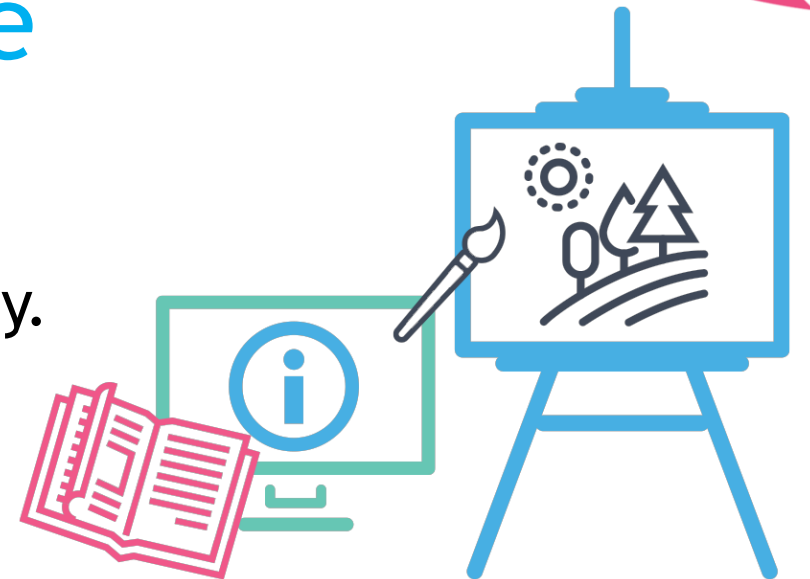


National
Academy
for Social
Prescribing

NASP webinar: Prescribe Heritage

Thank you for joining us. The webinar will begin shortly.



Housekeeping

- Please note we are **recording** this webinar.
- You will be sent the slides and the link to the recording, and they will be on NASP's website too.
- Please submit questions via the **Q&A function**. We will hold a Q&A session at the end of presentations.
- Please use the **chat function** for introducing yourself and networking. If you have any technical issues, please raise these in the chat, and a member of the NASP team will assist.
- **Closed Captions** are available (turn these on at the bottom of your screen). BSL interpreters will be interpreting live but not available via the recording.
- There will be a short poll at the end asking you for your feedback about the webinar.




Chair:

Dr Desi Gradinarova, National Lead for the Historic Environment, NASP

Speakers:

- Jenny Hartnoll, Health Connections Mendip - Development Lead and We are Connectors CIC Director
- Richard Clinton, Chief Executive, Delapré Abbey Preservation Trust
- Helen Shearn (Creative Health Consultant) and Sue Flowers (Artist Director, Green Close) Kirkham Heritage, Health and Wellbeing programme
- Arran Johnson, Assistant Community Project Manager, York Archaeology & Ian Milsted, Head of Community Engagement, York Archaeology
- Darren France, Project Manager, Restoration Trust
- Nadia Norman, Heritage Coordinator, Stanwick Lakes, Rockingham Forest Trust





Dr Desi Gradinarova, National Lead for the
Historic Environment, NASP



[Home](#) > [What is Social Prescribing?](#) > [Heritage Social Prescribing](#)

WELLBEING THROUGH CONNECTION,
IDENTITY AND BELONGING

Heritage and Social Prescribing



In this section

[Heritage and Social Prescribing - the evidence](#)

[Heritage professionals: How to connect with social prescribing](#)

[Social Prescribing Link Workers: How to connect to heritage](#)

Heritage holds the key to our sense of identity. Connecting with the past and feeling rooted in our communities is essential to our wellbeing.

It's about finding a shared history and telling stories of who we are, and where we came from. Building a sense of belonging and ownership can make a tangible difference to how we feel.

Heritage activities provide a valuable pathway for practical and emotional support. They give space to reflect, and to hope. And they empower people who may be struggling with anything from isolation to ill-health with the tools rewrite their personal story





Wellbeing benefits of heritage

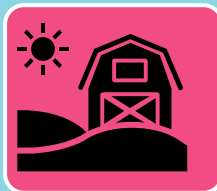
Specific



Improved feelings of
identity and belonging



Strengthened brain
health and memory



Connection with place
and pride of place



Increased feelings of
purpose and value



Insight, resilience, hope
and inspiration



Feeling a part of
something bigger

Wellbeing benefits of heritage

General



Increased social
interaction



Be more physically
active



Reduce stress



Employment and skills



Helps with physical and
mental wellbeing



Helps take pressure of
the healthcare system

Evidence Headlines



Heritage can deliver wellbeing and be used for SP on several levels – both for prevention on a whole population level, as well as for targeted interventions for more complex needs (including alongside a clinical pathway)

