Feeling Useful: Considering mental well-being among older participants in archaeological projects

Frances Helen Breen

A thesis submitted in partial fulfilment of the requirements of Bournemouth University for the degree of Master of Research

Faculty of Science & Technology
Bournemouth University

January 2024

Copyright Statement

Frances Helen Breen

Feeling Useful: Considering mental well-being among older participants in archaeological projects.

Abstract

Feeling 'useful' to and valued by oneself, family, friends, and society at large has been shown to have a dramatic impact on mental and physical health of older people. This research focuses on people over the age of 60 as these represent a poorly documented but growing constituency. While military veterans and those who have sought assistance for their mental well-being have already been the subject of study in an archaeological setting, older people have not, despite large numbers supporting archaeological and heritage projects, about whom we know very little. There have been no studies investigating whether taking part in archaeological projects has an impact on older participants' feelings of 'usefulness' as a dimension of mental well-being. The aim of this project is to explore how being involved in archaeological projects impacts on a sense of usefulness and better understand the impact and potential benefits that participation in archaeology can have on older people's mental well-being.

A two-stage approach was developed, although its implementation was partly constrained by the COVID-19 pandemic restrictions in force during this project. This two-stage study sought firstly to examine and quantify the volunteering opportunities available through archaeological organisations in England to provide context for the project, and secondly by conducting a series of focus groups to better understand the concept of usefulness from those who have participated in archaeological projects.

The quantitative research involved mapping the nature and extent of archaeological and cultural heritage related activities available for older people across England, for example local associations and societies, excavations, and groups set up to undertake archaeological projects. The qualitative research utilised focus groups conducted online, all following a pre-agreed interview schedule. 12 people over the age of 60 from the UK participated in this study. There was a mix of both male (n = 10) and female (n = 2) participants ranging in age between 60 and 81 years old. All the participants were retired. Focus groups were recorded, and audio transcribed for subsequent thematic analysis. Four broad themes were identified which included: Fulfilment; Connectivity; Health Impact and Ageing.

Although the study was limited in scale, the participants overwhelmingly reported beneficial impacts on mental well-being as a result of taking part in archaeological projects. As a pilot study this work revealed important insights that, if multiplied up to the scale suggested by the mapping exercise, has implications for those 60+ age-group communities across the country, and for the development and support of archaeological and heritage-based projects in terms of their contributions to well-being.

Table of Contents

List of Figures

List of Tables

List of Appendices

Acknowledgements

My sincere thanks must first be offered to my supervisory team, Professor Vanessa Heaslip and Professor Tim Darvill, without whom this thesis would not exist. I am beyond grateful for your guidance, expertise, and endless patience; it has been a privilege to work with and learn from you.

I am indebted to all the participants who volunteered to take part in this research project. Thank you for your enthusiasm, candour, and for sharing your experiences.

Sarah Paling, Jennifer Arnold and Tiva Montalbano have been sounding boards, wine providers and cheerleaders extraordinaire, and I am so lucky to be part of their team. My sister, Dr Catherine Breen, has offered advice and a listening ear whenever needed; I would be lost without her. Lee Ahern insists he has done nothing out of the ordinary, but his complete faith in me has been a constant reassurance. My mum, Margaret Breen, remains my biggest advocate and champion, and I love her immensely. And Pat Fraiel performed Excel wizardry with grace and patience. Thank you all.

I was convinced to undertake this project by Dickie Bennett, and along with my thanks I blame him for everything. Your desire to help people is inspiring, and your advice has been invaluable.

In 1999 I studied for a GCSE in Archaeology at the local night school, alongside my dad, Matt Breen. His enthusiasm for learning and passion for books, history and people have stayed with me and have inspired a lifetime of curiosity, adventure, and helping others. His love and support are unwavering. This thesis is for him.

Chapter 1. Introduction - Feeling Useful

The world's population is ageing rapidly. The United Nations reports there were 703 million persons aged 65 years or over in the world in 2019. The number of older persons is projected to double to 1.5 billion in 2050. Globally, the share of the population aged 65 years or over is projected to rise further to 16 per cent by 2050, so that 1 in 6 people in the world will be aged 65 years or over (2019). The age structure of the UK's population is changing, with many people having fewer children, and living longer lives. As a result, the population of the UK is getting older. Latest estimates from the Office for National Statistics show that there were 11.8 million UK residents aged over 65, representing 18% of the population. 25 years ago, this was 15.6% and in 25 years' time it is projected to make up a quarter of the UK population (ONS, 2018).

A large number of older people are participating in an unpaid capacity in archaeology, with the UK Department for Digital, Culture, Media, and Sport recording that 5.5% of the adult population in England volunteered in the heritage sector in 2018 (DCMS, 2019-2018), some 3.08 million people. The reasons people choose to volunteer in a heritage setting differ between individuals, along with the potential health and well-being benefits that can arise from volunteering in general. While many aspects of involvement in archaeology are of interest, feelings of usefulness are a key concept that I will look at in more detail in this study. What does it mean to feel 'useful'? The term, while indeed relative, could be defined as feeling helpful; being of practical use; contributing; serving some purpose and producing material results. What these feelings of usefulness are, how they interact and the impact they have will form the basis for this research.

Mental health has an impact on physical health and vice versa (World Health Organisation, 2017), a link that has been well researched. The WHO defines 'mental health' as 'a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community (WHO, 2014). This research will focus

on mental well-being in order to moderate the scope of the project and manage the amount of data collected and analysed.

Rather than an abstract study, this is a tangible interdisciplinary project to examine usefulness as a facet of archaeological involvement. Incorporating both archaeology, health and well-being, as well as drawing from research undertaken in different sectors utilising different schools of thought to investigate and understand the data. The concept of usefulness is recognised in studies focusing on quality of life but there have been few studies into how older people can add to that in terms of interaction and volunteering within a heritage context, with archaeology in particular an under-researched area. It can be acknowledged that there has been a wealth of information published about heritage and older people, however it does not explore the impact this has on mental well-being with relation to archaeological participation.

Chapter 1 introduces the thesis and sets out the study aims. Chapter 2 provides background to the study in the form of a literature review. Chapter 3 contains the methodology, including objectives, study design, quantitative and qualitative date collection methods, participant recruitment and focus group structure, quantitative and qualitative data analysis and ethical considerations. Chapter 4 presents the research findings. Chapter 5 provides the discussion, limitations, conclusions, and recommendations. A bibliography is provided at the end of the thesis.

1.1 Study Aims

The aim of this study was to investigate whether taking part in archaeological projects had an impact on participants' feelings of 'usefulness' as a dimension of their health and mental well-being. The study focuses on people over the age of 60 as these represent a poorly documented but growing demographic, as identified in the Literature Review.

To explore this aim, three key objectives were formulated:

1. Mapping the nature and extent of archaeological and heritage-related activities available for older people across England.

2. Conducting focus groups in order to explore participants' understanding and experience of 'feeling useful', and any impact this had on health and mental well-being.

3. Making recommendations for the development of health and mental well-being strands to the work of local and regional amenity societies

Chapter 2. Literature Review

While very recent publications have begun to address the health and mental well-being impact of archaeological participation, there remains a significant gap in the literature connecting the topic to the experiences of older people. The 'Museums on Prescription' report states: 'Older people do not form some sort of homogenous group that is different and sectioned off from the rest of society' (2017, p.4), a point which has been considered and researched while developing this project. However, those people over the age of sixty have been researched less than other age groups. As life expectancy levels increase, and with access to better healthcare, people who retire can expect to enjoy good health for many years.

Pennington *et al*. (2019) examined the evidence for well-being interventions within the context of 'heritage' and found that 'historic places and assets, and interventions associated with them, can have a wide range of beneficial impacts on the physical, mental and social well-being of individuals and communities'. The review also identified limitations and areas of evidence that were lacking, recommending the need for further research. Monckton notes when considering how the opportunities offered could "engender self-esteem, competence through skills learning, meaning and purpose" (2021) and that "although there is considerable general anecdotal evidence for archaeological projects achieving many of these objectives, there is little rigorous recording of the degree or longevity of such changes." This study fits into that gap in the research and will attempt to provide evidence to support these well-being aims. Monckton also discusses how archaeological activities could enable the 5 actions identified by the UK Government Office for Science in the publication '5 Ways to Mental Wellbeing' (2008) and suggests adopting more rigorous methods of measurement and considering the possibility of long-term evaluation of the impact from archaeological participation.

The field of 'feeling useful' amongst older people engaged in archaeological and heritage-related activities is an under-researched area not well represented in the literature. Concerned specifically with disability and mortality, Gruenewald and

colleagues (2007) discuss how feeling 'useful' to and valued by family, friends, and society at large has a dramatic impact on both the mental and physical health of older people. It is an interesting study and while markedly different in terms of geographical reach, age-range, and diversity of participants it provides a useful starting point for thinking about feeling 'useful'. The study examines feelings of usefulness to other people as part of the work predicting mortality and disability risks in older people. Over a seven-year period results showed that in comparison to those who felt useful to others, older people who rarely or never felt useful were more likely to experience an increase in disability or to die. The report suggests that feeling useful to others may influence health trajectories in older people. From a different starting point, taking part in voluntary activities has been widely studied in terms of benefits to older people, particularly in terms of feeling valued, being productive, and, more broadly, feeling 'useful'. Fried and colleagues (2004) discuss the positive outcomes of a programme for older volunteers, reporting an increase in physical, cognitive, and social activity. A conceptual framework of a new model for older adults based on this study is detailed by Glass (2004). Hainsworth & Barlow (2001) look at the value of volunteerism with regards self-management of health conditions and the positive outcomes of participating in a 'worthwhile project'. Okun (1994) considers the influence of motives for volunteering and how this impacts the frequency of volunteering by older people, reporting the suggestion that some participants use frequent volunteering as a means to sustain their self-esteem. This study highlights feeling useful or productive as a significant factor. Overall, much of this work seems to focus on health and mortality rates.

Archaeological projects that focus on older peoples' experiences have not been part of mainstream archaeological research and so a review of related academic literature must be drawn from a variety of fields. While this interdisciplinary approach to the investigation and advancement of understanding mental well-being is positive, there remains a gap relating to older people actively volunteering in archaeology. In the article 'Archaeology for the Older Generation', McCarrison & Roberts (2016) investigate the benefits of involving older people with archaeology, but it is a pilot study based in one care home with the result that there is insufficient data to analyse. Interviews with

residents who took part in the activities set up for them reported an increase in positivity and engagement, but this was not quantified for lack of a suitable measure. As part of the excellent 'Museums on Prescription' study Veall *et al*., (2017) produced a good practice guide for projects involving older people, which provides useful insight for this project in terms of participant recruitment. In her chapter 'Community Archaeology', Thomas (2017) mentions 'positive wellbeing outcomes' that come from 'involvement and interaction with heritage', and goes on to mention the work done by UCL in facilitating engagement with museum objects (Chatterjee *et al*., 2009), which produced measurable outcomes; the 'Heritage in Hospitals' project produced quantitative data that showed an average increase in self-reported measures of health status and life satisfaction, but was limited to participants who were undergoing different hospital-based treatments. It is also worth noting that the project was concerned only with objects from within a museum context, not archaeological projects nor volunteering. A more recent report from the National Alliance for Museums, Health and Wellbeing (2018) details the potential within the heritage sector to play a role in supporting people's health and quality of life, highlighting many different projects taking place around England. This, along with archaeology being using therapeutically for the rehabilitation of veterans by Operation Nightingale (Winterton, 2014), is only touched on very briefly within a section of the chapter referencing marginalised communities.

Social prescribing by means of participation in archaeological and heritage projects has already been used in order to improve people's health and mental well-being, as can be seen by the 'Museums on Prescription' research project - funded by the Arts and Heritage Council investigating the value of heritage encounters in social prescribing, as well as a report by Age UK (2011). The Foresight Mental Capital & Wellbeing Project defined mental well-being as 'a dynamic state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community' (2008, p.10).

An evaluation of group-based courses that provide emotional and psychological support for older people during so-called 'transition' periods is provided by the Centre for Ageing Better (Evans *et al*., 2019) and while it contains interesting observations

regarding the impact of group interventions, the focus is on arts-based and psychosocial courses. The qualitative data supports the idea that providing engagement and discussing how they feel in a group context is of benefit to older people. The Human Henge Project (Darvill *et al.,* 2019) researched the connection between historic landscapes and mental health recovery with the aim of improving participants' health and well-being, and one of the measures used asked how useful participants felt. The project explored whether sustainable, measured mental health and well-being outcomes could be achieved, and has been a resource for the development of this project. In a broader chapter that also includes the Human Henge Project, Darvill and colleagues (2018) review and summarise the development and achievements of heritage-based projects that promote mental and physical well-being and conclude that more evaluation and research is needed into inter-disciplinary approaches.

van Vliet et al. (2017) researched feeling useful and engaged in daily life with regards the experience of people with young-onset dementia and reported some interesting findings. Engaging in activities that give a sense of usefulness along with regularly taking part in recreational activities were identified as key themes. Staying 'useful' was reported to be possible and important by taking part in functional activities and having a role within social settings. These roles and activities were described as taking part in conversations, interacting with others, looking after grandchildren, and being asked for advice, particularly by one's children. Experiences that were described as contributing towards a sense of usefulness were being in control, being part of something, having a sense of achievement and still being meaningful to oneself, one's family and society. These feelings of usefulness were reported during a very different study to this research project, yet there remains a commonality of expression and experience.

Stevens (1993) states that 'Studies of later life assert that sense of usefulness impacts life satisfaction.', with the reported study determining what impacts sense of usefulness. Questioning older people aged 60-90 who were involved with community organisations identified five facets of a sense of usefulness: continuity in respect from younger ages, involvement with family, involvement with a significant other,

involvement with community, and meeting one's expectations for old age. The results also identified something surprising: 'a sense of usefulness defined as feeling needed and productive mattered even more than family involvement.' The report goes on to explain that usefulness along with respect and meeting expectations are 'characteristics that relate to both the inner world of the older person and the outer world in which they live', determining that 'it is both the psychological and social dimensions of the old age experience that influence wellbeing.' In fact, those participants who felt respected, that they met their expectations and had a strong sense of usefulness reported higher levels of life satisfaction. The study showed that a sense of usefulness contributes to wellbeing. Providing opportunities for respectful interaction with younger people, involvement with community and meeting one's expectations for old age can and should be made available in later life, and archaeology is one sector that could provide those opportunities. The benefits could impact older people, the community and society which they are members of and to which they contribute.

When discussing how to understand the support and care needs of older people, Adbi et al. (2019) include usefulness, noting that being able to contribute usefully was considered important by some participants in studies of adults over the age of 50. To develop effective systems to help address the increasing unmet care and support needs of older people requires an understanding of those areas where research and intervention is lacking, not only within the formal care system but also the informal.

The scarcity of data on the perception of usefulness among older subjects was echoed by de Boissieu *et al*. (2021), as was their conclusion that understanding what it means to older people to feel useful could help direct interventions from healthcare and societal services. Their findings suggest that a large proportion of older people 'should be targeted for specific interventions aimed at enhancing their feeling of utility, to improve and support their feeling of successful ageing.' Surveying people over the age of 65 in four European countries, the researchers found that the loss of a sense of usefulness is associated with dissatisfaction with life and a loss of pleasure, and that the majority of older people retain the desire to be useful members of society and valued by their social networks. They also report that feelings of usefulness have been recognised

in predicting mortality and disability rates in older people, a finding echoed by Gruenewald *et al.* (2009). Their study investigated whether persistently low or declining feelings of usefulness to others in later life predicts increased mortality hazard in older adults, stating that 'little is known regarding the social, behavioural or health correlates of change in perceptions of social usefulness.' Drawing on a large body of research that indicates higher levels of social engagement and productive activity are linked to better mental and physical health in later life (Hainsworth & Barlow, 2001; Menec, 2003; Okamoto, 2004; Okun, 1994), the report states that motives for social activity and volunteering include 'The desire to contribute to others, be productive, and feel useful have also been cited as important motives for volunteerism and social activity in older adulthood'. Concluding that low levels of perceived social usefulness was linked to decreased longevity in the sample group while, conversely, high levels of perceived usefulness resulted in a better health profile, Gruenewald suggests that interventions can and should be implemented in order to improve and maintain those levels. These findings again tie in with the suggestions made in this study and the opportunities that are presented.

Fisher (1995) found that generativity, the propensity to be productive and committed to caring for younger generations, contributed to ageing successfully. His article explored the significance older people attach to successful aging and life satisfaction and how these concepts can be understood. Older people aged 61-92 who were members of the Ozarks Area Foster Grandparent Program were asked to complete a questionnaire examining their understanding of successful ageing, life satisfaction, the factors necessary for each and how these concepts differed. Analysis of the results 'confirmed five features of successful aging: interactions with others, a sense of purpose, self-acceptance, personal growth, and autonomy.' These results echo the findings of other studies, including this research project, and show the interconnection of different factors that contribute towards wellbeing.

Establishing the link between feelings of usefulness and its impact on mental wellbeing can be seen in the multi-agency literature reviewed here. However, this review also highlights the gap that exists connecting usefulness to mental wellbeing within the

field of archaeology and heritage as a whole. There is little published research, however, that focuses specifically on the mental wellbeing benefits of archaeological participation for older people. This exclusion is surprising given the extent to which older people participate in this activity. Further research to fully investigate the benefit of archaeological participation on those feelings of usefulness could be of huge importance and could lead to positive impact on both the archaeological sector and older people's mental wellbeing services.

Methodology

This chapter will present the aims and objectives of the study before detailing the specific methodology and methods used in the study. This includes recruitment of participants, organising and conducting focus groups, the process of data analysis as well as any ethical issues. The chapter concludes by exploring the processes used to ensure credibility namely dependability, transferability, and confirmability.

3.1 Objectives

The aim of this study was to investigate whether taking part in archaeological projects had an impact on participants' feelings of 'usefulness' as a dimension of their health and well-being. The study focuses on people over the age of 60 as these represent a poorly documented but growing demographic.

To explore this aim, three key objectives were formulated:

1. Mapping the nature and extent of archaeological and heritage-related activities available for older people across England.

2. Conducting focus groups in order to explore participants' understanding and experience of 'feeling useful', and any impact this had on health and well-being.

3. Making recommendations for the development of health and well-being strands to the work of local and regional amenity societies.

These objectives provide the starting points for the development of explicit methodologies which are described in this chapter.

Building on the aims and objectives, the methodology framing the study is outlined, before continuing to explore the specific methods used in this study. As this is an MRes project there was limited time and capacity to undertake a full-scale and wide-ranging study; accordingly, this study could be considered as a pilot study. This study also coincided with the government-imposed restrictions on movement and gatherings due to the COVID-19 pandemic, so the methods had to be adapted to suit the changing circumstances, this is explored later in this chapter.

3.2 Research Paradigm

Pragmatism was the philosophical approach taken when designing the research methodology for this study, using Inductive methods to allow the themes to come out from the research rather than imposing a structure. An Interpretivist paradigm provided the basis that participants had unique experiences of their own reality, and by combining and understanding these realities we can better understand the topic as a whole. This was developed using a mixed methods approach, as described in the Study Design (3.3).

3.3 Study design

This investigative study used a mixed method approach to gather information (Creswell & Plano Clark, 2017). A mixed method approach provides better understanding of the topic of study than utilising either qualitative or quantitative means alone (Palinkas *et al.*, 2011). The qualitative methods provide a depth of understanding alongside the breadth of information provided by the quantitative methods (Paton, 2002). The combined methods ensured that the data collected provided a context for the study and that the findings accurately reflected the participants' experiences. This two-stage approach provided context through thorough data collection investigating the scale of opportunities available for participation in archaeological projects (Objective 1), whilst

also providing further insight using qualitative methods through focus group discussions with the sample population (Objective 2).

3.4 Quantitative Data Collection:

To date there is no existing consolidated listing of archaeological and heritage groups in Britain. While anecdotally it is known that numerous groups exist across the UK, exact data is lacking. In order to contextualise the current landscape of archaeological projects and participation opportunities for volunteers across England a database was produced as set out in Objective 1. Using internet search engines, the terms 'archaeological societies', 'archaeological organisations', and 'archaeological groups' were applied to each region of England, for example, 'archaeological societies southwest England'. Furthermore, the British Archaeological Jobs Resource (BAJR) shared information held about different archaeological groupings across England, which was a helpful cross-referencing tool but did not provide suitably detailed information. The Council for British Archaeology online membership lists were also accessed, but these are not compulsory for membership groups and are maintained by individual organisations, resulting in some out of date and incomplete sources.

Using the information available on each organisation's website a database was produced collating the following categories: organisation name; website address; membership availability; cost of membership; availability of training opportunities; area of archaeological interest; region; specific geographical area; county and organisation type. These categories were selected to discover what opportunities are available for people to engage with archaeology, where those groups are located and whether they require paid membership. Groups affiliated to a university or commercial unit were not included as they were unlikely to offer volunteer opportunities to people over the age of 60. The results of this work are discussed in Chapter 4.

3.5 Qualitative Data Collection

Objective 2 required the collection of qualitative data to investigate how taking part in archaeological projects impacted on participants' feelings of usefulness as a measure of health and well-being, with Objective 3 a combination of 1 and 2 - to inform recommendations and future practice for research. Qualitative research methods were suitable as they could be used to find out why people felt the way they did and would allow them to both share and reflect upon their stories. The context of the focus group provided time and opportunity for people to relay their experience of archaeological participation as well as the feelings and knowledge elicited. The SAGE Handbook of Social Research Methods suggests that people taking part in focus groups can 'become particularly reflective, exploring themselves and their relationships in tentative and thoughtful ways.' (2008), which is discussed further in section 4. Due to the Covid-19 pandemic the focus groups had to be conducted remotely rather than on site during the course of an archaeological project. Careful consideration was given to the sample size as well as availability, willingness, and ability to participate, seeking information-rich sources to make the most effective use of limited resources. A sample size of 10-12 was considered appropriate, as advocated by Crouch & McKenzie (2006), who argue that 'a small number of cases (less than 20, say) will facilitate the researcher's close association with the respondents, and enhance the validity of fine-grained, in-depth inquiry in naturalistic settings.' Smaller group sizes offer more opportunity for participants to share their experience and provide a richness of data that larger groups may be unable to produce.

