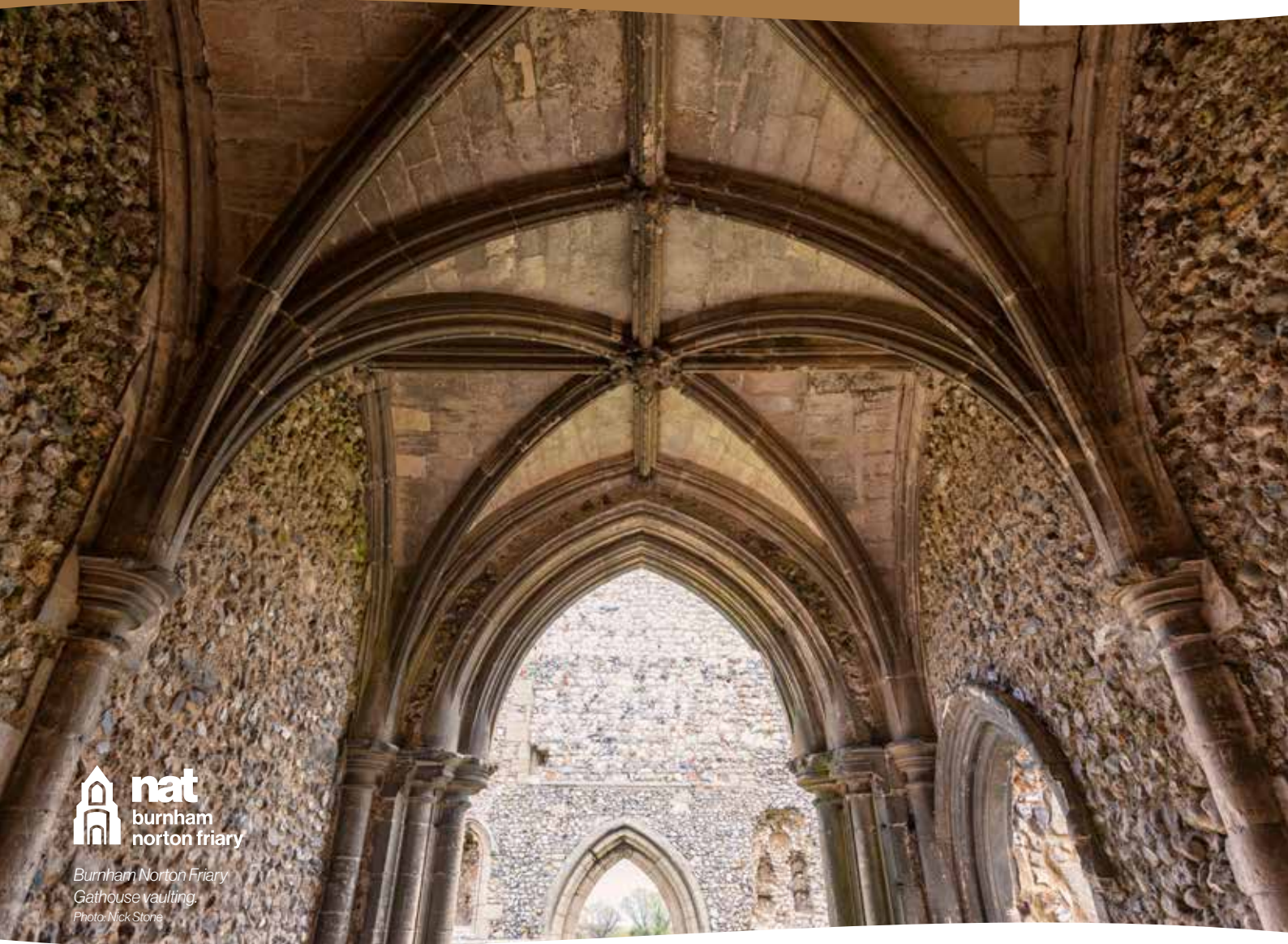


Spring Newsletter 2023

www.norfarchtrust.org.uk



*Burnham Norton Friary
Gathouse vaulting.
Photo: Nick Stone*

Directors Report

2023 is an exciting year for The Norfolk Archaeological Trust, as it celebrates one hundred years of saving Norfolk's irreplaceable historic sites by protecting Norfolk's history for people to enjoy every day. In July we will be starting our celebration through our project, funded by the National Lottery Heritage Fund - NAT: Its Centenary and Beyond. An exciting opportunity to explore the achievements of our past, celebrate the contributions of local people and look to NAT's future.

This year, Jules Armour, took up a new position with the National Trust. Jules has worked hard during her two years with us, establishing successful volunteer teams and raising awareness of NAT. We thank her for her enthusiasm, and contribution and wish her well for the future.

We welcome Fran Young as our new Visitor Experience Manager and Victoria Draper as our new Charity and Membership Officer. They are both well experienced, and bring new enthusiasm and knowledge to the NAT team.

Our car park extension project at Caistor Roman Town is well underway. With funding in place for its construction, we are now in the process of appointing contractors and getting the necessary permissions. We hope this project will be completed by 2024.