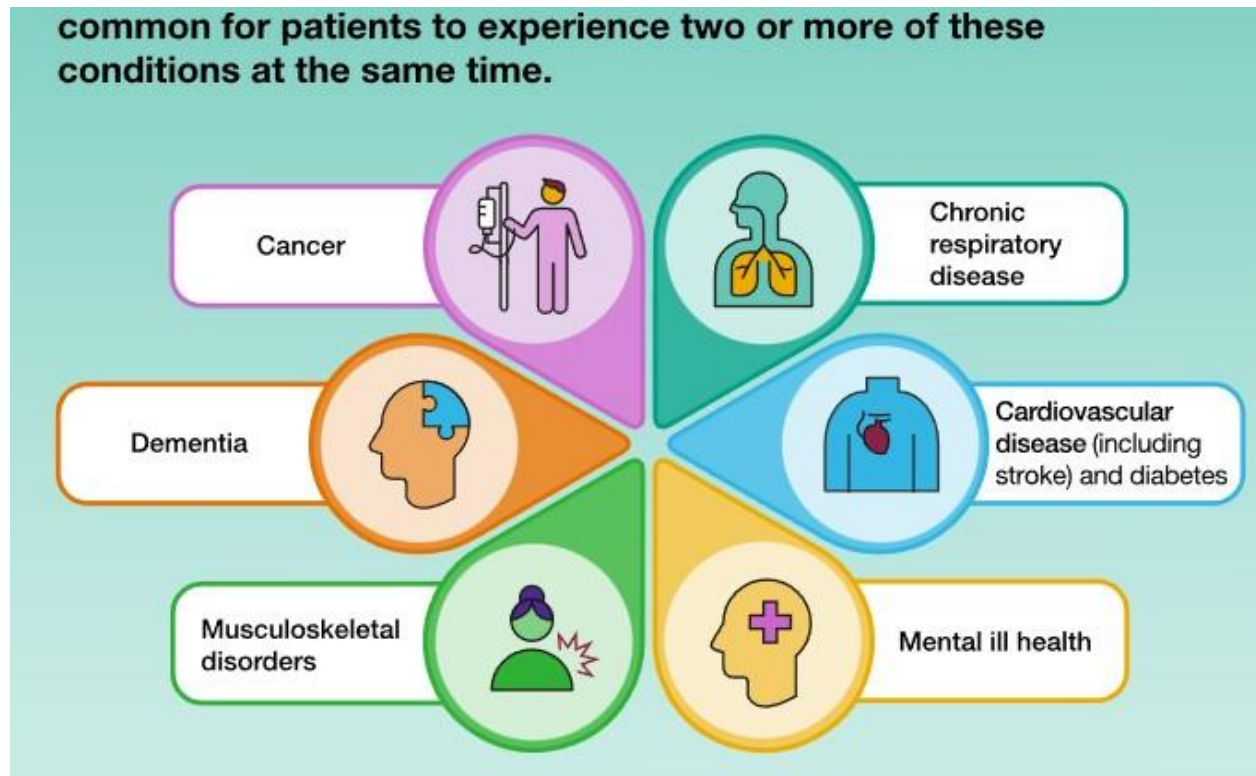


Heritage sites / places can offer space and physical places for other wellbeing activities to take place (physical activity, creativity, connection with nature etc), but it can also add unique value and connection to place



Heritage could be beneficial for anyone and everyone, it is not just for history buffs – and it is not a “good to have”

Efficiency of heritage-based activities for addressing major / long – term conditions



- Mental Health and Dementia – primary SP pathways for heritage
- Evidence on successful mental health interventions include specific conditions, such as anxiety, depression, PTSD and others
- All other LTC SP pathways can include heritage as part of the prescription
- Connection with heritage also helps address loneliness and isolation
- There is evidence and examples of successful SP pathways for CYP and older people
- Unlocks ways to offer wider and more personalized prescription - new dimensions of opportunities for people

Guide for social prescribers



WHAT



WHY



HOW



National
Academy
for Social
Prescribing

Guides for heritage practitioners

WHERE

WHO

HOW



How can heritage be used for SP?



| | | | | | |
|---|--|---|---|---|---|
| <p>Process: volunteering</p>  <ul style="list-style-type: none"> Social engagement Self-esteem Meaning Being useful Competence | <p>Participation: visiting</p>  <ul style="list-style-type: none"> Positive feelings Knowledge Group activities Learning | <p>Mechanism: sharing</p>  <ul style="list-style-type: none"> Social interaction Creativity Reminiscence Connecting Sharing experiences | <p>Healing: therapy</p>  <ul style="list-style-type: none"> Self-esteem Self-expression Making and meaning Cultural inclusion | <p>Place: belonging</p>  <ul style="list-style-type: none"> Connection Pride Making and meaning Belonging Identity Resilience | <p>Environment: experiencing</p>  <ul style="list-style-type: none"> Physical activity Fresh air Autonomy Positive feelings |
|---|--|---|---|---|---|



Jenny Hartnoll, Health Connections Mendip
Development Lead and
We are Connectors CIC Director

j.hartnoll@nhs.net connect@weareconnectors.org

Heritage Connectors



HEALTH
CONNECTIONS

Your GP practice social prescribing
and health coaching team

Heritage Connectors

Jenny Hartnoll

Health Connections Mendip – Development Lead

j.hartnoll@nhs.net



To find out about how to get involved in heritage in your community:



Visit the Heritage Directory
www.discoverfrome.co.uk



Come along to a Heritage Café



Call Discover Frome
 01373 465757

Historic England highlights some of the main benefits of engaging with heritage and the historic environment:

- 1 Connection with heritage improves our feelings of identity and belonging and helps alleviate loneliness
- 2 Heritage activities promote good brain health and strengthen our memory
- 3 Exploring heritage and history offers an exciting journey of discovery
- 4 Learning from ours and others past provides insight, resilience and inspiration for the future
- 5 Revealing the past of a place and its historic significance helps us understand it and connect with it better, promoting pride of place
- 6 Heritage shows us that we are part of something bigger – it is inseparable part of us and our own legacy in this time and place



There are lots of ways you can get involved in heritage in your area:

- Visit Discover Frome website: www.discoverfrome.co.uk
- Call Discover Frome: 01373 465757
- Come along to a Heritage Café: third Friday of every month, 11-12 noon, Cheese & Grain



What:

Signpost friends, family, colleagues, neighbours and strangers to Heritage information access points in their community.

When:

Only if and when they get the opportunity and if they feel like it.

Who:

Anyone and everyone can be a heritage connector.

What it is not:

It is not about being a formal volunteer eg befriender or buddy. It is just a simple signpost.

Training:

What is heritage? What does it mean to you?

Explore heritage and wellbeing.

Signposting to heritage information access points.

Explore the benefits to connector, benefits to person connected.

Explore why it is important to simply signpost.



What was needed to set it up?

Bringing partners and community to map heritage groups, activities, projects, places etc

Develop relationships with the above

Collectively decide on where we were going to signpost people to in order to keep the message simple.

Build the 'information access points' eg Heritage Café, website directory

Create training, advertise and train

Train the NHS social prescribing teams in order to raise awareness of benefits so they can pick up cues from people working alongside.




70 Heritage Connectors trained in the pilot in Frome PCN.

14 Heritage Connectors then trained in West Mendip PCN. With Heritage Connectors meeting more regularly to focus on new heritage locations. Exploring connector/volunteer difference.



Search Directory and Resources... 

