

BURGH CASTLE ALMANAC EVALUATION

November 2021



This evaluation of Burgh Castle Almanac was commissioned by the Restoration Trust and the Broads Authority.

It uses qualitative evaluation tools, including participant and stakeholder focus groups and interviews, to explore participant experience and stakeholder learning.

The evaluation was carried out in two stages. A first report was prepared following participant and stakeholder focus groups conducted in October 2019, prior to the COVID-19 Pandemic and the Burgh Castle Almanac programme moving from face-to-face to online meetings.

This final report was prepared in Autumn 2021, following a series of participant and stakeholder interviews which took place in Summer 2021, after a hiatus in the Burgh Castle programme resulting from COVID-19, and the shift to online meetings.

It was conducted by Jane Willis, Director of arts and health consultancy Willis Newson.

almanac

/'ɔːlmənək, 'ɒlmənək/

noun

An annual calendar containing important dates and statistical information such as astronomical data and tide tables.

Similar: yearbook; calendar; register; annual; manual; handbook; compendium; annal(s); archive(s); chronicle(s)

An almanac is an annual publication listing a set of events forthcoming in the next year. It includes information like weather forecasts, farmers' planting dates, tide tables, and other tabular data often arranged according to the calendar. Celestial figures and various statistics are found in almanacs, such as the rising and setting times of the Sun and Moon, dates of eclipses, hours of high and low tides, and religious festivals. The set of events noted in an almanac may be tailored for a specific group of readers, such as farmers, sailors, or astronomers.

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1.0 EXECUTIVE SUMMARY

Burgh Castle Almanac was an archaeology, creativity and wellbeing programme for mental health services users in the Great Yarmouth, Lowestoft and Waveney area which took place at Burgh Castle Roman Fort and the Time and Tide Museum in Great Yarmouth between January 2018 and May 2021.

It was delivered by the Restoration Trust, in partnership with Norfolk Archaeological Trust, Access Community Trust and Norfolk Museums Service, and was funded by The Heritage Lottery as part of the Broads Authority Water Mills and Marshes programme.

The project comprised monthly gatherings of people with complex mental health needs referred to the project by Stonham Home Group, Access Community Trust, Better Together Norfolk and through self-referral. Each month, the group would meet to walk around the Roman fort making a photographic record of the changing seasons.

Evaluation

This qualitative evaluation conducted by Jane Willis, Director of arts and health consultants Willis Newson, explores participants' experience of taking part in Burgh Castle Almanac, as well as partner and stakeholder learning from the project.

Project Outputs

The project recruited 29 participants of whom 13 have attended regularly in the 71 monthly meetings delivered at Burgh Castle and the Time and Tide Museum over three years. A closed Facebook group kept participants connected, while the project website delivered a digital reach of 65,637 visitors over 3 years.

An exhibition was created by all those involved in the project, which was displayed at the Time and Tide Museum in 2019, reaching an audience of more than 2,000.

In December 2021 an online exhibition curated by Ian Brownlie and involving all those in the project, will be published by the Broads Authority.

The publication of a Burgh Castle Almanac is planned for February 2022.

Participants gained a variety of new experiences including a wide range of visits, workshops, talks, and activities and gained practical skills in recording wildlife, landscape and archaeology, as well as learning archaeological techniques and practical conservation and site management.

Project Impacts

Burgh Castle Almanac created a safe, accessible and welcoming environment in which participants who were feeling anxious, depressed, isolated, lonely and withdrawn were able to connect with others, learn new things and engage with history, nature and landscape.

Participants felt fearful attending for the first time. Physical barriers to engagement, such as lack of transport, were addressed, and participants were provided with encouragement and support to attend. A variety of ways in were offered, there was no pressure to take part, and the group was warm, welcoming and non-judgemental.

Participants made new friends and found they were able to connect and share openly without judgement or fear of stigma.

They found sanctuary in nature, which was calming and restorative. Returning to the same site repeatedly over many seasons, encouraged them to take notice, learn about ancient history, and experience being in the moment, where they found freedom and solace.

They were stretched and challenged to try a wide range of new activities, which they found enjoyable and rewarding. Taking risks, trying new things, gaining new knowledge and learning new skills boosted their confidence and self-esteem.

“So yeah, the future definitely looks positive. I feel happier in myself. I’ve got a sense of wellbeing back. I’m not lonely anymore. I look at life in a different way. I feel healthier. Mentally healthy. I haven’t had a panic attack now for probably nearly two years. I feel like I’ve been given a new lease of life.”

The combination of connection and sharing, engagement with nature and ancient history, learning new skills and taking risks, led to self-reported improvements in mental health and wellbeing.

“If it hadn’t been for Burgh Castle Almanac, I don’t think I would have been here now.”

Many described taking part as life changing. Grateful for all they had gained, fuelled by increased confidence and self-esteem, and realising that they, too, had something of value to share, they sought ways to help others, including volunteering within other groups and setting up the peer-led, community group, Burgh Castle Almanac Experience.

“And now I want to help other people. People out there have given their time to help me. So, it’s only right for me to pay back and try to help others. It makes you feel good inside.”

Active Ingredients

Many of the factors which characterised the success of the project on a micro level - the way in which the group was facilitated, and sessions were planned and delivered - have also characterised the success of the project on a macro level. These include:

- Paying particular attention to enabling access and engagement
- Balancing the need for structure and freedom
- Facilitating co-production through non-hierarchical frameworks
- Enabling risk-taking and innovation
- Prioritising long-term sustainable change through depth and duration of engagement

Contextualising Learning

When considered alongside the Bournemouth University Human Henge research, this evaluation of Burgh Castle Almanac suggests that the beneficial impact on mental wellbeing of engaging with ancient landscapes is replicable across different historic landscapes, and that the therapeutic value of ancient landscape lies less in the importance or value of specific sites, and more in qualities inherent in all ancient landscapes.

The findings also suggest that tapping into this resource as a means of addressing mental wellbeing will diversify audiences for landscape and heritage by increasing access for under-represented communities.

Recommendations

The evaluation makes four recommendations which might further unlock the value of ancient landscapes. These are:

- The need for longer-term funding models which embrace risk-taking and innovation;
- The need to contextualise this learning alongside other programmes in order to develop a Quality Framework to inform the development of future ancient landscape and mental wellbeing projects;
- The opportunity to reappraise the value of ancient landscapes, drawing on wider evidence, to develop a business case for ancient landscape in relation to health, wellbeing and social inequalities which might support future funding;
- The need for longitudinal research to establish whether the impacts of Burgh Castle Almanac and the Burgh Castle Almanac Experience are sustained over time

2.0 BURGH CASTLE ALMANAC

2.1 PROJECT OVERVIEW

Burgh Castle Almanac was an archaeology, creativity and wellbeing programme which took place at Burgh Castle Roman Fort and the Time and Tide Museum in Great Yarmouth. It engaged mental health services users in the Great Yarmouth, Lowestoft and Waveney area. It began in May 2018 and, with interruptions and a move to online as a result of the COVID-19 pandemic, ran until October 2020. Since the end of the project, it has evolved into the peer-led programme, The Burgh Castle Almanac Experience.

Burgh Castle Almanac was delivered by the Restoration Trust, in partnership with Norfolk Archaeological Trust, Access Community Trust and Norfolk Museums Service.

The project comprised monthly gatherings of people with complex mental health needs referred to the project by Stonham Home Group, Access Community Trust, Better Together Norfolk and self-referral. Each month, the group would meet to walk around the Roman fort making a photographic record of the changing seasons.

Sometimes the group was joined by archaeologists, artists, musicians, environmentalists and other experts to explore the landscape in a range of different ways.

In between each monthly walk, the group met at the Time and Tide Museum to make art reflecting their experiences.

A project website is available at:
<https://burghcastlealmanac.org>

The project was part of Water, Mills & Marshes, a £4.5 million programme involving 40 projects and more than 50 partners between January 2018 and December 2022.

Water Mills and Marshes is part of a Landscape Partnership Scheme (LPS) funded by the National

Lottery Heritage Fund which aims to ensure that distinctive landscapes are looked after as they tell us about our past, are part of our present lives and should be conserved for the future. The aims of Burgh Castle Almanac fit within the wider strategic priorities of the wider Water, Mills and Marshes programme which are:

- To increase the information and interpretative material about the history and special qualities of the Broads
- To encourage people out into the landscape, and to improve physical access to and within the scheme Area
- To protect and enhance heritage assets at risk; to discover, record and protect waterlogged archaeological assets
- To create and connect habitat corridors to strengthen our ecological networks; to improve land and water management regimes to adapt to climate change and development pressures
- To enable community projects through a small grants programme

A project website is available at:
www.watermillsandmarshes.org.uk

2.2 BACKGROUND - HUMAN HENGE

The development of Burgh Castle Almanac was informed by learning from Human Henge, a heritage, culture and wellbeing programme run by the Restoration Trust between 2016 - 2019 in partnership with Richmond Fellowship, English Heritage, the National Trust and Bournemouth University, supported by Avon and Wiltshire Mental Health Partnership NHS Trust and funded by the National Lottery Heritage Fund, Wiltshire County Council and English Heritage.

Like Burgh Castle Almanac, Human Henge aimed to enhance the mental wellbeing of participants through activity and exploration in ancient landscapes. In

Human Henge, this was achieved through a facilitated programme of participant-led activities delivered with experts, carers, support workers, and contributors from a range of cultures who together explored prehistoric landscapes in the Stonehenge and Avebury World Heritage Sites.

A project website is available at:
<http://humanhenge.org>

Bournemouth University researched Human Henge, exploring the question: “Does a creative exploration of historic landscape achieve sustained, measurable mental health and wellbeing outcomes for people with mental health conditions?”

The Human Henge research carried out by Bournemouth University was cautious in its conclusions around the wellbeing impact of engaging with the historic landscape of Stonehenge because of the small sample size of participants involved in the research. However, it did state:

“It was evident that for the majority of participants there was a positive impact upon their mental health and wellbeing which they attribute to the programme and associated activities.”

(Heaslip, V and Darvill, T; June 2017; Human Henge Wellbeing Research: First Report)

Since the numbers of participants engaging in Burgh Castle Almanac are fewer than Human Henge, rather than seeking to replicate the measurement of mental health and wellbeing outcomes, this evaluation seeks to build on the previous research by developing a deeper understanding of the experience of participants.

Burgh Castle Almanac, when seen in the context of Human Henge, also provides an opportunity to explore the impact of engagement with a historic landscape which is less prestigious and well known than Stonehenge, responding to the previous research’s observation:

“It is important to explore whether the findings would be similar if the programme of visits and experiences was set in a different historic landscape, one that did not have the prestige or facilities of Stonehenge.”

