

Thriving Communities webinar: Heritage and Social Prescribing

Instructions:

- Sound - you may need to unmute to hear sound. There is holding music to let you know when your sound is working
- You can make the webinar full screen with the button at the bottom right of the video screen
- Q&A will be moderated
- You can also chat with others via our Network. Please join at <https://socialprescribingacademy.org.uk/thriving-communities/network/>

9 June 2021, 12.30-1.30pm





Welcome

Chaired by

Dr Desi Gradinarova

Historic Environment Lead, National Academy for Social Prescribing

Senior Policy Adviser (Wellbeing) at Historic England

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[#ThrivingCommunities](#)

Housekeeping:

- Please note we are **recording** this webinar



Today we will be hearing from

Dr Linda Monckton, Head of Wellbeing and Inclusion Strategy
at Historic England

Helen Shearn, Consultancy in arts, heritage, health and
wellbeing

Jane Brooke, Fundraising Manager, East Kent Mencap





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Coming up next:

**Dr Linda Monckton, Head of
Wellbeing & Inclusion Strategy at
Historic England**



Wellbeing and Heritage



Historic England

Dr Linda Monckton

Head of Wellbeing and Inclusion Strategy

Historic England

linda.monckton@historicengland.org.uk

What do we mean by heritage?

HERITAGE

Valued objects and qualities such as historic buildings and cultural traditions that have been passed down from previous generations

“All inherited resources which people value for reasons beyond mere utility.”

Conservation Principles, English Heritage, 2008

CULTURAL HERITAGE

“Inherited assets which people identify and value as a reflection and expression of their evolving knowledge, beliefs and traditions, and of their understanding of the beliefs and traditions of others.”

p71, Conservation Principles, English Heritage, 2008

What is the historic environment?

“All aspects of the environment resulting from the interaction between people and places through time, including all surviving physical remains of past human activity, whether visible, buried or submerged, and landscaped and planted or managed flora.”

Annex 2: Glossary, [National Planning Policy Framework](#), Ministry of Housing, Communities & Local Government, June 2019

Who is Historic England?



Historic England

‘The Historic Buildings and Monuments Commission for England’, more commonly known as Historic England, established in 1984 by the [National Heritage Act 1983](#). Historic England is the Government's adviser on the historic environment in England

<https://historicengland.org.uk/research/current/social-and-economic-research/wellbeing/>

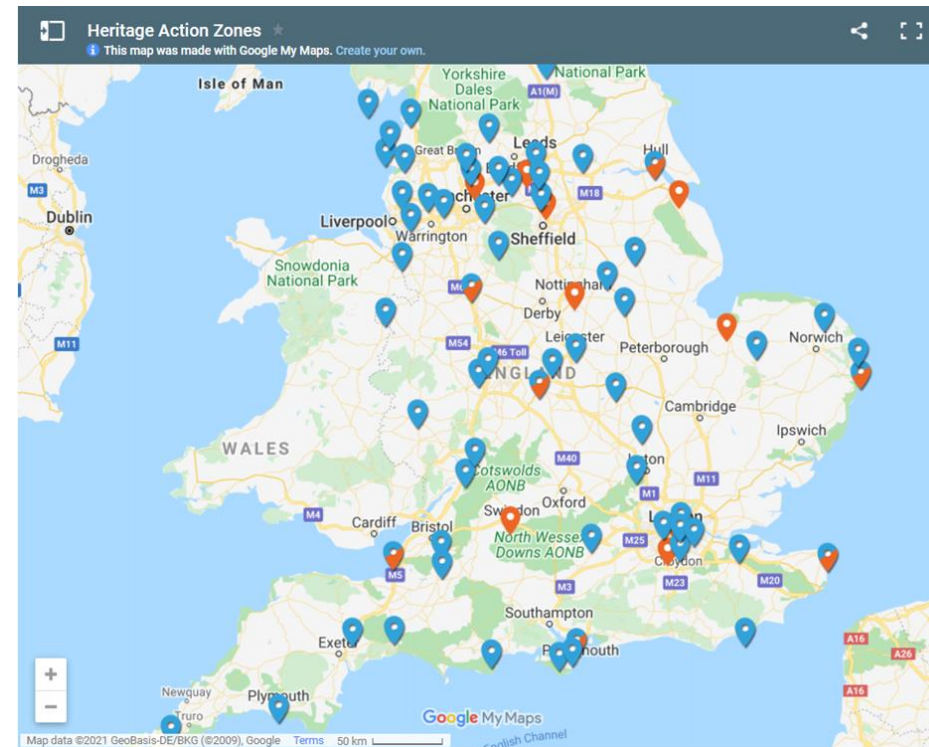
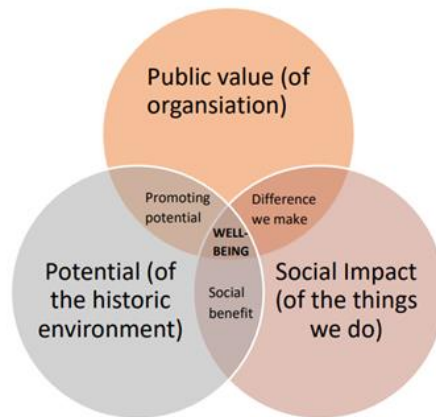


