



Participation in Cultural Heritage for Mental Health Recovery International Conference

28, 29, 30 November 2018
Museum Dr. Guislain, Ghent, Belgium

Participation in Cultural Heritage for Mental Health Recovery International Conference

PRE-CONFERENCE: WEDNESDAY 28 NOVEMBER 2018

18.00	Opening reception in Ghent Town Hall
	Welcome speech by the Aldermen for Culture and Wellbeing
	Presentation publication 'Cultural heritage, health & wellbeing in Flanders'

DAY 1: THURSDAY 29 NOVEMBER 2018

9.00	Registration, coffee and tea on arrival
10.15	PLENARY 1
10.15	Welcome and Housekeeping Chair: Bart De Nil, FARO (Belgium)
10.25	Opening Adress by the Mayor of Ghent
10.45	Keynote by Helen Chatterjee , University College London (UK)
11.15	British-Flemish working group Heritage collections and wellbeing Julia Cort , Horniman Museum (UK)
	<i>This paper provides an overview of the work of a British-Flemish working group on the use of heritage collections for wellbeing and the development of a train-the-trainer.</i>
11.45	The role of archaeology and heritage in the promotion of recovery to combat veterans suffering complex trauma of a physical or psychological nature Richard Bennett , Breaking Ground Heritage (UK)
	<i>This paper considers how peer-peer interaction is instrumental in helping beneficiaries reconstruct a narrative that is conducive to their own personal recovery and how this can be built upon for other project providers.</i>
12.15	Questions and discussion
12.30	LUNCH

SESSION 1 Focus on measuring	SESSION 2 Focus on accessibility	SESSION 3 Focus on reading and literature
Chair: Alexander Vander Stichele, FARO (Belgium)	Chair: Winny Ang, University of Antwerp (Belgium)	Chair: Sylvie Dhaene, Iedereen Leest (Belgium)
13.30		
<p>Promoting the wellbeing of older people with memory problems: a study of the perceived impact of reminiscence sessions in 5 European open-air museums</p> <p>Bruce Davenport, School of Arts & Cultures Newcastle University (UK)</p> <p><i>Presenting and discussing results from a European study of the perceived impact of reminiscence sessions in open-air museums on wellbeing of older people with memory problems.</i></p>	<p>Using art therapy-focused gallery visits to overcome avoidance in veterans with chronic post-traumatic stress disorder</p> <p>Janice Lobban, Combat Stress (UK)</p> <p><i>A presentation of the therapeutic benefits of incorporating gallery visits into an inpatient treatment programme for veterans in the UK.</i></p>	<p>Promoting Participation; Developing the interface between arts, culture & wellbeing</p> <p>Jemma Channing, Kent gallery Turner Contemporary and Kent and Medway Partnership NHS Trust (UK)</p> <p><i>Using Occupational Therapy theory to design and implement programmes promoting mental health recovery in a gallery setting.</i></p>
13.50		
<p>Using colour as a creative measure: reflections on the impact of museum object handling sessions for patients on a Child and Adolescent Mental Health unit</p> <p>Carolyn Bloore, V&A Museum of Childhood and Nuala Morse, University of Leicester (UK)</p> <p><i>This paper is based on the Victoria & Albert Museum of Childhood (London) Hospital Schools outreach programme and considers the use of a new creative tool based on colour to assess the impact of the sessions on young patients' mood.</i></p>	<p>Towards a caring museum</p> <p>Isabel Vermote, Royal Museums of Fine Arts of Belgium and Julie Rodeyns, VUB (Belgium)</p> <p><i>Museum educator Isabel Vermote and PhD researcher Julie Rodeyns will share their lessons learned from a pilot study at the Royal Museums of Fine Arts of Belgium (RMFAB), aiming at making its collection accessible to vulnerable adults with physical and mental restrictions.</i></p>	<p>In the library every story counts</p> <p>Steven Tanghe, Public Library Zelzate (Belgium)</p> <p><i>This presentation wants to highlight the library as a hospitable meeting place that improves the local community by facilitating knowledge and creation. For this we've set up a storytelling project that connects single parents and their children through stories and local heritage.</i></p>
14.10		
<p>Contextualising impact – the role of unobtrusive methods in evaluating meaningful activity for older men with mental health issues in heritage settings</p> <p>Bruce Davenport, School of Arts & Cultures Newcastle University and Michelle Kindleysides, Beamish Museum (UK)</p> <p><i>Discussing a small-scale, co-produced study exploring unobtrusive methods for evaluating impact of work at Beamish Museum (UK) with older men with mental health issues.</i></p>	<p>Time to 'Chill Out' at the Waterfront</p> <p>Ian Smith, National Waterfront Museum (UK)</p> <p><i>Ian will talk about the creation of a 'chill out' room at the National Waterfront Museum, Swansea - the motives behind it and the practicalities of seeing it through to conclusion.</i></p>	<p>Small documents, big stories. Can literary heritage help people in their recovery process?</p> <p>Lies Galle, The Letterenhuis (Belgium)</p> <p><i>This presentation shows how archives can help people to tell their story during their psychological recovery process, or to gain inspiration and enthusiasm for doing so.</i></p>