(Heaslip, V and Darvill, T; June 2017; Human Henge Wellbeing Research: First Report)

Finally, the Bournemouth University research noted the importance of ensuring that future similar work pay particular attention to ensuring participants:

“... work their way out of the programme and back into the wider world in a tapered fashion so that they do not feel abandoned at the end of the programme.”

(Heaslip, V and Darvill, T; June 2017; Human Henge Wellbeing Research: First Report)

For this reason, Burgh Castle Almanac has paid particular attention to supporting long-term engagement through an extended three-year programme together with the use of social media and Stay In Touch Groups. The success of this approach is evidenced through the post-project, peer-led programme, the Burgh Castle Almanac Experience.

2.3 BURGH CASTLE ALMANAC AIMS

Burgh Castle Almanac was shaped in response to learning from Human Henge, while also needing to respond to the funding parameters of Water Mills and Marshes.

Despite its primary aim being to improve mental wellbeing, Burgh Castle Almanac managed to fit within the scope of the Water Mills and Marshes programme by meeting the wider programme’s aim to encourage people into the landscape.

Burgh Castle Almanac’s stated aims were to:

- Improve the mental health of participants
- Increase access to Burgh Castle for under-represented communities

- Develop participants' skills in practical conservation and recording wildlife, landscape and archaeology
- Create a Burgh Castle Almanac by carrying out a creative site survey over two years using photography, film, writing, sound, and drawing.

2.4 BURGH CASTLE ALMANAC PARTNERS

Burgh Castle Almanac was delivered through an active collaboration of partners and stakeholders including:

The Restoration Trust

The Restoration Trust engages people with mental health problems with heritage, art and culture in order to support their wellbeing and mental health.

www.restorationtrust.org.uk

Norfolk Archaeological Trust

Norfolk Archaeological Trust is a conservation charity that cares for some of the most important archaeological sites in the county.

www.norfarchtrust.org.uk

Stonham Home Group (left the project in 2018)

Home Group is one of the biggest housing associations in the UK and one of the UK's largest providers of new homes and houses for affordable rent. In addition, it provides long term integrated housing, health and social care.

www.homegroup.org.uk

Access Community Trust (joined the project in 2018)

Access Community Trust in Lowestoft promotes social inclusion for the community benefit by preventing people from becoming socially excluded, relieving the needs of those who are socially excluded and assisting them to integrate into society.

www.accessct.org

Tide and Time Museum

Tide and Time Museum tells the story of Great Yarmouth and its herring industry in the premises of the Tower Fish Curing Works, originally built c.1850.

www.museums.norfolk.gov.uk/time-tide

Ian Brownlie is a community musician and artist who works with people from all walks of life, including children, older adults and people living with complex needs including mental health. He has experience of working with a wide range of settings including care homes, prisons and schools and is associate tutor at the Sainsbury Centre for Visual Arts.

www.ianbrownlie.co.uk

Tod James CF FRSA was the Burgh Castle Project Support Worker. At the same time, Tod ran Feedback Mental Health, a group set up to ensure that mental health service-users are actively involved in the development and implementation of service improvement in Lowestoft, Great Yarmouth & Waveney, and worked for Access Community Trust.

[@TodjamesCF](https://twitter.com/TodjamesCF)

2.5 WIDER POLITICAL, ECONOMIC AND SOCIAL CONTEXT

One of the biggest challenges to the project team - even before the COVID-19 pandemic - was the impact of the wider political, economic and social context. This was seen in the acuity of need of participants, as well as in the complex, uncertain and changing wider health and social care landscape.

For example, although the project team was able to initially engage NHS mental health partners, they were unable to fully sustain their engagement in the project due to lack of capacity.

Meanwhile, the wider culture of tendering and contracting for health and social care contracts also impacted the project. The project lost Stonham Home Group as a partner because that organisation lost its contract to work in the area. Although this was a setback, it was overcome through a new relationship with Access Community Trust who took over their role.

Even within the project, one partner organisation was consumed in a large-scale review of their own organisation in response to the changing climate of pre-COVID austerity, which meant that they were unable to provide as much time and support as planned.

The evaluation did not have the resources to revisit these challenges post-COVID-19. However, it can only be assumed that they will have become more acute and more challenging since March 2020.

2.6 BURGH CASTLE ALMANAC OUTPUTS

In seeking to meet its aims, Burgh Castle Almanac delivered the following outputs:

Sessions

- Four fortnightly taster sessions at Burgh Castle and Time and Tide Museum
- 71 creative site survey sessions (using photography, writing, sound and video) and creative sessions at Time and Tide Museum to develop creative work and reflect on experiences were planned.

Participants

- Two participants recruited to the Burgh Castle Project Board
- 29 participants enrolled and 13 have been regular attenders

Communication Assets

- Burgh Castle Newsletter
- Project website with digital reach of 65,637 visitors and 217,505 visits over 3 years
- Active private Facebook Page with 45 members. Between November 2020 and November 2021, there were 146 posts, 309 comments, and 827 reactions
- A Burgh Castle Almanac - a printed book for all participants and stakeholders and E-Book for wider distribution will be completed by February 2022.
- An exhibition at Time and Tide Museum in April 2019 with an audience reach of more than 2,000 people

- An installation at the Waveney Sculpture Trail in August/September 2019 with an audience reach of more than 3,000 people.
- Presentations and workshops for Creativity and Wellbeing Week 2019, Norfolk Makers Festival 2020, Heritage Open Days 2018, 2019, 2020, 2021
- An online exhibition curated by Ian Brownlie with participants will be published by the Broads Authority in December 2021
- A short film created by participants with BBC Voices in September 2018
- A film, The Return of Happy Times, premiered at the Seagull Theatre Lowestoft in September 2020 and has also been shown at the Steam Café Gorleston, the Forum Norwich. Available on the Restoration Trust's You Tube channel
- Press and professional publications in the Daily Mirror, the National Lottery Heritage Fund website (for Mental Health Awareness Week 2020), on BBC Radio Norfolk, and in case study publications including Heritage, Health and Wellbeing (Heritage Alliance 2020)

2.7 PROJECT PROGRAMME

2016: Taster Sessions

The project was developed in consultation with partners and participants. Before the project commenced in full in 2018, The Restoration Trust delivered four three-hour fortnightly taster sessions in consultation with support workers and partners. Sessions alternated between Burgh Castle and Time and Tide Museum.

2017 - 2018: Project Development

Following the tasters, a year's development work took place between May 2017 and April 2018. During this time, the project team developed partnership and

funding agreements, agreed roles and responsibilities and refined the delivery plan. Creative facilitators were recruited, and Stonham Home Group Project Support Workers were identified to support participants.

Recruitment leaflets were made, a project website and Facebook page were set up to ensure awareness and effective participant recruitment.

2018 - 2021: Project Delivery

Project delivery started in April 2018, with 24 monthly Burgh Castle sessions and 24 monthly Time and Tide Museum sessions planned between April 2018 and March 2020, but the project was extended to October 2020 as a result of COVID-19 and 71 sessions were delivered in total.

The recruitment of 29 participants took place through Access Community Trust since Stonham Home Group left the project. Mental Health Support Worker, Tod James, was recruited to support participants and ensure that the programme was actively planned and delivered in collaboration with mental health service-users.

Each month, participants met to walk around the Roman fort, surveying the site through photography, writing, sound and video recordings. After each monthly site visit, they met two weeks later in the Time and Tide Museum to take part in facilitated sessions to develop their creative work and reflect on their experiences on site.

In addition to the monthly walks and visits to Time and Tide Museum, a number of other activities took place. A full list of these can be seen in Appendix 2.

2.8 BUDGET

The original budget for the project was £44,204, in the form of a grant from the National Lottery Heritage Fund via the Broads Authority Water Mills and Marshes programme.

In addition, a further National Lottery Heritage Fund grant of £6,974 was made via the Water Mills and Marshes Programme towards the evaluation and £3,500 towards the production of the almanac.

The Restoration Trust raised a further £9,590 from the National Lottery Community Fund towards the film and £350 from Norfolk Arts towards the exhibition at Time and Tide.

The total cash cost of the programme was therefore £64,618.

Non-cash, in-kind contributions were made from project partners and volunteers totalling £69,929, making the overall cost of the programme £134,547.

Burgh Castle Almanac Budget

National Lottery Heritage Fund	£54,678
National Lottery Community Fund	£9,590
Norfolk Arts	£350
<u>Total Cash Budget</u>	<u>£64,618</u>
<u>In-kind, non-cash contributions</u>	<u>£69,929</u>
Total Budget	<u>£134,547</u>

3.0 EVALUATION METHODOLOGY

3.1 EVALUATION AIMS

This evaluation aims to explore participants' experience of taking part in Burgh Castle Almanac, alongside partner and stakeholder learning from the project. It aims to contextualise this learning in relation to Human Henge, the Restoration Trust's comparable historic landscapes project and the wider context of heritage, culture and wellbeing, in order to inform the development of future projects as well as the Restoration Trust's overall approach to Culture Therapy.

3.2 EVALUATION DESIGN

The evaluation was informed by a partial review of literature relating to the use of heritage and landscape to support mental health.

A logic model was developed for the project (See Appendix 3) which, together with a list of potential outcomes identified through the literature review (See Appendix 4), informed the development of an outcomes framework (See Appendix 5) which informed the approach and tools used within the evaluation.

Since the number of committed participants was small, and that there was no baseline data due to the fact that the evaluation was commissioned after the project started, it did not make sense to collect quantitative data relating to project outcomes.

The evaluation therefore sought to explore, understand and articulate the experience of participants in order to better understand the impacts of the project.

The evaluation is also interested in how and why the project has achieved any identified impacts so that the active ingredients of the project can be better understood and replicated in future.

3.3. EVALUATION TOOLS

The evaluation used qualitative tools appropriate to the resources available. These included:

Participant Focus Group

A creatively facilitated two-hour participant focus groups was delivered in October 2019, two thirds of the way through the project. Eight people took part, including three women and five men. Of those who took part, five had been engaged in the project for more than two and a half years, and three had joined the project in the past seven months.

The participant focus group aimed to explore 2 qualitative questions:

- What was your experience of Burgh Castle Almanac?
- What impact did the project have on you personally?

During the Focus Group participants were invited to reflect on their experience of taking part in Burgh Castle Almanac through making a collage. They were then invited to talk about their collages, explaining their choice of images or the narrative they created. The collages and narratives can be seen in Appendix 1.

Stakeholder Focus Group

A stakeholder focus group was held in October 2019 which sought to explore the process of delivering the project. Four stakeholders took part including:

- Laura Drysdale, The Restoration Trust
- Caroline Davison, Norfolk Archaeological Trust
- Ian Brownlie, Artist
- Colin Stott, Time and Tide Museum

Participant Interviews

In-depth, semi-structured interviews were carried out with two participants.