What are we doing?

Strategically

An Assessment of Wellbeing and Historic Environment 2018

Wellbeing and Heritage Strategy
fort



Locally

Heritage Action Zones
Volunteering
Heritage co-ordinators

Why are we interested?

The evidence shows positive impacts on individual wellbeing, including outcomes such as increased confidence, social connectivity and life satisfaction.

There is also evidence of positive effects on community wellbeing, including outcomes on social relationships, sense of belonging, pride of place, ownership and collective empowerment

<https://whatworkswellbeing.org/blog/heritage-and-wellbeing/>

Historic places convey a sense of uniqueness and awe and are strong emotional pillars for common values, connecting communities across England. Cultural heritage as a physical resource can play a critical role for community cohesion, collective action and in shaping human health and societal wellbeing. Heritage can also improve personal wellbeing, by helping us understand our past, our individual and communal identity and help us connect with the places where we live.

<https://historicengland.org.uk/content/heritage-counts/pub/2020/heritage-and-society-2020/>

Local context: quality of place

80% of people stated that local heritage makes their area a better place to live. Evidence from a survey of c.4,300 people, across twelve National Lottery Heritage Fund investment locations with more than 10,000 inhabitants showed that investments realised during the last 20 years had an impact on perceptions of local place, supported local pride, and promoted social cohesion (Britain thinks and NHLF, 2015).

„Well-designed and well-connected urban areas with predominantly historic properties promote high vitality and liveability standards. Venerandi et al. (2016a) found that well-connected and easily accessible urban areas, characterised by green areas and a predominance of historic properties, are associated with high levels of wellbeing, walking, sociability, less pollution and stress, feelings of safety and even better eating habits. „

Beauty and aesthetics of neighbourhood buildings and public spaces have been found to increase levels of community satisfaction. (Florida, Mellander, and Stolarick, 2010)

Engagement with heritage

People are emotionally connected to places and want to share their meaning with others

Keeping memories alive and sharing memories of places where people live in has a strong relationship with developing strong place identity and place attachment (Lewicka, 2005). R

Engaging in heritage activities can enhance sense of identity

Heritage led initiatives improve self-esteem and sense of belonging

How does heritage and wellbeing work?



Process: volunteering Social engagement Self-esteem Meaning Being useful Competence	Participation: visiting Positive feelings Knowledge Group activities Learning	Mechanism: sharing Social interaction Creativity Reminiscence Connecting Sharing experiences	Healing: therapy Self-esteem Self-expression Making and meaning Cultural inclusion	Place: belonging Connection Pride Making and meaning Belonging Identity Resilience	Environment: experiencing Physical activity Fresh air Autonomy Positive feelings
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Survey
Recording
Enriching the List



Visit a free site with a group
Rambling, civic trusts

Identify with heritage
Make a difference



What does heritage engagement look like?



