**CIFA 2019 ‘A Month In The Country? The Value Of Heritage For Wellbeing And Social Prescription’**

**Thurs 25th April (Anzac Day) PM 14:00 – 15:30 and 16:00 – 17:30**

**14:00 INTRO 10 mins Richard Osgood and Richard Bennett**

**14:10 Stephen Humphreys (American Veterans Archaeological Recovery) - Towards a Methodology for Rehabilitation Archaeology: (15 mins)**

Since 2011 a number of organisations (Op Nightingale, Breaking Ground Heritage, Waterloo Uncovered, American Veterans Archaeological Recovery) have begun placing military veterans, many of them with disabilities, onto archaeological excavations and surveys for therapeutic benefit.  This presentation will discuss the steps American Veterans Archaeological Recovery (AVAR) has taken to implement a distinct methodological approach to inform this practice, termed here as 'Rehabilitation Archaeology' because of its emphasis on adding measurably to the welfare of participants, in recognition of the need for a bespoke ethical standard and provisions for extended community engagement.

**14:25** **Toby Gane & Graham Scott (Wessex Archaeology) - Marine Operation Nightingale and HMS *Montagu* – achieving heritage protection and therapeutic outcomes from work on historic wreck sites (15 mins)**

In 2018 Historic England, Help for Heroes and Wessex Archaeology funded a well-publicised archaeological investigation of the pre-Dreadnought battleship wreck of HMS *Montagu* at Lundy Island in the Bristol Channel. Supported by Heritage Minister Michael Ellis, it was carried out by diving teams of professional archaeologists and volunteer military veterans.

Historic England’s Chief Executive Duncan Wilson summarised the aims of the project:

“We are delighted to be working with wounded veterans to record what remains of the wreck of HMS Montagu. These dives help to develop the personal strengths and capabilities of all those taking part and will provide Historic England with the vital information that we need to determine how best to protect the wreck.”

The paper will examine how successful the project was in delivering its objectives of heritage protection, training and therapeutic benefit. It will also consider how the lessons learnt might inform similar collaborations.

**14:40 Theresa O’Mahony** **(Enabled Archaeology Foundation) - The Dis/Advantages and Advantages of Enabled Archaeological Holistic Fieldwork (15 mins)**

The Enabled Archaeology Foundation did their first week of newly created inclusion methods in 2018, partnering with the Bamburgh Research Project. This presentation will discuss the successes and drawbacks we encountered and how this experimental archaeology developed. Our partnerships with other groups until 2021 will also be debated, finishing with the beneficial effects for both groups, dis/Abled participants and the holistic therapy that can be achieved within wider societal goals.

**14:55 Alex Sotheran (Defence Infrastructure Organisation, MOD) - Band of Brothers at Bullecourt: an outsiders view of a century long military bond (15 mins)**

The Operation Nightingale excavations on the First World War site at Bullecourt in northern France engaged military veterans in the recovery of a lost tank. However, in addition, the remains of three German soldiers were also recovered. Many of the participants in the excavation had had traumatic military experiences in the past leading to various forms of mental health issues. This paper will explore how the participants executed the recovery of the remains of a violent battlefield scenario and what challenges this activity produced and how these were overcome. What can the profession learn from the involvement of ex-members of the armed forces in these kind of excavations and how do those of us outside the military understand the needs of those with mental health issues?

15:10 QUESTIONS (20 Mins)

BREAK -------------------------------------------------------------------------------------------------------

**16:00 Phil Abramson (Defence Infrastructure Organisation, MOD) - Operation Nightingale: Working Towards a Standard Model (15 mins)**

