

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 Carena 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?



Historic England

Council for
British Archaeology



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

Presentations: Heritage and wellbeing for children and young people Room1/Live
streamed

- 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

Presentations: Heritage and wellbeing for older people Room 2/Live
streamed

- 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

Workshop 2 Room 3

- 2:15-3:15pm **Change Minds: using archives for mental wellbeing**, delivered by the Laura Drysdale, Restoration Trust and Minnie Coldman, Change Minds project participant
- 3:15-3:45pm Break** Drinks served in the Salon South Lawn
- Optional activity – **Silent disco for spring equinox**
Collect headphones from the Salon and exit via Salon emergency exit for access to the South Lawn.
- 3:45-4:45pm Sessions**

Presentations: Community and Place I Room1/Live
streamed

- 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), Igidius B. Ichumbaki (University of Dar es Salaam) – 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 **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

4:45-5:45pm **Leave and move to reception venue at Northampton Guildhall**
Address: The Guildhall, St Giles’ Square, Northampton, NN1 1DE

6:00-7:30pm **Policy panel and Drinks Reception supported by Southampton Institute for Arts and Humanities** The Guildhall

Policy panel:

- Susan Wilkinson, HE commissioner (Chair)
- Charlotte Osborn-Forde, CEO, NASP
- Lizzie Glithero-West, CEO, The Heritage Alliance
- Sarah Roller, Policy and Education Manager, Historic Houses
- Laura Drysdale, Director, The Restoration Trust
- Neil Redfern, Executive Director, Council for British Archaeology

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 **The past in the present: creating a community history toolkit for health and wellbeing**, delivered by Erin Beeston and Janine Hague, Manchester Histories/Creative Manchester, University of Manchester

**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 **Doorstep Discoveries - What is heritage? The wellbeing impact of diverse community led events for a national festival**, delivered by Sarah Holloway and Liam Montgomery, Heritage Open Days

Workshop 6

Room 3

- 11:15am-12:15pm **How can heritage buildings make us happier and healthier?** delivered by Heather Clifton, Janet Jury and Sam Riley, Purcell
- 12:15-12:45pm Delapré Abbey activity – mini tour**
Meet outside the front door at 11:45am

**12:45pm-
1:30pm**

Lunch

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 Andy Hutcheson, University of East Anglia, Laura Drysdale, Restoration Trust, Phillip Wells and Robert Fairclough, 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 **Prescriptions, Partnerships, and Placemaking: Reflections on fostering cross-sectoral partnerships to develop and deliver archaeological social prescribing programmes with underserved communities**, delivered by Katrina Gargett, MOLA, Arran Johnson, York Archaeology, Ayesha Purcell, Oxford Archaeology, and Leigh Chalmers, Wessex Archaeology

Workshop 9 Room 3

- 2:45-3:45pm **Measuring impact: tailored evaluation of health and wellbeing within heritage projects**, delivered by Jenny Merry, Morris Hargreaves McIntyre

- 3:45-4:15pm **Break** Drinks served in the Salon
- Optional activity – **Wellbeing walk**
Meet at the front door at 3:50pm, weather dependent

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 **Thank you and goodbye** (Linda Monckton, Neil Redfern, Jo Sofaer, Richard Clinton)
- 4:45-5pm **Conference closes, depart venue**

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 and Jessica Evans (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>