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Sharing experiences and our stories in places



What does heritage engagement look like?

Process: volunteering		Social engagement Self-esteem Meaning Being useful Competence
Participation: visiting		Positive feelings Knowledge Group activities Learning
Mechanism: sharing		Social interaction Creativity Reminiscence Connecting Sharing experiences
Healing: therapy		Self-esteem Self-expression Making and meaning Cultural inclusion
Place: belonging		Connection Pride Making and meaning Belonging Identity Resilience
Environment: experiencing		Physical activity Fresh air Autonomy Positive feelings

What matters to you about your place
Creative expressions of neighbourhood

Ancient forests
Prehistoric sites
Urban parks



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Coming up next:

**Helen Shearn, Consultancy in arts,
heritage, health and wellbeing**

Kirkham High Street Heritage Action Zone Heritage, Health & Wellbeing Programme





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Funding from the Historic England's High Street Heritage Action Zones (HS HAZ) and from the Government's Future High Streets Fund (FHSF) <https://www.kirkhamfutures.org/>



Kirkham Futures

Home Vision Projects News **Get Involved**

'Once In A Generation' Opportunity To Regenerate Kirkham's Historic High Street

May 28, 2021

Share on Facebook Share on Twitter LinkedIn WhatsApp



Performances, workshops and talks to promote and interpret the heritage of textile production in Lancashire

Cotton - a dance piece on the cotton mills of Lancashire

by the About Time dance company (pictured)

<https://abouttimedancecompany.co.uk/>



Heritage talks provided by LCC County Museum

e.g. *the last loom of Kirkham*

<https://lancashirepast.com/2019/03/03/the-last-loom-kirkham/>



The Textile Mills of Lancashire report by Historic England (Picture)

<https://historicengland.org.uk/images-books/publications/textile-mills-lancashire-legacy/>

Sustainable Textiles



Research, practice and networks for inspiration and further exploration:

Stitching Together network <https://stitchingtogether.net/>

Rose Sinclair, research on textile clubs *Dorcas societies* <https://www.gold.ac.uk/news/rose-sinclair---dorcas-societies/>

North West England Fibreshed, Patrick Grant and the British Textile Biennial

<https://britishtextilebiennial.co.uk/news/homegrown-homespun/>

Age of Inspiration and Sewing rooms <https://www.the-sewing-rooms.co.uk/>

Life stories & memories



Kirkham lives - Using stories, collections and interpretations.

Also collaborations with :

Sue Flowers at Green Close Arts Organisation
<https://greenclose.org/>

The **Kirkham Treasures** cultural programme (also funded by Historic England)
<https://kirkhamtreasures.co.uk/>



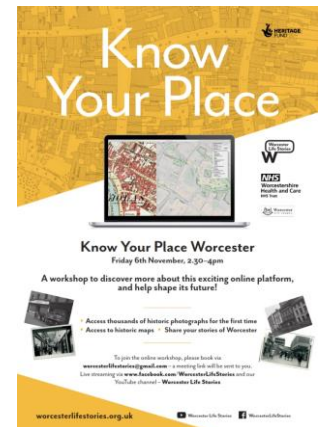
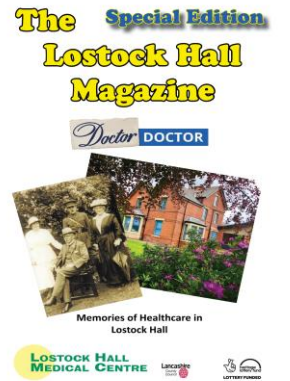
Examples for inspiration

Doctor Doctor- Memories of Healthcare in Lostock Hall at Lostock Hall Medical Centre in Preston
<https://www.doctordoctormemories.co.uk/>