3.6 Participants:

Participants were recruited using 'gatekeepers' from three organisations: Tony Metcalfe of Altogether Archaeology; Dickie Bennett of Breaking Ground Heritage; and Lowri Goss of the Strata Florida Archaeological Field School (see descriptions in Table 3.1). The criteria for selection of these groups was to recruit participants over the age of 60 from

a variety of backgrounds and geographical areas who have all taken part in archaeological projects, and each of these organisations provide that opportunity. I have established relationships with these three gatekeepers through previous paid and voluntary employment.

Organisation	Description
Altogether Archaeology	Altogether Archaeology is a community group who aim to promote awareness of the archaeological heritage of the North Pennines and the surrounding area, by the involvement of its members of all ages in archaeological fieldwork and research. They provide opportunities for members to extend their knowledge of archaeological methods and practice by research, fieldwork, and training.
Breaking Ground Heritage	Breaking Ground Heritage is a company that provides opportunities for military veterans to utilise heritage and archaeology as a recovery pathway, with the aim of delivering positive outcomes. All Breaking Ground Heritage projects have personal skills development as a fundamental core objective for participants and they work alongside commercial archaeology units and universities to give beneficiaries exposure to the world of archaeology.
Strata Florida Archaeological Field School	The Strata Florida Archaeological Field School was set up to provide accessible archaeological training opportunities for all attendees. Through field-based learning participants can develop their knowledge and experience of archaeological research methods in a supportive environment, with an emphasis on the importance of mental and physical well-being.

Table 3.1 - Organisation Description (authors own, 2023)

Organisation backgrounds and activities:

The three organisations work with diverse groups of people. Altogether Archaeology members are generally over the age of 60, with many joining post-retirement and often from archaeological professions. With over 100 members, the majority of whom live in the north of England, Altogether Archaeology provides archaeological fieldwork, research, and community engagement opportunities. Many of their members conduct personal archival and historical research which they present to other group members through meetings and using the group's online newsletter. Regular updates on social media keep members informed.

Breaking Ground Heritage offers archaeological training for military veterans, many of whom have never taken part in archaeological activities and who are from diverse backgrounds and age groups. The participants from this group also generally require higher levels of physical and mental well-being support. Members of Breaking Ground Heritage come from across the globe, although the majority are based in the UK, and the group have an active online presence. Fieldwork and archaeological training activities mostly take place in the UK, but through links with other military-focussed organisations such as Operation Nightingale, projects have taken place in France, Germany, and other parts of Europe. Members have also conducted their own research and provided written and in-person presentations of the results. With vast experience in working alongside veterans and those with additional physical and mental well-being needs, Breaking Ground Heritage is a valuable source of both accessible archaeological activities and published research articles.

The participants from Strata Florida Field School were also from diverse demographics, with many coming from overseas, but they paid to attend the school and take part in archaeological activities. With a mailing list of over 500 people Strata Florida differs from both Altogether Archaeology and Breaking Ground Heritage in that it is not an organisation which requires membership or frequent interaction. While it does provide some, limited, heritage-based volunteer opportunities, these are based in rural Wales and

are not often archaeological in nature; its main focus is the annual field school. Those who took part in the focus groups from the Strata Florida Field School were required to have previously or subsequently participated in an archaeological project on a voluntary basis in order to meet the criteria for study.

Each of the gatekeepers was emailed separately with an explanation of the proposed study and was asked for their assistance in recruiting participants. The gatekeepers then contacted people in their organisations who met the criteria for selection - people over the age of 60 and who had participated in at least one archaeological project - to ask if they would be interested in taking part; they included a short description of the study provided by myself. The participants were asked to contact the gatekeeper with an expression of interest along with granting permission for me to contact them using their email address. Participants had different levels of engagement with the organisations, but all took part in archaeological activities on a voluntary basis. Each of the people contacted was sent an email with a description of the research and my university email address to contact if they wanted more information or wished to participate in the study. When an expression of interest was received, I responded by emailing a participant information sheet and participant agreement form (see appendix 1 and 2) along with an introduction email outlining the study. Participants were asked to read the information carefully, sign the participant agreement form and return it to me by email. It was made clear that questions about the study were welcomed. The email included the contact details of my two supervisors should any concerns be raised. After receiving the signed participant agreement forms, I chose a selection of dates and times and emailed the participants asking for their preference. The responses enabled me to draw up a list of four dates and to schedule a Zoom meeting for each. Participants were then sent an invitation to join a password-protected Zoom meeting and to confirm that they would attend. One participant withdrew immediately before one of the focus groups due to a family emergency, leaving 11 participants. 4 focus groups took place with 11 participants in total.

Design	• Ideally 3–4 participants per group • Researcher acts as moderator and provides technological support • Predetermined discussion prompt sheet
Recruitment	• Participants contacted from list of interested parties • Consent explained via email • Must confirm Zoom access and understanding
Guidance	• Instructions to join virtual focus group sent ahead of time • Zoom etiquette description provided prior to virtual focus group and at the beginning of each session
Application	• Written description of discussion points emailed to participants ahead of time • Researcher acts as moderator and tech support, managing wait room, muting individuals if necessary • Follow up email sent with thanks and support signposting

Table 3.2: Design, recruitment, guidance, and application before and after online focus groups (authors own, 2023)

3.7 Focus Groups

Focus groups were chosen as the method of data collection as they enable more insight and a deeper discussion of people's experience and observations (Hammarberg *et al*., 2016), which was important for this research. Focus groups offer possibilities for researchers to explore 'the gap between what people say and what they do' (Conradson, 2005). It was also felt that focus groups were appropriate as they are particularly useful for encouraging participants who may feel they have nothing to add to the discourse or who do not wish to be interviewed one-on-one (Kitzinger, 2006) due to the supportive group setting. People who are reluctant to participate due to problems with reading or writing may also find it easier in a forum where this is not necessary. During the time of data collection, the UK was in a national lockdown due to the Coronavirus pandemic, and as such all the focus groups for this study had to be conducted online using Zoom video conferencing. The rise in popularity of conducting research using online video formats has been rapid and owes much of its growth not only to necessity during the pandemic, but also increasing reliance on technology and changing workplace structures. When investigating the increase and benefit in focus group use from home Rupert *et al*. found that 'the virtual format was effective and offered advantages over in-person groups.' (2017). This is further explained by Stewart & Shamdasani who found that 'virtual groups also enable researchers to reach and attract populations that are geographically dispersed, less mobile, and more demographically diverse.'(2017). Adapting to this research method - and indeed, a routine increasingly reliant on being 'online' - was challenging, as this researcher can attest, but is not without reward. In their article examining the opportunities and challenges in utilising Zoom for qualitative research using focus group methods, Falter *et al*. (2022) concluded that the results were comparable to those collected during in-person focus groups, and that while challenging, the experience was enjoyable, with no negative impact on the data collected from the use of technology.

Schulze *et al*. highlight the current knowledge gap regarding online focus groups when compared to years of research using traditional face-to-face methods, noting 'While

text-based online focus groups have been subjected to extensive methodological investigations and applications, there is a lack of knowledge within extant literature on video-based online focus group' (2022). The Covid-19 pandemic is far from over and research conducted during the last two years is only just beginning to be published.

The ideal duration of a focus group session varies according to the recommendation of different researchers from 30 minutes to 3 hours per focus group. Stewart & Shamdasani (1990) suggest 30 minutes to 2 and a half hours, 1-and-a-half to 2 hours (Leitao & Vergueiro, 2000; Greenbaum, 2003), with 1-2 hours (Gibbs, 1997) suggested as ideal, but it should be noted that these studies refer to in-person focus groups. The focus groups for this study were scheduled to last 60 minutes, with 90 minutes allocated in total in case technological problems arose, participants were late, or the discourse ran over time. The focus groups were conducted over a two-week period. As participants logged on, they were automatically directed to a waiting room where I greeted them and checked audio and visual function before admitting them to the main focus group. After a short period of introduction by the researcher, participants were asked to introduce themselves and briefly describe an archaeological project they had been involved in, and what their role was in that project. This was to serve as a simple 'ice-breaker' to help the participants settle into the session and to create a relaxed atmosphere, inviting a shared discourse rather than a formal question/answer session. Morrison-Beedy *et al*. (2001) suggest that this approach will help 'to put participants at ease with the moderator and with each other' and that 'the moderator may ask participants to share something about themselves with group members as a way to develop rapport within the group.'

Data was collected by following a focus group guide developed by the researcher and the supervisory team [Table 3.2]. Each of the focus groups was conducted the same way to maintain continuity of data collection. The focus groups were audio recorded to ensure accuracy of data collection. Challenges in using technology to conduct focus groups included connectivity and audio problems for some participants, but these were quickly resolved by themselves during the first few minutes of the session, with the other participants readily agreeing to delay the start time by a few minutes until each attendee

was present. One participant was unable to take part in their allotted group and so was offered another time and date which they attended; this resulted in more people taking part in one of the groups, but this had no impact on the data collection.

Opening Question:

We are interested in hearing how taking part in archaeological projects made you feel, and if it made you feel useful. Can you please tell us about any experiences you have had where you felt useful?

Follow up questions:

- What do you understand by the term 'usefulness'? Can you give an example of how being involved in a project made you feel useful?
- Did this feeling of usefulness impact on your life outside of the project, and if so, how?
- Do you think feeling useful has impacted upon your health and well-being? If so, how?
- Did these feelings of usefulness continue after the project has ended and if so, how?
- Thinking about after the project ended – how long did the feelings of usefulness you felt last?
- We are interested in exploring whether usefulness can be measured and would really value your thoughts on this - Do you think it can be measured and if so, how?

Table 3.3: Focus Group Guide (authors own, 2023)

Using focus groups as a method of data collection however raises some challenges. During a focus group discussion some voices may dominate while others might feel they so not have chance to express their views fully - or that they wished to share but were

uncomfortable doing so in a group setting with strangers (Hollander, 2004). To meet these potential challenges and to add to the discourse, participants were invited to contact the researcher by email after the focus group had concluded if they had any further observations or experiences they wished to share. This opportunity was taken up by 2 participants who contacted me by email after the focus groups and provided interesting, and in some cases poignant, remarks. These were added as a postscript to the transcribed data and included in the subsequent analysis.

Agar and MacDonald (1995) suggest that a focus group lies somewhere between a meeting (specifically organised in advance and with structure) and a conversation (the discussion has a degree of spontaneity, with individuals picking up on one another's contributions). It is recommended that data collection, and subsequent analysis, should take into account both the dialogue and the interaction that has occurred within the group (Kitzinger 1994; Smithson 2000), and the 'considerable potential for exploring the co-construction of meaning through an analysis of interactive processes' (Wilkinson 1998, p.13). With this in mind, further research would incorporate recording and analysis of interaction within the group during any in-person focus groups in order to add to the body of data. Using Zoom to conduct the focus group sessions made it difficult to apply these recommendations but was of course necessary due to the Covid-19 pandemic. While conducting online focus groups (via Zoom) was a helpful modification to the original study design, it also led to an occasionally stilted discussion. Participants were generous in allowing space for each individual to express their opinion but on occasion this gave rise to long monologues that veered from the topic. Interjecting to steer the discussion was difficult and felt abrupt and emphasised that conducting focus groups and interviews in person would be preferable. Follow-up one-to-one interviews would also allow exploration of the topic at greater depth and give participants an opportunity to expand their contribution, particularly if they felt unable to do so during the focus group. While follow-up interviews would require the investment of considerable time, the depth and detail of individual contributions could provide valuable data. Participants

in this study were given the option of emailing the researcher after the focus groups with any further information they wished to share, with some participants exercising the option.

Gathering data using focus groups has methodological advantages and disadvantages. Advantages include a rich variety of perspectives and opinions which can arise from the interaction between participants (Breen, 2006 p.467). Focus groups also give opportunity to expand our knowledge base by garnering new information and ideas from potentially untapped sources. The reaction of participants and particularly how complex their responses were provided a different wealth of information than could be elicited from, for example, a written questionnaire. Disadvantages of the focus group method could be seen in the substantial effort of organising different sessions and the amount of time involved. And as reported above, on occasion the discussion may move in an unwanted direction, taking up not just the researcher's time but that of the participants. A mixed-methods approach to qualitative data collection could be used in further research, utilising questionnaires, focus groups, individual interviews, and observation.

3.8 Data Analysis

3.8.1 Quantitative data Analysis

The quantitative data was analysed to calculate datapoints; the methods used were counting, recounting and verification using a calculator. Geographical locations were also researched and verified. The data was loaded into Excel so that graphs and charts could be created in order to investigate the findings. The data was sorted into columns: organisation name; website address; membership availability (y/n); cost of membership (y/n); availability of training opportunities (y/n); area of archaeological interest; region; specific geographical area; county and organisation type.

3.8.2 Qualitative data Analysis

The qualitative data from focus groups were recorded, audio-transcribed verbatim and anonymised. I familiarised myself with the data by conducting and moderating all the online focus groups and immersed myself in the data by repeatedly listening to the recordings. Audio-transcribing verbatim the focus group recordings also allowed further immersion and familiarity with the data. Anonymised transcripts were then analysed thematically using deductive analysis (Braun & Clarke, 2013, see Figure 3.5) to distinguish themes (see Figure 3.4).

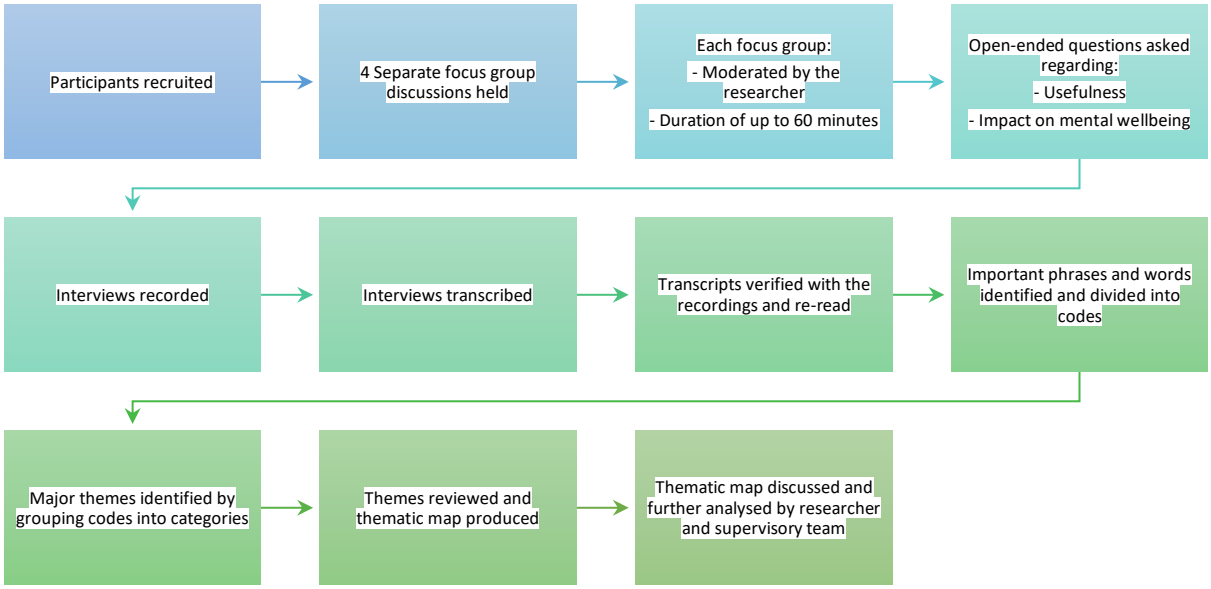

Figure 3.1 - Data Collection and Analysis Flow Diagram (authors own, 2023)

By repeated reading of the transcripts, key phrases and words were identified within each focus group, highlighted, and transferred to a new document (Phase 1). While it was important to consider that removing some words could be considered manipulation of qualitative data by the introduction of bias, some descriptions were verbose and contained information that was not relevant. It was also necessary to reduce 'coder fatigue' and so was deemed an appropriate risk (Neuendorf, 2016). Initial codes using key words were then identified (Phase 2) within each of the four focus groups. Using deductive reasoning these initial codes were then ascertained and sorted into

meaningful groups (Phase 3). Using the key words I then assigned each code to a theme (Phase 4). Defining the exact understanding of each theme (Phase 5) ensured clarity and continuity. The themes were reviewed across the whole data set and a thematic map was produced, which was discussed and further analysed (Phase 6) by the researcher and supervisory team to ensure credibility of the analytical process.

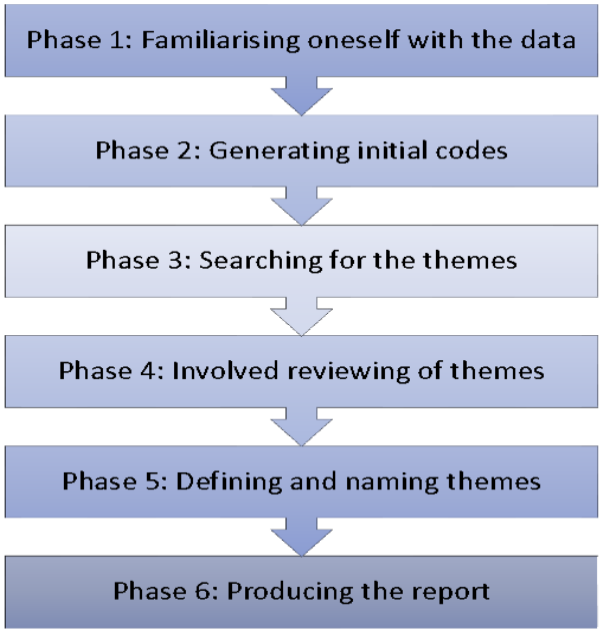

Figure 3.2: Braun & Clarke Phases of Thematic Analysis (amended from Braun & Clarke, 2013, p.174)

3.9 Ethical Considerations

Ethical approval was obtained from Bournemouth University Research Ethics Committee (Ethics ID number). One of the organisations that the participants were recruited from had previously employed the researcher, so it was possible that some of the participants would have met the researcher. As this could potentially impact the research it was stressed that participants were in no way obligated to take part and no concern was reported. Following the principles of ethical research that incorporate respect for participants, informed consent, specific permission required for audio or video recording, voluntary participation and no coercion, participant right to withdraw, full disclosure of funding sources, no harm to participants, avoidance of undue intrusion, no use of

deception, the presumption and preservation of anonymity, participant right to check and modify a transcript, confidentiality of personal matters, data protection, enabling participation, ethical governance, provision of grievance procedures, appropriateness of research methodology, and full reporting of methods (Vanclay *et al*., 2013), participants were given a participant information sheet which clearly explained that taking part in the research was voluntary, and that confidentiality would be maintained. The participant information sheet also outlined any risks and benefits to participating in the study: as feelings of self-worth would be discussed participants could feel uncomfortable discussing their emotions but were assured they could choose what information they shared. While there were no immediate benefits to taking part in the study, it is hoped that the results will lead to a better understanding of the impact archaeological participation can have on wellbeing. Participants were offered opportunities to ask questions throughout the recruitment process - during each email communication, using the information sheet and the signed participant agreement form - and were also given the contact details of my supervisory team should they require further information.

Participants took part on the basis of informed consent, ensuring they understood the implications and had reached a considered decision to participate. Explicit informed consent was obtained by participants signing a consent form. There was a cooling off period of one week between signing the consent form and the focus groups taking place. Participants were informed that they had the right to withdraw from the study at any time, until the point of anonymisation. The anonymised data is held in the Bournemouth University repository. No ethical issues were raised by the online focus groups before, during or after they were conducted.

The constraints of conducting research during a government-imposed national lockdown aside, data collection was relatively straightforward. The quantitative data collection was time-consuming but has produced detailed results which will be analysed in the following chapter. Qualitative data collection was a challenge as it differed considerably from the initial proposal and required a greater reliance on technology, but the subsequent thematic analysis produced interesting results which will also be analysed in Chapter 3.

3.9.1 Ethical Considerations for Online Focus Groups

Ethical issues that were considered when using online focus groups to conduct this research are similar in many ways to focus groups taking place in-person, and while not necessarily more harmful, can present different challenges (Kraut *et al*, 2004). Participants may be uncomfortable talking about how they feel in a group setting either with people they know or strangers. The possibility that talking about their own experiences and emotions - particularly with the focus of mental well-being - was highlighted by the researcher prior to participants signing up and was included in the Participant Information Sheet (see Appendix 1) along with signposting information for support should this be required. As with all group interviews, while the request for tolerance and respect was stressed at the beginning of each focus group there remained the possibility that other participants' responses may be inappropriate, and cause upset and offence (Sim & Waterfield, 2019). In an online forum it may also be 'harder to judge individuals' reactions to the research, e.g. if a person is getting distressed by an interview question' (Stewart & Mann, 2000). The flow of discourse will also be different from what could be considered 'natural' conversation, as well as discussions that may take place within one-to-one settings. Researchers need also be mindful, as with in-person focus groups, of manipulating responses from participants - whether unconscious or otherwise.

Online focus groups also create the ethical consideration of excluding those who may not have access to computers, webcams, or the internet, whether through income, ability, age, or education. König *et al*. found 'that internet use among older adults was influenced by personal factors, such as age, gender, education, and income.' (2018). During recruitment for this study I found no issues were raised regarding, in this particular instance, older people's access and ability to utilise Zoom; in fact the overwhelming response was that all participants had previously used online video platforms and were comfortable with the format. However, the digital exclusion of older people remains a factor for consideration in any further study.

3.9.2 Rigor

In order to create trust in the findings of this study, the components of rigor were applied to establish consistency, namely Credibility, Transferability, Dependability and Confirmability (Thomas & Magilvy, 2011).

- Credibility was achieved by reviewing the transcripts from the focus groups multiple times and using the participants' own words in this study, allowing them to speak for themselves.
- Transferability was maintained by providing detailed descriptions of the demographics of the participants and the scope of the project, and by using the same data collection method for each focus group.
- Dependability was met by a variety of means including describing the specific aims of the study; describing the participant recruitment process; describing the data collection method and its subsequent analysis; discussing the findings and interpreting the results and by providing an in-depth description of the research methods used.
- Maintaining an open approach to the study and the findings helped ensure confirmability, along with following the flow of discussion during the focus groups, not leading it, and by making notes immediately after each focus group.

This chapter has discussed the aims and objectives of the study before detailing the specific methodology and methods used. This includes recruitment of participants, organising and conducting focus groups, the process of data analysis as well as any ethical issues and academic rigor. Chapter 4 provides the quantitative and qualitative findings of the study along with descriptions of the data collected.

