

WATERLOO  
UNCOVERED

# 2022 Programme Prospectus

Uncover. Discover. Recover.

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THE WATERLOO  
UNCOVERED VIRTUAL  
PROGRAMME HAS  
GIVEN ME THE SKILLS  
TO TRY NEW THINGS.

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SOME OF THESE GUYS  
ARE COMING OUT  
OF THEIR SHELLS IN  
WAYS THEY PROBABLY  
HAVEN'T DONE IN A  
GREAT MANY YEARS.

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“

THE TEAM'S SUPPORT  
THROUGHOUT THIS  
COURSE HAS BEEN  
WONDERFUL AND  
I CANNOT THANK  
THEM ENOUGH.

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“

I HAVE GAINED SO  
MUCH KNOWLEDGE  
FROM MY FELLOW  
STUDENTS,  
PARTICULARLY  
FROM THE VETERAN  
COMMUNITY.

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I LOVED THE FINDS  
PROGRAMME AND  
I'M LOVING THIS NEW  
ADVENTURE.

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# Introduction

**Waterloo Uncovered is a groundbreaking charity that combines world-class archaeology with a programme of care and recovery for Veterans and Serving Military Personnel (VSMP) who have struggled with the physical or mental impacts of their service.**

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Since 2015, Waterloo Uncovered has been taking VSMP to excavate on the site of one of the world's most decisive battles – Waterloo in Belgium – where we have made important new discoveries about the fighting there, and about the people who took part. Our excavation is professional and academically robust, run in partnership with AWAP, L - P : Archaeology, University of Ghent & University of Glasgow. No archaeological experience is required to take part in our work – all training will be done as part of our programmes.

As the charity has grown, so has our scope of support programmes. In addition to our annual excavation at Waterloo, we now offer a varied range of programmes, all of which use archaeology as a primary tool to improve the wellbeing, education and recovery of our participants. What's more, by participating in Waterloo Uncovered Programmes, veterans will be an integral part of a team performing essential functions & using their own military experience to help further the archaeological interpretation of the Waterloo Battlefield.

Many of the VSMP we support have experienced service-related wounds and injuries or suffer from a range of mental health conditions. Taking part in a Waterloo Uncovered Support Programme can help rebuild wellbeing and confidence, give the opportunity to learn new skills and provide a great forum to mix with people from a variety of backgrounds with shared experiences.

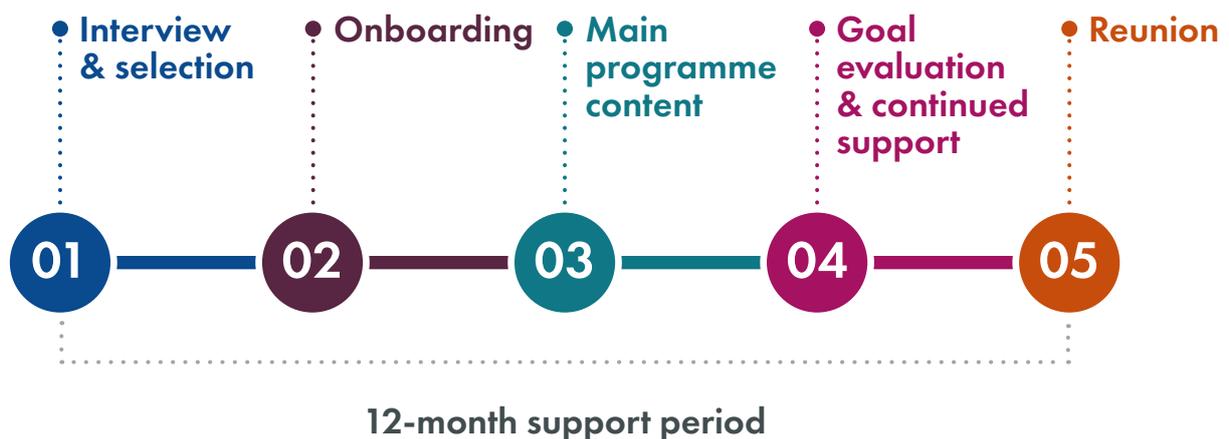
Participants on our programmes are supported by our expert wellbeing and support team who help encourage them along their journey to recovery. All of our professionals come from military mental health backgrounds, have a wealth of knowledge and are able to support and broker new care pathways as and when required. It's important to note that our support is not the same as clinical therapy, but it is light-touch and aims to leave participants with improved tools for managing day to day situations. All those who enrol with us work towards their own set of personal goals and have the chance to immerse themselves within an important part of history, with a likeminded group of people.