Three participants were invited to take part in these interviews, chosen anonymously to represent a cross section of those taking part in terms of age, gender and duration of involvement in the project. While all three accepted the invitation to take part in the interviews, only two interviews actually took place since one person was subsequently unable to participate.

The interview transcriptions were then edited to create anonymised participant case studies written using the participants' own words (See Section 5).

Stakeholder Interviews

In-depth, semi-structured interviews were carried out with three stakeholders:

- Andrew Farrell, Water Mills and Marshes
- Tod James, Burgh Castle Almanac Project Support Worker
- Ian Brownlie, Burgh Castle Almanac Artist Facilitator

Project Monitoring

Alongside this, project monitoring was undertaken by the project team, including:

- Numbers of sessions delivered
- Numbers of participants
- Participant data including referral mechanism, postcode, and age
- Website statistics
- Facebook statistics
- Exhibition attendance figures

Data Analysis

Data from focus groups and interviews was recorded, transcribed and analysed thematically to inform the evaluation findings.

3.4 ETHICS AND CONSENT

The evaluation has been researched and compiled with all reasonable skill care and attention to detail within the terms of accuracy, appropriateness, bias and ethical practice. As a non-academic service evaluation, this evaluation did not undergo a formal academic ethics approval process. However, every attempt has been made to be mindful of and comply with ethical practice.

All focus group and interview participants were fully informed prior to consenting to take part in the evaluation.

Participants were invited to take part, but it was made clear that this was voluntary and not compulsory and that participants could withdraw from the evaluation at any time.

Participants were made aware that in giving consent to take part, their contribution would be both confidential and anonymous.

All data was stored securely and treated with the utmost confidentiality and was used only for the purposes of evaluation.

4.0 PARTICIPANT FINDINGS

4.1 CONTEXT AND NEED

Anxiety and Low Mood

In describing their experience of Burgh Castle Almanac, participants talked of low mood, depression and anxiety, including social anxiety, which, coupled with low self-esteem, often caused them to feel isolated, lonely and withdrawn.

“I was very withdrawn. I wouldn’t go out of my flat. I didn’t want to do anything. I just felt alone. I thought, is this it? You know, this is not the life I wanted to end up having.”

“When I became ill, I just felt I didn’t belong in society. I didn’t deserve to be a part of anything.”

“When you are feeling really low you can feel that the world has become smaller and being part of this project is maybe that the world has become bigger.”

“I get quite worried about what is going on the world about the way things are going”

Early Trauma

Both participants interviewed for the Participant Case Studies were able to trace the roots of their current mental health back to adverse childhood experiences, including childhood trauma.

“I had an extremely abusive childhood.”

“As a child I was made to feel worthless.”

“My childhood, growing up, wasn’t brilliant... I always used to feel stupid talking to people for some reason. I just felt, you know, they don’t really want to know me.”

Fear of Taking Part

Attending Burgh Castle Almanac for the first time was

difficult. Many felt fearful of meeting others and of not being accepted or made to feel welcome.

“That first time I went along, I felt fear: fear of the unknown; fear of being with a group of people I didn’t know; fear of not being accepted. Absolute pure fear!”

“I had become very insular and didn’t want to go out or do anything.”

4.2 TAKING PART

Connection

Any fears of joining the group were allayed by the warm welcome they received.

“But, when I met Laura, I felt at instantly home. Her openness and her welcoming manner put me at ease straight away. And everyone else was so welcoming too.”

Participants quickly felt at ease and at home and were able to connect and make friends with other members of the group.

“But now I have this immense new group of friends, you know, and we are connected on social media.”

“We’re like a family.”

“I have made new friends which I never thought I would.”

People described the importance of feeling part of a community of people who actively cared for each other.

“When one person struggles, someone’s there alongside”

“That is a mother bear caring for her cubs. Everyone should care for each other.”

Sharing

Participants talked about sharing their experiences of mental health openly and without judgement or fear of stigma.

“You’re not judged by anyone. You’re not branded by anyone as a ‘thing’. You’re not put in a box. We’re a family, we’re a group. We go through the ups and downs together.”

They realised that they were not alone in experiencing difficult lives and supported each other through listening and sharing.

“Sometimes it just helps people to talk. I know what it’s like to bottle things up over years and years and not have anyone to talk to. And now I’ve learned not to hold it all back. Just talk to someone.”

“It is good to talk to people. Don’t hide everything. Don’t bottle it in.”

“I have really enjoyed it because I am quite an introverted person really, and it’s just nice to be able to chat to people. It’s just very therapeutic. And you can just go up and talk, and you talk about things you don’t normally talk about.”

Talking and sharing openly with each other also helped people to gain fresh perspectives on their own lives.

“You can talk about your experiences and what you’ve been through in life. And then people give you different perspectives on how they handled that same situation... It’s just helped me immensely.”

Trying new things

Once engaged in the group, participants found the range and diversity of activities rewarding and enjoyable.

“Burgh Castle Almanac ticked all the boxes for me: I love outdoors; I love nature; I love history. So doing all

those things together was spot on.”

“I wasn’t doing anything at all before. But since I’ve been with the Burgh Castle group it’s been unbelievable what it’s opened up for me. I’ve learned so much.”

They tried new things and were often surprised and pleased by their achievements.

“There’s a lot of things I wouldn’t have ever done before Burgh Castle. I wouldn’t have done any of this. I wouldn’t be where I am today. I can’t believe how many things I have done actually.”

Stretch and challenge

Participants acknowledged that the activities on offer were not always easy. They were encouraged to stretch their comfort zones.

“Burgh Castle stretches you. I mean, it’s not easy. You learn some quite unusual things. Nearly all the activities we’ve done have been highlights for me, because I’m doing stuff I’ve never done before.”

“Sometimes you have to take a risk and jump off the deep end.”

The role the group played in supporting and encouraging them to take risks and try things, was seen as important.

“Before Burgh Castle, I probably wouldn’t have gone to any of it. I’ve always said I’m the type of person that needs a push. And at Burgh Castle, there are people to give you a gentle nudge. Try this. Try that, you know.”

“At the end of the day, the only person that can help you is yourself. But these groups, they give you a gentle push or, yeah, guide you to a better way.”

“You know, sometimes like, you have to go outside your comfort zone and you have to go fishing for other stuff.”

Learning

Learning new things helped them to recognise and expand their sense of their own potential, whether this related to history and heritage, or listening skills and helping others.

“And all the people - the specialists - that we’ve had. I’ve learned so much from other people.”

“Discover more. The more you know the better things are for you, aren’t they?”

Learning through the project boosted their self-esteem and confidence and encouraged them to go on to find out more in their own time.

“I can tell them the answers because I’ve found it all out and researched it and yeah, I’ve become an expert.”

“When we interviewed one of the film makers ... one of his favourite photographers was Anselm Adams and I had never heard of him, so I looked up his stuff and found out how amazing it was - so that’s something that has come directly out of the group.”

History

One of the key aspects of the project that captured people’s interest and imagination was the history of the Burgh Castle site.

“I’ve learned so many different things. I’m reading books, I’m researching things on the internet, which I would never have done before. You know, the history of Burgh Castle, the history of the Roman army and the Iceni tribe, and Boadicea - there’s just so much to immerse yourself in.”

“..... found a Roman Coin and I think that was one of the best things.”





"I have gained an appreciation of history, peace of mind."

Landscape

Alongside this, participants acknowledged the therapeutic impact of being in nature, being outdoors, and witnessing the changing seasons.

"Being outdoors I think that is just very important for wellbeing and health and going for walks as well."

"The important thing for me is that it runs all year, so you get to see the seasons change, going from summer into autumn into winter and that gives me a sense of the landscape and appreciating the nature."

"Sometimes, I come back here by myself. I just sit in Burgh Castle, taking it all in. When you do that, take in what you have around you, appreciate what you have around you, it brings you to a place of calm. It recharges your battery. Yeah, it really does."

Nature as Sanctuary

Landscape and nature provided a sanctuary, a safe place to talk and connect with others.

"[Burgh Castle] is like a little safe place for me, I feel calm and relaxed up here and everything just shadows off."

"I have always found calm by water and there's a spot on the site that I take a little 5 or 10 second clip of, and if I am struggling, I play it to myself just to hear the sounds and stuff."

"I think people talk more when they walk. I can talk better when I am walking along, I don't know why."

New Perspectives

Participants talked of ways in which being in nature and engaging with history provided them with fresh perspectives on their own lives.

Returning to the same site repeatedly across the seasons, encouraged them to look closely, take notice and experience being in the moment, being present.

“But up close here, really looking at life and really being in the moment, that is something I have gained a lot from this.”

Conversely, it also enabled them to look out and gain a sense of the bigger picture - to see themselves in relation to nature and deep history - and, in doing so, find inner peace and freedom.

“I think what the group has taught me more than anything is to look outside. But in looking outside, you find an inner peace; you can find new freedoms within you as well as being in a lovely landscape which gives you freedom as well.”

4.3 PERCEIVED IMPACTS

Improved Wellbeing

Participants all claimed that taking part in Burgh Castle Almanac had improved their wellbeing.

“Burgh Castle Almanac has impacted on virtually every area of my life in a positive way.”

“I’ve lost over a stone in weight.”

Several said it had given them a new lease of life.

“So yeah, the future definitely looks positive. I feel happier in myself. I’ve got a sense of wellbeing back. I’m not lonely anymore. I look at life in a different way. I feel healthier. Mentally healthy. I haven’t had a panic attack now for probably nearly two years. I feel like I’ve been given a new lease of life.”

Others described the project as life changing.

“These things give you a purpose. It’s just been a life changer.”

“I’m lucky. Very lucky. I don’t feel lonely at all anymore. I feel so much better. I actually feel like a totally different person.”

Another implied that the project had been a life saver.

“If it hadn’t been for Burgh Castle Almanac, I don’t think I would have been here now.”

Helping Others

Grateful for all that they had gained and realising that they had something of value to offer, participants actively sought out ways to help others.

“And now I want to help other people. People out there have given their time to help me. So, it’s only right for me to pay back and try to help others. It makes you feel good inside.”

“I’ve become a peer mentor.”

“I go along to a Men’s Sharing Group – I don’t have to – but I go because I might be able to help other people.”

This desire to share their experience and knowledge, drove the establishment of the Burgh Castle Almanac Experience, a peer-led community group, and part of the project’s long-term legacy.

4.4 CRITICAL SUCCESS FACTORS

Participants commented on why they thought the project had been successful.

A Safe Space

They noted that the project felt safe, welcoming, well managed and well-held, and a place where they did not feel judged.

A long-term project

The fact that it was a three-year project also enabled them to feel safe, knowing that it was going to



carry on. Within this context, they felt able to forge friendships knowing that the project was not going to suddenly end.