Worcester life stories
<https://worcesterlifestories.wordpress.com/>

Heritage, Health and Wellbeing by the Heritage Alliance Report 2020

https://www.theheritagealliance.org.uk/wp-content/uploads/2020/10/Heritage-Alliance-AnnualReport_2020_Online.pdf

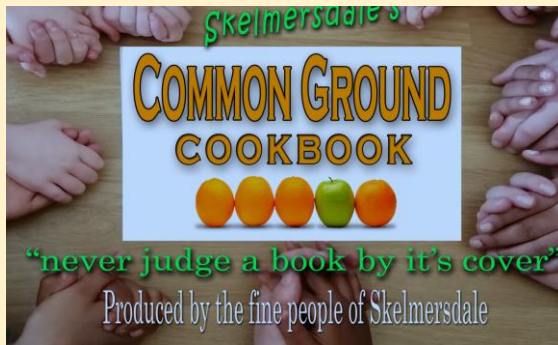


Healthy living & food



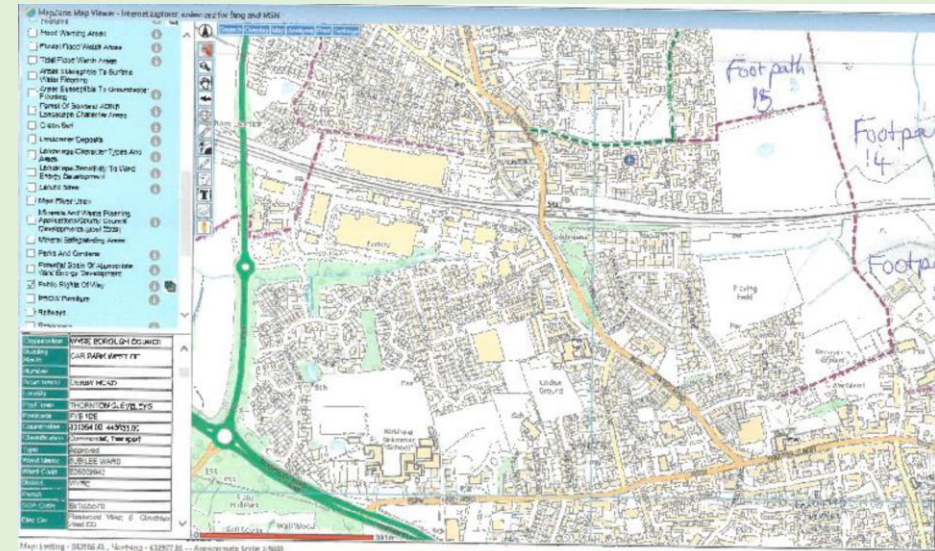
Healthy eating, cooking project linking heritage and sustainability

- A museum and archive led Heritage Cooking Session linked to the shops on the high street
- Heritage cookery book e.g. the Skelmersdale *Common ground* cookery book



Heritage trail & App development

- Develop the nature and heritage trail
- Cross referencing the Fleetwood Heritage Action Zone heritage trails development



Examples of connections and opportunities at Hillside

Heritage open days September 10-19th 2021

Develop links with specialist and strategic associations and networks:

- The Heritage Crafts Association <https://heritagecrafts.org.uk/>
- Local Archaeology groups

Explore apprenticeships, training and educational opportunities:

- Kickstart – LCC museums
- The *Phoenix Rising* project with Green Close, Sue Flowers in partnership with the Lancashire Recovery College (L&SCFT) etc.
- Mens Sheds / Shedders

Ideas on additional resourcing for sustainability

- Time credits with *We are tempo*
- Volunteering

Additional references

Crafts Council- <https://www.craftscouncil.org.uk/>

Voluntary Arts network- <https://www.voluntaryarts.org/>

Culture, Health & Wellbeing Alliance (CHWA)
<https://www.culturehealthandwellbeing.org.uk/>

2.3 HERITAGE & ECO SKILLS CENTRE AT HILLSIDE

There is heritage and eco construction skills shortage and there are no training facilities for these in North West. The proposal is to set up a regional skills centre in Hillside.