Waterloo Uncovered programmes run year round. They are designed to maximise support whilst avoiding long term dependency. Participants will be an integral part of our work and team for a 12 month period. From application stage right through to the group reunions that conclude the programmes, we support our participants throughout. All programmes have a beginning, middle and end – starting with our interview & selection process, successful candidates will be

onboarded before taking part in their chosen programme activity. The programme ends with signposting and goal evaluation where participants are given the tools to continue on their personal recovery journey.

We've now supported over 150 VSMP from a number of different countries, and we look forward to supporting many more in 2022 and beyond.



# Virtual Programme

We delivered our first 'virtual' programme in 2020 in response to Covid-19 so we could continue to support VSMP at a time when many of them would have felt the profound effects of loneliness and isolation.

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As a result of the programme's success and its hugely positive impact throughout the pandemic, Waterloo Uncovered is looking to offer this programme again in 2022. We are collaborating with partner organisations and other heritage institutions, such as the British Museum and the National Army Museum to ensure the delivery of highly engaging and educational content.

The virtual programme will encourage veterans to use mindful techniques and to engage in archaeology – with a focus on the Battle of Waterloo – in a new and meaningful way with a powerful emphasis on wellbeing.

The content of this programme focuses on many aspects of Waterloo – the battle itself, the history surrounding it, and of course its archaeology. Participants will

have the opportunity to learn fundamental archaeological skills and techniques in addition to virtual museum trips, including a behind the scenes preview of the most prestigious collections at the British Museum with its top curators.

The Programme will also focus on the holistic side of archaeology – equipping participants with an understanding of mindfulness techniques – as well as offering opportunities for creative outlets. The course provides an excellent space for veterans to engage with a new group of people.

Our professional and experienced wellbeing & support team will be alongside our participants every step of the way for the programme's year-round duration.

# Programme Format

The Virtual Programme is a collaboration between Wellbeing and Support specialists, heritage institutions & archaeologists. It offers a clear educational and goal setting structure that gives the best possible experience for the participants, with the overarching aim of improving their wellbeing.

Interviews will take place in March 2022. Following successful completion of the application & selection phases, VSMP will be offered a place. This programme will be delivered with an initial six weeks of intensive online activities (from May 2022) followed by monthly virtual 'Hangouts' with engaging

tasks that offer participants the chance to develop lasting relationships, learn something new and discover a whole new world of archaeology & mindfulness. There will be follow up sessions and a reunion showcase at the National Army Museum to finish the programme in January 2023.

Applications for this programme open on **1st February** and close on **1st March 2022**.



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The Waterloo Uncovered virtual programme has given me the skills to try new things. It has shown me that archaeology can be enjoyed when blind, it has identified areas I would like to explore. The ethos of this charity gives us our dignity.

2021 Virtual Programme participant

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# Excavation Programme

Waterloo Uncovered has been taking VSMP to excavate on the Waterloo Battlefield since 2015, and we are hopeful that we will return in July with a new group of participants for the first time since the pandemic.

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Similar to the Virtual Programme, this programme will also encourage veterans to use mindful techniques and to engage in archaeology with a powerful emphasis on wellbeing. The key difference is that this programme offers a practical and immersive experience with a two week trip to Belgium for hands-on excavation with a team of world renowned archaeologists.

In addition to giving participants the chance to apply archaeological skills and techniques in practice on the site of one of the most famous land battles in history, this year round programme also focuses on the theory and history of the battle which affected almost every regiment in the British Army. Participants will also have the opportunity to enjoy 'in person' museum trips, with visits to the National Army Museum and the British Museum. Taking place in Belgium, international collaboration is prominent, VSMP will mix with individuals of different nationalities and backgrounds.

The real life, immersive nature of this programme gives participants a number of important benefits and life skills, including team building, time keeping, travel and adjusting to new environments.

