

# NORFOLK AND NORWICH ARCHAEOLOGICAL SOCIETY

Patron: Her Majesty the Queen



## Community Archaeology: 9 April 2022

What do we mean by community archaeology? Like many familiar terms we know it when we see it but perhaps coming to a precise definition is more difficult. We do know that it is locally important for numerous reasons that will be explored during this conference. Not least, perhaps, the increasing threats to our archaeological resources from a plethora of destructive forces. It is also important as a means for people to become involved in the subject and as such enrich their experience of the past. Twenty years ago, Yvonne Marshall<sup>1</sup> suggested that community archaeology, in some senses, has always been with us. That engagement with the past has always been a way that people have established meaning in the present. So, community archaeology is far from new. This is a theme that can be explored, for instance, through looking historically at the NNAS via its journal *Norfolk Archaeology* which began in 1846.

Another way of considering community archaeology has been articulated by Siân Jones<sup>2</sup> who identifies that social values related to community archaeology include identity, belonging and a sense of place. Community archaeology being a collaborative way for people from potentially diverse backgrounds to explore and produce narratives related to the past. Recently Will Bowden<sup>3</sup>, using the local case study of Caistor Roman Town, has examined the role of university academics in community archaeology noting that around 44% of the 2,030 active groups surveyed in 2010 were in touch with university based-academics. He calls for more reflection on this relationship given that in some ways it has become a more transactional one fuelled by the Research Excellence Framework.

The motivations for this conference are therefore many. There are numerous strands to explore and aspects to discuss. Not all of these will be addressed during a single Saturday in Norwich. The NNAS Conference Group has therefore tried to pull these diverse topics into a few themes:

Community and Diversity  
Specialisms  
Health and Wellbeing

The aim is to explore community archaeology in Norfolk, and more widely, through these themes and shed light on current practices, aspirations, key interests and potential partnerships. We hope that this conference will be a chance for all those interested in community archaeology and in archaeology more generally to hear about ways of becoming involved, perhaps more involved, and meet others who are embarked on their own explorations of the past.

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<sup>1</sup> Marshall, Y, 2002 'What is community archaeology?', *World Archaeology* 34:2, 211-219.

<sup>2</sup> Jones, S, 2016 'Wrestling with the Social Value of Heritage: Problems, Dilemmas and Opportunities', *Journal of Community Archaeology & Heritage*, Vo. 4:1, 21-37

<sup>3</sup> Bowden, W, 2020 'What is the role of the academic in community archaeology? The changing nature of volunteer participation at Caistor Roman Town', *Journal of Community Archaeology & Heritage*

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**Programme: 9<sup>th</sup> April 2022**

**The Thomas Paine Study Centre, University of East Anglia, Norwich Research Park, NR4 7TJ**

9:00 Marketplace Open

9:30 **Introduction & Welcome** from NNAS President, Dr Andy Hutcheson.

9:40 – Keynote Lecture, Professor Will Bowden (CRP Project Director)

**A critical review of community archaeology through the lens of the Caistor Roman Town Project**

This lecture will offer a personal perspective and critique on the challenges and rewards of community participation in archaeology, based on my 15-year experience of the Caistor Roman Town project. It will discuss the challenges of developing volunteer archaeology that goes beyond participation in research frameworks established by academics or other heritage professionals. I will also argue that we need greater critical reflection on the practice of community archaeology if it is to develop further.

10:20 **Session 1: Community & Diversity** – Introduction from the chair, Dr Lorna Richardson

10:25 Dr Eleanor Blakelock (SHARP Director of Excavations)

**25 years of excavating the village of Sedgeford: SHARPs role in community archaeology**

Last year was our 25th digging season. SHARP has become one of the largest independent archaeological projects in Britain and is firmly rooted in the local community. Our broad aim is to understand human activity within the parish; however our current focus is to investigate changes occurring in the Anglo-Saxon period. SHARP is heavily involved in archaeological education and development, and has supported thousands of people from diverse backgrounds to take an interest in archaeology through our courses, excavation and research. This talk will introduce the project, before discussing our role in the wider community and also our place as a training excavation.

10:40 Neil Redfern (Executive Director, CBA)

**Who are we to talk? The role of the CBA in championing representation, equity and inclusion in archaeology**

The CBA has a long tradition of championing archaeology and public participation in archaeology. But what does this mean in practice? What do we need to be doing to ensure greater representation in Archaeology, wider and more meaningful inclusion and greater equity in our practice? What is the CBA doing to address these issues both in its own practices and in supporting its wider network? How can archaeology in the UK better represent all of society and what might this mean for the archaeology we do? These are some of the questions I will look to explore in this presentation.