How do you get a grand piano up to the 10 floor of a building? Easy, tie it to a cat and make generous use of a bullwhip. Well, it’s one way of getting a job done I suppose, but having helped to organise several Op Nightingale Exercises at Caerwent, Marne Barracks, Barry Buddon and Albemarle Barracks other methods of organising Op Nightingale Exercises spring to mind. Op Nightingale Exercises don’t always come in a standard shape or form - the age of the participants, the range of diabilities and the gender mix for example reflect some of the obvious differences. But from an organisational point of view there are some shared characteristics that could perhaps become included in a standard model simply because they are tried and tested and found to work. One of these is the ‘Axis of Excellence’, by which is meant the co-ordination and interplay between three main players used to set up an Op Nightingale Exercise: DIO, the Recruitment Sergeant and an archaeological contractor. In my experience this working model provides a Structured Informality (if you’ll pardon the Oxymoron) whereby a high standard of archaeological work is undertaken within an environment that allows the participants to thrive and, dare I say it, enjoy themselves, during the period of the Exercise.

Some people, particularly those associated with Op Nightingale in one of the capacities identified above, may wish to disagree with my Axis of Excellence model and, indeed, may feel that there is more than one way to skin this cat. Excellent, and I look forward to generating discussion on the Holy Grail of this session - What makes the perfect Op Nightingale Exercise?

**16:15** **Linda Monckton (Historic England) - Wellbeing and the Historic Environment: what now? (15 mins)**

Historic England has been investigating the way in which work with the historic environment and place can help promote Wellbeing and address Wellbeing Inequalities. This has shown how we need Wellbeing to be an essential part of relevant project outcomes and a part of a larger strategic issue within the cultural sector as a whole.  This paper will report on what we are learning through setting Wellbeing aims and objectives in pilot projects in Heritage Action Zones, Heritage at Risk projects and it will aim to contextualise this work within the current cultural Health agenda more broadly. It will consider the issues of evaluation and embedding this into corporate culture and language to ensure our work makes a real difference to people’s lives.

**16:30** **William Rathouse (MOLA/Thames Discovery Programme) - Mental Health Archaeology in Ceredigion and London: Challenges and Opportunities’ (15 mins)**

Having undertaken archaeological projects in Ceredigion to support or improve the mental health of participants The author is now engaged in an ongoing project which also supports the mental health of its members in London. This paper compares the opportunities in attracting participants and conducting archaeological activities as well as the challenges of logistics and resources in Ceredigion as opposed to London. It compares the short to medium projects conducted by Mind Aberystwyth to the much longer term opportunities provided by Museum of London Archaeology’s Thames Discovery Programme. I shall be looking at what lessons these two organisations can offer in terms of best practice in the future.

Comparing how each of these organisations have used their different resources to address the different challenges presents ideas relevant to the conduct of future archaeological projects with a mental health and wellbeing dimension.

**16:45** **Neil Redfern (Historic England) - Prescribing Peel Hill Motte, Thorne (15 mins)**

Our heritage is not to be avoided because it precious, rather it needs to be woven into to the fabric of places and people’s lives. This presentation will explore the background to a development of an extra care facility next to the scheduled Peel Hill Motte in Thorne and how we required it to be included it in the development with a the specific intention for the motte to contribute to the health and wellbeing  of the new residents by giving them a unique environment to live, providing them direct access to the monument and using the archaeology as catalyst for social engagement and communication: Doctor can you prescribe the Motte?

**17:00** **Cara Jones (Archaeology Scotland) - Developing projects with social impacts (15 mins)**

Since 2011, Archaeology Scotland’s Adopt-a-Monument scheme has actively developed projects to enable new heritage audiences to explore and discover their local heritage. These projects have included work with diverse audiences from organisations like Crisis and Women’s Aid. The projects have placed the volunteer at the centre, with the heritage as a medium to improve health and wellbeing, develop new skills and new appreciations for their local area. Leading on from this, Archaeology Scotland has now developed a new project called Attainment through Archaeology. Working with 11-26yr olds, this project will help them develop new skills and experiences they can utilise in their next steps in life.

This paper will review at our journey with these projects, presenting case studies, our lessons learned along the way and demonstrate how participants from all areas of society can benefit from taking part in heritage activities.

**17:15** **DISCUSSION 15 mins**