	<b>Change Minds: using archives for mental wellbeing</b> , delivered by the Restoration Trust and Change Minds project participants	
3:15-3:45pm	<b>Break</b>	Drinks served in the Salon South Lawn
	Optional activity – <b>Silent disco for spring equinox</b> Collect headphones from the Salon and exit via Salon emergency exit for access to the South Lawn.	

3:45-4:45pm	<b>Sessions</b>
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<b>Presentations: Community and Place I</b>	<b>Room1/Live streamed</b>
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3:45-4:00pm	Ruthanne Baxter (Gladden Village) – Gladden: A Virtual Community
4:00-4:15pm	Karina Croucher, Chris Gaffney, Adrian Evans and Andrew Wilson (University of Bradford) – Place, identity and wellbeing: Bradford and beyond
4:15-4:30pm	Jo McQuade, Emma Kelsey, Katie Mulkeen (City of Doncaster Council Culture Services) and Kat Woolley (Yorkshire Wildlife Trust) – History Health Happiness – Back to Nature

4:30-4:45pm Q&A

Presentations: Heritage and Social Prescribing I		Room 2/Live streamed
3:45-4:00pm	Beth Frazer (Northern Ireland Environment Link) – Heritage 4 Health – A Social Prescribing project in Northern Ireland	
4:00-4:15pm	Arran Johnson, Ian Milsted, Christina Henzel, Alice Hall-Thomas, Domhnall Crystal (York Archaeological Trust) – ‘Accessible Archaeology’, a participant perspective	
4:15-4:30pm	Katrina Gargett, Yvonne Wolfram-Murray, Calypso Finch (MOLA), Eleanor Sier (Delapré Abbey) – What a Difference a Dig Makes: delivering wellbeing benefits to Northampton’s underserved communities at Delapré Abbey through archaeology and social prescribing	
4:30-4:45pm	Q&A	

Workshop 3		Room 3
3:45-4:45pm	<b>The Ripple Effect, Being well with change. How heritage, art and ecology can support positive wellbeing and actions</b> , delivered by Leigh Chalmers, Wessex Archaeology and James Aldridge, Artist	
4:45-5:45pm	<b>Leave and move to reception venue at Northampton Guildhall</b> Address: The Guildhall, St Giles’ Square, Northampton, NN1 1DE	
6:00-7:30pm	<b>Policy panel and Drinks Reception supported by Southampton Institute for Arts and Humanities</b> <b>Policy panel:</b> <ul style="list-style-type: none"> <li>• Susan Wilkinson, HE commissioner (Chair)</li> <li>• Charlotte Osborne-Ford, CEO, NASP</li> <li>• Lizzie Glithero-West, CEO, The Heritage Alliance</li> <li>• Sarah Roller, Policy and Education Manager, Historic Houses</li> <li>• Laura Drysdale, Director, The Restoration Trust</li> <li>• Neil Redfern, Executive Director, Council for British Archaeology</li> <li>• Dee Dillistone, Social Prescribing Lead, Department of Health &amp; Social Care</li> </ul>	The Guildhall

## Day 2 – Thursday 21 March 2024

9:30-10:00am	Coffee and networking	Drinks served in the Salon
10:00-11:00am	Sessions	
Presentations: Heritage and Social Prescribing II		Room 1/Live streamed

10:00-10:15am	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
10:15-10:30am	Sue Flowers (Phoenix Rising partnership), Helen Shearn (Helen Shearn & Associates) – Improving wellbeing in Kirkham: the creative heritage of a northern town, Lancashire
10:30-10:45am	Jennie Willetts and David Wilford (Bramley Baths) – Uses of heritage in social prescribing and pathways to access
10:45-11:00am	Q&A

#### Workshop 4

Room 2

10:00-11:00am	<b>The past in the present: creating a community history toolkit for health and wellbeing</b> , delivered by Erin Beeston, Manchester Histories/Creative Manchester, University of Manchester
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11:15am-  
12:15pm

#### Sessions

#### Presentations: Heritage and Mental Health

Room 1/Live  
streamed

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

#### Workshop 5

Room 2

11:15am- 12:15pm	<b>Doorstep Discoveries - What is heritage? The wellbeing impact of diverse community led events for a national festival</b> , delivered by Heritage Open Days
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#### Workshop 6

Room 3

11:15am- 12:15pm	<b>How can heritage buildings make us happier and healthier?</b> delivered by Purcell
12:15-12:45pm	<b>Delapré Abbey activity – mini tour</b> Meet outside the front door at 11:45am
12:45pm- 1:30pm	<b>Lunch</b>  Served in the Salon

## 1:30-2:30pm Sessions

### Presentations: Evaluation

Room 1/Live  
streamed

- 1:30-1:45pm 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?
- 1:45-2:00pm 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
- 2:00-2:15pm 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
- 2:15-2:30pm Q&A

### Presentations: Communities and Place II

Room 2/Live  
streamed

- 1:30-1:45pm Nadia Norman (Stanwick Lakes) – Creating a Moment in History at Stanwick Lakes; How heritage projects can have a huge impact on wellbeing
- 1:45-2:00pm Lucy Hockley (Historic Towns and Village Forum) – Vibrant communities: Understanding built heritage, community developments and wellbeing
- 2:00-2:15pm 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
- 2:15-2:30pm Q&A

## Workshop 7

Room 3

- 1:30-2:30pm **Archaeology 4 well-being and the Later Prehistoric Norfolk Project**, delivered by University of East Anglia, the Restoration Trust and project participants

## 2:45-3:45pm Sessions

### Presentations: Places of Worship and Wellbeing

Room 1/Live  
streamed

- 2:45-3:00pm Eddie Tulasiewicz (National Churches Trust) – Wellbeing and church buildings

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

#### Workshop 8 Room 2

2:45-3:45pm	<b>Prescriptions, Partnerships, and Placemaking: Reflections on fostering cross-sectoral partnerships to develop and deliver archaeological social prescribing programmes with underserved communities</b> , delivered by MOLA, York Archaeology and Wessex Archaeology
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#### Workshop 9 Room 3

2:45-3:45pm	<b>Measuring impact: tailored evaluation of health and wellbeing within heritage projects</b> , delivered by Morris Hargreaves McIntyre
3:45-4:15pm	<b>Break</b>  Optional activity – <b>Wellbeing walk</b> Meet at the front door at 3:50pm, weather dependent

Drinks served  
in the Salon

#### Closing of the conference Room 1/Live streamed

4:15-4:30pm	Tom Colwill, (Historic England) – Cultural Heritage Capital and Wellbeing: Examining the Relationship Between Heritage Density and Life Satisfaction
4:30-4:45pm	<b>Thank you and goodbye</b> (Linda Monckton, Neil Redfern, Jo Sofaer, Richard Clinton)
4:45-5pm	<b>Conference closes, depart venue</b>

#### Throughout the conference

#### Exhibitions Medieval Gallery and Tate Kitchen

Historic England Archive and Wellbeing sessions with Age UK

Art works created by participants in the Kirkham Heritage, Health & Wellbeing programme

#### Posters Salon

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

### Live streaming

Sessions will be live streamed throughout the conference but we are unable to live stream the workshops and the policy panel on Wednesday evening.

**The live stream can be watched via the CBA YouTube channel at**  
<https://www.youtube.com/channel/UCHw3dplyExCvHVwPlwDnFTQ>