As with all our programmes, the Excavation Programme places a strong emphasis on improving mental wellbeing and offers the space for Veterans to engage with a new group of people, archaeologists, students & international VSMP. Our professional and experienced Wellbeing & Support team will be available to provide help and assistance to our participants whenever they may need it. As with the Virtual Programme, we are collaborating with partner organisations and other heritage institutions to ensure highly engaging and educational content is offered. Furthermore, this programme gives participants the chance to gain recognised academic credits from the University of Utrecht.

# Programme Format

The Excavation Programme is a collaboration between Wellbeing and Support specialists, heritage institutions & archaeologists. It offers a clear educational and goal setting structure that gives participants the best chance of maximising their opportunity with us, with the main objective of improving their wellbeing.

Interviews will take place in March 2022. Following successful completion of the application & selection phases, places will be allocated. This programme will be delivered with two museum trips in May and June of 2022, followed by a two-week trip to Belgium in July. This will offer veterans & serving personnel the chance

to develop lasting relationships, learn something new and discover a whole new world of archaeology & mindfulness. Virtual 'Hangouts' will take place throughout the year with exciting archaeological content and different themes to explore. There will be follow up sessions and a reunion showcase at the National Army Museum to finish the programme in January 2023.

Applications for this programme open on **1st February** and close on **1st March 2022**.

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Some veterans have had horrific accidents and horrific things happen to them. This project is doing them a huge amount of good, you can see it day on day, week on week.

Some of these guys are coming out of their shells in ways they probably haven't done in a great many years.

2019 Excavation Programme participant

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# Creative Arts Programme

**Our Creative Arts Programme demonstrates the amazing potential for therapeutic yet educational activities to enhance the lives of VSMP.**

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One of Waterloo Uncovered's more recent but already highly successful programmes, the Creative Arts Programme is returning for its second year in 2022 and reflects our commitment to developing stimulating, mindful and creative workshops that include art, writing and poetry. These activities encourage veterans to explore their emotions and to engage in archaeology in a very different yet meaningful way.

Our 2021 programme showed that by taking part in creative activities like writing, painting and model making, VSMP wellbeing could be successfully nurtured and maintained. Through mindful activity, working alongside a new group of people, learning new skills and making connections, participants really stand to benefit from this programme.

This programme presents an opportunity to re-engage with the military community and to explore the historical context of the Battle of Waterloo in ways which may resonate with their own military experience. Participants will be encouraged to achieve a different, positive perspective on their personal experiences, whilst developing a new interest, skill or hobby with real long term potential to support their mental wellbeing.

As with our other programmes, our professional and committed wellbeing & support team will be on hand to participants for any assistance required.

# Programme Format

This programme is a collaboration between Wellbeing and Support specialists, artists, writers and creatives. With improved participant wellbeing as the primary focus, it also provides a clear educational and goal setting structure to help veterans get the most from their experience with us. This programme is looking to support nine veterans in 2022.

Interviews will take place in March 2022 and following successful completion of the application & selection phases, nine veterans will be offered a place to take part. Participants will take part in monthly 'Hangouts' online with arts specialists, introducing them to

different artistic disciplines and the Battle of Waterloo. This will be followed by a period of six-weeks of virtual content from the end of July 2022 – this will offer participants the chance to focus on a single creative outlet in a safe and supported environment, with follow up sessions and a reunion style showcase at the National Army Museum to finish the programme in January 2023.

Applications for this programme open on **1st February** and close on **1st March 2022**.



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As a totally blind individual, I was intrigued about the idea of participating in the Waterloo Uncovered Arts Programme – it seemed a bit impossible. However, when I thought about the wider aspects of art, it became obvious that there were areas with which I could get fully involved, and it has been fantastic!! I've learned a lot about myself and about writing poetry that is 'in the moment'.

Arts Programme participant

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# Finds Programme

**Archaeological Finds; discovering them, cataloguing them, preserving them and sharing them is integral to Waterloo Uncovered.**

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But it also presents a unique opportunity as an educational activity that Veterans can be a part of. In our second year of the Finds Programme, we will provide training for veterans to develop a handling collection that they will use to teach others about the benefits of archaeology for mental wellbeing. This programme not only cultivates and fosters a lasting connection to heritage, but it also gives participants the chance to discuss a number of sensitive topics, such as death, loss, injury and trauma.