Old and new skills are needed to restore heritage buildings, retrofit all buildings for better energy efficiency and to build new places that meet the net carbon government targets by 2050. We are proposing establishing regional Heritage and Eco Skills training centre of excellence in the listed building of Hillside.

The centre will provide apprenticeships, qualifications, short courses for students, building firms wishing to upskill, do it yourself enthusiasts and self-builders. All students will be learning their skills on the regeneration projects planned for the High Street including a Repair Project on Hillside itself. It is hoped that this will generate a new economic offer for the town.



Existing elevation of Hillside, 2020



Location plan of Heritage & Eco Skills Centre at Hillside.

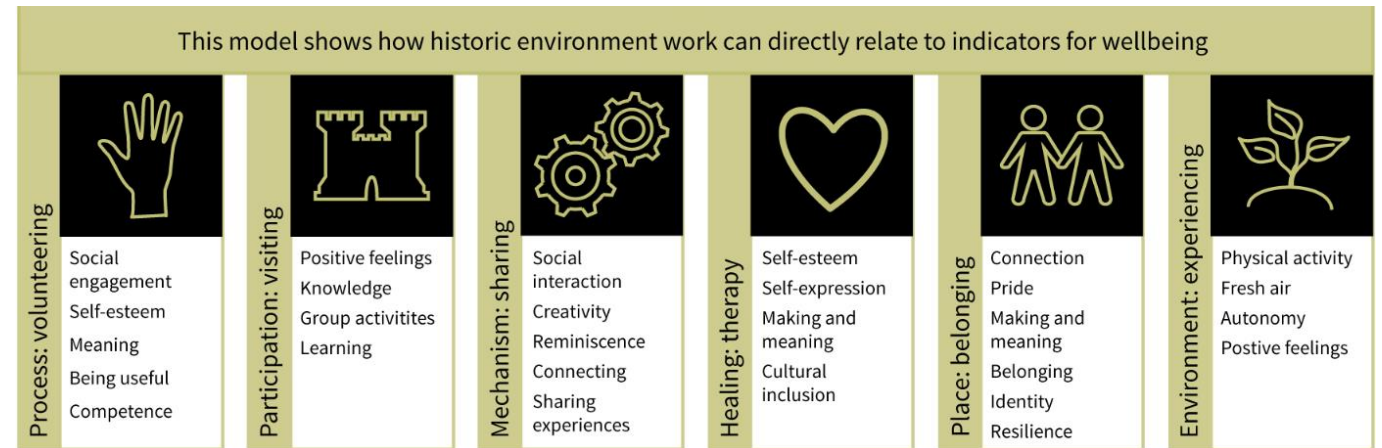


Visual: Stage 3 of proposed construction with addition of second floor

Heritage
and
craft
skills

Kirkham's Four Heritage Themes in Year 2

Aligning with Historic England's model of Six Indicators for Wellbeing and the 5 ways of wellbeing (NEF)

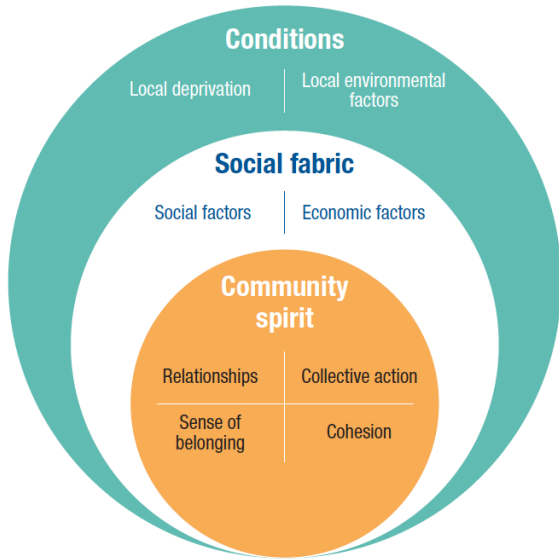


Credit: 5 Ways of wellbeing New Economics Foundation

Kirkham High Street Heritage Action Zone Heritage, Health & Wellbeing Programme Feasibility Study by Helen Shearn Associates and FVD Consulting Ltd