“Knowing it’s not going to shut down after a couple of months.”

Nature and the outdoors

The connection with the landscape was seen as a critical factor in the project’s success.

“To have such a beautiful place on my doorstep is incredible. There are places like that all around us, but we don’t know about them; we don’t engage with them. And now, myself and my wife, we get out more, we go walking to different places.”

5.0 PARTICIPANT CASE STUDIES

5.1 STUART'S STORY

Burgh Castle Almanac helped Stuart overcome a traumatic early life, an abusive childhood, substance abuse and mental health problems. In BCA he has found belonging in a safe and welcoming space, enabling him to build a new family of friends. It has rekindled a love of nature, heritage and learning, giving him a sense of purpose.

A traumatic childhood

I'm 51 years old, nearly 52. I had an extremely abusive childhood. My father would go out drinking and come back picking arguments and fights. I witnessed him abuse my mother, and then the abuse turned to me.

On my third birthday he came back from the pub, paralytic drunk. He went to bed, and I stayed in the kitchen listening to the radio. But it woke him up. He came into the kitchen, picked me up, and kept throwing me against the wall until my Mum finally got him to stop. By then I'd got broken limbs and feet. That is my first childhood memory.

One night - when I was eight years old - he got into a fight with my Mum when she was nearly nine months pregnant. He beat the hell out of her and pushed her downstairs. She lost the baby who would have been my younger sister.

Alcohol and violence a normal part of life

I was very small until the age of 14, so I was bullied at school. I was told if I didn't fight back, I'd get an even bigger beating from my father. So, I learned to fight.

My dad would pick fights in pubs. There were knives, stabbing. That was how it was. My father was in and out of prison while I was growing up.

As a teenager, depressed and reliving things from my past, I just used alcohol to get through.

A way out

At school, I was academically brilliant. I ended up with eight O' levels, and 4 CSEs. I got a really good job when I left school, and I moved into my first senior management role at 18.

I met a girl, left home, set up home with her and we got married.

I got another job, and, within three months, I got asked to become a trainer and then a section manager in charge of 50 people, and then Area Manager. I was on a good salary, company car, benefits. I had stopped drinking. I had a young family, a really good family life.

Setbacks

Then one day I found my wife had been cheating on me and in that same year, I got caught in the middle of trouble at work. I got death threats, and someone tried to run me off the road. The police traced it back to some guys from work and they put me on gardening leave while they investigated.

At home, with nothing to do, I started going to the pub to watch the football. But one night, I was attacked on the way home. I don't remember anything - I woke up in hospital with a fractured skull, broken jaw, cheek bones, ribs, arms. I'd been attacked and left for dead.

Breakdown

After that, I couldn't take it anymore. I had a breakdown.

My parents sectioned me, and then disowned me, washed their hands of me. They were ashamed of a son who was suffering mental illness.

I was in and out of psychiatric care for three and a half years until I was discharged into a hotel full of alcoholics and addicts. So, I started drinking again.

I met the wrong people. I was still being paid from my last job and people knew I had money, so they started

using me. I got into drugs, and it was just one slippery slope.

In the one year, I made 17 suicide attempts. Eventually, I took a massive overdose and slit my wrists. I don't remember anything - I woke up in hospital my arms all bandaged.

Back from the brink

The nurse told me, "You should have died. You're a very lucky man." It was a big turning point. I started thinking about not myself but my children. I just decided, no more alcohol, no more drugs. And that's what I did.

I joined a church where I met a friend who helped me get a job. I'd only been there for a few months, when I became assistant manager; eight months later, I was manager; and exactly a year to the day of joining I became the regional manager.

I stayed there, I met my new wife, and things got better.

Unable to hold it together

I've always used work to manage things, keep things at bay. And I managed to keep it together like this until I just couldn't do it anymore.

I put on this persona during the day and as soon as I got home, my mood would hit the floor. I just couldn't do the falseness and faking anymore.

Eventually I had a proper breakdown. I tried to take my life again. I was really in a bad way. So, I was back into hospital.

The Turning Point

I've been with the Mental Health Recovery Team since 2018. This was the year that one of the support workers introduced me to Burgh Castle Almanac.

My wife said I should give it a try. I had become very

insular and didn't want to go out or do anything. But even with her and the support worker behind me, I still wasn't sure about it. But they really pushed me and I'm so thankful and grateful that they did. I really am.

That first time I went along, I felt fear: fear of the unknown; fear of being with a group of people I didn't know; fear of not being accepted. Absolute pure fear!

But, when I met Laura, I felt at instantly home. Her openness and her welcoming manner put me at ease straight away. And everyone else was so welcoming too. It was like being in a family, a loving family. And that was something I've never had.

Learning new skills and rekindling old ones

Burgh Castle Almanac ticked all the boxes for me: I love outdoors; I love nature; I love history. So doing all those things together was spot on.

And, through everything we've done together at Burgh Castle, I've got back into my creative side as well. I've done creative writing, I've written songs.

I've learned so many different things. I'm reading books, I'm researching things on the internet, which I would never have done before. You know, the history of Burgh Castle, the history of the Roman army and the Iceni tribe, and Boadicea - there's just so much to immerse yourself in.

And when you've got some knowledge of something, you enjoy it more.

On the last walk I led, people were firing questions at me left, right and centre. I can tell them the answers because I've found it all out and researched it and yeah, I've become an expert.

A sense of belonging

As a child I was made to feel worthless, so my way of making myself feel ok, of distracting myself from painful things, was to work. Prior to becoming ill, I didn't have friends. It was just all work, work, work. That was my way of coping. I just immersed myself in work.

But now I have this immense new group of friends, you know, and we are connected on social media.

You can talk about your experiences and what you've been through in life. And then people give you different perspectives on how they handled that same situation. And it's given me confidence to be able to say, right, yeah, okay, I'm going to try and do this, when that problem occurs again. It's just helped me immensely.

It's so good to be involved in something like this. You're not judged by anyone. You're not branded by anyone as a 'thing'. You're not put in a box. We're a family, we're a group. We go through the ups and downs together.

I feel included again, you know, because when I became ill, I just felt I didn't belong in society. I didn't deserve to be a part of anything.

Finding purpose

The Stay in Touch gatherings give me something to look forward to. I am part of the Burgh Castle Almanac Experience Group. And I'm also on the Restoration Trust Advisory Board and a steering group advising groups new to Social Prescribing and Culture Therapy.

These things give you a purpose. It's just been a life changer.

Impacting every area of life

Burgh Castle Almanac has impacted on virtually every area of my life in a positive way.

To have such a beautiful place on my doorstep is

incredible. There are places like that all around us, but we don't know about them; we don't engage with them. And now, myself and my wife, we get out more, we go walking to different places. We've joined English Heritage to go to more of their sites.

Sometimes, I come back here by myself. I just sit in Burgh Castle, taking it all in. When you do that, take in what you have around you, appreciate what you have around you, it brings you to a place of calm. It recharges your battery. Yeah, it really does.

I wouldn't have done that before Burgh Castle Almanac. It wouldn't have even entered my mind.

Not out of the woods yet

I still have nightmares and flashbacks. I don't sleep, which leads to other health problems. But days we're doing a walk together, I tend to sleep that night because I feel more relaxed; I feel more at peace. I feel I've been included and involved in something good.

If it hadn't been for Burgh Castle Almanac, I don't think I would have been here now.

We're like a family.

5.1 MARK'S STORY

I started coming to Burgh Castle Almanac in May 2019.

At the time, I was very withdrawn. I wouldn't go out of my flat. I didn't want to do anything. I just felt alone. I thought, is this it? You know, this is not the life I wanted to end up having.

I suffer from anxiety and depression, probably brought on by loneliness. It's been going on for quite a few years. Even when I was working, I had issues with depression; but my anxiety got worse when I got made redundant. And I had other issues with alcohol and stuff like that. You use it to try and forget.

Speech impediment

When I was a kid, I was a bit of a loner. My childhood, growing up, wasn't brilliant. I had a speech impediment - I was born with a cleft palate. So, I was really self-conscious talking to people. I always used to feel stupid talking to people for some reason. I just felt, you know, they don't really want to know me.

But now I find it really easy to talk to people. Burgh Castle has taught me that.

Coming to Burgh Castle

I can actually remember the day I first went. My support worker had tried to get me to go to loads of different things. But I didn't like any of them. So that first time, I really wasn't sure. I didn't know any of the people and I felt a bit alien. But I thought, I'll give it another go; and, at the next meeting, I really enjoyed it.

The second time I went, I knew a bit more what to expect. And the people were really friendly and made me feel at ease - especially Laura, she made me really welcome.

New Experiences

I wasn't doing anything at all before. But since I've been with the Burgh Castle group it's been

unbelievable what it's opened up for me. I've learned so much.

Burgh Castle stretches you. I mean, it's not easy. You learn some quite unusual things. Nearly all the activities we've done have been highlights for me, because I'm doing stuff I've never done before: going to Isleworth in London; going to the River Thames; mud larking and stuff; seeing an old World War One boat they're digging out; doing a moonwalk at night at Burgh Castle; making stuff out of reeds; doing the collages.

And all the people - the specialists - that we've had. I've learned so much from other people.

Opening up new horizons

Before Burgh Castle, I probably wouldn't have gone to any of it. I've always said I'm the type of person that needs a push. And at Burgh Castle, there are people to give you a gentle nudge. Try this. Try that, you know.

I often take the photos of the activities - and that has got me back into doing photography. And I have joined Sound Minds because I am heavily into music as well.

I am in the Stay in Touch Group, where you tend to get to know people from other places. It's like a network. It just opens up so many different opportunities because you hear about what someone else is doing in another group and you say, "I can join that one" and it snowballs. So, I've joined the Dr Hill's Casebook as well.

We are doing the Burgh Castle Almanac Experience now as well. I am part of the committee for that. That's another thing I've never done in my life. It's all new experience for me.

There's a lot of things I wouldn't have ever done before Burgh Castle. I wouldn't have done any of this. I wouldn't be where I am today. I can't believe how many things I have done actually.

Helping others

And I go along to a Men's Sharing Group - I don't have to - but I go because I might be able to help other people. Sometimes it just helps people to talk. I know what it's like to bottle things up over years and years and not have anyone to talk to. And now I've learned not to hold it all back. Just talk to someone.

It was meeting the people at Burgh Castle, and the talking, and the sharing, and the listening, and the support that went on there that really taught me this. I just wish I'd done this earlier in my life, it might have solved a lot of problems.

And now I want to help other people. People out there have given their time to help me. So, it's only right for me to pay back and try to help others. It makes you feel good inside.

I've become a peer mentor. There's a mental health café where I go a few times a week and sit with people who just want to talk about their problems. I'm not there to judge or anything. I'm just there to listen. It's nice to know that people trust me to, like, sit down with them. I've always been a really good listener. I've never been much for talking. I'd rather listen to people.