11:00 Dr Alex Fitzpatrick FSA Scot (University of Bradford)

**Unearthing the Uncomfortable: Reflections on the Continued Lack of Diversity in British Archaeology**

Although there has been much progress in tackling issues related to diversity in British archaeology over the past five years, this has not been reflected in the profession's population; this is particularly pronounced in the ethnic composition of the field, which is currently 97% white. This paper combines recent work done by BIPOC in archaeology as well as personal observations and experiences as a Chinese American archaeologist in the United Kingdom to discuss potential ways for white archaeologists to support further inclusivity and diversity beyond performative allyship.

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11.20 Discussion

11.40 Tea, Marketplace Open

12.00 **Session 2: Health and wellbeing.** Introduction from the chair, Dr Annie Grant

12.15 Professor Tim Darvill (Director of Human Henge)

## **Building a Human Henge**

Human Henge was a project undertaken to explore how archaeological sites could be used to help people with their mental health well-being. It was built from two key ideas. First, that Stonehenge, and many other prehistoric and later sites like it, were originally places of healing. And second, that ancient sites can and should have a wide range of societally relevant uses in the modern world. Both ideas are briefly explored in order to highlight key themes that were woven together in the development of Human Henge's cultural heritage therapy. This used the iconic sites of Stonehenge and Avebury and their surrounding landscapes as arenas within which participants could be creative while safely exploring places in unfamiliar ways. Through programmes of participant-led activities, local people living with mental health problems came together for fun and therapeutic adventures, assisted by experts, carers, support workers, and contributors from a range of different cultures. Through programmes of participant-led activities, local people living with mental health problems came together for fun and therapeutic adventures, assisted by experts, carers, support workers, and contributors from a range of different cultures. By journeying through the World Heritage Site, spending time at a selection of the monuments, thinking, talking, singing, dancing, and making music, it became possible for them to connect with the landscape, the skyscape, the archaeology, and, most importantly, to re-connect with themselves and with other participants.

12.35 Laura Drysdale & John Durrant (Restoration Trust)

## **Ancient landscapes for mental health**

Laura Drysdale, Director of the Restoration Trust, and John Durrant, a member of the Trust's Expert Advisory Board, will talk about using ancient landscapes at Burgh Castle Roman Fort and Caistor Roman Town for mental health. We will expand on the belief, expressed in *Creatively Minded and Heritage*, our report for the Baring Foundation published in November 2021, that our shared heritage brings such significant added value for creativity and mental health programmes that it should be a core resource for people looking for mental health treatments, and for heritage, creativity and mental health professionals developing cross-sectoral social prescribing programmes. Finally we will describe how we are progressing this vision through our Heritage Linkworker pilot in Great Yarmouth and Waveney, and other initiatives contextualised by the Restoration Trust's 10-year Ancient Landscapes strategy.

13.15 Lunch, Marketplace Open

14.05 Richard Osgood (Senior Archaeologist, Defence Infrastructure Organisation)

## **'Several Months in the Country: Archaeology as recovery for military veterans'**

Established in 2011, Operation Nightingale is a Ministry of Defence programme which utilises archaeology and heritage to assist the recovery of service personnel and military veterans. The longest-standing such scheme, this work has facilitated project work of several hundred people - many of whom went on to University or even careers in archaeology. The work also provides the basis for the empirical assessment of results that have been published in journals and monographs. This paper will explore just what we feel works best for the individual participants and discuss recent projects.

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15.00 **Session 3: Specialisms** Introduction from the chair, Heather Wallis

15.20 Ray Baldry (Human Remains Specialist) **Life and its consequences.**

How a wide range of contributions continue to shape our knowledge of the people and events in 8th century NW Norfolk.

15.40 Alice Lyons (Archaeologist) **Roman Pottery and Community Archaeology**

In this paper I will highlight some of the significant Roman pottery finds found during the Caistor Roman Town project.

16.00 Julie Curl ACIFA (Faunal Remains Specialist)

**A night on the tiles: tracking the fauna of the past on ceramic building material.**

After the discovery of one complete Roman ceramic tile with animal marks, analysis showed it was covered in the footprints of four species. Animal tracking skills were applied to the whole CBM assemblage (taking into account shrinkage of clay) and a total of twenty species of wildlife and dogs have been identified. Through the efforts of the Aylsham Roman Project, this study has shown the value of an analysis of marks to provide a wealth of quite precise local environmental evidence.