Print basket (0) 

Search by Category


- [Food, Cookery and Growing](#)
- [Green Social Prescribing](#)
- [Gut Health and Digestive Problems](#)
- [Healthier Eating](#)
- [Healthy Weight](#)
- [Hearing](#)
- [Heart/Cardiac](#)
- [Heating/Energy Efficiency](#)
- [Help at Home](#)
- [Heritage Wellbeing](#)
- [Home from Hospital](#)
- [Home Safety](#)
- [Housing Support](#)
- [Learning](#)
- [Learning Difficulties](#)
- [Leg Health](#)
- [LGBTQI+](#)
- [Lung Conditions](#)

Directory

The directory includes information on local groups and services in the community that could help you to improve your health and wellbeing. You can also see resources for each category containing useful links to other websites, booklets and organisations. If you can't find the support you are looking for, do give your local team a call and they will be happy to help.

You can search by area, category or topic using the boxes or type a key word into the search bar.



Print basket (0) 

Search by Category

[Abuse](#)

[Advocacy/Mentoring](#)

[Armed Forces](#)

[Befriending](#)

[Bereavement](#)

[Bladder Conditions and Kidney Systems \(Prostate, Continence\)](#)

[Cancer](#)

[Carers](#)

[Chronic Musculoskeletal Issues and Fatigue](#)

[Counselling and Therapy](#)

[Creative Wellbeing](#)

[Dementia](#)

[Diabetes](#)

[Digital Skills, Support and Information](#)

[Disability](#)

[Drugs, Alcohol and Addictions](#)

[Eating Disorders](#)

Directory: Heritage Wellbeing

Historic England highlights some of the main benefits of engaging with heritage and the historic environment:

- 1) Connection with heritage improves our feelings of identity and belonging and helps alleviate loneliness
- 2) Heritage activities promote good brain health and strengthen our memory
- 3) Exploring heritage and history offers an exciting journey of discovery
- 4) Learning from ours and others past provides insight, resilience and inspiration for the future
- 5) Revealing the past of a place and its historic significance helps us understand it and connect with it better, promoting pride of place
- 6) Heritage shows us that we are part of something bigger – it is inseparable part of us and our own legacy in this time and place



SERVICES

RESOURCES

Filter by Area

Frome Glastonbury Shepton Mallet Street Wells

There are **18 services** and **1 resource**

Avalon Archaeology – Glastonbury

Avalon Archaeology is a lovingly crafted reproduction of Somerset's heritage in the heart of the Avalon Marshes. History is brought to life with richly decorated archaeological reconstructions filled with hand-crafted furniture and authentic art.

Avalon Archaeology, Avalon Marshes Centre, Shapwick Road, Westhay, Glastonbury, Somerset, BA6 9TT



HEALTH
CONNECTIONS

Your GP practice social prescribing
and health coaching team

Thank you

Jenny Hartnoll
j.hartnoll@nhs.net



Richard Clinton, Chief Executive, Delapré Abbey
Preservation Trust

Delapré Abbey Heritage & Wellbeing



Delapré Abbey Heritage & Wellbeing





Delapré
Abbey

Overview

Abbey of St Mary de la Pré (of the Meadow)

Cluniac Order

Battle of Northampton

Restoration

New Vision

Evidence Base





Delapré
Abbey

Journey to Wellbeing

Skills

Thriving Communities

Strategy

Connection to Historic England –
Wellbeing Strategy

Partnerships





Delapré
Abbey

Social Prescribing

Partnership with GPA

Broad Approach

Open & Accessible

Focussed

Impact



“Lily has blossomed in confidence. She lights up when talking about the project. She has shown me pictures of her clay work and was thrilled that you gave her clay to use at home. Thank you for arranging transport for her, this has definitely supported with her ability to attend... Thank you to you and your team, a wonderful outcome for my customers”



Delapré
Abbey

Northamptonshire Pathways

Live Your Best Life

Action for Happiness Northamptonshire

Community of Practice

Volunteer Passport



Delapré
Abbey

A STABLE FUTURE

Demand for Space

Making it Accessible

Partnership

Connecting Wellbeing Threads

Unlocks Resilience





Helen Shearn, Creative Health Consultant and
Sue Flowers, Artist Director, Green Close

Kirkham Heritage, Health and Wellbeing
programme

The Kirkham Heritage, Health and Wellbeing programme

Presented by

Helen Shearn (Creative Health Consultant)

and

Sue Flowers (Artist Director, Green Close)

NASP Webinar: Prescribe Heritage

18th March 2025





A Historic England High Street Heritage Action Zone, in partnership with Fylde Council and Kirkham Town Council

The Kirkham Heritage, Health & Wellbeing Programme, a key part of *Kirkham Futures*

Brief timeline

March-September 2021

A feasibility study is undertaken by Helen Shearn supported by FVD Consulting - Ferry Van Dijk