I can't believe where I've ended up today - I never thought I'd be doing what I'm doing now, peer mentoring. I didn't think that was me, but obviously people believe in me.

Positive outlook

So yeah, the future definitely looks positive. I feel happier in myself. I've got a sense of wellbeing back. I'm not lonely anymore. I look at life in a different way. I feel healthier. Mentally healthy. I haven't had a panic attack now for probably nearly two years. I feel like I've been given a new lease of life.

Through someone I met at Burgh Castle, I've got a dog and I walk her four times a day - we go to the beach, the woods, lots of nice places around here - and I've lost over a stone in weight.

You wouldn't believe the number of people who talk to you when you are out with a dog! That's another thing that made my life much better.

Yeah, yeah. I'm lucky. Very lucky. I don't feel lonely at all anymore. I feel so much better. I actually feel like a totally different person.

So, it does work. These groups. At the end of the day, the only person that can help you is yourself. But these groups, they give you a gentle push or, yeah, guide you to a better way.

6.0 STAKEHOLDER FINDINGS

6.1 PARTNERSHIP WORKING

Partnership working was identified as a great strength of the project. There was alignment of aims and a clear sense of commitment underpinning strong relationships within the core delivery group.

Professionalism

The Restoration Trust was praised for high quality project management, good practitioner and participant support and a strong commitment to reflection and learning.

“They really knew what they were doing and that really mattered. The level of just taking care of people. A well-conceived partnership and project. It was a breath of fresh air.”

Team Approach

The range of resources that partners brought to the project were appreciated, including skills, experience, time and transport.

“I think the main thing I have learned is support requires a team. For a successful project, you can’t do everything on your own.”

Partnership Efficiencies

While the partnership behind the project worked well, areas for improvement were identified.

Having several partners involved in the delivery of the project was both necessary and led to some logistical challenges, especially where one partner was managing the finances and another managing project delivery.

“Two different working approaches did make for a rough fit when it came to reporting and managing finance. I think just having one partner handle both would have helped a lot.”

Budgeting and Finance

The long-term nature of the project and its responsiveness to opportunities as they arose, meant that it was difficult to set an accurate budget three years in advance.

Responding to opportunities for additional participant sessions, visits and events led to an overspend in the facilitation budget which, in the absence of a contingency budget, proved challenging.

Meanwhile, there was no budget set for evaluation and the funding for the evaluation had to be raised separately. Learning from this included the need to include project contingency and evaluation budgets in future.

6.2 ACCESS AND ENGAGEMENT

It was acknowledged that, where there are opportunities for people to engage with landscape and heritage-based projects, the majority of those who respond are typically affluent, white, middle-class, retired, older adults.

“... they’re just swamped by the same audience over and over, which is an early-retiree, older, white, affluent, kind of audience.”

Therefore, the ability of Burgh Castle Almanac to reach new audiences was seen as one of the project’s great strengths in relation to wider Water Mills and Marshes programme.

“The actual recording of the asset has its own value - to see how it changes throughout the year. But the more beneficial side has been the engagement side of the project.”

“This project did really well at engaging people with the mental health issues who aren’t engaging with what the landscape can offer them when they return to it again and again and build it into their daily lives.”

Addressing Barriers to Engagement

All stakeholders recognised the considerable challenge of reaching new and more diverse audiences who might not otherwise engage in the landscape and heritage of the Broads.

“I am very conscious that Burgh Castle is very difficult to get to for a lot of people and I wanted to enable a different group of people to be able to get to the site; and to reach an audience who would not normally think of going to such a site; who might think it is not for them. I wanted to be able to break that barrier.”

The project paid particular attention to address the normal barriers that might prevent diverse audiences from accessing historic landscapes. These included: transport, food, access to toilets, and a safe space to leave belongings.

“The transport issue was solved pretty well with Access Community Trust having the minibus, and then having additional budget to bring in other people with carpooling or taxis, if necessary.”

“Feeding people, I think, is always helpful - hitting those baseline needs. Making sure there’s toilets available and a safe place to leave belongings.”

Providing Encouragement

As well as addressing practical barriers, the importance of encouragement and support for participants to take part was recognised. This was delivered not only through a dedicated Mental Health Support Worker, but was understood, owned and embodied by every member of the team.

“Access was about providing transport, but also providing support to participants to come along... encouraging them, saying, “I’ll be there, I’ll hold your hand”, metaphorically.”

Creating a Safe Space

It was important that the space that people were invited into was perceived as safe. One stakeholder highlighted the importance of safety in relation to working with people who have experienced trauma:

“In terms of trauma-informed mental health recovery, the three things that need to be in place for people to heal are safety, connection and being heard... This is the only group that ticks all those boxes.”

People were supported to feel safe in a number of ways.

There were always a range of ways for people to access the group and contribute even if it was just “cracking on with the washing up,” and there was never any pressure put on people.

“There was always permission to engage but no pressure to attend.”

“Permission to stay or go, to come to a few sessions or all sessions.”

Once on board, participants were offered a variety of ways to engage. For example, the range of activities and different types of facilitation meant that there was likely to be something for everyone.

“I think one of the biggest strengths was the diversity of the facilitators ... not just art, and not just biology, and not just history, but kind of getting all these different kinds of people.”

6.3 ETHOS AND APPROACH

Non-hierarchical

One of the key attributes of the Burgh Castle Almanac was that it was non-hierarchical. Everyone involved was encouraged to contribute and everyone’s contributions were valued equally.

“This group was co-produced with people with lived experience at every level. It avoided hierarchical structures because of the way Laura facilitated things. It was always flexible and fluid.”

The “non-hierarchical exchange of ideas” that characterised the sessions enabled participants to make contributions. Everyone’s expertise was valued whether they were a professor or someone with lived experience.

“I think that one of the things I’ve come to be able to articulate a little more clearly is that, as a community, all the people involved, everybody has something to offer...”

“It offers a kind of non-hierarchical or non-temporal exchange of ideas there in the landscape. And we will all get something from it.”

Participants played a key role in shaping the group and its activities.

“I may be leading the sessions, but at other times, people within the group are leading the sessions, or we’re bringing in other people.”

“There’s not very much skills teaching goes on within a session, you know, explicitly. We’re all learning stuff when we’re doing it.”

Structure and Freedom

Such a collaborative, non-hierarchical exchange does not necessarily happen without careful facilitation, which included creating a balance in the sessions between structure and freedom:

“It’s about having enough structure in place - scaffolding in place - so that people’s ideas can come through.”

“Within a group, everybody has something to bring as long as you just have just enough structure. Too

much structure constrains, and it stops that sense of personal ownership of what’s being made as well. You need just enough to hold individual contributions into a collective whole.”

Risk and Innovation

Risk-taking was seen as important in several ways. Encouraging risk-taking made it ok to fail, and this made it safe to have a go.

“It’s that willingness to try something new. If things don’t work out, fine.”

“I think the main thing is to be comfortable with taking risks - the idea that you can experiment with a thing, and the process of doing that is more important than the actual outcome.”

This enabled participants to try new things and, in doing so, gain confidence. One person described the risk that participants took when they shared things within the group:

“Sharing within the group, becoming the centre of attention in the group, that is a huge risk for people to take. And I think when it succeeds, and it seems to succeed every time, something else then happens in terms of how people contribute.”

This culture of risk-taking encouraged innovation and was seen as core to the project:

“There was space to try new stuff.”

“Don’t be afraid to do something new badly. It’s fine to make mistakes, just work out why it didn’t work. Listen, adapt, change.”

“Because this is the point of this kind of grant money. It’s not to do something that we know is going to work but to try something new, to develop a new approach.”

Alongside this, the need for safety was acknowledged.

“It’s a really interesting phrase ‘risk-taking’, because it’s that thing of taking the risk, but in a safe way.”

Flow

Where the balance between structure and freedom and risk and safety was achieved, the resulting organic, collaborative development of the activity was experienced as “a kind of creative flow.”

“Ideas will come up in a session and we will say ‘shall we run with that idea next time we meet?’”

“We’ll have maybe three sessions where we know what we’re doing. And then we’ll have a discussion about where we go next, and it flows.”

This same sense of organic flow characterised the development of the project as a whole as well as the content of each session.

“So, we had the Burgh Castle Almanac gathering; and then it came online; and then we met a couple of more times again, afterwards; and then, out of that comes a steering group to create the Burgh Castle Almanac Experience.”

And just as this flow informed the way the project developed it also characterised the way in which participants were able to extend the benefits of taking part in Burgh Castle Almanac into other areas of their lives.

“And certainly, all the things that the participants have learned about the landscape and the different ways to interact with the landscape through history, or through archaeology, or through nature or creatively through the senses, seems to be what’s inspired them to continue the community group.”

6.4 DURATION AND DEPTH OF ENGAGEMENT

Perhaps the most important factor in the success of Burgh Castle Almanac was the length of time in which

people were engaged with the project, which, from the initial taster sessions in 2016 ran until 2021.

“There’s been too many projects that have been a day, a weekend, you know, just a few hours. And it’s not enough.”

While initially it was assumed that the project would engage two distinct cohorts of participants in sequential programmes, it was quickly understood that greater benefit would be gained from engaging fewer people for longer.

“The initial idea was to do two cohorts, for each for a year. But that much longer engagement was really, really valuable.”

Some participants who took part in the tasters were still involved in the project three years on.

“What really worked well was the repeated engagement over the years.”

The sustained engagement of participants was supported by the sustained involvement of the artist and partners leading the project. This meant that relationships could develop over time.

“To make a difference you need long-term engagement.”

The duration of the project enabled a depth of engagement, not just in terms of the relationships within the group, but also in terms of the relationship with the landscape,

“It’s that repeated connection with one group, instead of doing multiple sessions with multiple different groups... that depth of connection.”

“The project has made people stop and look, and look, and look, and look, until you see the huge depth and variety and richness of what can exist within say, a square metre.”

6.5 THE ROLE OF NATURE AND LANDSCAPE

Several stakeholders saw this deep, sustained engagement with the landscape and with nature as one of the key values of the project, driving beneficial wellbeing impacts for participants and facilitators.

“When people engage with it [landscape], they find value in it.”

Ultimately, connection with nature was seen as something fundamental to human flourishing.

“We have human connections, and we have connections to the thing that that feeds us which is the landscape and our nature.”

“I think being outside is a critical component of supporting mental health because it connects us to natural cycles of things. The lovely thing about Burgh Castle Almanac is being there at different times of the year; you see the cycles of the year. And you can fix your eyes into the distance. We need that long-sightedness.”

6.6.OBSERVED IMPACTS

Improved wellbeing

While the evaluation did not seek to measure changes in participant wellbeing, those stakeholders interviewed were confident that the project had impacted participant wellbeing.