helenshearnarts@gmail.com

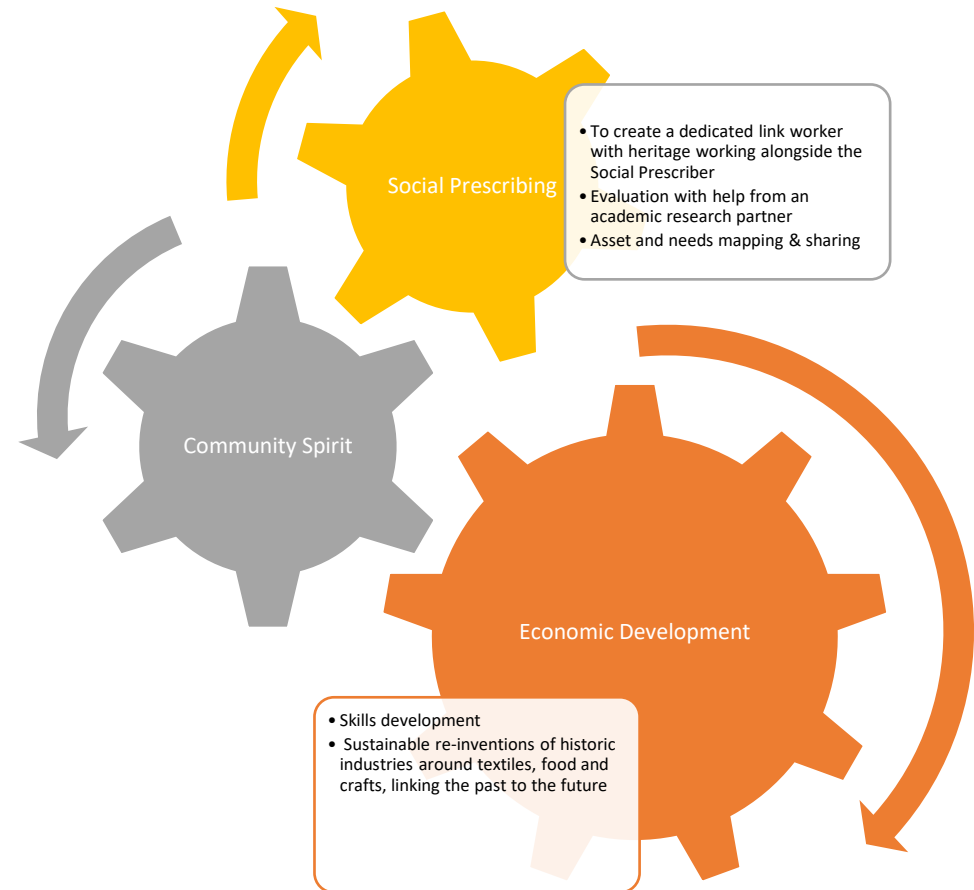
Figure 1: How does community spirit sit within the determinants of health and wellbeing?



The Community Spirit Level: A framework for measuring, improving and sustaining community spirit

The Community Spirit Level: A framework for measuring, improving and sustaining community spirit by RSPH

<https://www.rsph.org.uk/our-work/programmes/community-spirit-programme.html>





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Coming up next:

**Jane Brooke, Fundraising Manager,
East Kent Mencap**









East Kent
mencap



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Coming up next:

Q&A with the panel



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Thank you

Our next webinar is about National Partnership Working Across NASP.

For more details and to register please visit:

<https://socialprescribingacademy.org.uk/thriving-communities-webinars/>



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