October 2021 to March 2024

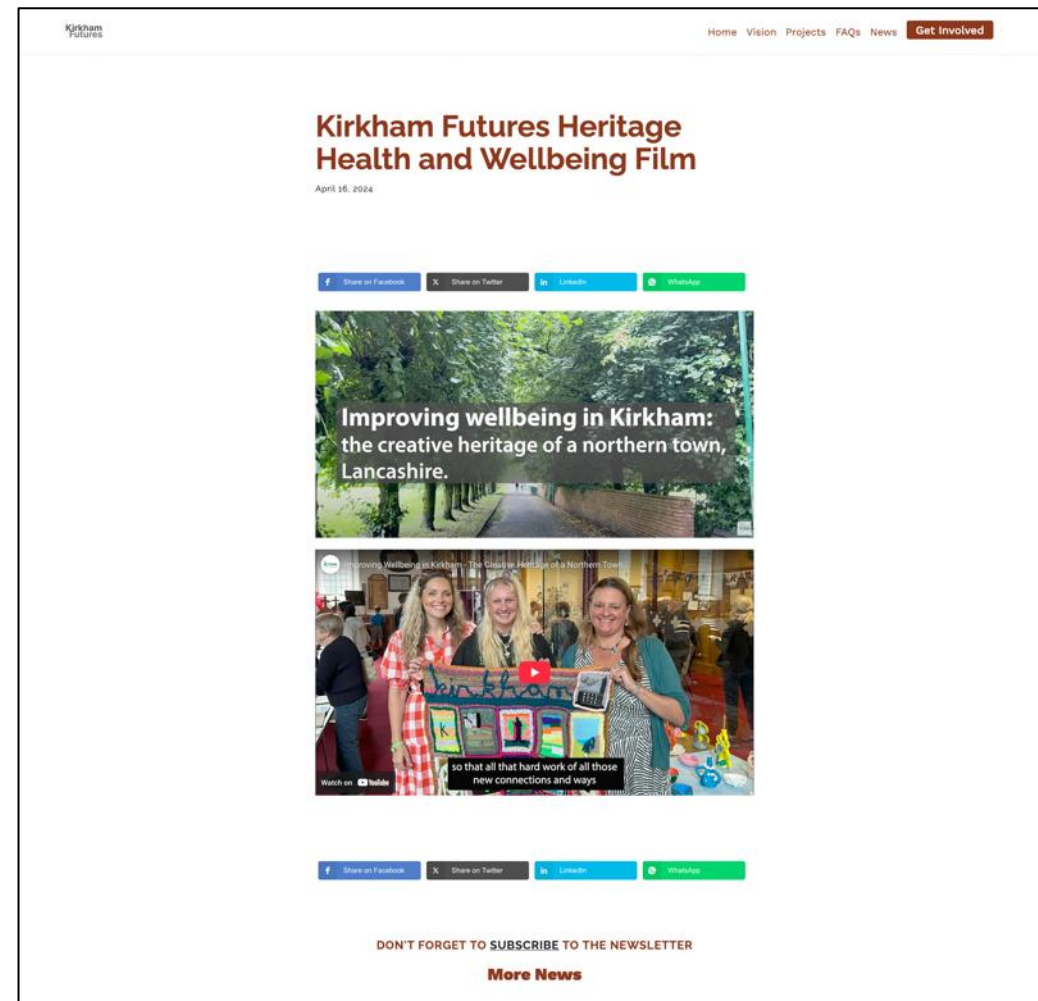
Phoenix Rising Partnership are commissioned in stages to deliver a programme of heritage based wellbeing and socially prescribed activities and events
- Art, Nature and Movement initially as tasters and a pilot

Helen Shearn is commissioned to advise and steer the overall programme

Independent evaluation in 2022 and 2023-24

Toby Williamson and Dr Eva Cyhlarova

Kirkham Thrives
2024 onwards



Film by Rachel Capovila

<https://www.kirkhamfutures.org/post/kirkham-futures-heritage-health-and-wellbeing-film>

Kirkham Futures

Kirkham High Street Heritage Action Zone

Final evaluation report of the Heritage, Health and Wellbeing programme (Phoenix Rising)

May 2024

Toby Williamson & Dr Eva Cyhlarova
Independent Consultants

With support from:



Foreword by

**Julie Ridley, Professor of Applied Social Policy,
University of Central Lancashire**

...the evaluators demonstrate how the Phoenix Rising programme was effective in reaching people in and around Kirkham affected by isolation, loneliness, long term health conditions and disabilities, and the impact it had on them and the community generally.

I particularly enjoyed reading participants' own words describing how their knowledge of Kirkham's heritage had improved, their confidence grown, and their social connections and 'sense of community' had deepened. It was particularly encouraging with social prescribing in mind, to read how the programme had been a catalyst for new community activities and had forged connections between groups. The community had truly been enriched and community capacity to offer more to people had grown.

<https://www.kirkhamfutures.org/plans/health-and-wellbeing-programme>

Leaflet designed and printed for Club Day by Kremena Dimitrova, Artist – Illustrator



FREE Activities Celebrating Our Heritage



ABOUT THE PROGRAMME

Kirkham's Heritage Health and Wellbeing Programme is a key part of the £11m Kirkham Futures Programme funded by Historic England, Fylde Borough Council, and Kirkham Town Council.

The 4 year programme, which runs from March 2020 – March 2024 is designed to reinvigorate the historic town centre by bringing important buildings back into use, improving streets and open spaces, with community-led cultural activities on the high street through the Kirkham Cultural Consortium, and boosting individual and community well-being and reducing isolation through the Heritage, Health & Wellbeing Programme, developing social prescribing and community spirit.

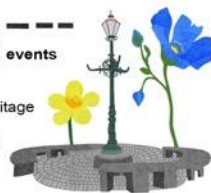
The Heritage Health and Wellbeing Programme has been devised by Fylde Council in collaboration with Helen Shearn, Arts, Heritage, Health & Wellbeing consultant, as the coordinator, supported by Dr Linda Monckton, Head of Wellbeing and Inclusion Strategy and Dr Desi Gradinarova, Senior Policy Adviser – Wellbeing and Inclusion at Historic England. The programme was informed by the Feasibility study produced by Helen Shearn supported by FVD Consulting in 2021 and has been co-developed with the providers Phoenix Rising Partnership, and through consultation, co-production and evaluation with stakeholders.

<https://www.kirkhamfutures.org/plans/health-and-wellbeing-programme>

www.historicengland.org.uk/whats-new/research/kirkham-forging-a-heritage-programme-as-a-bridge-to-wellbeing/

Find out about **FREE** events you can join and:

- Explore Kirkham's heritage
- Meet new people
- Share your memories
- Get creative, wander, and enjoy nature



CONNECTING KIRKHAM – FREE EVENTS & ACTIVITIES

CONNECTING KIRKHAM provides **FREE** heritage based wellbeing activities. As a part of Kirkham Futures, it aims to connect people with the past, present, and future of their town.

KIRKHAM'S HERITAGE, HEALTH & WELLBEING PROGRAMME

"Making SOCIAL Connections & Building Community SPIRIT!"

WELCOME!



SHARE YOUR IDEAS...

Do you have an idea for a heritage activity? Lancashire County Council's Community Projects team would love to hear from you!