4. Findings

This chapter will present the findings of the quantitative and qualitative research. Quantitative data has been presented in maps and charts to display the breadth of research, showing the distribution and type of archaeological organisation throughout England. The thematic analysis of the qualitative data is presented as a narrative, allowing the participants to describe their experience of archaeological participation, and feelings of usefulness.

4.1 Quantitative Data

Research into the number and type of archaeological organisations and groups provided a great amount of data and offered considerable insight into the scope and accessibility of non-commercial archaeological opportunities throughout England. 224 groups were identified, each of which offered a unique opportunity for inclusion. A database detailing the information gathered regarding each organisation is available in the BU Online Repository and includes organisation name; website address; membership availability; cost of membership; availability of training opportunities; area of archaeological interest; region; specific geographical area; county and organisation type.

The archaeological organisation's density map (Figure 4.1) shows the number of groups per ceremonial county throughout England. Ceremonial counties were chosen as the area of measurement due to readily available data and because of the changes in local government boundaries in England over many years; ceremonial counties are the closest approximation available to the old geographical counties of England. As shown in Figure 4.1, the results show a general spread across England with some areas where there are clusters of higher activity and opportunities, for example Somerset and Hampshire. The number of organisations ranges from 0 in Tyne and Wear and the City of London to 17 in Greater London. The organisations were grouped by county using their registered address

if it was available, or by their geographical area of interest if not. The results are perhaps unsurprising, showing that archaeological groups and organisations are operating in every county of England - with the exception of Tyne and Wear, which is certainly included in the research scope for a number of surrounding groups but did not provide an address specifically in that county. Greater London having the highest number of archaeological organisations reflects the fact that it is also the most populated county in England with 8.9 million residents (ONS, 2021). The ceremonial county of the City of London comprises only 1.12 square miles with a population of around 8,600 (ONS, 2022) and is an enclave of Greater London; being a centre for financial and business services and having a low residential population would account for no archaeological organisations or groups holding registered addresses in the county.

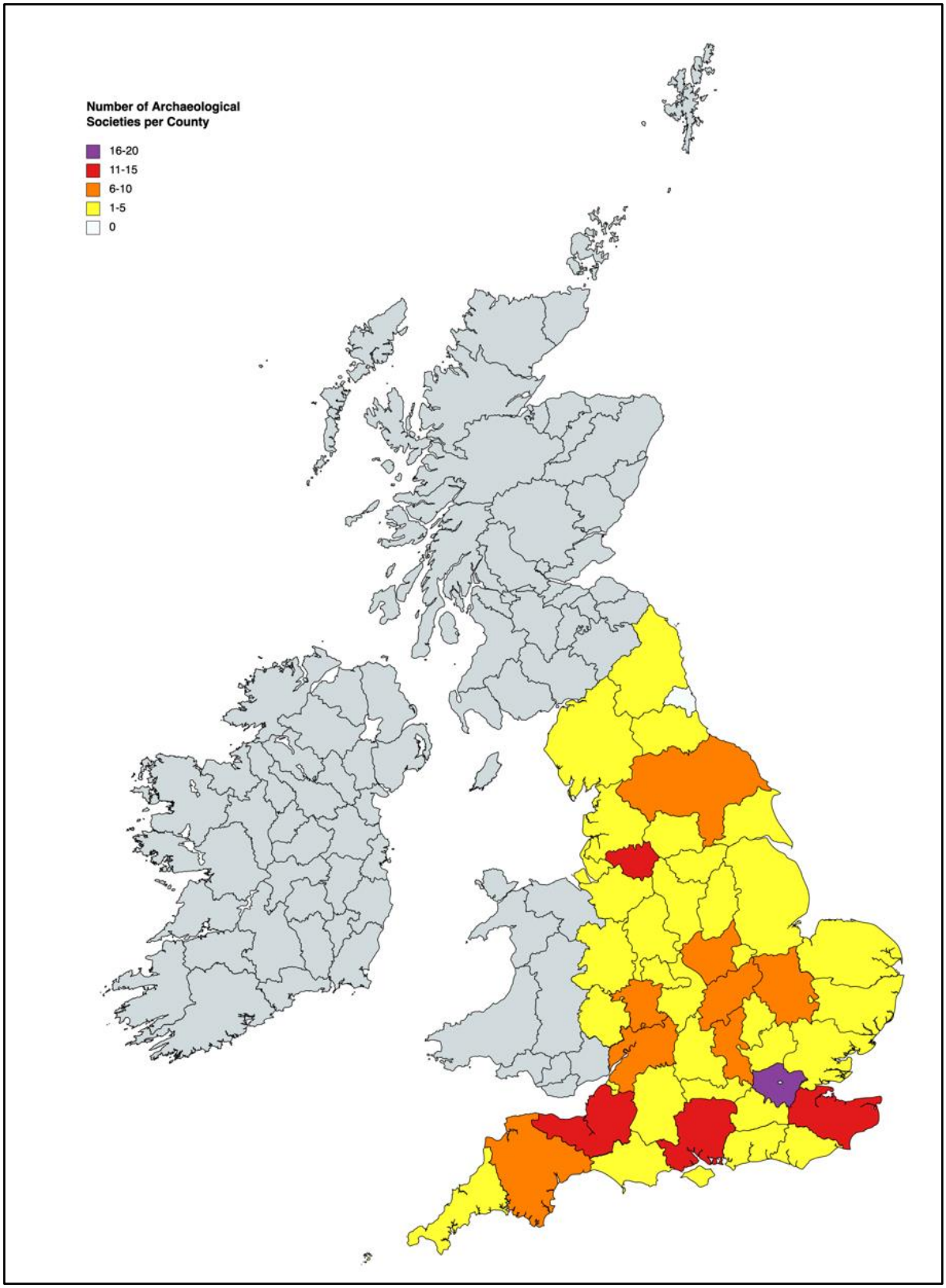

Figure 4.1 - Archaeological Organisations Density Map of England (authors own, 2023)

Analysing the data shown in Figure 4.1 provides some interesting areas for discussion. Areas coloured yellow represent counties with between 1-5 organisations, which totalled 34 out of the 48 ceremonial counties of England. Broadly, those counties with between 1-5 archaeological groups or organisations appear to be situated in more coastal and rural areas, which could be due to a variety of reasons. Rural and coastal counties generally have lower and more isolated population levels than urban counties, compounded by a lack of infrastructure and services which could account for these numbers. Poorer health is also more prevalent in many coastal areas, with the Health in Coastal Communities Report stating coastal regions 'have some of the worst health outcomes in England, low life expectancy and high rates of many major diseases.' (DHSC, 2021, p.2) which could impact on the running, attendance, and continuity of archaeological organisations in these areas. The age profile of coastal areas is also significantly older than the national average. The report goes on to state that 'In addition to being older than the national average, these communities are also more deprived, (as defined by their Index of Multiple Deprivation (IMD) compared to the national average, with deprivation being even greater in the North of England,' (p.206). North Yorkshire is coloured orange and bucks the trend with 10 organisations; containing York, Middlesbrough and Harrogate as well as the North York Moors and the Yorkshire Dales, areas of historic and archaeological importance which could account for the higher number. Figure 4.1 also shows that counties in the Midlands and the south of England generally report higher numbers of organisations than the north.

Number of Organisations	*Number of Counties*
0	*2*
1-5	*34*
6-10	*7*
11-15	*4*
16-20	*1*

Table 4.1 - Number of Archaeological Organisations per Ceremonial County (authors own, 2023)

With the aid of Figure 4.2 some disparities can be seen, for example the ceremonial county of Greater Manchester records the presence of 11 archaeological groups or organisations, which could be accounted for by its population of over 2.8 million (ONS, 2022), the fourth highest in England. Hampshire, Kent, and Somerset each host 12 organisations. That these counties are all in the south of England and are situated in coastal areas, as well as reporting high Gross Value Added (GVA) rankings (ONS, 2023) and populations that are recorded as having relatively high median ages (ONS, 2022) could explain these figures. Further analysis of county demographics to include household income, IMD rankings and population density would be useful in future research to add to a deeper understanding of the data.

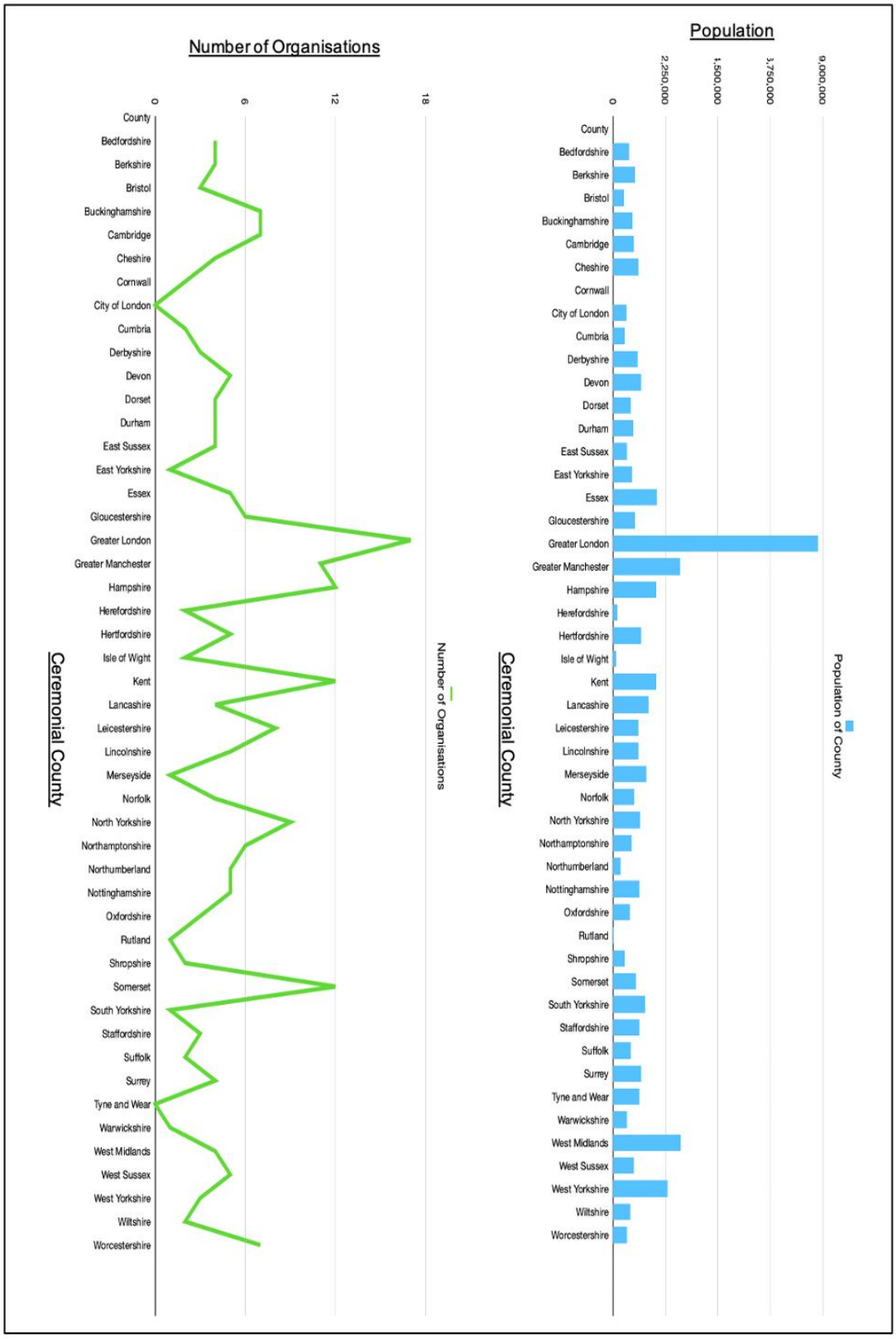

Figure 4.2 - Comparison Graphs of Ceremonial County Populations and Number of Respective Archaeological Organisations (authors own, 2023)

Figures 4.3 and 4.4 present the data in each region of England, showing the general distribution of archaeological organisations across the country. The regions with the highest numbers are the South East (54) and South West (34), with the North East recording only 9 organisations. Having close proximity to London and encompassing many large cities, the South East region is the most populous in England with a population of over 9 million people (ONS, 2022), helping account for its high number of organisations. The South West is geographically the largest region of England but the third-least populous with 5.6 million residents (ONS, 2022). However, the South West region contains many sites of historical interest including Dartmoor, Exmoor and four World Heritage Sites: Stonehenge, the Cornwall and West Devon Mining Landscape, the Jurassic Coast, and the City of Bath. Approximately 42% of the population in the South West are over the age of 50 (ONS, 2021). As detailed in the Literature Review, a large number of volunteers within the heritage sector are of retirement age, and it seems reasonable to postulate that older people with an interest in archaeology would be members of archaeological organisations and groups, helping account for the high number in this region.

The North East shows the lowest number of organisations, with only 9 recorded - a huge difference from 54 in the South East. The second-smallest region in England, 2.6 million people reside in the North East, which encompasses the World Heritage sites of Hadrian's Wall along with Durham Cathedral and Castle, as well as the North Pennines and Northumberland coastline. In 2019, the North East LEP area was home to 207 of the 10% most deprived areas in England according to Index of Multiple Deprivation (IMD) measurements of relative deprivation across the UK (North East Evidence Hub Report, 2024). The smaller population and high levels of deprivation may go some way towards explaining why the number of archaeological organisations is low in comparison to other regions, but more investigation to explore and understand the intricacies would be of great benefit to future research.

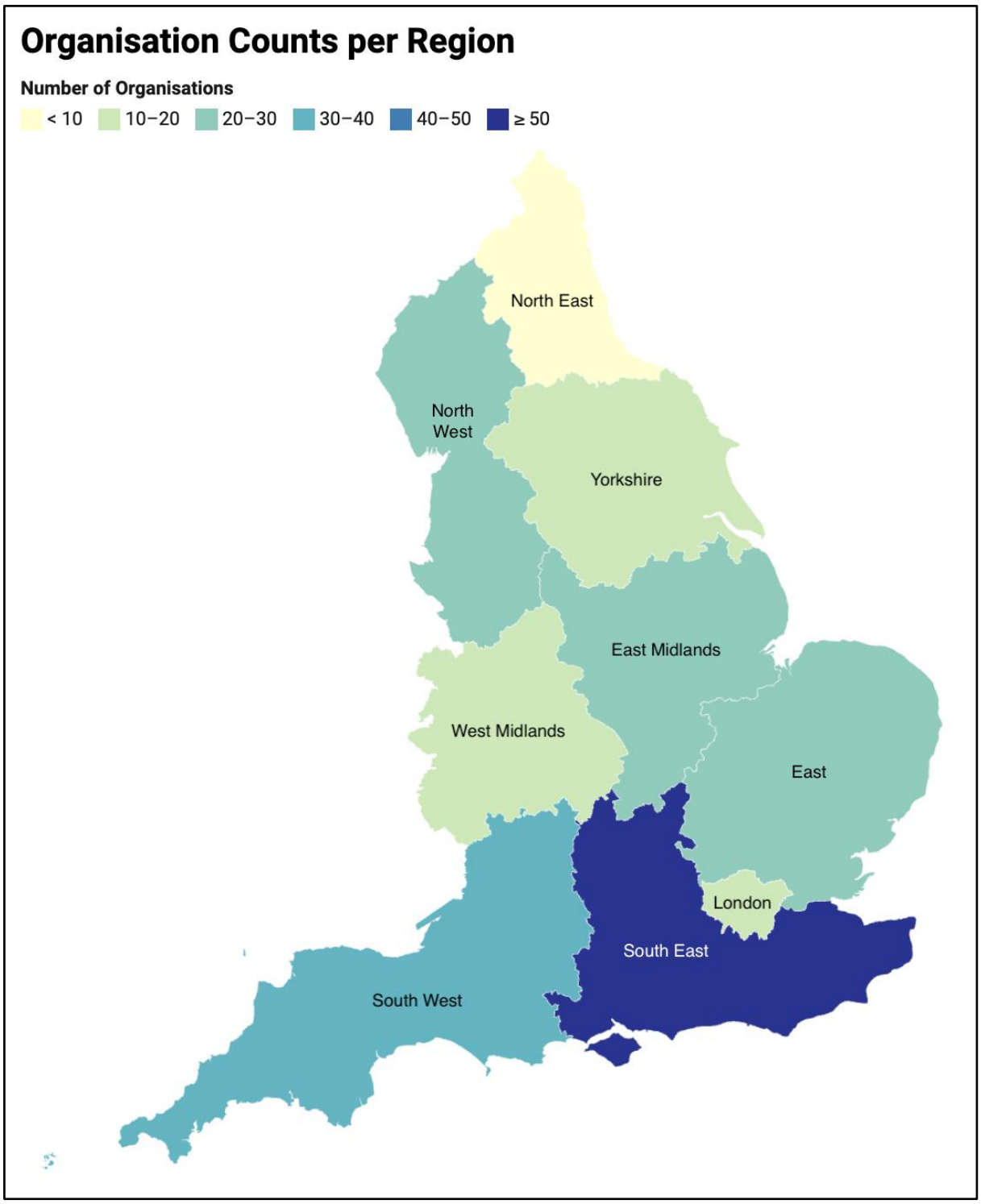

Figure 4.3 - Archaeological Organisations Counts per Region (authors own, 2023)

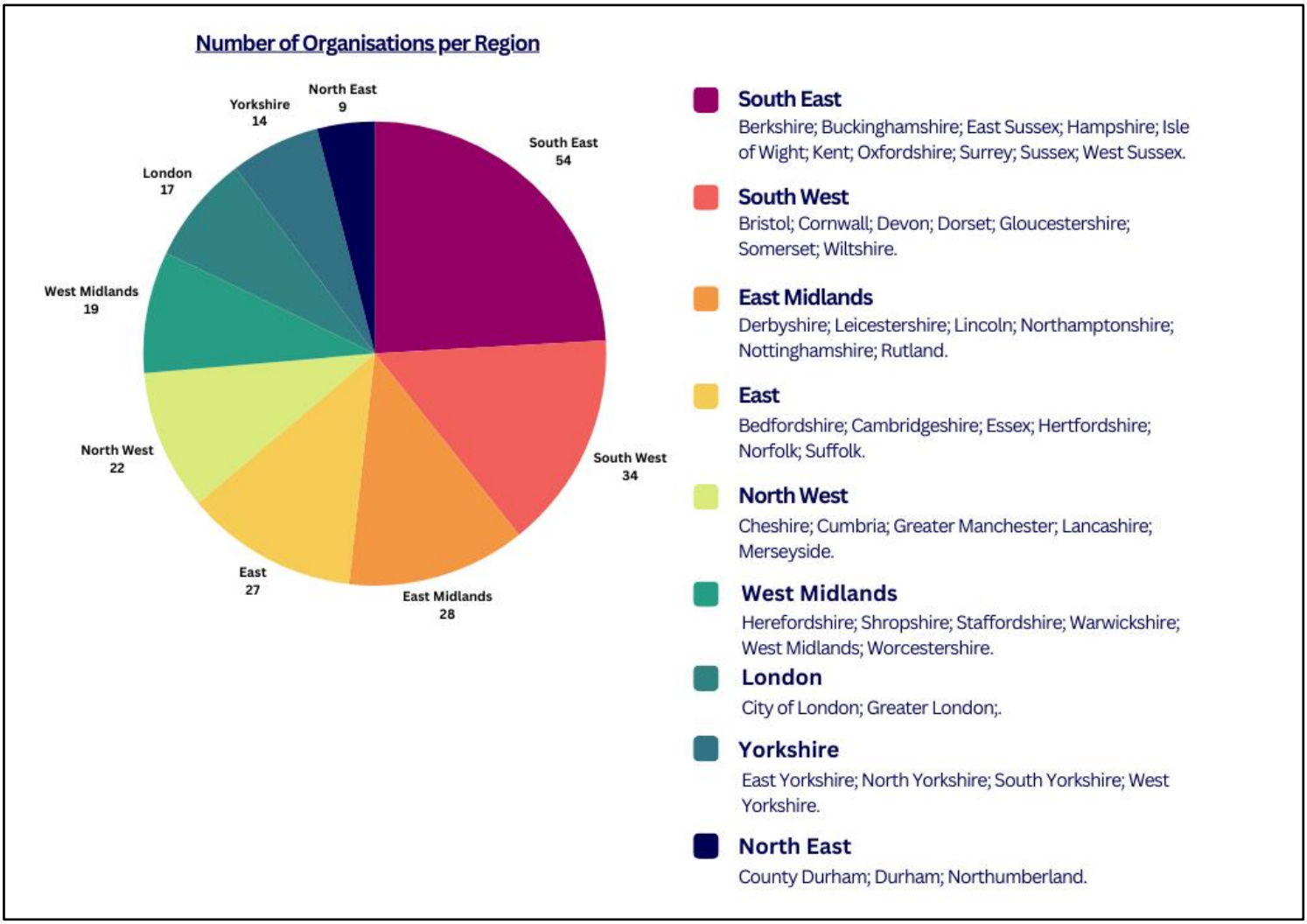

Figure 4.4 - Number of Archaeological Organisations per Region of England (authors own, 2023)

The data collected and presented in Figure 4.5 regarding archaeological groups and organisations categorised by interest shows what could perhaps be considered predictable results. According to the information provided by each website, local archaeology (55 organisations) and local archaeology and history (52 organisations) respectively were reported as being the specific area of interest for the greatest number of groups. Regional archaeology (36 organisations) and regional archaeology and history (34 organisations) were the next highest, which again reflects the logic that somewhat 'generic' organisations are greater in number while more specialised groups are fewer. Experimental, Global, Post-Medieval, Local Historic Architecture, Landscape History and the broadly termed 'UK Wide' provided just one group in each subject respectively.

