What is best practice when providing heritage projects for mental health and wellbeing?

AMPHORA Guidelines

AMPHORA for Mental Health and Wellbeing

Current problems with heritage projects

Taking part in heritage projects, like archaeology, has become a popular way to improve mental health and wellbeing.

Yet, there can be times when projects lack the right set up to make sure that the participants and the historic remains are well looked after.

So we carried out a Delphi consultation with an expert stakeholder panel.

Developing best practice guidelines to support the delivery of heritage projects for mental health and wellbeing

44 STAKEHOLDERS

- experience of living with mental health issues

- expertise in mental health and heritage

Survey 1: How to run projects in the best way possible?

Survey 2: Answers from Survey 1 turned into 'Agree'/'Disagree' statements. All 'Agree' became guidelines.

Survey 3: All 'Disagree' from Survey 2 were asked again.

What do the guidelines include?

The guidelines cover three sections: project preparation, project delivery, project follow-up (see Figure 1).

We have produced three toolkits to share the guidelines with:

project providers to help set up and deliver projects

social prescribers to help identify projects that run to best practice

potential participants to learn about the projects and support available

Access the toolkits on the AMPHORA website

Figure 1. Structure of AMPHORA guidelines

Project preparation
Project aims and anticipated benefits
Group composition
Initial contact and joining a project

Project delivery
Working in partnership
Safeguarding responsibilities
Project delivery to enable participation
Staff expertise and training
Model of delivery

Project follow-up
Expectation for evaluation
Post-project support

Share your views on the guidelines! Complete the survey

Get in touch @AMPHORA_MHWB

Tell us how you intend to use the guidelines and the changes you will make.