Contact: amanda.spavin@lancashire.gov.uk



KIRKHAM TREASURES



Enjoy a collection of oral histories-memories and stories loosely based on the following themes: Growing Up, Work, War Time, the High Street and *Going Out*. They are available to listen to at Kirkham library and online at:

<https://kirkhamtreasures.co.uk/oral-histories/>

This *Voices* collection was gathered and curated by the Kirkham Cultural Consortium working in partnership with Positive Placemakers CIC., as part of the *Going out* project with nostalgic events, commissioned by the Kirkham Heritage, Health, and Wellbeing programme. Volunteers were trained by Kirkham Library.

<https://kirkhamtreasures.co.uk/going-out/>

The Cultural Consortium's aim is to deliver engaging community heritage arts projects as part of Kirkham Futures. Details at:

www.kirkhamtreasures.co.uk and <https://www.kirkhamfutures.org/plans/the-hs-haz-cultural-programme>

If you are interested in joining KCC and making positive change happen or helping to continue the collection please contact Helen Juste, Cultural Producer

helen.juste@positiveplacemakers.co.uk

THE PHOENIX RISING PARTNERSHIP



Supporting heritage based wellbeing activities In Kirkham

ARTS, NATURE & MOVEMENT CLASSES, activities and courses to support the mental and physical wellbeing of our communities.

•Wednesdays (10:30am – 1pm)
Explore the health benefits of local green spaces. Starting at Kirkham Library

•Thursdays (1pm – 3pm)
Explore the people's history of Kirkham and create scrapbooks, drawings, textiles, and more. Creative Heritage at St Michael's Church

•Fridays (10am – 11am)
Chair based dance with a celebration of local music and history. Kirkham Community Centre



BOOKING

Find out more and book at Kirkham Library or online:

www.phoenix-rising-wellbeing.co.uk/courses/

Funded by Historic England & Fylde Council and Kirkham Town Council



HERITAGE COLLECTION

Look through Kirkham in Amounderness Local History and Heritage Collection at St Michael's Church, Kirkham. The archives were brought together by local historian, the late Martin Ramsbottom. They were generously donated by his family – adding to the Church's own archives.

Specially commissioned heritage and wellbeing projects were part of the celebrations of the bicentenary (200 years) of the Church building in 2022. *Kirkham's Golden Threads* and *An A-Z of Kirkham - Weather Permitting* are available to view and download at:

<https://www.kirkhamfutures.org/post/threads-of-kirkham-golden-history-revealed>
<https://www.kirkhamfutures.org/document-library>



FIND OUT MORE:

www.stmichaelskirkham.org.uk

Need support accessing the activities?

Let's Connect Social Prescribing service can help you join activities if you need support. You can request a **LET'S CONNECT** self-referral form at Ash Tree House Surgery or Kirkham Health Centre, fill it in and give it to the practice reception.

Participant feedback on other community events, such as Soup Socials, the Wellbeing Festival and the Voices from Kirkham and Wesham oral history project led by the Cultural Consortium, was overwhelmingly positive.

The A-Z map of Kirkham by Kremena Dimitrova, Artist – Illustrator, co-developed with the community



Participants said that engaging with local heritage improved their knowledge and appreciation of their town's history and deepened their connection with the town and this was echoed by some stakeholders.



One of the key factors that contributed to the success:

The programme having a national profile which generated civic pride and confidence in the town and at Fylde Council



Citation in the Creative Health Review 2023 (page





The Cotton heritage dance performance about the women working in the mills by the About Time Dance Company with schoolgirls from Carr Hill School, on the Market square in Kirkham, October 2021

The market square has been revitalised as part of the public realm work in Kirkham Futures.



Article by Helen Shearn and Andrew Chatterjee in the special issue on Wellbeing & Heritage, Historic England's Research Journal published 22.2.22

<https://historicengland.org.uk/whats-new/research/kirkham-forging-a-heritage-programme-as-a-bridge-to-wellbeing/>



The qualitative community mapping data collected indicated that Phoenix Rising, and the programme more generally, had helped facilitate, acted as an impetus, or catalyst for a number of new community activities, projects and connections

Key factor to contribute to success

Consultation, careful thought and planning as the programme came to an end to try and maximise opportunities for sustainability

Our Community Inheritance project led by Dr Cecilia Wee
Illustration by Grace Collins



A MEN'S SHED AT ST MICHAEL'S CHURCH, KIRKHAM

WHAT WE WILL BE CREATING...

A space to primarily give Kirkham men the opportunity to meet to:



• Have a chat over a brew.

• Experience camaraderie and mutual support.