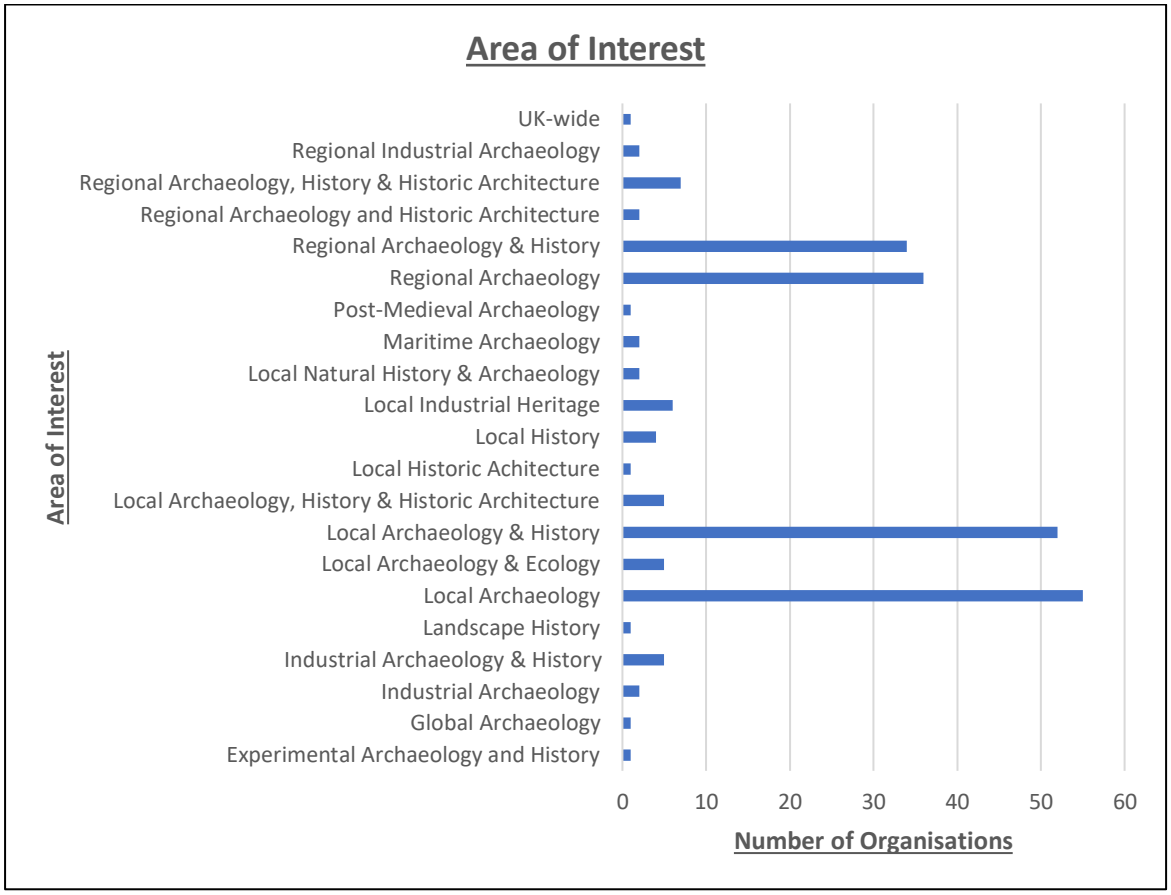

Figure 4.5 - Number of Archaeological Organisations by Area of Interest (authors own, 2023)

Figure 4.6 presents the data collected regarding the opportunities for training, membership availability and cost of membership for each of the archaeological groups or organisations in England. Of the 224 groups researched, 82 mentioned opportunities for volunteers to be trained in archaeological skills while taking part in activities. This relatively low number is perhaps unsurprising given that the organisations researched are non-commercial in nature, participation is on a voluntary basis or there may not be group members with the expertise to provide training to others.

Membership of all the groups was also researched, with each providing an 'offer' to those who wished to join. Canterbury Historical and Archaeological Society, for example, has around 140 members and offers membership for £10 per year. Benefits of membership include the right to attend Society lectures and meetings, the opportunity to attend Society excursions and receipt of a summary card once a year showing details of the forthcoming lecture programme. The group holds lectures and excursions to local sites of interest but are not involved in archaeological fieldwork and do not provide training opportunities. The Hallaton Field Work Group, in comparison, also charge £10 for yearly membership but carry out geophysical surveys, field walk, organise focussed excavations and provide opportunities for training. They also clean and catalogue finds, write up and archive results in the public domain and support ad hoc projects that reflect members' individual interests. In addition to the field work they arrange to visit other heritage sites in and outside the Leicestershire area. Cost of membership was relatively low with most groups asking for around £10 per year and the highest figure around £30 per year.

It must be acknowledged that there will likely be other associated costs alongside membership or attendance fees, for example the accessibility of public transport to attend meetings or travel to archaeological sites - especially in rural areas. Whether these costs might prohibit some groups from participating, for example those from lower socio-economic groups, people without personal transportation or accessibility needs would be interesting areas for future research but were beyond the scope of this research project. Building a more in-depth picture of how community archaeology groups and

organisations operate, along with the challenges faced by some members would enhance our understanding of the network of groups that exist and would facilitate discussions around the accessibility of membership and any interventions that may be required to increase membership for under-represented demographics.

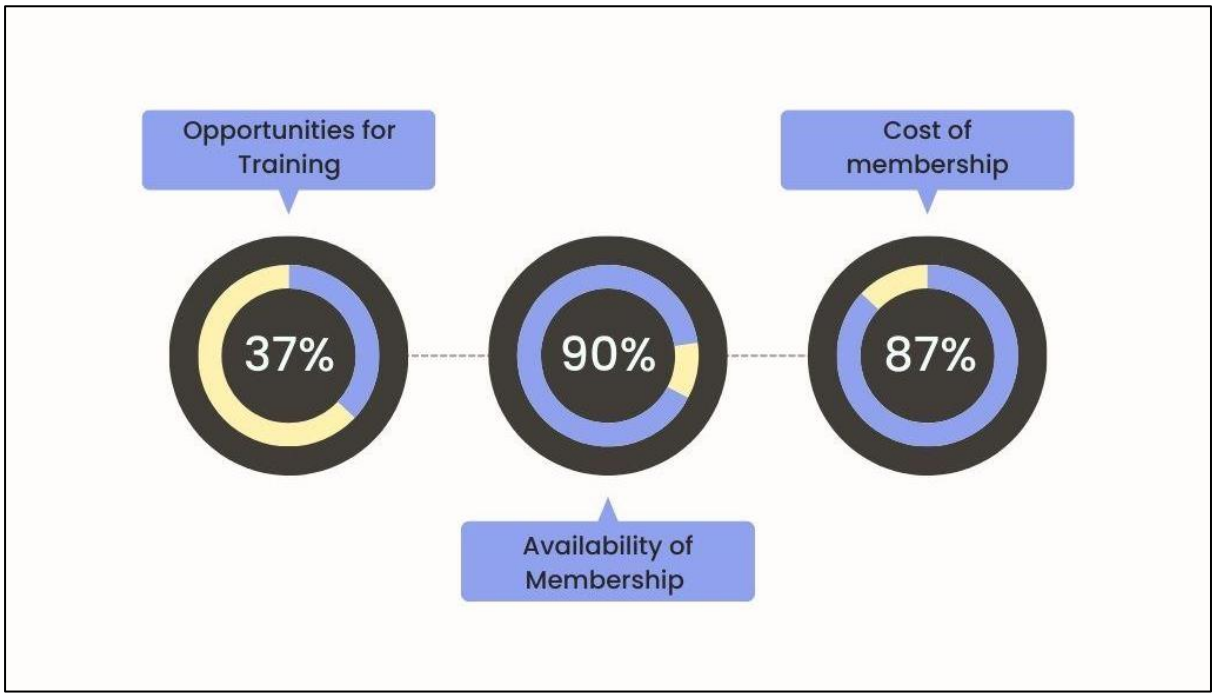

Figure 4.6 - Training, Membership Availability and Membership Cost Percentages of Archaeological Organisations in England (authors own, 2023)

4.2 Qualitative data

Over one hundred people who had previously taken part in an archaeological project were approached to participate in this study. From those contacted 12 agreed to take part from across the three different organisations (see Table 4.2). One participant withdrew due to a family emergency immediately prior to focus group 3 and was unable to commit to the timing of focus group 4, leaving 11 participants in total. All of these 11 participated in one of four focus groups. Of the 11, the majority of the participants were

male (9) compared to female (2), which roughly reflects the findings of the Community Life Survey and Taking Part Survey 2017 - 2018 which identified the percentage of heritage volunteers were 67 % male and 33 % female (Department for Digital, Culture, Media, and Sport, 2018). With one exception, all the participants in the focus groups were retired. All participants have been provided with a pseudonym to protect their anonymity.

Focus Group	Pseudonym	Sex	Organisation	Background
1	Neil	M	BGH	Veteran
1	Douglas	M	SFAFS	Retired Professional
1	Claire	F	SFAFS	Retired Professional
2	David	M	BGH	Veteran
2	Emlyn	M	BGH	Veteran
2	Isaac	M	AA	Retired Professional
2	Adam	M	AA	Retired Professional
3	Bernadette	F	AA	Retired Professional
3	Laird	M	AA	Retired Professional
4	Rupert	M	AA	Employed
4	Jack	M	AA	Retired Professional

Table 4.2 - Demographic and Pseudonyms of the Focus Groups (authors own, 2023)

The thematic analysis of the transcripts yielded rich and interesting data, with some moving accounts of the positive impact of archaeological participation. Four themes were identified upon analysing the data from the focus groups: Fulfilment; Connectivity; Ageing; and Health Impact. The common words and phrases from the four focus groups can be seen in Figures 4.7 and 4.8.

Figure 4.7 - Word Cloud to show most commonly used words (authors own, 2023)

Figure 4.8 - Breakdown of Word Cloud Themes (authors own, 2023)

Examining the data regarding participant's feelings of usefulness and the effect on their health and well-being identified four themes: fulfilment; ageing; connectivity and health impact.

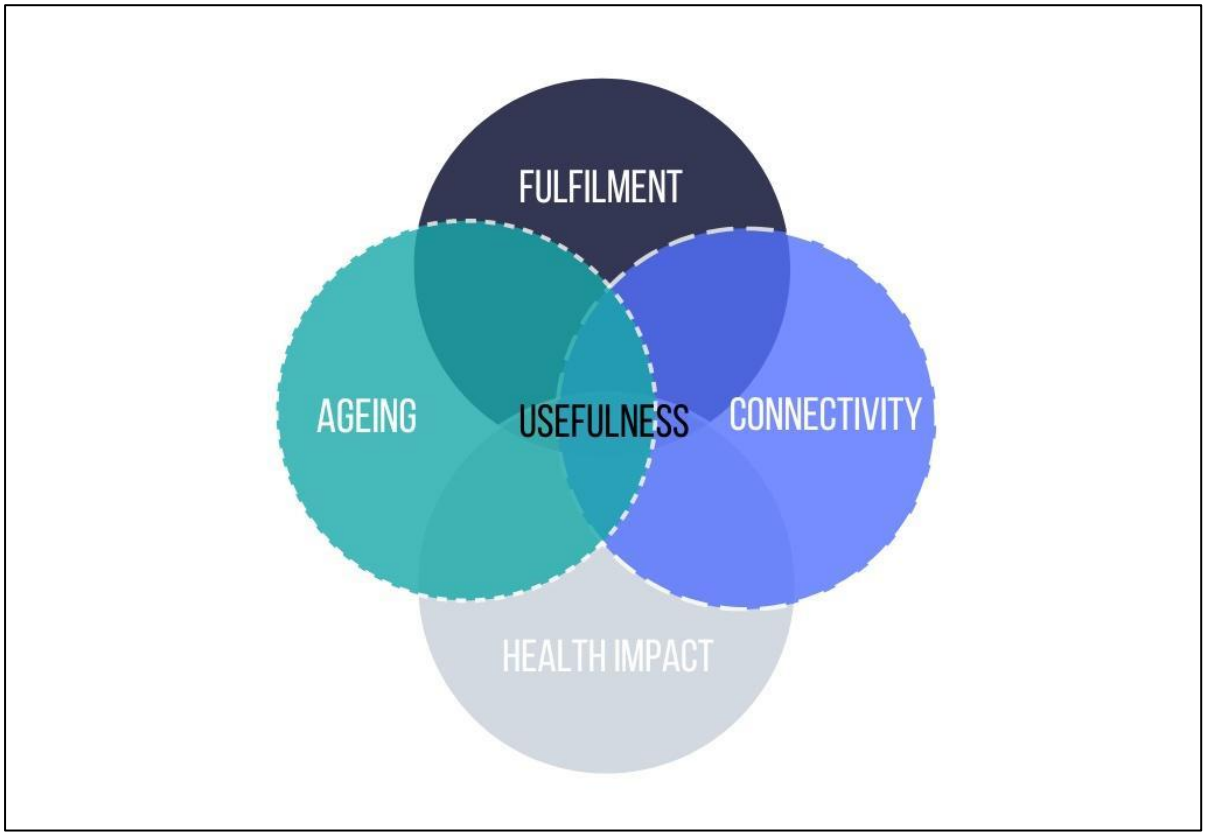

Figure 4.9 - Venn Diagram showing the identified strands of usefulness (authors own, 2023)

Fulfilment

Participants across all four focus groups reported that feeling useful was an important part of their personal fulfilment. Making a worthwhile contribution, a sense of achievement and fulfilling a previous ambition to take part in archaeological projects were common reflections in each group. As Claire commented:

> *"I'd wanted to do archaeology since I was about six probably, like you all do, you read about the Pharaohs, but it just didn't happen at that time. But seeing other people being useless made me determined not to also be useless and to actually get a bit of structure*

back in my life and do something for myself that I've never been able to do. I'm happy that I'm doing something that I've always wanted to do" (Focus Group 1).

The concept of fulfilment by taking part in something that was enjoyable was echoed by Isaac, suggesting that retirement offers opportunities for personal fulfilment by enabling individuals to undertake activities that bring pleasure:

"I think in terms of feeling useful there is another argument here for someone who may not have enjoyed their working life but then to find something that brings genuine pleasure and excitement - you can feel really excited on an excavation and that in itself is a marvellous thing, a fantastic thing" (Focus Group 2*).*

Across the focus groups there was a sense of the purpose of enjoyment contributing to personal fulfilment, in that there has to be a personal connection between the activity and the individual. Enjoyment was one of the main themes that emerged from all the focus groups, with Jack stating: "*Usefulness is feeling good about something and feeling that you've been able to contribute, and that you've enjoyed it - I think enjoyment has to be part of that as well*" (Focus Group 4).

Having a sense of purpose was also highlighted as a facet of fulfilment: "*I think it makes you feel that you have a purpose and that you have done something worthwhile*" (Bernadette, Focus Group 3). Being entrusted with a task was viewed as important which led to feeling responsible, which had an impact on participants' sense of achievement and satisfaction, as Emlyn explained:

"*It gives you a sense of achievement and you feel trusted - that you're on an archaeological dig and you're finding skeletons and pottery. In France when I found the skeleton, they let me excavate it. I was lying on my stomach for four hours, digging. They explained it all to me, and that trust was great - you think, oh yes, I can do this now!" (Focus Group 2).*

Finding value in learning and gaining new skills was also recognised across the 4 groups as part of a sense of fulfilment: "*I just enjoy continually learning. I find new ideas and learning new skills interesting, and I enjoy getting involved in new projects*" (Jack, Focus Group 4) which was reiterated in another group by Isaac (Focus Group 2): *'So, it's all things, the satisfaction of it, the learning of it as well - I think that's really important."*

Helping others and being of service was reported as providing fulfilment, as Bernadette described:

> *"I guess that I was in my early twenties or thirties when I worked out that life is about some sort of service really - whether you're working or a mother, whatever role you're playing. I think any time I considered doing a volunteer role it would be something that I believe in or want to contribute to or love to do - and on top of that comes the feeling of usefulness. I think that in every volunteer situation really"* (Focus Group 3).

For Bernadette in particular volunteering was associated with deep consideration - for herself and others.

It should be noted that along with overwhelmingly positive comments about participating in archaeological projects, across each of the 4 groups the negative impact of the Covid-19 pandemic on fieldwork opportunities was keenly felt. Laird (Focus Group 3) noted: "*We just had two or three days before it was restricted to the professionals - which was a great sadness.*", a sentiment echoed in Focus Group 2 by Isaac: "*All of last year was really cancelled so although we did have some major plans for excavation, they were all knocked on the head really. It was a great shame.*"

Connectivity

Involvement and participation were mentioned as some of the main reasons for taking part in archaeological projects. Many of the participants spoke of feeling a sense of connection and this was articulated across four areas: connections to others; connections to the project; connections to the past and connections to nature.

Firstly, the sense of being connected to others was strongly articulated across all four focus groups. This connection to others was emphasised and participants focussed on the importance of social interaction, that social interactions were about connections with people as well as connection with oneself, as Neil (Focus Group 1) and Rupert (Focus Group 4) describe:

> "*I would definitely say that I was very unhappy prior to getting involved and having*

mixed and interacted with people I would say that - I just want to interact with other people and get in a trench and if I can chew the fat over all sorts of different stories, just learn about what makes them tick, what makes them enjoy what they're doing - it helps me enjoy it all the more."

This was echoed by Rupert (Focus Group 4):

> *"I like 'me time', but I think it's very important to get involved with groups. One of the things about archaeology is that you do work hard, but you have a great time as well. Having that interaction socially is equally important."*

Adam acknowledged the positive impact of social interaction and the mental stimulation provided by archaeological participation:

> *"Whilst I have been involved in archaeology societies for quite a while it has been a great way of making friends and acquaintances as well as stimulating the brain with new challenges that previously work fulfilled"* (Focus Group 2).

Jack in Focus Group 4 recognised his need for connection and interaction with others and the importance of this on his personal well-being and fulfilment in life:

> *"It's nice to go away for a weekend on your own, but I spend more time being involved because I want to meet people, I want to talk to people, to interact. All that is very important to my well-being - if I don't do those things I would gradually waste away.*"

Jack also noted:

> *"But for me the greater attraction is looking over your shoulder and seeing what the person next to you is doing and having a chat with them! Interacting is part of my well-being and I use my involvement in archaeology as a volunteer to help me achieve that 'fix'."*

In addition to being connected to others through their volunteering participants also reflected on the importance of being connected to a project. Working towards a common goal also paid a role in participants' feeling connected to others and the project itself, as Neil (Focus Group 1) explained:

> "*It's working towards a common goal. The camaraderie that comes with it, that people give so much of themselves regardless of the detriment to themselves - they just keep working until the job's done. It's great to work with people who are like that, who don't*

think of themselves but who think of the bigger picture. They're the people I want to be involved with. You're a small cog, but you really enjoy being that small cog."

Camaraderie and friendship, as well as being part of something reflected the strong sense of connectivity that was felt across all 4 groups. David (Focus Group 2) noted:

"It's the motivation to get involved in a team. It doesn't matter where the group has come from, I love to get involved, to get my hands dirty."

Feeling isolated and wanting to interact with others was also mentioned as a motivator by Neil (Focus Group 1), who had been unemployed for some time after a period of ill health prior to retirement and becoming involved in archaeology:

"*I wanted to do something useful and wanted to try and increase my social circle. I felt sort of isolated, living on my own and thought that archaeology was the perfect fit really."*

A sense of feeling connected to the past could be seen across the groups, illustrated by David in Focus Group 2:

"It helps me. It's like therapy. For me it's not just good fun, it's interesting. Like Skara Brae (a Neolithic settlement) - you stand there and look down into the kitchen and it's just like looking down into your granny's kitchen. It's amazing. It's become a passion."

Connecting with nature and the outdoors also had an impact on many of the participants, as Douglas (Focus Group 1) noted: "*It might sound a bit silly to say but actually being in touch with the earth - there's something about it that affects you, and I think it affects you to the good*." Laird (Focus Group 3) spoke of the positive impact of connecting with the earth: "*I get a real buzz from it. They are some of the happiest times I've had the last few years, being up to my knees in muck*."

Ageing

Themes associated with getting older were prevalent, which is perhaps to be expected when asking people to reflect on their life experience. Contemplating the idea of feeling useful - particularly in the context of post-retirement - could be seen in the reflective comments from many of the participants.

> "*I will reiterate something said at the beginning about being retired - you've really got to ask yourself what you want out of the rest of your life. You've got this wonderful opportunity to have time - and how do you want to live it? And I think that's a big part of it*" (Bernadette, Focus Group 3).

This was echoed by Jack:

> *"Perhaps it's a function of being an older person, over sixty, and you begin to realise that there's more to life than this narrow path that you've been following. There are so many other things that you can do and participate in"* (Jack, Focus Group 4).

The acknowledgement that there are opportunities still to be grasped and enjoyed was a common theme in each of the focus groups, as Isaac (Focus Group 2) summed up: "*Doing something not just to fill the time in - this is almost a new life. It's fantastic.*"

The accessibility of archaeology regardless of age or ability was expressed by many, including Claire (Focus Group 1):

> "*You must not sit and wallow in self-pity that suddenly you have nothing to do. You've potentially got another lifetime to lead now so why is being sixty a barrier to anything? And archaeology is very, very age inclusive, that doesn't seem to be a barrier.*"

Isaac (Focus Group 2) agreed with the inclusivity offered by archaeological participation:

> "*If you can't get on your knees and scrape, you're too crocked and can't push a wheelbarrow there are other activities for you - research or desktop-based things. It's for everyone really isn't it, no matter who you are, there's something for everyone.*"

The ability to apply skills and experience from previous employment was perceived as a positive across the four groups. Douglas (Focus Group 1) explained:

"I'm absolutely, completely embroiled in it, and I love it. The surveying is so similar to civil engineering - and scabbling around on my hands and knees in mud, well, it's wonderful. It's great. I'm really, really enjoying it - not just the digging, but the surveying, the writing up, the drawing, any number of things that are so close to what I was doing when I was working."

Isaac (Focus Group 2) echoed this: "*There are a great many people who are bringing great skills, and [our organisation] is a great example of people who are now retired bringing these skills to that."*

Health Impact

The health impact of participating in archaeological projects was evident in participants' perceptions of both physical and mental well-being.

Physical well-being

The impact of participating in archaeological projects on participants' physical well-being was evident and is perhaps best described by Neil from Focus Group 1:

"*But physically it's had quite a big impact - I'm now running 5k's which is great, and I wouldn't be doing that if I'd not had the fitness that's come from the archaeology. Shifting wheelbarrows full of earth twice a week has an impact on you that you don't really notice. Going down the gym is a bit of a grind but doing this in the course of something that you're enjoying, you tend not to notice, and you gain strength. I'm 66 in a few weeks' time, and I'm very pleased that at 66 I can go out running, I can shift muck on site - and I hope it'll continue. In terms of life expectancy and the rest, it's got to be good!"*

These feelings were echoed across the different groups, including Laird (Focus Group 3):

"I think for me the amount of sheer hard physical work when I've been office-based for donkey's years, not done much exercise at all, and can still run a half-filled wheelbarrow up a muddy trench - that gives a quite a good feeling, physically as well as mentally."