Participants will build physical and digital assemblages over the period of a year. It will provide them with an opportunity to re-engage with the military community and to explore the historical context of the Battle of Waterloo in ways which may resonate with their own military experience. As ever, our dedicated and experienced team will be alongside participants every step of the way to ensure that their wellbeing is a priority and that appropriate support is provided as needed.

# Programme Format

The Finds Programme is a collaboration between Wellbeing and Support specialists, archaeologists and museum curators. It provides a clear educational and goal setting structure that equips participants with new and meaningful skills whilst maintaining the overarching aim of improving their wellbeing.

Run in the second half of the year, the programme will offer a blended learning experience. Interviews will take place in March and following successful completion of the application & selection phases, nine veterans will be offered a place to take part. The programme will be run virtually and in person in collaboration with WU's partner,

L - P : Archaeology. Workshops will cover finds handling and thematic understanding with a view to building a collection – these will be interspersed by in person sessions at L - P's Finds Warehouse in Bishop Stortford. This programme will also offer follow up sessions and a reunion style showcase at the National Army Museum to finish the programme in January 2023.

Applications for this programme open on **1st February** and close on **1st March 2022**.

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I was thrown into the virtual world which was hard to adapt, however support from the WU team made this transition easier. I loved the finds programme and I'm loving this new adventure.

Finds Programme participant

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# Battlefields Uncovered

**This programme offers participants the chance to gain academic credits from an accredited university course held online.**

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Ideally suited to those who may be interested in gaining new skills through engaging lectures and seminars with a particular focus on history and archaeology, participants will journey across the globe and through the ages, starting with the Battle of Waterloo, to discover what investigating conflict can reveal about the past, the present and even ourselves.

Lectures, seminars and interactive workshops hosted by a range of expert lecturers and leading scholars, totalling 30 hours of online learning content spread over three months

(roughly 2 hours a week). Friendly discussions groups and social events will be held regularly to help combat the isolation that can be felt over winter. Assessment is based on participation and engagement (no written exams) and graduation will take place online in mid-December

No prior knowledge or experience of archaeology or military history is needed, and since the course takes place online, it doesn't matter where participants are based. This programme aims to reduce loneliness for its participants as well as targeting isolation.

# Programme Format

Our Battlefields Uncovered Programme is a collaboration between Wellbeing and Support specialists, archaeologists, museum curators & the University of Utrecht. It provides a clear educational and goal setting structure to ensure participants achieve meaningful outcomes, with an important focus on improving their wellbeing.

Interviews will take place in March and following successful completion of the application & selection phases, veterans &

families of service professionals will be offered a place to take part with regular check-ins before the programme commences in October.

Applications for this programme open on **1st February** and close on **1st March 2022**.



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I have gained so much knowledge from my fellow students, particularly from the Veteran community. The timing of this course could not have been better as it alleviated a lot of the feelings of isolation throughout the lockdown period. The team's support throughout this course has been wonderful and I cannot thank them enough.

Battlefields Uncovered  
participant

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# Summary

**All of our VSMP support programmes are designed with improved wellbeing for participants as the primary objective.**

Waterloo Uncovered presents veterans with a wide range of unique opportunities that are only accessible through our carefully designed and tailored programmes. Exposure to heritage, arts, history and archaeology, in addition to wellbeing and mindfulness techniques, equips participants with a tool kit that we hope will help them to improve personal independence and resilience, and encourage them to better manage life challenges once they've completed their time with us. It is hoped that by fully engaging with our programmes and utilising the professional

support available, our VSMP will develop new interests and improve their practical and social skills. Our programmes are designed to foster both personal and professional development through opportunities to learn and form relationships with others who have similar or shared experiences.

By using discovery as an aide to recovery, the programmes offered by Waterloo Uncovered continue to help veterans find peace from war.

Please note we can only accept applications that come via our referral partners. If you are a veteran or a serving member of the armed forces and you're interested in enrolling on one of our programmes, please do get in touch and we can direct you to our referral organisations who help us to identify suitable candidates. Places are very limited and applications will close when places have been filled.



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