



**RESTORATION
TRUST[®]**

Culture therapy for people
with mental health conditions

PRESS RELEASE FROM THE RESTORATION TRUST 18 MAY 2017

- **Amesbury Library Exhibition** about ground-breaking project [Human Henge](#) at **Stonehenge**, using the historic landscape for mental health.
- Exhibition funded by **Amesbury Area Board**, Wiltshire County Council.
- Preview event for press and public **Thursday 25 May 5 - 6pm** Amesbury Library, 6 - 7pm reception Antrobus House
- Local people enjoy an exhilarating creative experience at **Stonehenge**.
- World authority on Stonehenge, Professor Tim Darvill OBE, introduces Human Henge.

**For more information contact
laura@restorationtrust.org.uk
07740 844883**

FACEBOOK TWITTER WEBSITE



**Human
Henge**

Mental health and wellbeing
in Stonehenge's historic
landscape



Photo credit: Jessica Swinburne

Exhibition at Amesbury Library

Amesbury, Smithfield Street, Amesbury, SP4 7AL

Thursday 25 May to Thursday 6 June

during library opening hours

The exhibition tells the story of local people who walked Stonehenge's landscape last winter and spring, accompanied by archaeologists, musicians and support workers.

Human Henge is a ground-breaking culture therapy project about archaeology, mental health and creativity, explored in journeys across the Stonehenge World Heritage Site into the world-famous stone circle. Human Henge draws on ideas that Stonehenge was once a place of healing and examines whether a creative exploration of historic landscapes can help people with mental health conditions.

Laura Drysdale is the director of the Restoration Trust and manages the Human Henge project. *"At the Restoration Trust, we create interesting projects about heritage and art for people with mental health problems - we call it culture therapy. This project was a brilliant opportunity to work in that amazing landscape, and draw attention to what can be done in such places. By having a mixture of creative, learning and social engagement, participants were meeting each other and learning to do things they had never done before."*

One of the the participants said of their experience of the project.

"There was so much that went on during the project. We made pottery, explored the landscape, gazed at the night sky. It was a wonderful experience. It has all had a very beneficial effect on me, it was an interesting experience that gave me a purpose. It has created some very fond memories for me – and a lot of photographs!"

Projects like this are very important. Having a mental health problem can make life difficult and in most cases the treatment offered is very limited. There isn't anything unique or interesting. Most

treatments and therapies hold you for a few hours in a room, where as exploring something new gives you a thirst to do things. It gives you a sense of adventure.”

Human Henge is a collaboration run by the [Restoration Trust](#) in partnership with [Richmond Fellowship](#), [English Heritage](#) and [Bournemouth University](#), with support from the [National Trust](#) and [Avon and Wiltshire Mental Health Partnership NHS Trust](#).