Mental well-being

Across all four groups the impact on mental well-being was recognised as important. Finding participation in archaeology mentally challenging and mentally beneficial were common themes, as Emlyn (Focus Group 2) explained:

"*It's really interesting and for my mental health, I find it really good. I've never done it before, it's a new skill. I was going to help build a Bronze Age round house, but I don't think that's going to start for some time so I'm going to do some research on cooking, metalwork and building tools, things like that. It's a good challenge and it's good for your mental health as well.*"

The positive benefits on mental well-being were described by Claire (Focus Group 1|):

"*I just think that it's very, very uplifting being part of it. If you don't mind being out in the mud, getting wet and you're still enjoying it, it's got to be good for you, it's got to be doing something to your brain. It's just thoroughly enjoyable. It ticks the physical and mental boxes."*

Claire also stated: "*I wasn't unhappy before, but this is making me very happy.*"

The effect on participants' mental well-being could also be seen by a wider impact on life, as Bernadette (Focus Group 3) said:

"*There's a slightly euphoric feeling at the end of the day - and I think that's all part of being outside, doing something worthwhile, being with people, having social contact with the team over lunch - things like that all make me feel a happier person. It lasts for years, really."*

Neil (Focus Group 1) noted that he was aware of both the positive and negative impact on his mental well-being:

"On the digs that I've been involved in I'm very reluctant to stop because I feel so much better when I'm doing it. If someone asked me to fill in a survey on the last day, I know I'll be feeling good then but later I won't be, because I will have lost that contact with people, those new-found friendships."

Feeling useful

The qualitative data provided evidence that feeling useful had a perceived beneficial impact on the mental well-being of the majority of the participants in the study. This is perhaps best summarised by Jack in Focus Group 4:

"And I think that you always feel good that you're doing something useful. Something's going to come of the work that you're doing on a particular dig - a report's going to be written or something. You're contributing to the sum knowledge of a particular period of history and a particular site, and you've been just a little part of that. There's that feeling of achieving something important."

The interconnecting strands of connectivity, ageing, health impact and fulfilment that were highlighted during the focus group sessions and subsequent analysis feed into the overarching concept of feeling useful and have provided a valuable resource that will be discussed further in Chapter 5.

5. Discussion and Conclusion

This study had three main aims: to map the nature and extent of archaeological and cultural heritage-related activities available for older people across England; to conduct focus groups in order to explore participants' understanding and experience of 'feeling useful', and any impact this had on health and well-being, and to make recommendations for the development of health and well-being strands to the work of local and regional amenity societies.

5.1 Discussion

The aim of this study was to investigate whether taking part in archaeological projects has an impact on participants' feelings of 'usefulness' as a dimension of mental well-being, focussing on people over the age of 60. The objective was to help better understand the impact and potential benefits that participation in archaeology can have on older people's health and well-being, by understanding how taking part in a project can make people feel. Deductive analysis identified themes that support the study objective and confirm that health and well-being is impacted positively by involvement in archaeology, in line with the positive well-being outcomes in community archaeology projects as reported by Thomas (2017) and as a facet of wider heritage projects (Heritage Alliance, 2020).

The lack of specific research into the experiences of older people participating in archaeological projects presents a gap in knowledge that this study addresses and the findings begin to answer. While archaeology within the wider context of heritage has been studied for its potential mental well-being impact on veterans (Everill *et al.*, 2019) and those who have sought assistance for their mental health (Heaslip *et al.*, 2020), those people over the age of 60 are a relatively unexplored demographic. Archaeology itself often appears under the umbrella terms 'heritage' or 'culture' but remains under-researched as a standalone subject particularly with regards to older people. The All-

Party Parliamentary Group on Arts, Health and Wellbeing discuss “multifarious physical and psychological benefits observed to arise from arts engagement in ways that evade simple description and a theoretical framework” (2017). Broadly, heritage projects have been found to provide benefits to the mental well-being of volunteers and participants (Desmarais *et al.*, 2018). This was supported by the qualitative data reported in this study that highlighted themes of positive health and well-being impacts. The majority of participants reported enjoyment at taking part in archaeological projects, expressing how it impacted positively on their wider life, often for long periods of time after a project ended. Monckton suggests the necessity for more rigorous evaluation of the impact of archaeological activities 'through capturing stories of individuals deeply affected by their connection to an archaeological project' (2021). These suggestions support this research project and feed into the discourse surrounding the relationship between archaeology, health, and well-being.

The well-researched connection between mental and physical health (WHO, 2017; Raphael *et al.*, 2005) was also evident from the data, with many participants commenting how physical activity made them feel better both physically and mentally. Finding enjoyment in taking part and its impact was a significant finding of the study and also relates to the theme of fulfilment. The results also confirm a link between feeling fulfilled by participating in archaeological projects and mental well-being. Making a worthwhile contribution and having a sense of achievement were reported, both of which impacted on the participants' feeling of usefulness. This echoes the findings of a Centre for Ageing Better report (Jones *et al.*, 2016) detailing the well-being benefits for older people of contributing to the community.

The analysis found the theme of connection was important to all participants. The desire for social interaction, to be involved, to feel part of something were repeated across the focus groups, themes that have been widely researched in other fields (Nyqvist *et al.*, 2013) and to a small extent archaeology within heritage as a whole (Darvill *et al.*, 2019). While the findings fit with existing knowledge, they also provide further evidence and insight to the discourse. That connectivity was also felt to be useful to the participants was interesting and ties in with the mutual benefits of volunteering already

discussed. Interacting with others was also reported as being mentally beneficial to many of the participants. Aspects of feeling useful were linked to inclusion, wanting to connect with others, contributing - all things described by the participants as usefulness.

It is perhaps unsurprising that topics relating to getting older were relayed by many of the participants, including the accessibility of archaeology and the opportunity to use skills they had already gained. Participating in archaeological projects was described by some of the participants as an opportunity for a new life, a new career - certainly not just 'something to do' to pass the time. These discussions were of great interest and provided insight into some of the feelings and experiences felt when volunteering post-retirement. The value that was placed on learning was another salient point, which has been widely researched for its impact on older peoples' mental well-being (Richards, 2019), but again, not specifically within the field of archaeology.

Some of the responses helped address the specific dimensions of archaeology within the concept of 'usefulness', as can be seen by Emlyn's explanation:

> *"It gives you a sense of achievement and you feel trusted - that you're on an archaeological dig and you're finding skeletons and pottery. In France when I found the skeleton, they let me excavate it. I was lying on my stomach for four hours, digging. They explained it all to me, and that trust was great - you think, oh yes, I can do this now!"*

By using the terms "sense of achievement" and "you feel trusted", specifically referring to his being on an archaeological dig, we can see how Emlyn understands both the importance of his role and the great responsibility he has been given. In saying "that trust was great - you think, oh yes, I can do this now" Emlyn explains the relationship between the confidence instilled in him and the confidence he now feels.

While speaking about her involvement in an archaeological project, Bernadette stated "I think it makes you feel that you have a purpose and that you have done something worthwhile.", a perspective which ties in with the concept of usefulness as motivation for activity and the sense of achievement it brings.

Claire's response explained her desire to take part in an archaeological project after finishing her career, as well as her views on how other people chose to spend their time post-retirement:

> *"I'd wanted to do archaeology since I was about six probably, like you all do, you read about the Pharaohs, but it just didn't happen at that time. But seeing other people being useless made me determined not to also be useless and to actually get a bit of structure back in my life and do something for myself that I've never been able to do. I'm happy that I'm doing something that I've always wanted to do."*

Her explanation covers many points and is quite complex, encompassing both an acknowledgement that her life necessitated a choice other than the pursuit of Egyptology as well as her decision to embrace a new path in later life. In the focus group Claire talked about her first day after retirement, and how witnessing people 'just sitting around' steeled her resolve to "not also be useless". Her happiness stems from her renewed sense of purpose and involvement in an area she has long found interesting, in this case archaeology.

Usefulness is a starting point. All elements that make up archaeological participation, not only the themes that emerged from this study, are important. Perhaps a sense of usefulness could be interpreted as life satisfaction, fulfilment, a sense of achievement, happiness - all different definitions that are multi-faceted, interconnected, and complex. The word cloud shows just how many components an archaeological project includes, and that data is representative of only 11 people. Understanding how 'usefulness' fits into that cloud of perception requires more research and analysis. Archaeological projects are certainly a unique enterprise and a uniquely personal experience; no two projects will be the same. The finite nature of an excavation perhaps contributes to that singular experience, uncovering new things, meeting new people, the intensity of involvement, the weather, the geology - all

aspects that participants are involved in. We are part of something bigger, more than the sum of its parts, and our contribution is useful.

Future research could incorporate the study findings and expand the investigation into how usefulness relates to fulfilment - or life satisfaction - developing a measure that includes and acknowledges different definitions. The interrelationship between ageing, connectivity, health impact and fulfilment can be seen in the responses from participants, and more research could build on this to explore further and develop a greater understanding. Additional data is needed to create a reliable dataset of research gathered from different areas of investigation, as well as by expanding the data collection to include more participants from varied backgrounds. Sampling different age groups would also create a comparable dataset, allowing deeper analysis and more robust conclusions.

5.2 Limitations

As the lockdown imposed by the Covid-19 pandemic made it impossible to engage directly with groups participating in archaeological fieldwork on site as initially hoped, the focus groups had to be conducted virtually. While this was a challenge and required the parameters of the original project design to be somewhat altered, fast-developing technologies such as Zoom did allow remote interviews. This led to the possibility of digital exclusion which is particularly prevalent among older people. König *et al*. found from a survey conducted across 16 European Union countries that only 49% of people aged 50 years and older used the internet (2018). They went on to report that 'despite the positive outcomes of social participation of people worldwide in the digital world during the COVID-19 pandemic, older adults are at risk of feeling excluded from it.'

Due to this research being limited to the scope of an MRes, the quantitative data collection of the archaeological organisations and groups was confined to England. Scaling up this research to include Scotland, Wales and Northern Ireland would provide

more detailed data, following on from the findings here which provide the basis for a long term, wider-ranging study.

Evaluating qualitative findings such as those recorded in this study which have high social - but not easily quantifiable - value, can be challenging. Life experience is difficult to measure and the impact of archaeological participation on health and well-being, which this study shows to be beneficial, is also relative and subjective. Developing a measurable scale to record the perceived health and well-being changes could address this challenge and provide useful, quantifiable data that would feed into the dialogue regarding social change and community well-being.

5.3 Recommendations

The quantitative data gives a detailed picture of the opportunities that are available for those wishing to participate in archaeological projects across England, breaking down the information into clear data points. This study highlights the opportunities available for inclusion in community groups and clearly shows that a network of organisations is already operational, and leads to some interesting questions: how do we reinvigorate these groups in order to reach a greater number of people at risk of social isolation? How can we draw on the experience and wealth of resources that already exist to benefit older peoples' health and well-being in the future? The recommendations below are for the archaeological community; heritage groups and organisations; local and government agencies responsible for health, culture, and society; healthcare and social workers; those who feed into the discourse surrounding health and well-being in the UK and mental well-being researchers.

- Healthcare workers and the UK Government already recognise the benefits of social prescribing, stating 'that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way' (2022) and could take advantage of this network

of community groups and organisations already operating in England, with the potential to expand further.

- Reflective work by archaeological organisations in collaboration with the health sector could have a huge impact on health and well-being and could frame how community organisations feed into the discourse and build on the agenda for health and well-being in communities. The work will initially be remedial rather than curative but is a starting point for the future and a positive step towards the social agenda for change.
- Conducting a scaled-up study across the UK would create a more detailed map of the nature and extent of archaeological and cultural heritage-related activities available for older people. This would in turn provide valuable data to highlight any areas where activities do not take place and could allow the development of a network of organisations, signposting opportunities for engagement and support. As part of this scaled-up study, conducting more focus groups would allow researchers to further explore and better understand participants' understanding and experience of 'feeling useful' and any impact this has on health and well-being, again feeding into the discourse on social change in communities. Such social activities and pathways should be promoted throughout all facets of society, in schools, families, the media and existing community services to promote its value in positively impacting health and well-being.
- By 2046, the percentage of people aged over 65 is predicted to rise from 18% to almost 25% in the UK (Randall, 2017), highlighting the necessity for immediate action in order to address the health and well-being needs of an ageing population. Those who find themselves excluded from society, discriminated against, or lacking power and control because of living in extreme poverty, can be the least likely to access and benefit from services – despite often having the worst health. Adopting more community-centred practice can help provide more appropriate and effective ways of engaging people and improving their health and well-being.

5.4 Conclusion

The concept of feeling useful is, by its nature, very human. In conducting this research it has become apparent that the beneficial impact of participation in archaeological projects for older people cannot be attributed to one single factor. A combination of elements - both social, practical, and environmental - work together to create a multi-layered experience that has huge potential for future health and well-being research.

In focusing on people over the age of 60 who have been involved in archaeological projects, this study helps highlight the gap that exists not only in mental well-being within the field of archaeology, but specifically with regards the large cohort of older people who participate. Furthermore, the link between usefulness and the mental well-being of older people has been researched in other sectors, as detailed in the literature review, but it remains an area for exploration within archaeology.

Future research could incorporate the study findings and expand the investigation into how usefulness relates to fulfilment - or life satisfaction - developing a measure that includes and acknowledges different definitions. The interrelationship between ageing, connectivity, health impact and fulfilment can be seen in the responses from participants, and more research could build on this to explore further and develop a greater understanding. Additional data is needed to create a reliable dataset of research gathered from different areas of investigation, as well as by expanding the data collection to include more participants from varied backgrounds. Sampling different age groups would also create a comparable dataset, allowing deeper analysis and more robust conclusions. Expanding the methodology to include questionnaires, one-to-one interviews and follow-up focus groups would also provide a richer dataset, as would conducting interviews and focus groups during archaeological projects, following the original project design. Utilising the database created during this research project could also reap dividends; contacting each organisation or group to invite them to participate in future research could greatly expand the sample group.

Further analysing the results by region would again add to the dataset and would provide a detailed picture of the similarities and differences across the country, highlighting areas where intervention could be helpful to assist groups that may be struggling. Fostering links with archaeological community groups and organisations would allow them to feed into the discourse surrounding well-being in archaeology and would utilise the database produced by this project and would create an in-depth understanding of the network that exists and the accessibility of those groups.

Further research to fully investigate the benefit of archaeological participation on feelings of usefulness would be of huge value and could lead to a positive impact not only on older people's mental well-being but also the volunteering sector, social care services and the field of archaeology as a whole.

Bibliography

Abdi, S., Spann, A., Borilovic, J. *et al.,* 2019. Understanding the care and support needs of older people: a scoping review and categorisation using the WHO international classification of functioning, disability and health framework (ICF). *BMC Geriatr* 19, 195. https://doi.org/10.1186/s12877-019-1189-9 (Accessed 17/7/2023).

AGE UK, 2011. *Social prescribing: A model for partnership working between primary care and the voluntary sector*. Yorkshire and the Humber: Age Concern Support Services. https://docplayer.net/18413334-Social-prescribing-a-model-for-partnership-working-between-primary-care-and-the-voluntary-sector.html (Accessed 8/7/2021).

Bhanu, C., 2019. Social prescribing: why a prescription? *British Journal of General Practice*. https://doi.org/10.3399/bjgp19X700325 (Accessed 12/10/2022).

Bickman, L. and Rog, D. J., 2009. *The SAGE Handbook of Applied Social Research Methods*. (2nd ed.) Thousand Oaks, CA: SAGE Publications.

Braun, V. & Clarke, V. 2013. *Successful Qualitative Research: A Practical Guide for Beginners*. London: SAGE Publications.

Breen, R. L., 2006. A Practical Guide to Focus-Group Research, *Journal of Geography in Higher Education*, 30:3, p. 463-475, DOI: 10.1080/03098260600927575 (Accessed 12/8/2023)

Camic, P. M. & Chatterjee, H. J. 2013. Museums and art galleries as partners for public health interventions. *Perspectives in Public Health*. 133, p. 66–71. doi:10.1177/1757913912468523 (Accessed 9/1/2022).

Chatterjee, H., Camic, P.M., Lockyer, B. & Thomson, L. 2018. Non-clinical community interventions: a systematised review of social prescribing scheme. *Arts & Health*. 10:2, p. 97-123, doi: 10.1080/17533015.2017.1334002 (Accessed 15/4/2022).

Chatterjee, H., & Noble, G. 2013. *Museums, Health and Well-Being* (1st ed.). London: Routledge. https://doi.org/10.4324/9781315596549 (Accessed 15/4/2022).

Chatterjee, H., Vreeland, S., & Noble, G. 2015. Museopathy: Exploring the Healing Potential of Handling Museum Objects. *Museum and Society*, 7, p. 164-177. https://journals.le.ac.uk/ojs1/index.php/mas/article/view/145/1597 (Accessed 15/4/2022).

Conradson, D. 2005. Focus Groups. In, Flowerdew, R. and Martin, D. (eds.) *Methods in Human Geography: a guide for students doing a research project*. London: Pearson.

Creative Health: *The Arts for Health and Wellbeing Second Edition*.

https://www.culturehealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017_-_Second_Edition.pdf (Accessed 14/10/22).

Creswell, J.W. & Plano Clark, V. 2017. *Designing and conducting mixed methods research*. London: SAGE Publications, Inc.

Darvill, T., Barrass, K., Drysdale, L., Heaslip, V. and Staelens, Y., (eds) 2019, *Historic Landscapes and Mental Well-being*. Oxford: Archaeopress.

Darvill, T., Heaslip, V., Barrass, K. 2018. Heritage and well-being: therapeutic places past and present. In: Galvin, K. (Ed.). *A Handbook of Well-Being*. Abingdon: Routledge.

de Boissieu P, Guerin S, Suissa V, Ecarnot F, Letty A, Sanchez S. 2021. Being useful among persons aged over 65: social representations from a cross-sectional European study. *Aging Clinical and Experimental Research.* Sep;33(9):2565-2572. doi: 10.1007/s40520-020-01767-x. (Accessed 23/6/2023).

Department for Digital, Culture, Media and Sport. 2018. *Community Life Survey and Taking Part Survey 2017-18: Focus on volunteering by age and gender*

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/828832/Focus_on_volunteering_by_age_and_gender__Community_Life_Survey_and_Taking_Part_Survey__-_Report.pdf (Accessed 24/6/2022)

Desmarais, S., Bedford, L. and Chatterjee, H.J. 2018. *Museums as Spaces for Wellbeing*: *A Second Report from the National Alliance for Museums, Health and Wellbeing.* Available at: www.museumsandwellbeingalliance. wordpress.com (Accessed 16/4/2022).

DHSC, 2021. *Chief Medical Officer's annual report 2021: health in coastal communities*, Department of Health and Social Care. Available at: https://assets.publishing.service.gov.uk/media/60f98750e90e0703bbd94a41/cmo-annual_report-2021-health-in-coastal-communities-accessible.pdf (Accessed 7/8/2023).

Evans, E., Hyde, M., Davies, J., Moffat, S., O'Brien, N. & Windle, G. 2019. *Navigating later life transitions: An evaluation of emotional and psychological interventions.* Available at: www.gulbenkian.pt/uk-branch and Centre for Ageing Better www.ageing-better.org.uk (Accessed 20/3/2022).

Everill, P., Bennett, R. and Burnell, K., 2019. *Dig in: Archaeology as a vehicle for improved wellbeing, and the recovery/ rehabilitation of military personnel and veterans.*

https://cris.winchester.ac.uk/ws/portalfiles/portal/2435430/2363637_Everill_DigIn Wellbeing_withstatement.pdf (Accessed 15/11/2021).

Falter, Michelle M., Arenas, Aaron A., Maples, Gordon W., Smith, Chelsea T., Lamb, Lisa J., Anderson, Michael G., Uzzell, Elizabeth M., Jacobs, Laura E., Cason, Xavier L., Griffis, Tiara A.N., Polzin, Megan & Wafa, Nada Z. 2022. Making

room for Zoom in focus group methods: Opportunities and challenges for novice researchers (during and beyond COVID-19. *Forum Qualitative Sozialforschung / Forum: Qualitative Social Research. 23*(1) 21, http://dx.doi.org/10.17169/fqs-23.1.3768 (Accessed 12/11/2022).

Fielding, N.G., Lee, R.M., Blank, G. (Eds). 2016. *The SAGE Handbook of Online Research Methods*. London: SAGE Publications.

Fisher BJ. Successful aging, life satisfaction, and generativity in later life. 1995. *International Journal of Aging and Human Development*. 41(3):239-50. doi: 10.2190/HA9X-H48D-9GYB-85XW. (Accessed 14/11/2023).

Fried, L. P., Carlson, M. C., Freedman, M., Frick, K. D., Glass, T. A., & Hill, J. 2004. A social model for health promotion for an aging population: Initial evidence on the Experience Corps model. *Journal of Urban Health*. 81, p. 64-78. doi: 10.1093/jurban/jth094 (Accessed 3/3/2021).

Friedli, L., Jackson, C., Abernethy, H., & Stansfield, J. 2009. *Social prescribing for mental health: A guide to commissioning and delivery*. Stockport: Care Services Improvement Partnership, North West Development Centre. https://citizen-network.org/uploads/attachment/339/social-prescribing-for-mental-health.pdf (Accessed 16/4/2022).

Gibbs, A. 1997. *Focus Groups*. Social Research Update, Department of Sociology, University of Surrey. 19(8). https://sru.soc.surrey.ac.uk/SRU19.html (Accessed 9/10/2022).

Greenbaum, T. 2003. The gold standard? Why the focus group deserves to be the most respected of all qualitative research tools. *Quirk's Marketing Research Review*. 17, p. 22–27. https://www.quirks.com/articles/why-the-focus-group-deserves-to-be-the-most-respected-of-all-qualitative-research-tools (Accessed 8/10/2022).

Glass, T. A., Freedman, M., Carlson, M. C., Hill, J., Frick, K. D., Ialongo, N. 2004. Experience Corps: Design of an intergenerational program to boost social capital and promote the health of an aging society. *Journal of Urban Health*. 81, p. 94-105.

Gruenewald, T., Karlamangla, A., Greendale, G., Singer, B. and Seeman, T. 2007. Feelings of Usefulness to Others, Disability, and Mortality in Older Adults: The MacArthur Study of Successful Aging. *The Journals of Gerontology: Series B*, Volume 62, Issue 1, p. 28–P37 https://doi.org/10.1093/geronb/62.1.P28 (Accessed 14/5/2023).