“The biggest thing is that the group’s mental health has improved across the time of the group.”

“When I talk to the people who have taken part, it’s really had a dramatic impact on their life, and they want to share that and they want to champion this project, which is great for us.”

Changes in wellbeing were perceived by stakeholders to have come about through an increase in connection, confidence and empowerment.

Increased Connection

Connection was facilitated by making the group feel safe, equitable and non-judgemental.

It was also enabled by offering a variety of different ways to connect, including online meetings, the Facebook group, and the Stay in Touch Group.

“The Facebook pages are really valuable in terms of that connection and seeing the kind of interactions that are going on, but also the kinds of interests that people are displaying, or how they’re responding to topics.”

“The online stuff has been really valuable in terms of working with people with where they are at.”

People connected with each other by talking and sharing.

“They come also to talk about the stuff that matters, the stuff that gets you down.”

“We talked a lot about mental health and encouraged the group to be a reflective space.”

People also developed a sense of connection and belonging through learning about the place in which they live, the landscape of Burgh Castle.

“And learning about your own local environment connects you and gives you a sense of belonging and a sense of ownership, especially when you know something special and unique that not everybody else knows.”

Increased Confidence

The project’s assets-based approach, its focus on identifying everyone’s strengths and its inclusive, non-hierarchical approach were seen to support increased participant confidence.

“People’s confidence in recognising what they have to offer has grown.”

Support and encouragement to open up and talk, and being met with understanding and acceptance, also contributed to confidence and self-esteem.

“People will start to reveal things about themselves and who they were in a previous life, all those things kind of come out as we get to know each other and as people get more comfortable with each other.”

Increased Empowerment

The project was seen as “Unlocking the skills of the group.” Participants felt empowered by having their individual skills and talents recognised and valued.

“Everyone has got something to contribute; we’ve all got things we can learn from each other. That idea is central.”

People were encouraged and supported to learn, make decisions, and work together to shape the content of the sessions.

“You’re manipulating things into a position of autonomy... There is a nudging that goes on.”

“There was genuine empowerment of people to enable them to go off and do other things.”

Participants took control of their own learning and started “to become the experts”. Their perspective shifted “from being the recipient of information to the one who then gets to share knowledge.”

Fuelled by increased confidence and a desire to share their experience and knowledge, participants drove the establishment of the Burgh Castle Almanac Experience, a peer-led community group, and part of the project’s long-term legacy.

“And, of course, that’s exactly what’s happened. People have absorbed all that information, and now want to share it, hence setting up the community group.”

7.0 THE PROJECT LEGACY

The project has created a number of physical and digital outputs as part of its legacy including the project website, a touring exhibition, a film and the Almanac itself which is due for completion in February 2022.

7.1 AN EXHIBITION

An exhibition was created and showed at the Time and Tide Museum in March 2019. Participants were engaged in the creation of this exhibition which raised awareness of the project, of Burgh Castle and other local heritage resources.

Visitor figures available for Time and Tide Museum between 7th March 2019 to 1st April 2019 inclusive suggest that the exhibition reached 2,395 at that venue alone.

An online version of the exhibition is currently being curated by Ian Brownlie and this will be published by Water Mills and Marshes (the Broads Authority) in December 2021.

7.2 BURGH CASTLE ALMANAC FILM

A film of the project, called The Return of Happy Times, funded by the National Lottery Community Fund, was created with the participants and is accessible via the project website.

It was shown at the Seagull Theatre in Lowestoft, and has been used to share learning about the benefits of historic landscapes in terms of health and wellbeing.

This film was seen as an important legacy for the project. The making of the film enabled people to reflect on their experience, confirmed their sense of having been a part of something important and galvanised them into setting up Burgh Castle Almanac Experience.

“The film encouraged people to reflect. It was beneficial

to participants because it helped them see the distance they had travelled and to feel proud.”

“Making the film was a great thing and helped everyone. It led to the Burgh Castle Almanac Experience pushing itself forward. It was a lovely document of the experience. Holding it up as something to reflect back on. Something to hold up to the world. This is something that has made a difference in my life. The mission of the Burgh Castle Almanac Experience is to share this as a way of doing things. They want to share it and tell people about it.”

7.3 THE BURGH CASTLE ALMANAC

The creation of the Burgh Castle Almanac, a recording of the site across the seasons is planned for publication in February 2022. This will be a printed book drawing on the documentation and creative work of participants. It will be given to all participants, partners and key stakeholders, with an E-book version for wider distribution and is intended to inspire and engage visitors from all demographics to engage with the site of Burgh Castle and other ancient landscapes.

7.4 BURGH CASTLE ALMANAC EXPERIENCE

While these planned deliverables contribute towards the project’s overall aims - in terms of increasing access to Burgh Castle for under-represented communities; developing participants’ skills in practical conservation and recording wildlife, landscape and archaeology; and creating an Almanac as a record of the site - it is perhaps The Burgh Castle Almanac Experience, which, while not part of the initial project proposal, was its most important legacy.

One of the main problems with short-term interventions is that positive impacts are not always sustained.

“The issue with these kinds of supported projects is that the funding runs out, and then the project stops, and the people fizzle away which would be a real shame.”



Stakeholders therefore identified Burgh Castle Almanac Experience as one of the most important legacies of Burgh Castle Almanac because, as a peer-led group, it provides a sustainable way for people to support themselves and each other without being reliant on external services.

“I am most proud of the legacy of the project. The fact that members were empowered to set up their own group in The Burgh Castle Almanac Experience.”

“To have people do it on their own is a really excellent legacy.”

“It keeps people away from being reliant on a service. Now they are in control.”

Not only does Burgh Castle Almanac continue to nourish those who took part in Burgh Castle Almanac, supported by other legacies such as the film, exhibition and website, it creates a vehicle for participants to share their knowledge and enthusiasm with others, further extending the impact of the project.

“They have built an enthusiasm and knowledge and connection to the landscape... that will remain for decades and decades. And that compounds to the additional people that they meet over the years, as more people learn and become enthusiastic... which is excellent.”

8.0 CONCLUSIONS

Burgh Castle Almanac met its aims by providing a safe, accessible and welcoming environment in which participants who were feeling anxious, depressed, isolated, lonely and withdrawn were able to connect with others, learn new things and engage with history, nature and landscape.

Participants felt fearful attending for the first time. Physical barriers to engagement, such as lack of transport, were addressed, and participants were provided with encouragement and support to attend. A variety of ways in were offered, there was no pressure to take part, and the group was warm, welcoming and non-judgemental.

Participants made new friends and found they were able to connect and share openly without judgement or fear of stigma.

They found sanctuary in nature, which was calming and restorative. Returning to the same site repeatedly over many seasons, encouraged them to take notice, learn about ancient history, and experience being in the moment, where they found freedom and solace.

They were stretched and challenged to try a wide range of new activities, which they found enjoyable and rewarding. Taking risks, trying new things, gaining new knowledge and learning new skills boosted their confidence and self-esteem.

The combination of connection and sharing, engagement with nature and ancient history, learning new skills and taking risks, led to self-reported improvements in mental health and wellbeing.

Many described taking part as life changing. Grateful for all they had gained, fuelled by increased confidence and self-esteem, and realising that they, too, had something of value to share, they sought ways to help others, including volunteering within other groups and setting up the peer-led, community group, Burgh Castle Almanac Experience.



9.0 DISCUSSION

9.1 ACTIVE INGREDIENTS

Many of the factors which characterised the success of the project on a micro level - the way in which the group was facilitated, and sessions were planned and delivered - have also characterised the success of the project on a macro level.

Structure and Freedom

The project was well managed, with clarity of roles and consensus around aims. However, within this structure, there was freedom to be responsive to the needs of the group. The programme developed iteratively, and significant changes were made in response to the needs of participants, including shifting from a two-cohort project to a single-cohort project in which people were able to stay involved for up to three years.

Collaborative and non-hierarchical

The ability of the project to take an iterative approach to project development, responding to the needs of participants and valuing depth and duration of engagement over the number of people engaged, was supported by a trusting, collaborative relationship with the project funding partner, the Broads Authority.

Risk and Innovation

Burgh Castle Almanac not only encouraged risk-taking amongst its participants, but was also prepared to take risks itself, particularly in terms of valuing depth and quality above reach and quantity. The decision to prioritise the experience of a small number of participants over trying to engage larger numbers was brave.

Projects are often judged according to the number of people they engage from which a cost per head can be calculated. Burgh Castle Almanac engaged 29

participants over three years, of whom 13 attended regularly. According to its cost per head, this might imply that the project had not been successful in delivering value, or at least in delivering value for money.

However, the risk taken in valuing depth and duration of sustained engagement for a small number of people appears to have delivered what other projects often struggle to achieve, a lasting legacy. In other words, freedom and risk have led to innovation and change.

Access and Engagement

While the long-term impact of the project cannot be evidenced through this short-term qualitative evaluation, findings suggest that the project will have a lasting impact not only on the lives of participants, but on the diversification of audiences who engage with the landscape and heritage of Burgh Castle.

The project’s legacy is evident in its website, exhibition, film, and almanac, all of which will serve to attract new visitors to the site over future years. However, it is the establishment of the Burgh Castle Almanac Experience, which promises to deliver most impact by continuing to reach, engage and involve diverse and under-represented audiences in the Burgh Castle site, inspiring those most in need of the therapeutic impact of nature and landscape to spend time outdoors.

9.2 AN EXPANDED THEORY OF CHANGE

At the outset, the evaluation conceptualised a possible Theory of Change for Burgh Castle Almanac, a hypothetical narrative logically describing the overall change that the project sought to make along with intermediate changes - or the steps along the way - that might lead to that overall change. This hypothesised that:

“By increasing access to and engagement with the heritage and wildlife of Burgh Castle through regular, purposeful and enjoyable creative activities, participants suffering or at risk of mental ill health

will gain increased skills, and increased connection and enjoyment, leading to improved mental health and wellbeing.”

While the evaluation has not attempted to measure outcomes and cannot, therefore, prove this Theory of Change, it has gathered rich and meaningful insight into the experiences of participants which can be used to enrich and ‘thicken’ this narrative as follows:

“By creating an accessible, safe and welcoming environment in which participants suffering or at risk of mental ill health engage with the heritage and wildlife of Burgh Castle through a range of inspiring, creative, and enjoyable activities, Burgh Castle Almanac enabled participants to experience increased connection and find acceptance; they took risks and challenged themselves to try new things, gaining skills, experience and knowledge leading to increased confidence and self-esteem, and, ultimately, improved wellbeing. Grateful for all that they gained, and recognising that they too had something of value to share, they felt empowered to help others.”