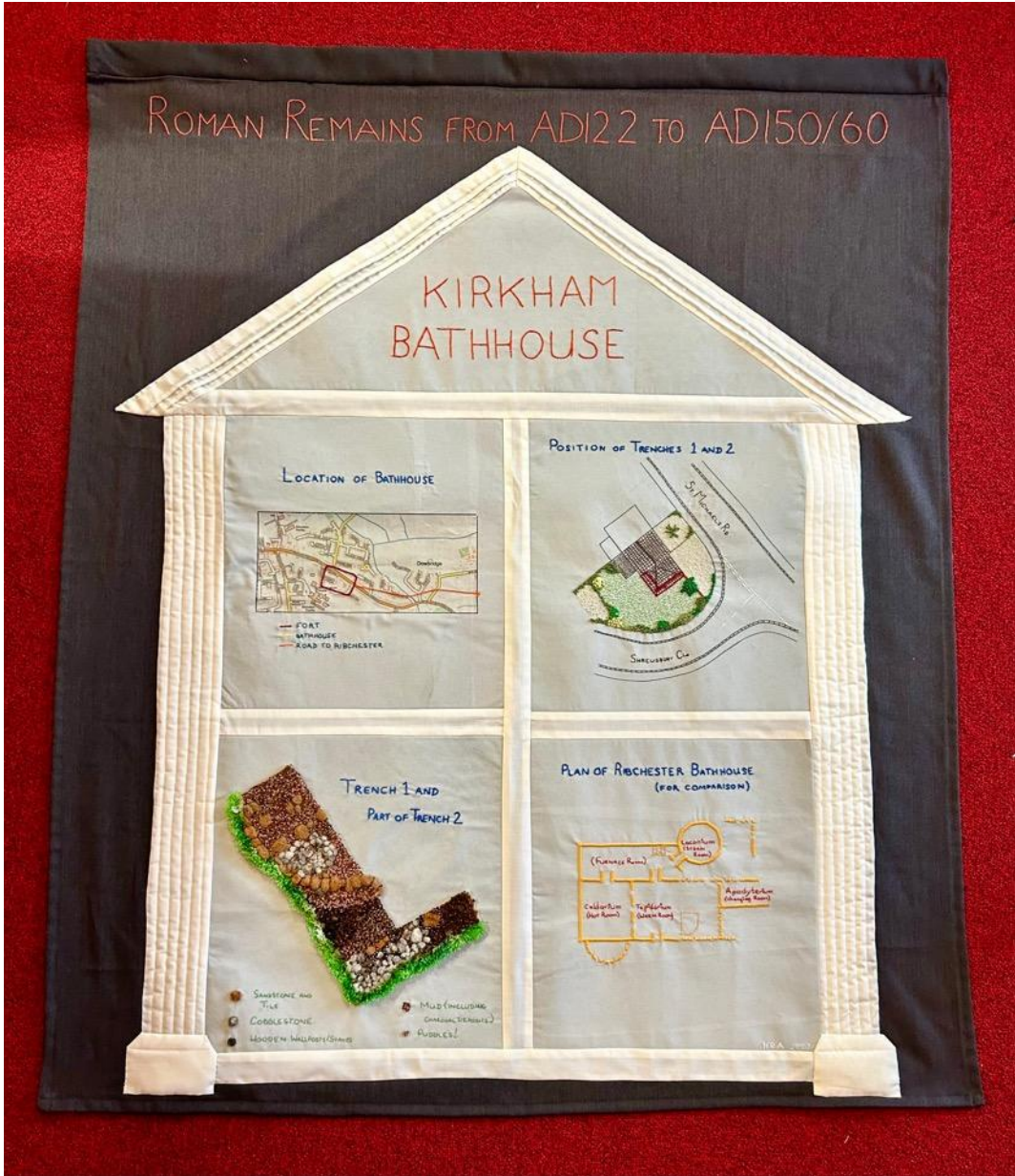
• Use your skills, knowledge, and experience to get involved in environmental projects, repairs, DIY, etc.



WHERE DID 'MEN'S SHEDS' START... AND WHY ARE WE SETTING ONE UP?

The Men's Shed movement originated in Australia in the 1990s; there are now 100s of Men's Sheds in the U.K.

Men's Shed flier by Kremena Dimitrova
Artist – Illustrator



Hilary Ayling

Threads of Kirkham's Golden History Revealed...

November 23, 2023

[Share on Facebook](#)
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READ THE BOOKLET: [Click here!](#)

Kirkham's Golden Threads
Danielle Chappell-Aspinwall





Church Street,
Kirkham, 1925 Pencil sketch
by L.S. Lowry

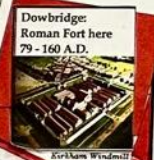
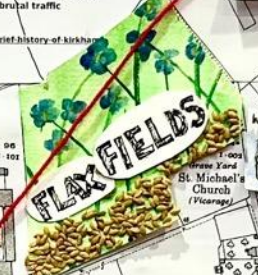
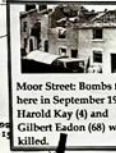
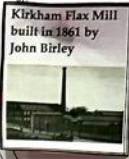
With thanks to Bedford
Museums

© The Estate of L.S. Lowry. All
Rights Reserved, DACS 2022

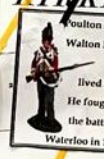


In the Preston Historical Society Newsletter for Winter 2020 Aidan Turner, Bishop has noted that John Birley the Kirkham flax merchant invested with Lancaster slavers in the slave trade at Preston and Poulton' with profits from this being reinvested in textile manufacture. So, like many other parts of the North West and the country as a whole Kirkham's wealth and prosperity was due, in a significant degree to the brutal traffic of enslaved Africans

<https://kirkhamtreasures.co.uk/brief-history-of-kirkham-manufacturers-merchants/>



ROMAN FORT



ROMAN SET



RAKE TRACE CARR HILL HIGH SCHOOL

Dowbridge House



818 8 715



Wesham in the 1930s
The diversity of trades people indicate their function is to support the textile and agricultural sectors, such as blacksmiths and a cattle dealer, while others are connected to the construction trade.

Wesham in the 1930s
The number of cars...



