



Archaeology for Wellbeing: Warham Camp excavation July 2023

Join an archaeological dig alongside professional archaeologists and volunteers on the Later Prehistoric Norfolk Project. It will be friendly, fascinating and fun!

From 10th to 29th July 2023, The Restoration Trust is supporting people who live with mental health challenges in Norfolk to explore Warham Camp Iron Age Fort near Wells, using the latest archaeological techniques.

Archaeology for Wellbeing (A4W) is a partnership between the Centre for Archaeology and Heritage at the Sainsbury Institute, University of East Anglia and The Restoration Trust funded by the National Lottery Heritage Fund, Society of Antiquaries London and the Norfolk and Norwich Archaeological Society

What will I be doing?

You can learn about archaeological techniques like geophysics and topographic surveying. You can dig at the Fort site, take environmental and dating samples and find artefacts. You can help interpret Laser imaging called LIDAR, and explore aerial photographs. You might get involved in recording archaeological finds, or generally helping out around the excavation site.

Warham Camp is a large and very well-preserved Iron Age fort in beautiful country near Wells. The impressive circular earthworks have outer and inner ditches and banks. Excavations in 1914 and 1959 produced evidence for a timber palisade, and Iron Age and Roman pottery. Warham Burrows is a square Iron Age enclosure nearby on higher ground that will also be investigated.

Fieldwork on the site runs from 10th – 29th July, every weekday from 9am to 5pm. There is an Introduction workshop at the University of East Anglia on 15th June, and reflective workshops at the end of the fieldwork in January/February 2024.

Andy Hutcheson leads the project. He is an archaeologist at the Centre of Archaeology and Heritage, and President of the Norfolk and Norwich Archaeological Society. The archaeology team is from the Cambridge Archaeological Unit, along with volunteers, pupils from local schools and Restoration Trust participants.



Arminghall Henge dig, 2022



Warham Camp, 2023



What are the details?

When will we meet?

When the fieldwork is underway, we will be on site every weekday from 11am – 2pm. You can come along on one of the days when we have a minibus from your area, or you can join the excavation any day that suits you if other transport is available to you.

Where will we meet?

At Warham Camp site, which is between the villages of Warham and Wighton, inland from Wells-next-the-Sea. The address is Warham Camp, Warham, Wells-next-the-Sea, NR23 1NJ.

What facilities are there?

On site there will be portacabins where you can relax out of the weather and portaloos for toilets. Bags and coats can be securely stored in our minibus.

What about refreshments?

A packed lunch and snacks will be provided and tea, coffee, soft drinks and water will be freely available.

How will I get to Warham Camp?

A minibus will come from a different place each weekday according to where people live, and we will let you know which day will be from your area. Please talk to us about where you can park if you are travelling independently by car.

How much will it cost?

It is FREE. Refreshments are provided, and transport is provided or you will be reimbursed for the cost of travelling to the site once that has been agreed with you.

How will I be supported?

Darren France and Ian Brownlie from The

Restoration Trust are the coordinators. Their job is to help you feel safe. Your support worker or carer can come with you if that will help you enjoy the sessions.

How can I be sure that my confidentiality is protected?

We operate under The Restoration Trust's data protection and confidentiality policies and practices. You will be asked for your consent for photography, filming and social media, as well as for evaluation. If you do not give your consent you can still take part.

What is the evaluation?

We ask people to tell us about their well-being by completing questionnaires at the start and end of A4W. If you don't take part in the evaluation you can still join the project.

What if I drop out?

You can leave at any time, and it won't affect your support from any services.

What happens if I don't feel well?

During time on the site, let us know if you need support. If you can't make it to a meeting the Coordinators will keep in touch until you can come again. If you are worried about your mental health please speak to a support worker.

What happens after the project ends?

You can talk about volunteering opportunities with Andy Hutcheson, Project Manager, and you can keep in touch with The Restoration Trust through our regular online meetings and in-person gatherings.

What if I have a complaint?

Please get in touch with Laura Drysdale, the Director of the Restoration Trust, who will try and resolve the issue with you.



Darren France
Coordinator



Ian Brownlie
Coordinator



Andy Hutcheson
Project Manager

How can I find out more?

Contact:

Laura Drysdale

07740 844883

laura@restorationtrust.org.uk

Darren France

07905 517906

darren@restorationtrust.org.uk

More about Warham Camp and the Later Prehistoric Norfolk Project:

<https://www.heritage.norfolk.gov.uk/record-details?MNF1828-Warham-Camp-Iron-Age-Fort>

<https://www.sainsbury-institute.org/project/late-prehistoric-norfolk-project>

More about archaeology and wellbeing:

<https://www.youtube.com/watch?v=h7hGiXPRliY>

More about the Restoration Trust:

www.restorationtrust.org.uk



SAINSBURY INSTITUTE
for the Study of Japanese Art and Culture
日本藝術研究所



UEA University of
East Anglia