Gruenewald TL, Karlamangla AS, Greendale GA, Singer BH, Seeman TE. 2009. Increased mortality risk in older adults with persistently low or declining feelings of usefulness to others. Journal of Aging Health. Mar;21(2):398-425. doi: 10.1177/0898264308329023. (Accessed 6/5/2023).

Gundumogula, M. 2020. Importance of Focus Groups in Qualitative Research. *International Journal of Humanities and Social Science (IJHSS),* 8 (11), p. 299-302.

10.24940/theijhss/2020/v8/i11/HS2011-082 . hal-03126126 (Accessed 12/12/2022).

Hainsworth, J., & Barlow, J. 2001. Volunteers' experiences of becoming arthritis self-management lay leaders: “It's almost as if I've stopped aging and started to get younger!”' *Arthritis & Rheumatism: Arthritis Care & Research*. 45, p. 378-383. https://doi.org/10.1002/1529-0131(200108)45:4<378::AID-ART351>3.0.CO;2-T (Accessed 2/10/2023).

Hammarberg, K., Kirkman, M., de Lacey, S. 2016. Qualitative research methods: when to use them and how to judge them. *Human Reproduction*, Volume 31, Issue 3, p. 498–501. https://doi.org/10.1093/humrep/dev334 (Accessed 24/7/2021).

Heritage Alliance. 2020. *Heritage, Health and Wellbeing: A Heritage Alliance Report*. https://www.theheritagealliance.org.uk/wp-content/uploads/2020/10/Heritage-Alliance-AnnualReport_2020_Online.pdf (Accessed 7/4/2021).

Heaslip, V., Lindsay, B. 2019. *Research and Evidence-Based practice: for nursing, health and social care students.* Banbury: Lantern.

Hollander, Jocelyn. 2004. The Social Contexts of Focus Groups. *Journal of Contemporary Ethnography*. 33. 602-637. doi.org/10.1177/0891241604266988 (Accessed 9/9/2023).

Hunsaker, A., & Hargittai, E. 2018. A review of Internet use among older adults. *New Media & Society*, 20(10), 3937–3954. https://doi.org/10.1177/1461444818787348 (Accessed 26/10/2022).

Johnson, B., Odhner, K. 2021. Focus groups from home: Conducting virtual focus groups during the COVID-19 pandemic and beyond. *College & Research Libraries News*. 82, n. 6, p. 258. doi:https://doi.org/10.5860/crln.82.6.258. (Accessed 30/10/2022).

Jones, D., Young, A., Reeder, N. 2016. *The benefits of making a contribution to your community in later life*. The Centre for Ageing Better. https://www.ageing-better.org.uk/sites/default/files/2018-06/Evidence-Review-Community-Contributions.pdf (Accessed 14/5/2021).

Kitzinger, J. 2006. Focus Groups. In: *Qualitative Research in Health Care* (Eds. Pope, C. and Mays, N.). https://doi.org/10.1002/9780470750841.ch3 (Accessed 27/9/2021).

König, R., Seifert, A. & Doh, M. 2018. Internet use among older Europeans: an analysis based on SHARE data. *Universal Access in the Information Society*. 17. 621-633. https://doi.org/10.1007/s10209-018-0609-5 (Accessed 27/10/2021).

Leitao, B. J., & Vergueiro, W. 2000. Using the focus group approach for evaluating customers' opinions: the experience of a Brazilian academic library.

New Library World, 101 (2), p. 60-65. DOI:10.1108/03074800010316737 (Accessed 27/9/2022).

Manclossi, S., & Randall, C. 201). *Measuring National Well-being: Quality of Life in the UK*. 2018. Available at: https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/qualityoflifeintheuk2018 (Accessed 5/6/2021).

Mann, C. & Stewart, F. 2000. *Internet Communication and Qualitative Research: A Handbook for Researching Online*. London: SAGE Publications.

McCarrison, K. & Roberts, C. 2016. *Skeleton Science: Archaeology for the Older Generation.* Available at: https://skeletonscience.weebly.com/uploads/4/8/0/1/48017803/archaeology_for_the_older_generation.pdf (Accessed 7/5/2020).

Menec, V. H. (2003). The relation between everyday activities and successful aging: A 6-year longitudinal study. *Journals of Gerontology: Series B: Psychological Sciences & Social Sciences.* 58B(2):S74–S82. https://pubmed.ncbi.nlm.nih.gov/12646596/. (Accessed 2/10/2023).

Monckton, L. 2021. Public Benefit as Community Wellbeing in Archaeology, *Interest Archaeology* 57. https://doi.org/10.11141/ia.57.12 (Accessed 23/8/2022)

Morrison-Beedy, D., Côté -Arsenault, D. & Fischbeck Feinstein, N. 2001. Maximizing Results with Focus Groups: Moderator and Analysis Issues, *Applied*

Nursing Research, Vol. 14, No. 1, p. 48–53 doi:10.1053/apnr.2001.21081 (Accessed 16/10/2022).

Neuendorf, K.A. & Kumar, A. 2016. Content Analysis. In, Mazzoleni, G. (ed.)

The International Encyclopedia of Political Communication, https://doi.org/10.1002/9781118541555.wbiepc065 (Accessed 10/2/2021).

North East Evidence Hub, Index of Multiple Deprivation. 2024. https://evidencehub.northeastlep.co.uk/report/index-of-multiple-deprivation (Accessed 17/5/2023)

Nyqvist, F., Forsman, A.K., Giuntoli, G., Cattan, M. 2013. Social capital as a resource for mental well-being in older people: A systematic review, *Aging & Mental Health,* 17:4, 394-410, doi: 10.1080/13607863.2012.742490 (Accessed 7/6/2021).

Office for Health Improvement and Disparities (OHID). 2022. *Social Prescribing: applying All Our Health*. https://www.gov.uk/government/publications/social-prescribing-applying-all-our-health/social-prescribing-applying-all-our-health#further-reading-resources-and-good-practice (Accessed 15/2/2022).

Okamoto, K., Tanaka, Y. (2004). Subjective usefulness and 6-year mortality risks among elderly persons in Japan. *Journal of Gerontology: Psychological Sciences and Social Sciences.* 59(5): p.246–249.

https://academic.oup.com/psychsocgerontology/article/59/5/P246/669095 (Accessed 2/10/2023).

Okun, M. A. 1994. The relation between motives for organizational volunteering and frequency of volunteering by elders. *Journal of Applied Gerontology*, 13, p. 115-126. https://www.researchgate.net/publication/258143607_The_Relation_Between_Motives_for_Organizational_Volunteering_and_Frequency_of_Volunteering_by_Elders (Accessed 1/10/2023).

ONS. (2018l). National life tables, UK: 2015 to 2017 - Office for National Statistics. https://www.ons.gov.uk/releases/nationallifetablesuk2015to2017 (Accessed 1/2/2021).

ONS. (2023) Regional Economic Activity by Gross Domestic Product. https://www.ons.gov.uk/economy/grossdomesticproductgdp/bulletins/regionaleconomicactivitybygrossdomesticproductuk/1998to2021 (Accessed 25/9/2023).

ONS. (2021). Population estimates for the UK, England, Wales, Scotland and Northern Ireland: mid-2021. https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/bulletins/annualmidyearpopulationestimates/mid2015 (Accessed 12/11/2022).

ONS (2023) South West Census Data. https://www.ons.gov.uk/visualisations/areas/E12000009

Pennington, A., Jones, R., Bagnall, A.-M., South, J., Corcoran, R. 2018. *The impact of historic places and assets on community wellbeing - a scoping review*. London: What Works Centre for Wellbeing. https://whatworkswellbeing.org/wp-content/uploads/2020/01/Heritage-scoping-review-March-2019-1.pdf (Accessed 8/3/2022).

Raphael, B., Schmolke, M., Wooding, S., Herrman, H., Saxena, S., Moodie, R. 2005. *Links between mental and physical health and illness, Promoting Mental Health: Concepts, Emerging Evidence, Practice*. A Report of the World Health Organization, Department of Mental Health and Substance Abuse in Collaboration with the Victorian Health Promotion Foundation and University of Melbourne, Geneva. Available at: https://apps.who.int/iris/bitstream/handle/10665/42940/9241591595.pdf (Accessed 8/6/2022).

Richards, C., 2019. Later life learning from experience: the cross-cultural importance of 'life reviews' in seniors' lifelong education and learning. *Journal for Research on Adult Learning*, 42, p. 5–22. https://doi.org/10.1007/s40955-018-0123-7 (Accessed 15/9/2022).

Randall, M. 2017. *Overview of the UK population: July 2017*. Office for National Statistics. www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/articles/overviewoftheukpopulation/july2017 (Accessed 3/1/2021).

Rupert D, Poehlman J, Hayes J, Ray S, Moultrie R. 2017. Virtual Versus In-Person Focus Groups: Comparison of Costs, Recruitment, and Participant Logistics, *Journal of Medical Internet Research*, 19(3), 80. URL: https://www.jmir.org/2017/3/e80 (Accessed 25/9/2022).

Schulze, L., Trenz, M., Cai, Z., & Tan, C-W. 2022. Conducting Online Focus Groups: Practical Advice for Information Systems Researchers. In *Proceedings of the 55th Hawaii International Conference on System Sciences,* Hawaii International Conference on System Sciences (HICSS). https://doi.org/10125/79714 (Accessed 11/12/2022).

Seifert, A. 2020. The Digital Exclusion of Older Adults during the COVID-19 Pandemic, *Journal of Gerontological Social Work*, 63:6-7, 674-676, DOI: 10.1080/01634372.2020.1764687 (Accessed 20/10/2022).

Seifert, A., Hofer, M., & Rössel, J. 2018. Older adults' perceived sense of social exclusion from the digital world. *Educational Gerontology*, 44(12), 775–785. https://doi.org/10.1080/03601277.2019. 1574415 (Accessed 19/10/2022).

Sim, J., Waterfield, J. 2019. Focus group methodology: some ethical challenges. *Quality & Quantity* 53, 3003–3022. https://doi.org/10.1007/s11135-019-00914-5 (Accessed 25/9/2022).

Stevens, E.S. (1993). Making Sense of Usefulness: An Avenue toward Satisfaction in Later Life. *The International Journal of Aging and Human Development.* 37(4):313-323. doi:10.2190/52EQ-Q07B-RKDR-X9XD (Accessed 12/10/2023).

Stewart, D.W. & Shamdasani, P. 2017. Online Focus Groups, *Journal of Advertising,* 46:1, p. 48-60, DOI: 10.1080/00913367.2016.1252288 (Accessed 28/8/2022).

Stewart, D. W., & Shamdasani, P. 1990. *Focus Groups: Theory and Practice*. Thousand Oaks, California: SAGE Publications.

Thomas, E. and Magilvy, J. K. (2011), Qualitative Rigor or Research Validity in Qualitative Research. *Journal for Specialists in Paediatric Nursing,* 16: p. 151–155. http://onlinelibrary.wiley.com/doi/10.1111/j.1744-6155.2011.00283.x (Accessed 3/12/2022).

Todd, C., Camic, P.M., Lockyer, B., Thomson, L. and Chatterjee, H. 2017 Museum-based programs for socially isolated older adults: Understanding what works. *Health & Place,* 48, p. 47-55.

UK Government Office for Science. 2008. *5 Ways to Mental Wellbeing*. Available at http://www.gov.uk/government/collections/mental-capital-and-wellbeing (Accessed 24/8/2022)

United Nations. 2019. *World Population Ageing*. Department of Economic and Social Affairs, Population Division. Available at: *https://www.un.org/en/development/desa/population/publications/pdf/ageing/WorldPopulationAgeing2019-Report.pdf (Accessed 20/8/2022)*.

Vanclay, F., Baines, J.T. & Nicholas Taylor, C. 2013. Principles for ethical research involving humans: ethical professional practice in impact assessment Part I, *Impact Assessment and Project Appraisal*, Volume 31, 4, p. 243-253. doi: 10.1080/14615517.2013.850307 (Accessed 14/8/2020)

van Vliet, D., Persoon, A., Bakker, C., Koopmans, R., de Vugt, M.E., Bielderman, A., Gerritsen, D.L. (2017). Feeling useful and engaged in daily life: exploring the experiences of people with young-onset dementia. *International Psychogeriatrics.* Nov;29(11):1889-1898. doi: 10.1017/S1041610217001314. (Accessed 16/9/2023).

Veall, D. et al., 2017. *Museums on Prescription: A guide to working with older people*. London: University College London. Available at: www.culturehealthresearch.wordpress.com/%20museums-on-prescription/ (Accessed 4/3/2021).

Walshe, D. 2013. Time heals: Digging Caerwent with Operation Nightingale. *Current Archaeology,* 282. https://archaeology.co.uk/articles/time-heals-digging-caerwent-with-operation-nightingale.htm (Accessed 15/11/2021).

Walshe, D., Osgood, R. & Brown, M. 2012. Archaeology as rehabilitation. *British Archaeology,* 122, p. 38-43.

Appendix 1 - Copy of Participant Information Sheet

MUA/1
Ethics ID: 33533
2/11/2020

Bournemouth University

Participant Information Sheet

The title of the research project

'Feeling Useful - Considering mental well-being among older participants in archaeological projects.'

Invitation to take part

You are being invited to take part in a research project. Before you decide whether to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. This study is being carried out by Frances Breen as part of her MRes project.

What is the purpose of the project?

The purpose of this project is to explore whether taking part in archaeological projects has an impact on older peoples' feelings of 'usefulness' as part of their well-being. The study focuses on people over the age of 60 as these represent a growing number of people who have not previously been the subject of study.

Why have I been chosen?

We are looking to recruit people over the age of sixty who have previously taken part in an archaeological project/s. In total between 10-20 participants will be recruited to attend one of three online group discussions.

Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part, you will be given this information sheet to keep and be asked to sign a participant agreement form. We want you to understand what participation involves, before you make a decision on whether to participate.

If you or any family member have an on-going relationship with BU or the research team, e.g. as a member of staff, as student or other service user, your decision on whether to take part (or continue to take part) will not affect this relationship in any way.

Can I change my mind about taking part?

Yes, you can stop participating in study activities at any time and without giving a reason.

If I change my mind, what happens to my information?

After you decide to withdraw from the study, we will not collect any further information from or about you.

Any information we have already collected before this point, your rights to remove that information is limited. This is because we need to manage your information in specific ways in order for the research to be reliable and accurate. Further explanation about this is in the Personal Information section below.

A one-week period of cooling off between recruitment and the focus groups will take place. Participants may withdraw during the study but at the point of anonymisation your data cannot be withdrawn.

What would taking part involve?

Participants will be asked to take part in an online group discussion lasting one hour. There will be a maximum of eight people in the discussion. During this time you will be asked to talk about taking part in archaeological projects, and how that made you feel.

What are the advantages and possible disadvantages or risks of taking part?

Whilst there are no immediate benefits to you participating in the project, it is hoped that this work will lead to a better understanding of the impact that archaeological participation can have on well-being.
Whilst we do not anticipate any risks to you in taking part in this study, as it focuses on feelings of self-worth, you may feel uncomfortable discussing your emotions. However, you are free to choose what you share in the discussion.

What type of information will be sought from me and why is the collection of this information relevant for achieving the research project's objectives?

You will be asked to describe taking part in an archaeological project, and whether that participation impacted your well-being. As this study is particularly interested in

looking at feeling useful, you will be asked to discuss what that term means to you, and if you think it can be measured.

Will I be recorded, and how will the recorded media be used?

The group discussion will be audio recorded, this will be used to ensure I capture all of your thoughts and ideas and will be used for analysis. I may use some quotes of what you tell me in papers and in presenting at conferences, however when I do this your name will not be included. No other use will be made of them without your written permission, and no one outside the project will be allowed access to the original recordings.

How will my information be managed?

Bournemouth University (BU) is the organisation with overall responsibility for this study and the Data Controller of your personal information, which means that we are responsible for looking after your information and using it appropriately. Research is a task that we perform in the public interest, as part of our core function as a university.

Undertaking this research study involves collecting and/or generating information about you. We manage research data strictly in accordance with:

- Ethical requirements; and
- Current data protection laws. These control use of information about identifiable individuals, but do not apply to anonymous research data: "anonymous" means that we have either removed or not collected any pieces of data or links to other data which identify a specific person as the subject or source of a research result.

BU's Research Participant Privacy Notice sets out more information about how we fulfil our responsibilities as a data controller and about your rights as an individual under the data protection legislation. We ask you to read this Notice so that you can fully understand the basis on which we will process your personal information.

Research data will be used only for the purposes of the study or related uses identified in the Privacy Notice or this Information Sheet. To safeguard your rights in relation to

your personal information, we will use the minimum personally identifiable information possible and control access to that data as described below.

Publication
You will not be able to be identified in any external reports or publications about the research without your specific consent. Otherwise your information will only be included in these materials in an anonymous form, i.e. you will not be identifiable.

Security and access controls
BU will hold the information we collect about you in hard copy in a secure location and on a BU password protected secure network where held electronically.

Personal information which has not been anonymised will be accessed and used only by appropriate, authorised individuals and when this is necessary for the purposes of the research or another purpose identified in the Privacy Notice. This may include giving access to BU staff or others responsible for monitoring and/or audit of the study, who need to ensure that the research is complying with applicable regulations.

Data will only be used in identifiable form during audio transcription, when it will be anonymised and the recording then deleted.

Sharing your personal information with third parties
Apart from the BU staff and the BU student working on the research project, we will not share your personal information with any third parties.

Further use of your information

The information collected about you may be used in an anonymous form to support other research projects in the future and access to it in this form will not be restricted. It will not be possible for you to be identified from this data. To enable this use, anonymised data will be added to BU's online Research Data Repository: this is a central location where data is stored, which is accessible to the public.

Keeping your information if you withdraw from the study

If you withdraw from active participation in the study, we will keep information which we have already collected from or about you, if this has on-going relevance or value to the study. This may include your personal identifiable information. As explained above, your legal rights to access, change, delete or move this information are limited

as we need to manage your information in specific ways in order for the research to be reliable and accurate. However if you have concerns about how this will affect you personally, you can raise these with the research team when you withdraw from the study.

You can find out more about your rights in relation to your data and how to raise queries or complaints in our Privacy Notice.

Retention of research data

Project governance documentation, including copies of signed **participant agreements**: we keep this documentation for a long period after completion of the research, so that we have records of how we conducted the research and who took part. The only personal information in this documentation will be your name and signature, and we will not be able to link this to any anonymised research results.

Research results:

As described above, during the course of the study we will anonymise the information we have collected about you as an individual. This means that we will not hold your personal information in identifiable form after we have completed the research activities.

You can find more specific information about retention periods for personal information in our Privacy Notice.

We keep anonymised research data indefinitely, so that it can be used for other research as described above.

Contact for further information

If you have any questions or would like further information, please contact Frances Breen fbreen@bournemouth.ac.uk, Prof. Timothy Darvill tdarvill@bournemouth.ac.uk or Dr Vanessa Heaslip VHeaslip@bournemouth.ac.uk

In case of complaints

Any concerns about the study should be directed to Professor Tiantian Zhang, Deputy Dean Research & Professional Practice**,** Faculty of Science & Technology, Bournemouth University by email to researchgovernance@bournemouth.ac.uk.

Finally

If you decide to take part, you will be given a copy of the information sheet and a signed participant agreement form to keep.

Thank you for considering taking part in this research project.

Appendix 2 - Copy of Participant Agreement Form

Ref: MUA/1
Ethics ID number: 33533
Date: 2/11/2020

Bournemouth University

Participant Agreement Form

Full title of project: 'Feeling Useful - Considering mental well-being among older participants in archaeological projects.'

Name, position and contact details of researcher: Frances Breen, MRes student: fbreen@bournemouth.ac.uk

Name, position and contact details of supervisor: Prof. Timothy Darvill, Professor of Archaeology tdarvill@bournemouth.ac.uk and Dr Vanessa Heaslip, Associate Professor in the Department of Nursing Science vheaslip@bournemouth.ac.uk

To be completed prior to data collection activity

Section A: Agreement to participate in the study

You should only agree to participate in the study if you agree with all of the statements in this table and accept that participating will involve the listed activities.

I have read and understood the Participant Information Sheet MUA/1 Version 2/11/20 and have been given access to the BU Research Participant Privacy Notice which sets out how we collect and use personal information (https://www1.bournemouth.ac.uk/about/governance/access-information/data-protection-privacy).
I have had an opportunity to ask questions.
I understand that my participation is voluntary. I can stop participating in research activities at any time without giving a reason and I am free to decline to answer any particular question(s).
I understand that taking part in the research will include the following activity/activities as part of the research:
● being audio recorded during the project
● my words will be quoted in publications, reports, web pages and other research outputs without using my real name].
I understand that, if I withdraw from the study, I will also be able to withdraw my data from further use in the study **except** where my data

has been anonymised (as I cannot be identified) or it will be harmful to the project to have my data removed.	
I understand that my data may be included in an anonymised form within a dataset to be archived at BU's Online Research Data Repository.	
I understand that my data may be used in an anonymised form by the research team to support other research projects in the future, including future publications, reports or presentations.	
	Initial box to agree
I consent to take part in the project on the basis set out above (Section A)	

I confirm my agreement to take part in the project on the basis set out above.

