



Walking with Intent: 'Culture therapy' in historic landscapes



THE NORFOLK
ARCHAEOLOGICAL
TRUST



The Broads - a member of the
National Park family



Restoration Trust criteria for success

- Participants have problems with their mental health
- Participants included in management
- Partnership with cultural and health organisations
- Groupwork is the core
- Safe framework and practice
- Proper measurement of impact and outcomes
- Sustained and regular involvement
- Privileged access to real cultural assets and expertise
- Encouragement to be creative
- Learning for staff and volunteers
- Progression for participants





Early in our first encounter,
Claire declared herself a nutter
Ten weeks have passed without a sign
Of anything like, so malign.

We all went on the cursus, walking
Tim guiding us, with much talking.
In the eve the stars shone bright
Giving us a gentle light.
Later on a mist arose,
Making all mysterious.

Are your emotions healthy ?
Have you had your MOT ?
I expect that you are wondering
What on earth these letters be.
Why, it's the Mental Opportunities Tuning
From the Human Henge Degree.

Chris Jessup