16:20 Discussion

16:50 Closing remarks

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## Speaker Biographies

**Ray Baldry:** I have worked with trauma and orthopaedics for the NHS for 40 years and am now retired. I have been involved with SHARP for the last 20 years and a Human Remains team member for 15 of those. My particular interest has been in researching osteology and the personal lifestyles and traumas of NW Norfolk's early mediaeval inhabitants.

**Dr Eleanor Blakelock** I am the Director of Excavations for the Sedgeford Historical and Archaeological Research Project (SHARP). My first experience of archaeology was as an A-level student at SHARP, before I did a BSc in Archaeological Sciences at Bradford University. I specialised as an archaeometallurgist with a PhD studying ironworking and knife manufacture in the Anglo-Saxon and Viking periods. I was the metals scientist for the Staffordshire Hoard, and recently have been involved with the Rendlesham project where I examined the precious and non-ferrous metals. I work as a freelance consultant carrying out assessments and analysis of metalworking assemblages and object, and regularly give seminars and workshops on my research.

**Will Bowden** is Professor of Roman Archaeology at the University of Nottingham, where he is head of the Department of Classics and Archaeology. He started working in archaeology on the Manpower Services Scheme in 1986, before undertaking a degree at UCL. He worked for the British School at Rome before undertaking a PhD at UEA. He has excavated in Britain, Italy, Jordan and Albania, including more than 25 years involvement with the site of Butrint. He began working at Caistor St. Edmund in 2006, carrying out research on the Roman town and developing a major programme of community research in collaboration with local volunteers, a process formalised with the establishment of Caistor Roman Project as a registered charity in 2009.

**Julie Curl** has over thirty years' experience working in East Anglian archaeology and the Norfolk Museums Service. A specialist in animal, bird, herpetofauna and fish bone, molluscs, animal marks on ceramic material and small finds. An archaeological and natural history illustrator, producing finds drawings, reconstructions and wildlife illustrations for publication and interpretive material. Occasional palaeontologist and conservator, including work on the West Runton Mammoth project. A life-long interest in tracking animals has been put to use with the Aylsham Roman Project, where over twenty species of fauna have been identified from ceramic building material. A Research Associate with Norfolk Museums Service.

**Timothy Darvill** is Professor of Archaeology in the Department of Archaeology and Anthropology in Bournemouth University. His research interests focus on the early farming communities of northwest Europe and archaeological resource management. As well as excavating at Stonehenge in 2008 he has also investigated prehistoric sites and landscapes in England, Wales, Isle of Man, Germany, Russia, and Malta.

**Laura Drysdale** is the Director of the Restoration Trust, a charity based in Norfolk that uses heritage and creativity to improve people's mental health. We call it Culture Therapy because exploring compelling archives or sensory immersion in ancient landscapes reignites people's curiosity and love of life. She began her career as a conservator, then worked at English Heritage before becoming a support worker with people living with mental health challenges. The Restoration Trust has led partnership projects in ancient landscapes at Stonehenge and Avebury (Human Henge), Burgh Castle Roman Fort (Burgh Castle Almanac) and Caistor Roman Town (Exploring Caistor Roman Town), and we won the 2020 AHRC/Wellcome Prize for Community Engagement for our Change Minds partnership with the Norfolk Record Office and the University of East Anglia.

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**John Durrant** is a mental health blogger at [www.livingmentalhealth.com](http://www.livingmentalhealth.com). He is also a podcaster and lived experience expert. He is a member of the Norfolk and Waveney Clinical Commissioning Group Transformation Panel and is a trainer with Access Community Trust's Waveney Lived Experience Advisory Forum. John is also an Expert Advisor to the Restoration Trust, a member of the Burgh Castle Almanac Community Group and on the Steering Group of the Heritage Linkworker project in Great Yarmouth and Waveney.

**Alex Fitzpatrick**, PhD, is a zooarchaeologist and current EDI researcher at the University of Bradford, United Kingdom. She is one of the hosts of ArchaeoAnimals, a zooarchaeology podcast on the Archaeology Podcast Network, and regularly blogs at her website, [www.animalarchaeology.com](http://www.animalarchaeology.com). Dr Fitzpatrick can also be found on Twitter and Instagram at @ArchaeologyFitz.