ST · MICHAEL



KIRKHAM

ROSE
QUEEN
2022

DIY & HARDWARE

P. & S. WILSON



Lytham
St Annes



For William & William
Clubday
18th June 2022
ROADS CLOSED
09.00

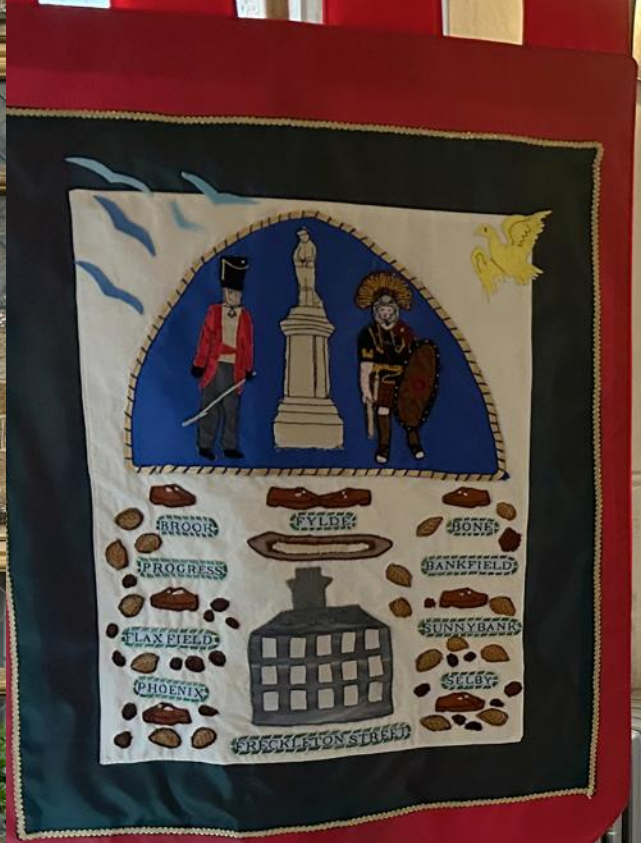
CHRIST
MAS







Wellbeing
Heritage &
Conference
20-21 MARCH 2024

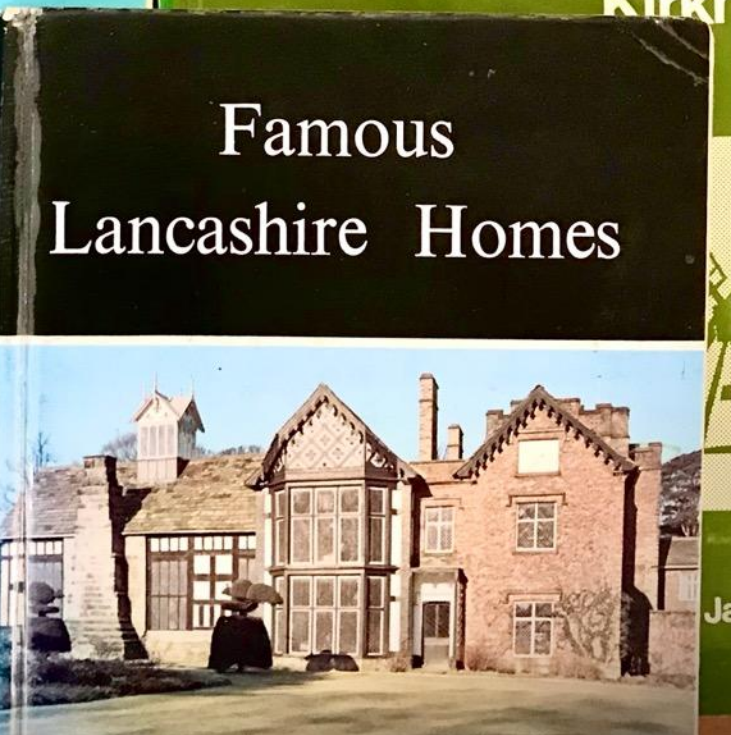




KIRKHAM IN AMOUNDERNESS

KIRKHAM
A SHORT HISTORY

Woodplumpton
Kirkham



How Past
Events and People
CONTRIBUTE TO SOCIETY
and CULTURE of
TODAY



HISTORY
Inspiring
A better future

GREENING THE HIGH STREET

A national toolkit for creating community growing on historic high streets



GET STARTED →



Greening the High Street National Toolkit

- Home menu
- About this toolkit
- How to GHS

About this toolkit



How to green the high street



This is an interactive toolkit. Use the buttons opposite, or the left hand navigation bar, to explore the content.

THIS PROGRAMME

Greening the High Street is part of Historic England's High Street Heritage Action Zones programme. The programme helped to revitalise 47 historic high streets across England, bringing local people together to celebrate what made their place special.

While researching non-retail uses of our high streets, Historic England identified a clear appetite for communal growing activities among communities. Greening the High Street was therefore developed to explore this need by piloting new ways of creating new green spaces on the high street. In line with Historic England's vision to support individual and community wellbeing through interactions with heritage, it also aimed to connect with local health partners in order to create socially-prescribed activity.

TOOLKIT PARTNERS



Urban Foresight is a multidisciplinary innovation practice dedicated to accelerating the next generation of technologies, services and policy frameworks for places. We work with ambitious organisations around the world on projects that improve lives, protect the environment and boost local economies.



Vertical Veg supports and inspires people to grow food in small, urban spaces. Vertical Veg's founder, Mark Riddell Smith, runs workshops across the UK and shares his gardening knowledge through writing and appearances on TV and radio.



Historic England is the public body that helps people care for, enjoy and celebrate England's spectacular historic environment, from beaches and battlefields to parks and pie shops.

Greening the High Street National Toolkit

- Home menu
- About this toolkit
 - This Toolkit
 - Aims of GHS
 - Success of GHS
 - Health Experience
 - Funding the project
- How to GHS

Get in touch

ABOUT THIS TOOLKIT

Guidance for introducing green social prescribing on England's historic high streets.



What is green social prescribing?

Green social prescribing is the delivery of growing activities for community volunteers who have been referred from a social prescribing function. They will participate in nature-based and practical activities that support their health and wellbeing and improve the local environment.

Why is it important?

The UK's historic high streets are the focal points of communities. Greening can contribute to their rejuvenation in the face of recent decline.

Growing sessions in a community space can help individuals with their physical and mental wellbeing, as they are more active, learn about the environment and nature, and socialise with other attendees.

Who is this toolkit for?

This toolkit is designed for use by a dedicated project coordinator to design and establish a green social prescribing function on a high street.

An individual who is responsible for the delivery of this project and its growing sessions is key to its successful delivery.

The coordinator can be from a local council, health service, or community group. Experience in growing, community engagement and social prescribing is not a requirement, and this toolkit will introduce you to insights from these areas.

Greening the High Street National Toolkit

- Home menu
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 - Funding the project
- How to GHS

Get in touch

AIMS OF GREENING THE HIGH STREET

Historic England funded three pilot locations to green their high streets. The pilots aimed to:



01 Create a green space

The pilots create pleasant, green spaces on historic town high streets.

The spaces are accessible to everyone and support the local environment and biodiversity.

They reinstate the decorative planting no longer maintained by local authorities, or create sources of food or sensory experiences.

Those that maintain the spaces feel a sense of ownership over the high street and its appearance.



02 Improve health and wellbeing

The sessions where volunteers help to maintain the green space become part of local social prescribing networks.

GPs, link workers and other community representatives refer individuals to the sessions.

They provide opportunities for participants to learn new skills, participate in practical and physical activities, and build social connections.

Engagement with gardening supports improved health, wellbeing and self-confidence.



03 Build community

Volunteers delivering the sessions and those attending them benefit from the opportunity to contribute to their local community and socialise.