9.3 CONTEXTUALISING LEARNING

While this learning sheds light on the critical success factors for Burgh Castle Almanac, when read alongside the Bournemouth University research, it may also shed light retrospectively on Human Henge, and points the way for the development of future projects.

One key thing that the evaluation demonstrates is that the positive impact on participant wellbeing experienced by those who took part in Human Henge, is replicable across different historic landscapes, and is not limited to prestigious, well-resourced sites of historic significance.

Reassessing Value

It suggests that the therapeutic value of ancient landscape lies less in the importance or value of specific sites, and more in the qualities inherent in all

ancient landscapes. It seems that the value of ancient landscape, in terms of therapeutic impact, is non-hierarchical, which points towards ancient landscape as a vast untapped resource with enormous potential to support wellbeing.

Moreover, the findings of this evaluation suggest that tapping into this resource as a means of addressing mental wellbeing will also diversify audiences for landscape and heritage by increasing access for under-represented communities.

10.0 RECOMMENDATIONS

Longer-term Funding Models

The findings of this evaluation point towards the need for longer-term funding models which embrace risk-taking and innovation, enabling projects to develop iteratively over time in response to local conditions and participant needs.

Quality Framework

The evaluation has begun to tease out some of the factors critical to the success of the project. There is an opportunity to contextualise these in relation to learning from Human Henge and other ancient landscape and mental wellbeing projects in order to develop a Quality Framework and Model of Good Practice to inform future Restoration Trust projects as well as wider ancient landscape and mental wellbeing programmes.

Reappraise the Value of Ancient Landscape

The evaluation highlights the value of ancient landscape as means of supporting mental wellbeing while also diversify audiences for landscape and heritage by increasing access for under-represented communities.

This might be developed further to support the development of a business case for ancient landscape in relation to health, wellbeing and social inequalities.

Longitudinal Research and Evaluation

While the evaluation of Burgh Castle Almanac suggests that the project will deliver long-term impacts, longitudinal research is required to see if these impacts are sustained over time.

The establishment of the Burgh Castle Almanac Experience provides an ideal opportunity for an evaluation to follow the development of this community group over time, mapping its progress and exploring its impact.

A timescale of five years might be sufficient to achieve this while simultaneously exploring the longer-term impact of Burgh Castle Almanac on those who took part.

11.0 APPENDICES

11.1 PARTICIPANT COLLAGES AND NARRATIVES

These collages and accompanying narratives were created during a participant Focus Group held on 22nd October 2019. The narrative data was analyzed thematically as part of the evaluation.

“Well before I came here, I think I tended to live in my own head a lot. So most of these things, I think what the group has taught me for than anything is to look outside. But in looking outside you find an inner peace; you can find new freedoms within you as well as being in a lovely landscape which gives you freedom as well. I suppose this is the key thing for me really. To really look. Because we lived in London for 30 years, nature was something you drove past on the way to the city.

But up close here, really looking at life and really being in the moment, that is something I have gained a lot from. And here, that is me thinking what’s going on out there and I should be really worried about this because there is a lot of bad shit going on. When we interviewed one of the film makers one of his favourite film makers as Anselm Adams and I had never heard of him, so I looked up his stuff and found out how amazing it was so that’s something that has come directly out of the group because his landscape photography is amazing. What have I gained? I have gained an appreciation of history, peace of mind. Last of the Summer Wine... Obviously friends here, how I know the group. The important thing for me is that it runs all year, so you get to see is the seasons change and you go from summer into autumn into winter and that gives me a sense of the landscape and appreciating the nature. The lighthouse, I see that as BCA leading the way. Shining a light.”



TOUCHING THINGS



Come rain or shine



"I just really enjoyed being part of the group and doing the same walk. It is so therapeutic. And joining a club when you can speak to anybody when we are walking. It is not cliquey at all. The changing seasons, as we go through the year and the wildlife which I have become so much more aware of, and the boat and the broads. And that reminded me of the Tide and Tide Museum which is a nice place to go, and I have not been before. Come rain or shine. The weather! Rain or shine we are here. I have really enjoyed it because I am quite an introverted person really, and it's just nice to be able to chat to people. It's just really very therapeutic. And you can just go up and talk, and you talk about things you don't normally talk about."



This person declined to talk about their collage saying that they had just chosen pictures they liked.



"Before I started the project, I actually felt a bit like an injured lion and a bit like you know, really burdened by life. So that's what this represents. But I knew that you know sometimes like you have to go outside your comfort zone and you have to go fishing for other stuff. I think when you are feeling really low you can feel that the world has become smaller and being part of this project is maybe that the world has become bigger again so sometimes you have to take a risk and jump off the deep end. And then the little bits down here Before is the friendship and all you guys. So that's it really. I feel a bit emotional. I have been trying to get back up and feeling a bit wounded."



"Being outdoors I think that is just very important for wellbeing and health, and going for walks as well, I think people talk more when they walk. I can talk better when I am walking along, I don't know why. I put this one here because Adrian found a Roman Coin and I think that was one of the best things. Looking at things in more detail. Behind the scenes, that means that things, they are there, but until someone shows you things you get to see different things. First steps on my own it really is just sort of doing thing again for the first time. because when you stop doing something and when you haven't done something for three years for instance, and maybe this is helping me do things for the very first time again, which is harder than doing it from being a child."



“That to me, I get quite worried about what is going on the world about the way things are going. The camera, because i like taking photographs basically which I try and do as much as I can. The Singer because I like music, stuff like that. The river is because I went to the river Thames. A little bit of art because I don't mind and a bit of spirit. These are the old boats on the River Thames that we saw. So obviously age is experience and you get experience form older people who teach you new things. That one, friendship. I have made new friends which I never thought I would. I classify everyone here as a friend now. That is more for me - I like being behind the scenes and not in front of other people. That is a bit of art and sculpture. It is good to talk to people. Don't hide everything. Don't bottle it in. Discover more. The more you know, the better things are for you. Learn. That is a mother bear caring for her cubs. Everyone should care for each other. Be more friendly towards people. More understanding. Not judge people all the time.”



Water

Welcome to
walk

YOUR SHOTS

YOUR VIEW

The view
from here

ESCAPE



MY SAFE PLACE



BUY EMPIRE GOODS FROM
HOME AND OVERSEAS

"I have always found calm by water and there's a spot on the sight that I take a little 5 or 10 second clip of and if I am struggling I play it to myself just to hear the sounds and stuff and then we have all done walks around the site, and we have done a 4.5 mile walk and this one, your shots, if you took us all up individually to the site we would all show you something individually, from a different view point. And I like that. That's while I put your view. We'd all have a different view of the site. And the view from here. When you get up there, the view is great wherever you look. That is also why ESCAPE. I must say I have come up here when I have not been feeling... when I have not been in the Burgh Castle Group, that is like a little safe place for me, I feel calm and relaxed up here and everything just shadows off. That is why I put the sceneries up there and the foot path signs in, and then I just saw the ruins of the building..."

Walking

Earth Almanac



Attachment to nature!

Weight of History



Butterflies

GRAVEYARD



SOPHISTICATED SANCTUARY



Tranquil.

DRAWINGS FROM NATURE



"The graveyard, because we used to sit above the old graveyard, Anglo Saxon graveyard I think it was, and we used to have our picnic there. Obviously, there was a lot of weight of history there. The butterflies represent the day with the butterfly man. The sophisticated sanctuary and tranquil is obviously somebody getting a massage and that is basically what you can do for your mind, when you are out there and walking. The elderflower, just because I like elderflower. We picked it a few times. And drawing in nature. And these are the archaeological finds."

11.2 APPENDIX 2: PARTICIPANT LIST OF NEW EXPERIENCES

The following is a list, created by participants during the Focus Group held in October 2019, of new things that they said they had experienced as part of Burgh Castle Almanac.

The list is surprisingly long, rich and diverse and demonstrated that access to new experiences and learning had been an important impact of the project.

Making / experiencing art

- Wicker
- Caves/illustration for sculpture park
- Printmaking onto Fabric
- Clay making
- Whittling/spoon making
- Starting a sketchbook (resuming a sketchbook) *
- African music outdoors in a roman fort

Experiencing other things for the first time

- Interviewing film makers
- Foraging
- Toasting marshmallows
- Outdoor play in a field
- Stroking a dragonfly's / Butterfly's wings
- Thames walk, digging up treasures in the mud

Visiting places for the first time

- The British Museum; including seeing behind the scenes
- A Roman fort
- The Houses of Parliament as part of the All-Party Parliamentary Group on Arts and Health
- The Time and Tide Museum
- St Bennet's Abbey

Learning new things

- The Tantalus Bowl (Roman) practical drinking joke
- Wildflowers

11.3 APPENDIX 3: BURGH CASTLE ALMANAC LOGIC MODEL

Project Tasters: 2016

Resources / Inputs	Planning and intervention	Outputs	Outcomes	Impacts
<p>RT and SH time and resources for participant enrolment</p> <p>T+T and BC as venue for tasters</p> <p>Resources:</p> <ul style="list-style-type: none">• Camera kits• Printer• Memory sticks• Photo paper	<p>Participant enrolment via SH</p> <p>Visits to SH team meetings and residential schemes to brief on project</p> <p>Consultation with SH support workers in designing the taster sessions</p> <p>Feedback form used during last taster session (partners, clients, support workers)</p> <p>Creative facilitation: Jemma Watts photo surveying</p> <p>Wildlife recording: Caroline Davison (NAT)</p>	<p>FAQs leaflet for SH clients</p> <p>Enrolment form for SH clients produced by RT</p> <p>Four, 3-hour fortnightly taster sessions:</p> <p>Sessions:</p> <p>1: BC - 5 Participants / 6 staff</p> <p>2: TT - 8 Participants / 6 staff</p> <p>3: BC - 6 Participants / 6 staff</p> <p>4: TT - 4 Participants / 3 staff</p> <p>2 participants and T+T Museum recruited to Project Board</p> <p>Project Newsletter to keep clients engaged</p> <p>Photographs of Burgh Castle for participants and displayed in SH residential schemes</p>	<p>Programme tested and changes made as a result of feedback from tasters</p> <p>Awareness of project raised among target participants</p> <p>Participants recruited and engaged towards main programme</p>	<p>Main programme delivery successful</p> <p>Main programme participant recruitment successful</p>

Project Preparation: May 2017 - March 2018

Resources / Inputs	Planning and intervention	Outputs	Outcomes	Impacts
Time Project manager fees In Kind support in terms of time from T+T, NAT, SH	Activity Plan refined Grant fundraising to support evaluation Partnership development between NAT, RT, SH and T+T Agreement of roles and responsibilities: <ul style="list-style-type: none">• SH support workers• NAT: heritage and wildlife skills and participation of NAT volunteers• T&T venue and support for creative work and exhibition Recruitment of SH support workers and admin support Recruitment of creative facilitators Publicity referral mechanisms and publicity in place	Activity Plan 1 funding bid written Partnership agreement in place 4 SH support workers recruited 250 recruitment leaflets and distributed Project website and Facebook Page set up 13 participants enrolled 4 creative activity leaders recruited and contracted	Smooth project delivery and effective co-production and collaboration achieved through effective partnership working Awareness of project raised among target participants Participants engaged and sustained Participants supported by appropriate resources	Main programme delivery successful Main programme participant recruitment successful