14.30

The effect of interventions with museum objects on people with dementia and their informal caregivers

Petra Van Pellicom, Free University Brussels (Belgium)

This presentation gives insight in the ongoing research on the effect of reminiscence sessions and object handling sessions with museum objects on people with dementia and their informal caregivers. Using a mix of quantitative and qualitative evaluations techniques.

Working in participation with mental health service users: experiences, impact and evaluation from the Science Museum

Lauren Souter, Science Museum Group and **Katie Gonzalez Bell**, Science Museum (UK)

From increased participant wellbeing to increased visitor engagement, we will discuss the range of benefits that are gained from a museum working in participation with mental health service users and the challenges that go with this; based on recent Science Museum projects and their detailed evaluation.

Itinera Nova: working with manuscripts to improve wellbeing of prisoners

Marika Ceunen and **Agata Dierick**, City Archives Leuven (Belgium)

This presentation is about how the city archives extended a successful crowdsourcing project with volunteers to a non-traditional target group. Also reflecting on the adjustments that were made along the way and the lessons learned.

14.50 Questions and discussion

15.15 Refreshments break

WORKSHOP 1 : Identity in Clay

Joanna Wakefield (UK)
[max. 25 participants]

Using simple hand building methods we will explore and express our cultural identity and heritage by creating small figures and/or objects in clay.

WORKSHOP 2: Object Handling

Stella Man and Anwyl Cooper-Willis, Glenside Hospital Museum (UK)
[max. 20 participants]

Examine the objects, discuss their origins and why they were used.

GUIDED MUSEUM TOUR

19.00 **Conference dinner** (Please be aware that you have to book a separate conference dinner ticket)

DAY 2: FRIDAY 30 NOVEMBER 2018

08.45 Registration

WORKSHOP 3 : Measuring health and wellbeing impact	GUIDED MUSEUM TOUR	GUIDED MUSEUM TOUR
<p>Alexander Vander Stichele, FARO and Simon Bequoye, Iedereen Leest (Belgium) [max. 25 participants]</p> <p><i>Exploring methods for evaluating the impact on mental wellbeing of interventions with cultural heritage.</i></p>		
SESSION 4 Focus on a institutionalised setting	SESSION 5 Focus on community/spaces	SESSION 6 Focus on collections
<p>Chair: Tom Vansteenkiste, Recovery Academy Antwerp (Belgium)</p>	<p>Chair: Thomas Kador, University College London (UK)</p>	<p>Chair: Hendrik Defoort, Ghent University (Belgium)</p>
<p>11.15</p>		
<p>Transforming the lives of military veterans through place-based arts programs</p> <p>Bruce Copland, Australian National Veterans Arts Museum (Australia)</p> <p><i>This paper discusses how the Australian National Veterans Arts Museum works with military veterans and their families to promote wellbeing and improve mental health outcomes, building upon historical veteran art traditions and developing supported arts interventions to meet the needs of veterans today.</i></p>	<p>Stories from the Streets</p> <p>Sara Griffiths, The National Archives (UK)</p> <p><i>Sara will present some of the benefits and challenges of the Stories from the Streets community engagement project and explore its online potential.</i></p>	<p>Convent stuff and things: refreshing stories</p> <p>Kaat Leeman, Heritage Centre Sisters of Charity (Belgium)</p> <p><i>This presentation will focus on the actual implementation of the project at the center that manages the collection: the interaction between the participants and the Heritage Center staff, the impact of object handling and the Open Depot method on the preservation policy and the “clash” between historical reconstructions and newly created stories.</i></p>
<p>11.35</p>		
<p>Health and Culture: a potent mix</p> <p>Wendy Gallagher, The Whitworth Manchester (UK)</p> <p><i>This paper presents three examples of innovative and outstanding contributions that Whitworth and Manchester Museum have developed with Manchester University Hospitals NHS Foundation Trust and its community health service providers and demonstrate models that have already proven to be transferable at regional, national and international levels.</i></p>	<p>NWMS Garden Project 2018</p> <p>Zoë Gealy, National Waterfront Museum (UK)</p> <p><i>Zoë will talk to you about an artist’s collaboration with The National Waterfront Museum to develop a garden project within the museum grounds and the impact this had on staff and the community groups who took part.</i></p>	<p>Preserved heritage. Stories, objects and horticulture for mental health patients</p> <p>Ans Van de Cotte, Erfgoedcel Viersprong (Belgium)</p> <p><i>This presentation is about object handling sessions with people with anxiety and mood disorders in order to inspire them to link their story to an object.</i></p>