The sessions boost high street footfall and dwell time, contributing to economic activity.

Pride of place is increased with the improved appearance of the high street and activity rejuvenating it.



GROW KIRKHAM AND WESHAM ...

Debbie Davies · 3d · 🌐

A mindful morning of botanical sketching at the Wild at Art session with the lovely [Sue Flowers](#) from Kirkham Thrives . It was made even better by delicious lemon drizzle cake and fresh lemon balm tea.



👍❤️👏 18

10 comments 2 shares

👍 Like 💬 Comment 📧 Send ➦ Share

For further information:

Kirkham Futures -

<https://www.kirkhamfutures.org/plans/health-and-wellbeing-programme>

Phoenix Rising – www.phoenix-rising-wellbeing.co.uk

Green Close – www.greenclose.org

Sue Flowers – E: sue@greenclose.org

Helen Shearn – E: helenshearnarts@gmail.com



Funded by
Historic England





Ian Milsted, Head of Community Engagement,
York Archaeology and
Arran Johnson, Assistant Community Project
Manager, York Archaeology and

Archaeology on Prescription: Heritage and
Healing

Archaeology On Prescription Heritage and Healing

Ian Milsted and Arran Johnson

 York
Archaeology



**MUSEUMS
+ HERITAGE
AWARDS**
WINNER
2022

Archaeology on Prescription

A social prescribing project aiming to:

- Improve health & wellbeing
- Foster meaningful social connections
- Build self-esteem and confidence

Over a year, participants take part in two blocks of fieldwork and a winter programme comprising:

- **Post-excavation and research skills**
Sessions designed to encourage ongoing independent engagement with heritage activities
- **Heritage crafts**
Sessions focused on reflective practice and the creation of shoebox museums. Culminates in an exhibition during the JORVIK Viking Festival



Accessibility and Inclusivity

How does it work?

- Wrong question.

What does it do?

- Creates a safe and welcoming space
- Puts archaeology 2nd, behind people
- Provides a range of accessible activities that are given equal weight
- Values all contributions as part of a larger, common endeavour
- Explores human stories in an open way
- Listens to the needs and interests of participants
- Responds to interests and signposts appropriately
- Looks after its staff



Personal impact

"I was in a place where archaeology was the focus, laughter always round the site and I forgot about the stress of day to day problems."

"AOP has made me feel a strong sense of place, the beauty of being in nature, a connection with York's history, a way of making the stories real, a sense of perspective, shared humanity. It's been a place of respite, purpose and wonder. A space where I didn't have to pretend to be someone else."



Sharing and support

“People shared their experiences as we spent more time together and this helped to create a space that felt safer and accepting.”

“I felt comfortable. I didn't need to explain anything to anyone and got the feeling others felt the same. I think the combined experiences were taken as read, accepted without long discussions on what your experience was, that meant I could focus on the archaeology.”

“It made me feel normal, that my conditions weren't the most important thing about me whilst at the same time making it easy to talk about things without fear of judgement.”



Conclusions

Archaeological practice is inherently communal

Learning new things with other people is empowering

Meeting participants on their terms builds trust

Adaptability and flexibility are vital, and nearly anything is possible...

But. Listen, and be prepared to say no if you can't proceed safely

Think long-term, think about next steps and celebrate every win



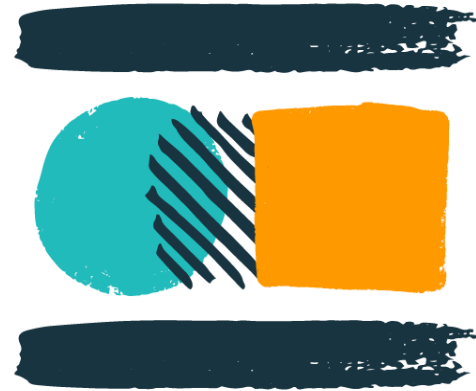


Thanks for listening



Darren France, Project Manager, Restoration
Trust

Heritage Link Worker - Heritage for Wellbeing



The
Restoration
Trust

HERITAGE LINKWORKER 'HERITAGE FOR WELLBEING'

Darren France

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www.restorationtrust.org.uk

Funded by



Historic England

PLACE AND CONNECTION WITH SPACE

- Local and beyond
- Ancient landscapes
- Ancient buildings and monuments
- Archaeology
- Community spaces and places
- Cultural history of local communities
- Archives
- Nature





Heritage for Wellbeing

The Restoration Trust



Creativity

- observational drawing
- abstract art
- poetry
- photography
- cyanotype photography
- watercolour painting
- publishing





Connection

- with nature
 - with the Earth
 - with the past
 - with our ancestors
 - spiritual connection
 - connection with others
 - self and personal heritage
- exploring green spaces
- exploring blue spaces
 - a sense of adventure
 - fresh air
 - digging in the soil
 - whatever the weather

Community

- a learning community
- a social community
- a diverse mix of people
- a friendly atmosphere
- camaraderie
- friendships
- memories





Wellbeing

- physically active
- mentally stimulating
- good for anxiety and depression
- grounding experience
- focus on the present
- mindfulness
- meditation

IMPACT ON WELLBEING

- 60% of participants had increased WEMWBS scores, with an average increase of 8.3 points.
- 26% of participants have reduced their usage of health services, giving a net annual reduction of 114 appointments/contacts with health services.
- 28% of participants have reduced their medication usage.
- 33% of participants were more physically active.
- 83% of participants met new friends through the project.
- 67% of participants socialised with someone they met on the project.
- 92% having at least one person they could discuss personal matters with.





PARTNERSHIPS

- heritage
- health
- wellbeing
- VCSE
- NHS primary and secondary services
- recovery college

What Social Prescribers say

- inspirational
- collaborative
- accessible
- safe
- positive impact on health
- sustainable





Nadia Norman, Heritage Coordinator, Stanwick
Lakes, Rockingham Forest Trust



Stanwick Lakes

Nature Heritage Adventure





National
Academy
for Social
Prescribing

Get in touch

socialprescribingacademy.org.uk

 @NASPTweets

 @NASP_insta

Q&A