Project Delivery: April 2018 - March 2020

Resources / Inputs	Planning and intervention	Outputs	Outcomes	Impacts
<p>In Kind support in terms of time from T+T, NAT, ACT</p> <p>Travel costs</p> <p>Room hire</p> <p>Refreshments</p> <p>Exhibition costs</p> <p>Project manager fees</p> <p>Evaluation fees</p>	<p>Ongoing contact with participant group through newsletter, Facebook and face-to-face</p> <p>Organisation of attendance, transport, catering etc</p> <p>Organisation and delivery of additional activities</p> <p>Recruitment of evaluator</p>	<p>24 monthly creative site survey sessions over 2 years</p> <p>Participants follow a regular route around the site for a year; repeated in following year</p> <p>Site Survey of Burgh Castle created using photography, writing, sound and video over 2 years using a framework of sensory experience</p> <p>24 monthly supported creative sessions at T&T to develop creative work and reflect on experiences</p> <p>Skills experienced by participants during sessions:</p> <ul style="list-style-type: none">• Recording wildlife• Recording buildings• Archaeological techniques• Practical conservation and site management	<p>Increased access to BC for seldom seen communities (monitoring)</p> <p>Increased provision of regular and purposeful creative activities for people suffering or at risk of mental ill health / or people on low income with a wide range of complex needs in Great Yarmouth and Waveney / people in recovery (monitoring)</p> <p>Increased opportunities for Community and Volunteer engagement at BC (monitoring)</p> <p>Increased engagement with the heritage and wildlife of BC through imaginative and creative activities (Documentation, photography, exhibition, events, website, blog, Facebook, Focus Group)</p> <p>Participants develop increased creative and heritage skills - photography, image editing, writing, sound recording, sound editing, surveying wildlife, archaeological surveying, practical conservation. (Monitoring and Focus Group)</p> <p>Increased engagement in arts, culture and heritage (Monitoring, Focus Group)</p> <p>Participants enjoy taking part</p> <p>People make increased positive links in the community (Focus Group)</p>	<p>Main programme delivery successful</p> <p>Main programme participant recruitment successful</p>

Legacy: April - June 2020

Resources / Inputs	Planning and intervention	Outputs	Outcomes	Impacts
Time	Planning and delivery of exhibition	Community Walk with 250 participants led by participants: The Burgh Castle Progress. Including picnic, storytelling, celebration.	Raised profile of BC	Increased visitors to BC
Travel costs	Commission designer	For ACT clients and staff in Great Yarmouth and Waveney + friends, carers and local community + people involved in other LP projects	Increased awareness of BC and its proximity to Great Yarmouth	More diverse audiences for BC
Room hire	Plan exhibition tour venues			Increased community cohesion
Refreshments	Curate, install, dismantle exhibition			The local area/ community will be a better place to live, work, visit
Exhibition costs	Commission, design, publish book	Burgh Castle Almanac - printed book for all participants and E-Book for wider distribution. Record of BC and its wildlife created over a two-year period (Almanac)		
Project manager fees	Promote, practice and deliver guided walk			
Almanac design and production		Touring Exhibition to T&T Museum, Burgh Castle Church / Village Hall, Astely Cooper Place and other local venues with an audience reach of 1,000		
Evaluation fees		Website with digital reach of 7,500 over 3 years <ul style="list-style-type: none">• Social media• Facebook Page Creation of engaging creative interpretation material produced by the participating groups		
In Kind support				
Transport and catering for community walk		Evaluation Report		

Post-Project: July 2020 - July 2022

Resources / Inputs	Planning and intervention	Outputs	Outcomes	Impacts
	<div>1-year post project follow up with participants and staff</div> <div>Publication of evaluation</div> <div>BCA archive created</div> <div>Volunteering opportunities and take up across LPS portfolio of projects</div>			

11.4 APPENDIX 4: LIST OF POSSIBLE OUTCOMES FROM LITERATURE REVIEW

The following is a list of outcomes evidenced from engagement with heritage and ancient landscape. It was compiled from a partial literature review conducted at the start of the evaluation in 2019.

1. Increased confidence
2. Increased life satisfaction
3. Improved physical health of individuals
4. Improved mental wellbeing of individuals
5. Increased opportunities for learning
6. Improved recovery/rehabilitation
7. Increased personal wellbeing
8. Increased inspiration
9. Increased mental stimulation
10. Enhanced self-esteem
11. Increased meaningful activity
12. Increased learning and skills development
13. Increased sense of empowerment through participation in co-production
14. Increased sense of worth
15. Increased sense of privilege (to have access to expert's attention, time and knowledge)
16. Increased sense of empowerment
17. Reduced feelings of anger
18. Reduced depression
19. Increased self-esteem
20. Improved sense of identity
21. Improved sense of belonging
22. Increased levels of physical activity
23. Increased social interactions
24. Reduced stress
25. Increased enjoyment
26. Increased positive emotions
27. Increased access to and time spent in the natural environment
28. Increased social connectivity and cohesion
29. Increased sense of place
30. Improved community identity
31. Reduced social stigma
32. Increased sense of belonging
33. Increased sense of local pride
34. Increased social interaction
35. Increased social engagement
36. Improved social relationships
37. Reduced social exclusion
38. Increased sense of local ownership
39. Improved community wellbeing
40. Strengthened networks of relationships
41. Reduced social isolation
42. Increased control/empowerment of individuals and communities
43. Strengthened local organisations
44. Community empowerment
45. Increased social connectivity
46. Increased sense of belonging
47. Increased Social Capital
48. Increased opportunities for volunteering
49. Increased participation and learning
50. Increased enjoyment of heritage-based activities
51. Increased numbers visiting of heritage sites
52. Improved sense of ownership of heritage
53. Increased pride in heritage
54. Improvements to participants social relationships
55. Increased knowledge about healthy and harmful
56. Improved understanding of how to standardise the Burgh Castle intervention
57. Improved understanding of how to scale up and deliver Burgh Castle across multiple sites and geographic locations
58. Improved understanding of adverse impacts of heritage wellbeing projects
59. Improved awareness of both positive and negative impacts within different population groups
60. Improved understanding of issues with partnership working between health and heritage sector workers
61. Increased understanding of the adverse emotional costs to heritage staff, particularly if they had insufficient training and support when working with participants who had challenging physical & mental health issues
62. Increased understanding of co-production
63. Improved approaches to engagement
64. Increased understanding of potential barriers to social exclusion

11.5 APPENDIX 5: BURGH CASTLE ALMANAC
OUTCOMES FRAMEWORK

Project Outcome:	Positive Indicator:	Negative Indicators:	Data Collection Point:	Measures / Tools:
Increased access to Burgh Castle for seldom seen communities	<p>High numbers of participants enroll</p> <p>High numbers of participants continue to attend sessions</p> <p>Low dropout rates</p> <p>Participants are first time visitors to Burgh Castle</p>	<p>Low numbers of participants enroll</p> <p>Poor attendance rates</p> <p>High dropout rates</p> <p>Participants are already regular visitors to Burgh Castle</p>	<p>Start of year 1 and monthly throughout programme</p> <p>Focus Group 1</p>	<p>Monitoring of enrolment data including numbers, referral route, postcode</p> <p>Monitoring of attendance data</p> <p>Focus Group (explore whether this was the first time at Burgh Castle)</p>
<p>Increased provision of regular, purposeful creative activities for people suffering or at risk of mental ill health / on low income with a wide range of complex needs in Great Yarmouth and Waveney</p> <p>Increased engagement with the heritage and wildlife of BC through imaginative and creative activities</p> <p>Increased engagement in arts, culture and heritage</p>	<p>Provision of regular (monthly) creative activities</p> <p>Activities are meaningful and enjoyable</p> <p>Good attendance rates</p> <p>Evidence of creative outputs (artwork, photography, exhibition, events, website, blog)</p>	<p>Activities are regularly cancelled or postponed</p> <p>Activities are not enjoyed</p> <p>Poor attendance rates</p> <p>Few creative outputs</p>	<p>Start of year 1 and monthly throughout programme</p> <p>Focus Group1</p>	<p>Calendar / schedule of activities delivered</p> <p>Monitoring of attendance figures for activities including numbers, referral route, postcode</p> <p>Focus Group (explore whether creative activity meaningful and enjoyable)</p> <p>Documentation of creative outputs via website, exhibition, photography, film, blog</p>

Project Outcome:	Positive Indicator:	Negative Indicators:	Data Collection Point:	Measures / Tools:
Participants develop increased creative and heritage skills - photography, image editing, writing, sound recording, sound editing, surveying wildlife, archaeological surveying, practical conservation.	<p>Good attendance at learning events</p> <p>Participants apply learning by contributing to creative outputs and engage in heritage activities</p>	<p>Poor attendance at learning events</p> <p>Participants do not engage in heritage activities</p>	<p>Start of year 1 and monthly throughout programme</p> <p>Focus Group</p>	<p>Monitoring of attendance figures for learning events including numbers, referral route, postcode</p> <p>Focus Group 1 (explore participants have learned and applied new skills)</p>
Increased opportunities for volunteer engagement at Burgh Castle, Time and Tide Museum or Norfolk Archaeological Trust	<p>Appropriate roles for volunteers are identified</p> <p>Appropriate support, training and induction for volunteers is provided</p> <p>High numbers of participants volunteer at the end of the programme</p>	<p>Few volunteer roles are identified</p> <p>Little or inadequate support, training and induction for volunteers is provided</p> <p>Low numbers of participants go on to volunteer at the end of the programme</p>	<p>End of Year 1</p> <p>End of Year 2</p> <p>Focus Group</p> <p>1 Year post-project</p>	<p>Schedule of volunteer opportunities created</p> <p>Monitoring of volunteers signed up including numbers, referral route, postcode</p> <p>Focus Group 2 (explore participant experience of volunteering)</p>
Participants experienced increased enjoyment	<p>Positive experience of programme</p> <p>Sustained high attendance</p>	<p>Negative experience of programme</p> <p>Poor attendance</p>	Focus Group	Focus Group (explore participant experience of the programme)
Increased social connection amongst participants	<p>Friendships made</p> <p>Arrangements to meet outside of group</p>	<p>Lack of conversation</p> <p>Group conflict</p> <p>Poor attendance</p>	Focus Group	Focus Group (explore participant connections made through the programme)



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