**Annie Grant** has a degree and PhD in archaeology, and worked for many years as a lecturer and researcher, with a particular focus on human/animal interactions in the past. While maintaining her archaeological interests and research, she took on responsibility for student support and guidance services, first at the University of Leicester and then at UEA. In both institutions her principle focus was promoting student wellbeing and success through collaborative working across specialist areas.

**Andy Hutcheson BSc, PhD** is an archaeologist, working at the Sainsbury Institute for the Study of Japanese Arts and Culture, specialising in the role of institutions in the growth of complexity and landscape development. He also holds a particular interest in cultural heritage and its relationship with natural heritage. Andy is President of the Norfolk and Norwich Archaeological Society and a board member of the East Anglian Archaeology Monograph Series. He was Environment Manager at Norfolk County Council between 2013 and 2019. Andy is working on several research projects for the Centre for Archaeology & Heritage including: Nara to Norwich: arrivals of belief at the extremities of the Silk Roads 500-1000, Divergent Heritages: UNESCO and the cultural heritage of landscapes in the UK compared with Japan, Global Perspectives on British Archaeology. He is also developing a project comparing the Yayoi Period in Japan with Iron Age Britain.

**Alice Lyons:** I am a post-excavation specialist with a particular interest in the Late Iron Age and Roman archaeology of Eastern Britain. Within the community archaeology community I am probably best known for my work with Roman ceramics.

**Richard Osgood** is Senior Archaeologist for the Defence Infrastructure Organisation (DIO) managing the MOD's archaeology. Previously, following postgraduate study, he was the Research Assistant to Professor Sir Barry Cunliffe at the University of Oxford and advised Philip Pullman on archaeology in the 'Northern Lights' trilogy. A regular contributor to BBC's Digging for Britain and Current Archaeology, he directs the archaeology of Operation Nightingale using fieldwork to assist the recovery of military veterans. He has directed archaeological sites from Bronze Age right through the First and Second World Wars and is widely published. He was the UK lead of a NATO study group examining the importance of Cultural Property Protection in Conflict areas. Richard was named 'Archaeologist of the Year' by Current Archaeology in 2019 and awarded an MBE for services to Heritage and Defence in the New Year's Honours List of 2021. He studied at the Universities of Wales and Oxford and is a visiting fellow at the Universities of Cardiff and Cranfield.

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**Neil Redfern** is the Executive Director of The Council for British Archaeology, the leading independent charity promoting archaeology and the public participation in archaeology in the UK. Prior to this role he worked for Historic England in York for fourteen years, as a Principal Inspector of Ancient Monuments for Yorkshire. He was responsible for delivery statutory advice on planning, listed building and scheduled monument consent applications in the region. He has an M.Phil. in Archaeological Heritage Management and Museums (University of Cambridge), and a BA (Hons) in Geography and Archaeology (University of Manchester). He has over 25 years' experience of cultural heritage management, archaeological fieldwork, survey and assessment and museum practice. He is particularly interested in the practical and philosophical challenges faced in enhancing participation, securing the conservation and enhancement of heritage places and articulating their full social economic value to the wider community.

**Lorna-Jane Richardson** is Lecturer in Digital Humanities and Heritage in the School of Art, Media & American Studies. Her interests are in the fields of public and community archaeology, digital cultural heritage and digital research methods, especially those using social media. Prior to becoming a mature student and undertaking her PhD, Lorna worked in the archaeological sector in a number of roles including field archaeologist and community archaeologist. She has worked for a number of organisations including the Thames Discovery Programme, Wessex Archaeology, MOLA, L-P Archaeology and the Council for British Archaeology. Building on her background in community archaeology, she established the Waveney Valley Community Archaeology Group in Norfolk in 2013. She is a Trustee of the Norfolk and Norwich Archaeology Society, and the Bungay Museum Trust, and is currently Curator of Bungay Museum in the Waveney Valley.

**Heather Wallis** has worked in commercial archaeology for the majority of her career, originally with the Norfolk Archaeological Unit and then running her own business. With a broad range of experience she has diverse specialisms in urban archaeology and the archaeology of the Broads. Presently she is leading the fieldwork being undertaken at Norwich Castle where over recent years she has investigated the Norman mound construction, occupation within the Norman keep and the 18th- and 19th- century use of the Castle as a gaol. Excavation on the eastern rivers of Norfolk and Suffolk have also led to some remarkable discoveries including a log boat and fish traps all of Middle Saxon date and a medieval clinker built boat, the earliest boat of this type known in Norfolk.