Name of participant (BLOCK CAPITALS)	Date (dd/mm/yyyy)	Signature
Name of researcher (BLOCK CAPITALS)	Date (dd/mm/yyyy)	Signature

Appendix 3 - Database of Archaeological Groups and Organisations in England

Name	Website	Membership Y/N	Cost Y/N	Training Y/N	Area of Interest	Region	Area	County	Organisation Type
Abingdon Area Archaeological and Historical Society	https://www.aaahs.org.uk/	Y	Y	Y	Local Archaeology & History	Oxfordshire	Abingdon	Oxfordshire	Fieldwork, Research & General Interest
Altogether Archaeology	http://altogetherarchaeology.org/index.php	Y	Y	Y	Regional Archaeology & History	North	North Pennines	Durham	Fieldwork & Research
Ampthill and District Archaeological and Local History Society	https://adalhs.mooncarrot.org.uk/	Y	Y	N	Local Archaeology & History	Central Bedfordshire	Ampthill Park	Bedfordshire	Fieldwork, Research & General Interest
Andover History and Archaeology Society	http://www.andover-history.org.uk/	Y	Y	N	Local Archaeology & History	Hampshire	Andover	Hampshire	Research & General Interest
Appleby Archaeology Group	https://applebyarchaeology.org.uk/index_main.html?ver=1.3	Y	Y	Y	Regional Archaeology	Cumbria	Boroughgate Appleby-in-Westmorland	Cumbria	Fieldwork
Archaeology in Marlow	http://www.archaeologyinmarlow.org.uk/	Y	Y	Y	Local Archaeology & History	South East	Marlow	Buckinghamshire	Fieldwork, Research & General Interest
Archaeology RheeSearch Group	http://www.rheesearch.org.uk/	N	N	N	Local Archaeology & History	Cambridgeshire	Rhee Valley	Cambridgeshire	Fieldwork & Research
Architectural and	http://www.aasdn.org.uk/	Y	Y	N	Regional Archaeology	North East	Durham	Durham	Research & General Interest

Archaeological Society of Durham and Northumberland					and Historic Architecture				
Ashford Archaeological and Historical Society	http://ashfordarchhist.org/	Y	Y	N	Regional Archaeology & History	South East	Ashford	Kent	General Interest
Association for Portland Archaeology	http://portlandarchaeology.weebly.com/	Y	Y	N	Local Archaeology	South West	Portland	Dorset	Fieldwork & Research
Avon Local History & Archaeology Society	https://www.alha.org.uk/index.html	Y	Y	N	Regional Archaeology & History	West England	Avon	Gloucestershire	General Interest
Avon Valley Archaeological Society	http://www.avas.org.uk/	Y	Y	Y	Local Archaeology	West England	Avon	Dorset	Fieldwork & Research
Axbridge Archaeological and Historical Society	http://www.aalhs.co.uk	Y	Y	Y	Regional Archaeology & History	Somerset	Axbridge	Somerset	Fieldwork & General Interest
Badsey Society	https://www.badseysociety.uk	Y	Y		Local Archaeology & History	West Midlands	Badsey	Worcestershire	Fieldwork & Research
Banwell Society Archaeology	http://www.banwellarchaeology.co.uk	Y	Y		Local Archaeology & History	North Somerset	Banwell	Somerset	General Interest & Research
Basingstoke Archaeological and Historical Society	http://www.bahsoc.org.uk/	Y	Y	Y	Local Archaeology & History	Southern England	Basingstoke	Hampshire	Fieldwork & Research

Bath and Counties Archaeological Society	https://www.bacas.org.uk/	Y	Y	Y	Regional Archaeology & History	South West	Bath	Somerset	Fieldwork & Research
Bedford Architectural, Archaeological and Local History Society	http://www.baalhs.org.uk	Y	Y	N	Local History	East England	Bedford	Bedfordshire	Research
Berkhamsted and District Archaeological Society	http://www.berkhamstedarchaeology.co.uk/	Y	Y	Y	Local Archaeology	East England	Berkhamsted	Hertfordshire	Fieldwork & Research
Berkshire Archaeological Society	http://www.berksarch.co.uk/	Y	Y		Regional Archaeology	South East	Berkshire	Berkshire	Fieldwork & Research
Berkshire Archaeology Research Group	http://www.barg-online.org/	Y	Y		Regional Archaeology	South East	Wokingham	Berkshire	Fieldwork & Research
Berkshire Industrial Archaeology Group	http://www.biag.org.uk/	Y	N	N	Industrial Archaeology	South East	Reading	Berkshire	Research & Recording
Bexley Archaeological Group	http://www.bag.org.uk/	Y	Y	Y	Local Archaeology & History	Greater London	Bexley	Greater London	Fieldwork & Research
Birmingham and Warwickshire Archaeological Society	https://bwas-online.co.uk	Y	Y	N	Regional Archaeology	West Midlands	Birmingham	West Midlands	General Interest

Bletchley Archaeological and Historical Society	https://www.mkheritage.org.uk/bahs/	Y	Y	N	Local Archaeology & History	South East	Bletchley	Buckinghamshire	Research & General Interest
Bridgwater and District Archaeological Society	http://www.bridgwaterarchaeology.org.uk/	Y	Y	N	Local Archaeology & History	South West	Bridgwater	Somerset	Fieldwork & General Interest
Brighton and Hove Archaeological Society	http://www.brightonarch.org.uk/	Y	Y	Y	Regional Archaeology & History	Southern England	Brighton	East Sussex	Fieldwork
Bristol and Avon Archaeological Society	http://bristolandavonarchaeology.org.uk/	Y	Y	N	Regional Archaeology & History	South West	Bristol	Bristol	General Interest
Bristol and Gloucestershire Archaeological Society	http://www.bgas.org.uk/	Y	Y	N	Regional Archaeology & History	South West	City of Bristol	Bristol	General Interest & Research
Bristol Industrial Archaeological Society	http://www.b-i-a-s.org.uk/	Y	Y	N	Industrial Archaeology & History	South West	Bristol	Bristol	General Interest & Research
Buckinghamshire Archaeological Society	http://www.bucksas.org.uk/	Y	Y	Y	Regional Archaeology and Historic Architecture	South East	Aylesbury	Buckinghamshire	Fieldwork, Research & General Interest
Butser Ancient Farm	https://www.butserancientfarm.co.uk	Y	Y	Y	Experimental Archaeology and History	South East	Waterlooville	Hampshire	Experimental Archaeology
Cambridge Antiquarian Society	http://www.camantsoc.org/	Y	Y	N	Local Archaeology, History &	East England	Cambridge	Cambridgeshire	Research and Planning

					Historic Architecture				
Cambridge Archaeology Field Group	http://www.cafg.net	Y	Y		Regional Archaeology	East England	Cambridge	Cambridgeshire	Fieldwork & Research
Canterbury Archaeological Trust	http://www.canterburytrust.co.uk/	Y	Y	Y	Regional Archaeology	South East	Canterbury	Kent	Fieldwork
Canterbury Historical and Archaeological Society	http://www.canterbury-archaeology.org.uk/#	Y	Y	N	Local Archaeology, History & Historic Architecture	South East	Canterbury	Kent	General Interest
Carshalton and District History and Archaeology Society	http://cadhas.org.uk/	Y	Y	Y	Local Archaeology & History	Greater London	Carshalton	Greater London	Fieldwork & General Interest
Chess Valley Archaeological and Historical Society	http://www.cvahs.org.uk	Y	Y	Y	Local Archaeology & History	South East	Amersham	Buckinghamshire	Fieldwork & Research
Chester Archaeological Society	http://www.chesterarchaeolsoc.org.uk/	Y	Y	Y	Regional Archaeology, History & Historic Architecture	North West	Chester	Cheshire	Fieldwork & Research
Chester Society for Landscape History	http://www.chesterlandscapehistory.org.uk/default.html	Y	Y	N	Landscape History	North West	Chester	Cheshire	General Interest

Chichester and District Archaeology Society	http://www.cdas.info/	Y	Y	Y	Regional Archaeology	South East	Chichester	West Sussex	Fieldwork
Chorley Historical and Archaeological Society	http://www.chorleyhistorysociety.co.uk/	Y	Y	N	Regional Archaeology & History	North West	Lancaster	Lancashire	Research
Christchurch Antiquarians	https://christchurchantiquarians.wordpress.com/	Y	Y	N	Local Archaeology & History	South East	Christchurch	Dorset	Fieldwork & Research
Cirencester Archaeological and Historical Society	http://www.cirenhistory.org.uk/	Y	Y	N	Local Archaeology & History	West England	Cirencester	Gloucestershire	Research & General Interest
City of London Archaeological Society	http://www.colas.org.uk/	Y	Y	N	Local Archaeology & History	Greater London	City of London	Greater London	Fieldwork & General Interest
City of London Archaeological Trust	http://www.colat.org.uk/index.html	N	N	N	Local Archaeology & History	Greater London	London	Greater London	Research
Claro Community Archaeology Group	http://lostscotton.org	Y			Local Archaeology & History	Northern England	Knaresborough	North Yorkshire	Fieldwork & General Interest
Clevedon and District Archaeological Society	http://e-voice.org.uk/cdas/	Y	Y		Local Archaeology	North Somerset	Clevedon	Somerset	General Interest
Clifton Antiquarian Club	http://www.cliftonantiquarian.co.uk/				Regional Archaeology	South West	Clifton	Gloucestershire	Fieldwork & Research

Colchester Archaeological Group	http://caguk.net/	Y	Y	Y	Local Archaeology	South East	Colchester	Essex	Fieldwork
Community Archaeology on the Mendip Plateau	https://www.camp-plateau.co.uk/home	Y	Y	Y	Local Archaeology	South West	Chewton Mendip	Somerset	Fieldwork & Research
Community Landscape & Archaeology Survey Project	http://www.claspweb.org.uk/	Y	Y	Y	Local Archaeology	East Midlands	Northampton	Northamptonshire	Fieldwork
Coquetdale Community Archaeology Group	https://www.nect.org.uk/projects-2015/community-ledprojects/coquetdale-community-archaeology				Local Archaeology	North East	Rothbury	Northumberland	Fieldwork & Research
Cornwall and Isles of Scilly Maritime Archaeology Society	http://www.cismas.org.uk/index.php				Maritime Archaeology	South West	Truro	Cornwall	Fieldwork & Research
Cornwall Archaeological Society	http://www.cornisharchaeology.org.uk/	Y	Y	Y	Regional Archaeology	South West	Bodmin	Cornwall	Fieldwork & Research
Coventry and District Archaeological Society	http://www.covarch.co.uk/	Y	Y	Y	Local Archaeology	West Midlands	Coventry	West Midlands	Fieldwork & Research

Croydon Natural History and Scientific Society	https://cnhss.co.uk	Y	Y	N	Local Natural History & Archaeology	Greater London	Islington	Greater London	General Interest
Cumberland and Westmorland Antiquarian and Archaeological Society	http://www.cumbriapast.com	Y	Y	N	Regional Archaeology & History	Northern England	Kendal	Cumbria	Research & General Interest
Dean Archaeological Group	http://www.deanarchaeology.org.uk/	Y	Y	Y	Local Archaeology	South West	Forest of Dean	Gloucestershire	Fieldwork & Research
Defence Of Swale Project	https://www.facebook.com/DefenceOfSwaleProject				Local Archaeology	South East	Swale	Kent	Research & General Interest
Derbyshire Archaeological Society	http://www.derbyshireas.org.uk/	Y	Y	N	Regional Archaeology & History	East Midlands	Derby	Derbyshire	Research & General Interest
Devon Archaeological Society	http://devonarchaeologicalsociety.org.uk/das/	Y	Y	N	Regional Archaeology & History	South West	Exeter	Devon	Research & General Interest
DigVentures	http://digventures.com/	Y	Y	Y	UK-wide	North East	Barnard castle	County Durham	Fieldwork & Research
Droitwich Spa History and Archaeological Society	http://www.droitwichspa.com/historysociety.shtml	Y	Y	N	Local Archaeology & History	West Midlands	Droitwich Spa	Worcestershire	General Interest
East Herts Archaeological Society	http://www.ehas.org.uk/index.html	Y	Y	N	Regional Archaeology, History &	East England	Hertford	Hertfordshire	Fieldwork, Research & General Interest

					Historic Architecture				
East Riding Archaeological Society	http://www.eras.org.uk/	Y	Y	N	Regional Archaeology	City of Kingston upon Hull	Southampton	East Yorkshire	Fieldwork, Research & General Interest
Ely and District Archaeological Society	http://www.elyarchaeology.org.uk/	Y	Y	N	Regional Archaeology & History	Cambridgeshire	Preston	Cambridgeshire	General Interest
EMAS Archaeological Society	http://emas-archaeology.org	Y	Y	N	Global Archaeology	London	Lewes	Greater London	General Interest
Enfield Archaeological Society	http://www.enfarchsoc.org	Y	Y	Y	Local Archaeology	Middlesex	Faversham	Greater London	Fieldwork & Research
Epsom and Ewell History and Archaeology Society	http://www.epsomewellhistory.org.uk/#	Y	Y		Local Archaeology & History	Surrey	Hedge End	Surrrey	Fieldwork, Research & General Interest
Essex Historic Buildings Group	http://www.ehbg.co.uk/	Y	Y	N	Local Historic Achitecture	Essex	Keyworth	Essex	Research & Recording
Essex Society for Archaeology and History	http://www.essex.ac.uk/history/esah	Y	Y	N	Regional Archaeology & History	Essex	Chelmsford	Essex	Research & General Interest
Faversham Society Archaeological Research Group	https://www.favershamcommunityarchaeology.org			Y	Local Archaeology	Kent	Churchdown	Kent	Fieldwork & Research
Feltwell (Historical and Archaeological) Society	http://feltwell.net/feltwell2/written/socstart.htm				Local Archaeology & History	Norfolk	Slough	Norfolk	General Interest

Fen Edge Archaeology Group	http://www.feag.co.uk/index.html	Y	Y	Y	Regional Archaeology	Cambridgeshire	Cottenham	Cambridgeshire	Fieldwork
Fenland Archaeological Society	http://www.fenarch.org.uk/	Y	Y		Local Archaeology	Cambridgeshire	Wisbech	Cambridgeshire	Fieldwork
Folkestone Research and Archaeology Group	http://www.folkarch.co.uk/	Y	Y	Y	Local Archaeology	Kent	Folkestone	Kent	Fieldwork
Framland Archaeology	http://framlandarchaeology.co.uk/	Y	Y	Y	Local Archaeology	North East Leicestershire	Framland	Kent	Fieldwork & General Interest
Friends of Castleshaw Roman Forts	http://www.castleshawarchaeology.co.uk/index.html	Y	Y	Y	Regional Archaeology	North West	Saddleworth	Greater Manchester	Fieldwork
Friends of Flaxmill Maltings	http://www.flaxmill-maltings.co.uk/	N	N	N	Local Industrial Heritage	Shropshire	Shrewsbury	Shropshire	Community & Restoration
Friends of Moor Pond Woods	https://moorpond.papplewick.org/	Y		Y	Local Archaeology & Ecology	East Midlands	Croydon	Nottinghamshire	Fieldwork, Restoration & Conservation
Gloucestershire Archaeology	http://www.glosarch.org.uk/index.html	Y	Y		Regional Archaeology & History	Gloucestershire	Grantham	Gloucestershire	Fieldwork & Research
Gloucestershire Society for Industrial Archaeology	http://www.gsia.org.uk/index.php	Y	Y		Local Industrial Heritage	Gloucestershire	Hendon	Gloucestershire	Fieldwork, Research & General Interest

Grantham Archaeology Group	https://www.facebook.com/granthamarchaeologygroup/				Local Archaeology	Lincolnshire	Bexhill on Sea	Lincolnshire	Fieldwork & Research
Great Bowden Heritage and Archaeology	https://greatbowdenheritage.wixsite.com/site	N	N	Y	Local Archaeology & Ecology	East Midlands	Northampton	Leicestershire	Fieldwork, Research & Ecology
Great Yarmouth Archaeological Society	http://www.redmays.co.uk/gydas/index.html	Y	Y		Local Archaeology & History	Norfolk	Wymondham	Norfolk	General Interest
Greater London Industrial Archaeology Society	http://www.glias.org.uk/index.htm	Y	Y	N	Industrial Archaeology & History	South East	Barnet	Greater London	Archival & Research
Hallaton Field Work Group	http://www.hallatonfwg.co.uk/	Y	Y	Y	Local Archaeology	East Midlands	Hallaton	Leicestershire	Fieldwork
Hampshire and Wight Trust for Maritime Archaeology	http://www.hwtma.org.uk/	Y	Y	Y	Maritime Archaeology	South East	Sheffield	Hampshire	Fieldwork, Research & General Interest
Hampshire Field Club and Archaeological Society	https://www.hantsfieldclub.org.uk	Y	Y	N	Regional Archaeology	South East	Olney	Hampshire	General Interest
Hampshire Industrial Archaeology Society	http://www.hias.org.uk/	Y	Y	N	Industrial Archaeology	South East	Middleton	Hampshire	Fieldwork, Research & General Interest
Hastings Area Archaeological Research Group	http://www.haarg.org.uk/	Y	Y	Y	Local Archaeology	East Sussex	Carnforth	East Sussex	Fieldwork & Research

Helmsley Archaeological and Historical Society	http://www.helmsleyarchaeologicalandhistoricalsociety.org.uk/index.htm	Y		N	Local Archaeology & History	North Yorkshire	Plymouth	North Yorkshire	General Interest
Hendon and District Archaeological Society	https://www.hadas.org.uk	Y	Y	Y	Local Archaeology	Barnet	Orpington	Greater London	Fieldwork, Research & General Interest
Hinckley Archaeolgical Society	https://leicsfieldworkers.org/hinckley-archaeological-society/	Y	Y	Y	Local Archaeology	East Midlands	Hinckley	Leicestershire	Fieldwork
Holmesdale Natural History Club	http://www.hnhc.co.uk/	Y	Y	N	Local Natural History & Archaeology	South East	Solihull	Surrey	General Interest
Horsham District Archaeology Group	https://horshamarchaeologygroup.webs.com	Y	Y	Y	Regional Archaeology	South East	Horsham	West Sussex	Fieldwork
Huddersfield and District Archaeological Society	http://www.huddarch.org.uk/	Y	Y		Local Archaeology	West Yorkshire	Huddersfield	West Yorkshire	Fieldwork & General Interest
Hunter Archaeological Society	https://sites.google.com/site/hunterarchaeologicalsociety/	Y	Y		Regional Archaeology, History & Historic Architecture	South Yorkshire	Prestwich	South Yorkshire	Fieldwork, Research & General Interest

Industrial Archaeology Section of the Devon Association	https://devonassoc.org.uk/organisation/sections/industrial-archaeology-section/	Y	Y	N	Regional Industrial Archaeology	Devon	Kingsclere	Devon	Research & General Interest
Ingleborough Archaeology Group	http://www.ingleborougharchaeologygroup.org.uk/	Y	Y	Y	Regional Archaeology & History	North Yorkshire	Kettering	North Yorkshire	Fieldwork & Research
Ise Archaeological and Research Society	http://ise-dig.co.uk.s195738.gridserver.com/	Y	Y		Local Archaeology	East Midlands	Ventnor	Northamptonshire	Fieldwork & Research
Isle of Thanet Archaeological Society	http://www.iotas.org.uk/	Y	Y	Y	Regional Archaeology & History	South East	Broadstairs	Kent	Fieldwork & General Interest
Isle of Wight Industrial Archaeology Society	http://www.iwhistory.org.uk/RM/IWIAS/	Y	Y		Industrial Archaeology & History	South East	Keyworth	Isle of Wight	Research & General Interest
Isle of Wight Natural History and Archaeological Society	http://www.iwnhas.org/	Y	Y		Local Archaeology & Ecology	South East	Dover	Isle of Wight	Fieldwork & Research
Islington Archaeological and History Society	http://www.islingtonhistory.org.uk	Y	Y	N	Local Archaeology & History	Greater London	Salisbury	Greater London	General Interest

Kennilworth History and Archaeology Society	https://www.khas.co.uk	Y	Y	N	Local Archaeology & History	West Midlands	Keyworth	Warwickshire	Research & General Interest
Kent Archaeological Rescue Unit	http://cka.moon-demon.co.uk/cka_index.htm				Regional Archaeology	South East	Kingston-upon-Thames	Kent	Fieldwork & Research
Kent Archaeological Society	http://www.kentarchaeology.org.uk/	Y	Y	Y	Regional Archaeology	South East	Richmond	Kent	Fieldwork, Research & General Interest
Keyworth & District Local History Society	http://keyworthhistory.org.uk	Y	N	N	Local History	East Midlands	Keyworth	Nottinghamshire	Archival & General Interest
Kidderminster and District Archaeological and Historical Society	http://kidderhistsoc.btck.co.uk/	Y	Y	N	Local Archaeology & History	West Midlands	Southwark	Worcestershire	General Interest
Kingsclere Heritage Association	http://kingsclereheritageassociation.wordpress.com/	Y	Y	N	Local Archaeology & History	South East	Keyworth	Hampshire	Research & Recording
Kingston-Upon-Thames Archaeological Society	https://www.kingstonarchaeology.com	Y	Y	Y	Local Archaeology	Greater London	Leicester	Greater London	Fieldwork & Research
Lancashire and Cheshire Antiquarian Society	http://www.landcas.org.uk/	Y	Y	N	Regional Archaeology & History	North West	London Wall	Greater Manchester	Research

Lancashire Archaeology Society	https://lancsarchaeologicalsociety.wordpress.com	Y	Y	N	Regional Archaeology	North West	Easingwold	Lancashire	General Interest
Lancaster Archaeological and Historical Society	http://lahs.archaeologyuk.org/LAHS.htm	Y	Y	N	Regional Archaeology & History	North West	Keyworth	Lancashire	Research & General Interest
Leicestershire Archaeological and Historical Society	http://www.le.ac.uk/lahs/index.html	Y	Y	N	Regional Archaeology & History	East Midlands	Loughborough	Leicestershire	Research
Leicestershire Fieldworkers	http://leicsfieldworkers.co.uk/	Y	Y	Y	Regional Archaeology	East Midlands	Leighton Buzzard	Leicestershire	Fieldwork & Research
Leighton Buzzard and District Archaeological and Historical Society	http://www.lbdahs.org.uk	Y	Y	N	Local Archaeology & History	East England	Sudbrooke	Bedfordshire	Fieldwork & Research
Lewes Archaeological Group	http://www.lewesarchaeology.org.uk/	Y	Y	N	Regional Archaeology	West Sussex	Woodbridge	West Sussex	General Interest
Lincoln Archaeology Group	https://www.lincolnarchaeology.co.uk	Y	Y	Y	Regional Archaeology	East Midlands	Lunesdale	Lincolnshire	Fieldwork & Research
Liss Archaeology	https://www.lissarchaeology.uk	Y	Y	Y	Local Archaeology	South East	Abingdon	Hampshire	Fieldwork, Research & Education
Littleborough Historical and	http://www.littleboroughshistory.org/	Y	Y	N	Local Archaeology & History	North West	Keyworth	Greater Manchester	Research & General Interest