11.55

Botanical Gardens: nature and cultural heritage for human health and wellbeing

Botanic Garden Meise (Belgium)

This presentation will discuss potential contributions of botanical gardens as healthy nature and cultural heritage places for people, animals and plants, which give the opportunities to reconnect with nature through walking, observations, community-gardening, volunteering, re-integration internships.

Heritage collections. Engaging with museum- and archival collections in creative and innovative ways for mental health recovery

Claire Coia, Glasgow Museum's Open Museum and **Cheryl McGeachan**, Glasgow University (UK)

Using case studies, this paper will look at the role of museum outreach in spaces of physical confinement to support positive mental health; and the role of museums as a platform for exploring suppressed, hidden or forgotten narratives.

Impact of heritage on wellbeing in residential care centers

Els Veraverbeke and **Liesa Rutsaert**, The House of Alijn (Belgium)

This paper will focus on the process of realization, the various themes, objectives and collaborations of a versatile program that the museum House of Alijn has set up with the residential care centers with the aim to have a positive effect on the wellbeing and health of the residents.

12.15

Creative Families art programme

Lucy Brazener, Southwark Council's Parental Mental Health Team and **Heather Kay**, South London Gallery (UK)

Creative Families: working together to deliver an art programme supporting mental wellbeing for parents and their young children in South London, a partnership between the South London Gallery and the Parental Mental Health Team.

Cultural heritage and nature in urban museums: unlocking potential for mental health

Vitalija Povilaityte-Petri and **Pierre Duez**, University of Mons (Belgium)

This presentation will discuss the still underexplored opportunities for urban museums to make it possible for visitors to benefit from the nature's therapeutic effects that outdoor spaces and green infrastructure of the museum can offer.

The Locker Exhibition Project

Zoë Brown and **Michael McHugh**, Tyne & Wear Archives & Museums (TWAM) (UK)

TWAM will present their findings on a partnership project with NHS mental health services, exploring: experiences of working in clinical, closed, medium secure ward environments, benefits of cultural interventions in such spaces, cultural life in sterile environments and exhibitions showcasing collections in non-traditional venues.

12.35 Questions and discussion

13.00 **LUNCH**

14.00	PLENARY 2
	Chair: Ann Van Nieuwenhuyse, MIAT Museum about Industry, Labour and Textile (Belgium)
14.00	Keynote by Nick Merriman , Horniman Museum (UK)
14.30	Crafting Resilience: Textile heritage projects and wellbeing in post-industrial communities Claire Wellesley-Smith , West Yorkshire (UK)
	<i>A discussion of two long-term community-based projects delivered in West Yorkshire and East Lancashire UK and how they have engaged vulnerable adults.</i>
15.00	Between Spaces Dean Veall , Grant Museum of Zoology at UCL Museums and Humera Iqbal , UCL Institute of Education (UK)
	<i>Between Spaces brings museum and cultural practitioners together with psychology researchers to better understand impacts of interventions in inpatient settings on young people and practitioners and how these interventions shape young peoples' perceptions and engagement with these activities outside of that setting.</i>
15.30	Questions and discussion
15.50	Wrapping and summing up by Patrick Allegaert , Museum Dr. Guislain (Belgium)
Closing reception	
Evening event in MIAT Museum about Industry, Labour and Textile	

Organised by FARO. Flemish interface centre for cultural heritage in co-operation with Museum Dr. Guislain, Industry Museum, Iedereen Leest and University Library Ghent.