Archaeological Society									
London and Middlesex Archaeology Society	https://www.lamas.org.uk	Y	Y	N	Regional Archaeology & History	South East	Keyworth	Greater London	Research & General Interest
Loughborough Archaeological and Historical Society	http://www.loughboroughpastandpresent.org/lahs.php	Y	Y	N	Local Archaeology & History	Leicestershire	Keyworth	Leicestershire	Research & General Interest
Lunesdale Archaeology Society	https://lunesdale.wordpress.com	Y	Y	Y	Regional Archaeology	North West	Maidstone	Lancashire	Fieldwork & Research
Lutterworth Fieldwalking and Archaeology Group	https://leicsfieldworkers.org/lutterworth-fieldworking-and-archaeology-group/	Y	Y	Y	Local Archaeology	East Midlands	Lutterworth	Leicestershire	Fieldwork
Maidstone Area Archaeological Group	http://www.maag.btck.co.uk/	Y	Y		Local Archaeology	South East	Dunstable	Kent	Fieldwork & Research
Maldon Archaeological and Historical Group	https://www.facebook.com/Maldon-Archaeological-and-Historical-Group-380282079172258/				Local Archaeology	South East	Maldon	Essex	Fieldwork

Manchester Region Industrial Archaeology Society	http://www.mrias.co.uk/	Y	Y	N	Industrial Archaeology & History	Greater Manchester	Liverpool	Greater Manchester	Research
Manshead Archaeological Society of Dunstable	http://manshead.org.uk/	Y	Y	Y	Local Archaeology & History	Central Bedfordshire	Marlow	Bedfordshire	Fieldwork & Research
Marlow Archaeology	https://www.marlowarchaeology.org	Y	Y	Y	Local Archaeology	South East	Mellor	Buckinghamshire	Fieldwork & Research
Mellor Archaeology	http://www.mellorarchaeology.org.uk/	Y	Y		Local Archaeology	Stockport	Oundle	Greater Manchester	Fieldwork & Research
Merseyside Archaeological Society	https://www.merseysidearchsoc.com	Y	Y	N	Regional Archaeology	Merseyside	Keyworth	Merseyside	Research & General Interest
Middle Nene Archaeological Group	http://www.midnag.org.uk/	Y	Y	N	Local Archaeology	East Midlands	Peterborough	Northamptonshire	Fieldwork & Research
Middle Thames Archaeological and Historical Society	https://e-voice.org.uk/mtahs/	Y	Y	N	Local Archaeology	South East	Warrington	Berkshire	General Interest
Middleton Archaeological Society	http://middletonas.com	Y	Y	Y	Local Archaeology & History	North West	Altrincham	Greater Manchester	Fieldwork, Research & General Interest
Morpeth Antiquarian Society	http://www.northumbriana.org.uk/antiquarian%20society/	Y	Y	N	Local History	North East	Morpeth	Northumberland	Archival & Research

Nene Valley Archaeological Trust	https://www.nenevalleyarchaeology.co.uk/	N	N	Y	Regional Archaeology	East Midlands	Barnstaple	Northamptonshire	Fieldwork & Research
Norfolk and Norwich Archaeological Society	http://www.nnas.info/	Y	Y	N	Regional Archaeology & History	East Anglia	Welwyn	Norfolk	General Interest
North Devon Archaeological Society	http://www.ndas.org.uk/	Y	Y	Y	Regional Archaeology	South West	Farnborough	Devon	Fieldwork & Research
North East Derbyshire Industrial Archaeology Society	http://nedias.co.uk/?page_id=300	Y	Y	N	Local Industrial Heritage	East Midlands	Chesterfield	Derbyshire	Fieldwork & General Interest
North East Hampshire Historical and Archaeological Society	http://www.nehhas.org.uk		Y	Y	Local Archaeology	South East	Shrawley	Hampshire	Fieldwork & Research
North East Lincolnshire Archaeological and Local Historical Society	http://www.nelalhs.co.uk/	Y			Local Archaeology & History	East Midlands	Grimsby	Lincolnshire	Fieldwork & General Interest
North Hertfordshire Archaeological Society	http://www.nharchsoc.org/	Y			Regional Archaeology	East England	Bordon	Hertfordshire	General Interest
North Worcestershire	http://www.northwag.org/	Y	Y	Y	Local Archaeology	West Midlands	Oswestry	Worcestershire	Fieldwork & Research

Archaeology Group									
Northamptonshire Archaeological Society	http://www.northants-archaeology.org.uk	Y	Y	N	Regional Archaeology & History	Northamptonshire	Banwell	Northamptonshire	General Interest
Northumberland Archaeological Group	http://northumberlandarchaeologicalgroup.wordpress.com/	Y	Y		Regional Archaeology	North East	Yeovil	Northumberland	General Interest
Norton Community Archaeology Group	http://www.nortoncommarch.com/	Y	N	N	Local Archaeology & History	West Midlands	Letchworth Garden City	Herefordshire	Archival & Research
Oadby and Wigston Fieldwork Group	http://www.miller-art.org.uk/owfg/index.htm	Y	Y		Local Archaeology	East Midlands	Oadby	Leicestershire	Fieldwork
Olney Archaeological Society	http://www.mkheritage.org.uk/oas/	Y	Y	N	Local Archaeology & History	South East	Bedford	Buckinghamshire	General Interest
Orpington and District Archaeological Society	http://www.odas.org.uk/	Y	Y	Y	Local Archaeology	South East	Ipswich	Greater London	Fieldwork, Research & General Interest
Oswestry and Border History and Archaeology Group	https://obhag.org.uk	Y	Y	Y	Regional Archaeology & History	Shropshire	Canvey Island	Shropshire	Fieldwork & Research

Peterborough Archaeology	https://peterborougharchaeology.org	Y	Y	Y	Local Archaeology	East England	Shoreditch	Cambridgeshire	Fieldwork, Research & General Interest
Plymouth and District Archaeological Society	http://www.archaeology.ws/pdas.html	Y	Y	N	Regional Archaeology & History	South West	Chorley	Devon	General Interest
Pontefract District Archaeological Society	http://www.pontarc.org.uk/	Y	Y		Local Archaeology	North Yorkshire	Pontefract	North Yorkshire	Fieldwork & General Interest
Prestwich & Whitefield Heritage Society	http://www.prestwichheritage.co.uk/	Y	Y		Local Archaeology & History	North West	Winchester	Greater Manchester	Fieldwork, Research & General Interest
Richmond Archaeological Society	http://www.richmondarchaeology.org.uk/	Y	Y		Local Archaeology	South East	Worcester	Greater London	Fieldwork, Research & General Interest
Rochford Hundred Field Archaeology Group	http://rhfag.dubsnet.co.uk	Y	Y	Y	Local Archaeology	South East	Oakham	Essex	Fieldwork & Research
Romsey Local History Society	http://www.ltvas.org.uk/	Y	Y	N	Local History	South East	Romsey	Hampshire	Archival & Research
Rutland Local History and Record Society	http://www.rutlandhistory.org	Y	Y	Y	Regional Archaeology & History	East Midlands	Scarborough	Rutland	Fieldwork & Research
Scarborough Archaeological and Historical Society	http://www.scarborough-heritage.org/	Y	Y		Local Archaeology & History	North Yorkshire	Mansfield	North Yorkshire	Fieldwork & Research

Sherwood Archaeological Society	http://www.sherwood-archaeology.co.uk/	Y	Y		Local Archaeology	East Midlands	Lincoln	Nottinghamshire	Fieldwork & Research
Society for Lincolnshire History & Archaeology	http://www.slha.org.uk/index.php	Y	Y	N	Regional Archaeology & History	East Midlands	Taunton	Lincolnshire	Fieldwork & Research
Society of Antiquaries of Newcastle upon Tyne	http://www.newcastle-antiquaries.org.uk/index.php?pageId=277	Y	Y	N	Regional Archaeology & History	North East	Newcastle-upon-Tyne	Northumberland	Archival & Research
Solihull Archaeological Group	https://sites.google.com/site/solihullarchaeology/	Y	Y	N	Local Archaeology	West Midlands	Manchester	West Midlands	General Interest
Somerset Archaeological and Natural History Society	http://www.sanhs.org/	Y	Y		Regional Archaeology, History & Historic Architecture	South West	Goring	Somerset	Fieldwork & Research
Somerset Industrial Archaeological Society	http://www.sias.me.uk/	Y	Y	Y	Industrial Archaeology & History	South West	Stafford	Somerset	Fieldwork & Research
South Leeds Archaeology Group	http://www.southleedsarchaeology.org.uk	Y	Y	Y	Regional Archaeology	West Yorkshire	Leeds	West Yorkshire	Fieldwork & General Interest
South Oxfordshire Archaeological Group	http://www.soagarch.org.uk/	Y	Y		Regional Archaeology	South East	Guildford	Oxfordshire	Fieldwork & Research

South Somerset Archaeological Research Group	http://www.ssarg.org.uk/	Y	Y	Y	Local Archaeology & History	South West	South Cadbury	Somerset	Fieldwork & General Interest
South Trafford Archaeological Group	https://stagarchaeologymanchester.wordpress.com	Y	Y	Y	Local Archaeology & History	North West	Papplewick	Greater Manchester	Fieldwork, Research & General Interest
South Wiltshire Industrial Archaeology Society	http://www.swias.org	Y	Y	N	Local Industrial Heritage	South West	Cambridge	Wiltshire	General Interest
South Worcestershire Archaeology Group	http://www.swagsweb.co.uk/	Y	Y	Y	Regional Archaeology & History	West Midlands	Malvern	Worcestershire	Fieldwork & General Interest
Southwark and Lambeth Archaeology Society	https://www.lambethlocalhistoryforum.org.uk/members/southwark-lambeth-archaeological-society-slas/				Local Archaeology & History	South East	Leigh on Mendip	Greater London	General Interest
Southwell Archaeology	http://www.southwellarchaeology.org	Y	Y	Y	Local Archaeology	East Midlands	Southwell	Nottinghamshire	Fieldwork & General Interest
St Albans and Hertfordshire Architectural and Archaeological Society	https://www.stalbanshistory.org	Y	Y	N	Local Archaeology, History & Historic Architecture	East England	Keyworth	Hertfordshire	Research & General Interest

Staffordshire Archaeological and Historical Society	http://www.sahs.uk.net/	Y	Y	N	Local Archaeology & History	West Midlands	Keyworth	Staffordshire	Research & General Interest
Staffordshire Industrial Archaeology Society	https://staffordshireheritage.weebly.com/staffs-ind-arch-soc.html	Y	Y	N	Local Industrial Heritage	West Midlands	Tameside	Staffordshire	Fieldwork & Research
Stoke on Trent Museum Archaeological Society	http://www.stokearchaeologysociety.org.uk/	Y	Y		Regional Archaeology	West Midlands	Stoke-on-Trent	Staffordshire	Fieldwork & General Interest
Suffolk Institute of Archaeology and History	http://www.suffolkinstitute.org.uk/	Y	Y	Y	Regional Archaeology & History	East Anglia	Ashford	Suffolk	Fieldwork, Research & General Interest
Surrey Archaeological Society	http://www.surreyarchaeology.org.uk/	Y	Y	Y	Regional Archaeology & History	South East	Branscombe	Surrey	Fieldwork & Research
Surrey Heath Archaeological and Heritage Trust	http://www.shaht.co.uk	N	N		Local Archaeology & History	South East	Keyworth	Surrey	Research & General Interest
Sussex Archaeological Society	http://sussexpast.co.uk/	Y	Y	N	Regional Archaeology & History	South East	Blackden	Sussex	General Interest
Sussex Industrial Archaeological Society	http://www.sussexias.co.uk/	Y	Y	N	Regional Industrial Archaeology	South East	Droitwich Spa	Sussex	Fieldwork, Restoration & Conservation
Swaledale and Arkengarthdale	http://www.swaag.org/	Y	Y		Local Archaeology	North Yorkshire	Swaledale	North Yorkshire	Fieldwork & General Interest

Archaeology Group									
Tameside Archaeological Society	http://tas-archaeology.org.uk	Y	Y	Y	Regional Archaeology	North West	Castleshaw	Greater Manchester	Fieldwork & Research
Teesside Archaeological Society	https://teesarchsoc.com	Y	Y	Y	Regional Archaeology	North East	Hartlepool	Durham	Fieldwork & General Interest
Thames Discovery Programme	http://www.thamesdiscovery.org/	N	N	Y	Local Archaeology	South East	Bristol	Greater London	Fieldwork, Research & General Interest
The Beacon Hill Society	http://beaconhillsociety.org.uk	Y	Y	N	Local Archaeology & Ecology	South West	Lichfield	Somerset	Research & Conservation
The Blackden Trust	http://www.theblackdentrust.org.uk/index.php	Y	Y	Y	Local Archaeology & History	North West	Bagshot	Cheshire	Research & Conservation
The Branscombe Project	http://www.branscombeproject.org.uk/	N	N	N	Local Archaeology & History	South West	Ticknall	Devon	Fieldwork & Research
The Christchurch Antiquarians	https://christchurchantiquarians.wordpress.com	Y	Y		Local Archaeology & History	South West	Christchurch	Dorset	Fieldwork & General Interest
The Forest of Galtres Society	http://www.forestofgaltressociety.org/	Y	Y	N	Local Archaeology & History	North Yorkshire	Andover	North Yorkshire	General Interest
The Friends of Castleshaw Roman Forts	http://www.castleshawarchaeology.co.uk/index.html	Y	Y		Local Archaeology	North West	Settle	Greater Manchester	Fieldwork & Research

The Kirton In Lindsey Society	https://www.kirtoninlindseysociety.org.uk	Y	Y	N	Local Archaeology, History & Historic Architecture	East Midlands	Keyworth	Lincolnshire	Research & General Interest
The Society for Post-Medieval Archaeology	http://www.spma.org.uk/index.php	Y	Y	N	Post-Medieval Archaeology	South East	Keyworth	Greater London	Research & General Interest
The Sutton Hoo Society	http://suttonhoo.org/	Y	Y	Y	Local Archaeology	East Anglia	Durham	Suffolk	General Interest
The Thoroton Society of Nottinghamshire	http://www.thorotonsociety.org.uk/index.htm	N	N	N	Regional Archaeology & History	East Midlands	Keyworth	Nottinghamshire	Research & General Interest
The Yorkshire Architectural and York Archaeological Society	http://www.yayas.org/	Y	Y	N	Regional Archaeology, History & Historic Architecture	North East	Keyworth	North Yorkshire	Research & General Interest
Ticknall Archaeology Research Group	https://www.facebook.com/Targ-Archaeology-327069414062302/	Y	Y	Y	Local Archaeology	East Midlands	Hexham	Derbyshire	Fieldwork & Research
Tiverton Archaeological Group	https://projects.exeter.ac.uk/devonclp/Tiverton_archaeology_Group.htm	Y	Y		Regional Archaeology	Devon	Tiverton	Devon	Fieldwork & General Interest
Trust for Thanet Archaeology	http://www.trustforthanetarchaeology.org.uk	N	N	N	Local Archaeology & History	South East	Birchington	Kent	Education

Upper Nene Archaeological Society	http://www.unas.org.uk/	N	N	N	Local Archaeology	East Midlands	Ampthill Park	Northamptonshire	Fieldwork, Research & Education
Upper Wharfedale Heritage Group	http://www.uwhg.org.uk/	Y	Y	Y	Regional Archaeology	North Yorkshire	Wallingford	North Yorkshire	Fieldwork & Research
Vindolanda Charitable Trust	http://www.vindolanda.com/	Y	Y	Y	Local Archaeology	Northumberland	Uckfield	Northumberland	Fieldwork & Research
Wallingford Historical and Archaeological Society	http://www.twhas.org.uk/	Y	Y	N	Local Archaeology & History	South East	Kings Lynn	Oxfordshire	Fieldwork & Research
Warrington History Society	http://warringtonhistorysociety.uk	Y	Y	N	Local Archaeology & History	North West	Bletchley	Cheshire	General Interest
Wealden Iron Research Society	http://www.wealdeniron.org.uk/	Y	Y	N	Regional Archaeology & History	South East	Devizes	East Sussex	Fieldwork & Research
Welwyn Archaeological Society	http://welwynarchaeologicalsociety.wordpress.com/	Y	Y	N	Local Archaeology & History	South East	Cirencester	Hertfordshire	General Interest
West Norfolk and Kings Lynn Archaeological Society	http://wnklas.greyhawk.org.uk/main.php?p=home.htm	Y	Y	Y	Local Archaeology	East Anglia	Wolverhampton	Norfolk	Fieldwork & Research
Wigan Archaeological Society	http://www.wiganarchsoc.co.uk/	Y	Y	N	Local Archaeology	North West	Keyworth	Greater Manchester	Research & General Interest
Wiltshire Archaeological and Natural	http://wiltshireafg.weebly.com/index.html	Y	Y	Y	Regional Archaeology	South West	Upper Weardale	Wiltshire	Fieldwork & Research

History Society Archaeology Field Group									
Winchester Archaeology and Local History	http://www.warg.org.uk	Y	Y	Y	Local Archaeology & History	South East	Birmingham	Hampshire	Fieldwork, Research & General Interest
Wolverhampton Archaeology Group	https://www.wolverhampton-archaeology.org.uk	Y	Y	Y	Local Archaeology	West Midlands	Badsey	West Midlands	Fieldwork & Research
Wolverton and District Archaeological and Historical Society	https://www.mkheritage.org.uk/wdahs/	N	N	N	Local Archaeology, History & Historic Architecture	South East	Keyworth	Buckinghamshire	Research & General Interest
Woolhope Club (Archaeology Section)	http://www.woolhopeclub.org.uk/	Y	Y	N	Local Archaeology & Ecology	West Midlands	Keyworth	Herefordshire	Research & General Interest
Woolmer Forest Heritage Society	http://www.woolmerforest.org.uk/subjects/about.php	Y	Y	N	Local Archaeology & History	South East	Carlisle	Hampshire	General Interest
Worcestershire Archaeological Society	http://worcestershirearchaeologicalsociety.org.uk/	Y	Y	N	Regional Archaeology, History & Historic Architecture	West Midlands	Derby	Worcestershire	General Interest
Worcestershire Industrial Archaeology &	http://www.wialhs.org.uk	Y	Y	N	Local Industrial Heritage	West Midlands	Clevedon	Worcestershire	Fieldwork, Research & General Interest

Local History Society									
Worthing Archaeological Society	https://www.worthingarchaeological.org	Y	Y	Y	Regional Archaeology	South East	Worthing	West Sussex	Fieldwork
Yatton, Congresbury, Claverham and Cleeve Archaeological Research Team	http://www.ycccart.co.uk/	Y	Y	Y	Local Archaeology	South West	Congresbury	Somerset	Fieldwork
Yeovil Archaeological and Local History Society	http://www.yalhs.org.uk/	Y	Y	N	Local Archaeology	South West	Newport	Somerset	General Interest & Research
Yorkshire Archaeological Society	http://www.yas.org.uk/	Y	Y	N	Regional Archaeology, History & Historic Architecture	West Yorkshire	Leeds	West Yorkshire	Archival & Research

Appendix 4 - Focus Group Analysis Example

Raw date/phrases etc	Categories/Similar phrases	Themes
I: I sit on the Management Committee	Involvement/participation Position of responsibility	Involvement/participation Responsibility
I: All of last year was really cancelled so although we did have some major plans for excavation, they were all knocked on the head really. It was a great shame. I came to archaeology through a lifelong interest in church architecture of all things - that's why I've got no friends! The point being, it does link to archaeology and it led me on to archaeology, which has been a great thing.	We did have some major plans for excavation, they were all knocked on the head really. It was a great shame Lifelong interest	Disappointment (C-19) Valued learning Enjoyment Lifelong interest
A: I sit on the committees of two of the six organisations I'm involved in and host meetings for an archaeological society also.	Position of responsibility Involvement/participation Host meetings for group	Responsibility Involvement/participation
A: But my interest probably started at university in industrial archaeology.	Interest started at university	Lifelong interest
D: They asked for volunteers to help with finds photography and being a typical squaddie, I should know never to volunteer for anything - but I thought, well, it's ten in the morning and must be eighty degrees, photography must be air conditioned, so I stuck my hand up. It was a little room in an attic and was hotter than hell. It was hard but I carried on and just got the bug.	Willingness to participate Willing to try something new Just got the bug	Willingness to adapt Enjoyment
D: last year it was all cancelled because of Covid which was disappointing but understandable. I'm quite happy sitting in a trench, scraping away. I'm totally a novice in archaeology but if there are other people in the trench, more experienced who tell me what to do and show me then I'm happy. Listen, watch and learn - that's my motto.	Disappointment due to cancellation Quite happy sitting in a trench Willingness to learn from others Positive attitude	Disappointment (C-19) Enjoyment Positive attitude Valued learning

uplift individuals. Because I've participated, I feel useful anyway, but for others who are less confident it definitely helps - to see that they were a useful participant. D: It's the motivation to get involved in a team. It doesn't matter where the group has come from, I love to get involved, to get my hands dirty - probably from being in the army. I worked in an office for twelve years and didn't have the opportunity to get my hands dirty then, but now if someone gives me a shovel and tells me to dig a hole, I'm there. D: It helps me. It's like therapy. For me it's not just good fun, it's interesting. Like Skara Brae - you stand there and look down into the kitchen and it's like looking down into your granny's kitchen. It's amazing. It's become a passion. E: Most of the digs I've been on have been for one or two weeks, but what I've achieved in that time has been amazing. It would be nice to be there for the whole time of a project. When I was digging with Wessex the good thing about it was that they would leave you alone - they were always on hand if we had questions and to tell us what to do if we asked, they were really welcoming. It's really good and interesting. E: It gives you a sense of achievement and you feel trusted - that you're on an archaeological dig and you're finding skeletons and pottery. In France when I found the skeleton, they let me excavate it. I was lying on my stomach for four hours, digging. They explained it all to me, and that trust was great - you think, oh yes, I can do this now!	maximising individual's usefulness by understanding what they're best at with regards to archaeology. It could be research right through to digging, or just being on site lending support. Using one's learnt skills in a different way. People bring different skills and experience Participation Individual recognition of your part in a project - acknowledgement Because I've participated, I feel useful anyway, but for others who are less confident it definitely helps - to see that they were a useful participant. Motivation to get involved in a team Involvement Physical nature of archaeology It helps me. It's like therapy For me it's not just good fun, it's interesting. Like Skara Brae - you stand there and look down into the kitchen and it's like looking down into your granny's kitchen. It's amazing. It's become a passion. but what I've achieved in that time has been amazing When I was digging with Wessex the good thing about it was that they would leave you alone - they were	 Previous employment skills/experience Accessible Involvement/participation Being part of something Recognition/acknowledgement Confidence Sense of achievement Satisfaction Mentally beneficial Motivation Teamwork Involvement/participation Physical work Mentally beneficial Enjoyment Interesting