Our volunteer team have worked tremendously hard this year, from site visits to research, social media to guided tours. The Director and the Trustees of NAT appreciate their hard work and enthusiasm and would like to thank everyone for their time and energy.

Thankyou to our members for your continued support. Don't forget to come along to our free guided tours and our AGM in November.

Introducing our new staff members – Victoria Draper and Fran Young

Victoria

Our new Charity and Membership Officer is Victoria Draper. Victoria joined the organisation in April 2023, and will be working one day a week. Victoria has a strong background in heritage, having completed a BA in History with American Studies from Northampton University College back in 2000.



In 2001 Victoria began work at the Norfolk Record Office (NRO) as a searchroom/research assistant before moving into education and outreach for the organisation two years later, and gaining promotion to Education and Outreach Officer in 2008.

Within this role Victoria is responsible for organising and running the Record Office's programme of events, providing marketing for the organisation, and creating and running school workshops.

Victoria is continuing with this role while working for NAT. Victoria said 'I am really pleased to be offered the role of Charity and Membership Officer for NAT, which I feel compliments my job within the Norfolk Record Office. I am really keen to be able to provide admin support for new and existing members and hope that through this I will be able to help more people to become inspired by history, particularly during the centenary year'.

Outside of work Victoria is a keen photographer and has found the sites of the Norfolk Archaeological Trust a perfect backdrop for taking candid photographs of her children enjoying learning about history.

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Fran

"I was delighted to be appointed as the Visitor Experience Manager for Norfolk Archaeological Trust in April this year and have already found the role to be diverse, interesting, and busy."

Fran has previously worked for Waitrose Wymondham as their Marketing Assistant and Community Officer, a role which required her to bring to life the Corporate Social Responsibility Policy in the local area. Her experience in this role included selecting and working with charities, schools, and local organisations to find diverse ways in which they could support them.

"One of my favourite projects was when we had our Grow and Sell Initiative. Waitrose provided starter kits for schools and those who might benefit from growing food from seeds, and then the opportunity to return to the store to sell the produce they had grown.



One organisation we supported through this initiative was the Hamlet Centre Trust and the young adults with disabilities were delighted to have afternoon tea provided in our Café when they collected their seeds and even more delighted when they could sell their produce to our customers to help them raise funds."

Fran volunteered for Wymondham Town Team where she was the Chair for 6 years. Here she gained much experience of working with and supporting volunteers to achieve their ambitions. Through her work at the council, Fran has supported events such as Wymondham in Bloom and Light up Wymondham. She has also grown the Wymondham Wynterfest to have 10,000 visitors over the last 6 years.

Fran explains... Working for NAT, I hope to bring some of my experience to facilitate diverse activity on our sites. (I have already been able to influence the installation of pop up electric points as part of the new car park project at Caistor Roman Town) build stronger relationships with and between our volunteer teams and learn much more about our heritage and historic monuments and new skills too. I am currently teaching myself how to dress in a Roman Toga!

Trustee visits

Earlier in the year, our Trustees enjoyed a visit to Caistor Roman Town and Tasburgh Enclosure. They loved being led around the sites by our Director, Natalie, who discussed the archaeology, as well as the land management and the daily challenges of the sites. It was a good opportunity for the group to engage with the visitors and discuss future ideas and projects.

AGM – Tuesday 28th November – Time and Venue to be confirmed.

From left to right – Nick Balaam, Jonathan Sisson, Fran Young, Robert Collin, Henry Kilvert, Alan Squirrell, Alan Staton and Owen Warnock.



Caistor Roman Town Car Park Project Update

Caistor Roman Town is a very popular countryside site with many people travelling to visit from the wider Greater Norwich area. It is a popular dog walking area and has a high turnover of visitors each day.

The site also forms part of a well-used cycle route which has since been included as part of the new 'Rebellion Way' - a 228-mile cycling route which will be ready for the public to try out from October this year. The infrastructure at Caistor Roman Town is struggling to cope with the high number of visitors it receives each year. The main pinch point on the site is the existing car park. Due to the large number of visitors to the site, the car park is no longer large enough, visitors regularly end up parking on the verge along the small rural road.

This project will upgrade and expand the existing car park to approx. 2,000 sq. metres (doubling the existing car park) so it is fit for purpose and can accommodate the increased number of visitors.

The car park will help mitigate the problem with visitors parking on the rural road and reduce the risks to road users. The car park will also have allocated bays for disabled visitors (blue badge holders). The plans for the car park extension also include provision for 2 new Electric Vehicle charging points with associated utilities to support this. We plan to introduce car parking charges at the same time, as this has proved very successful at Burgh Castle Fort. New cycle parking bays, to secure at least 12 bikes, will be included alongside the car park extension to serve and encourage cycling to the site simultaneously relieving pressure on the car park.

This project is funded by the Greater Norwich Growth Board through the Infrastructure Investment Fund and will be completed during 2024.

Natalie Butler, Director of NAT, and Helen Sibley (Green Infrastructure Officer for Broadland and South Norfolk Council) at Caistor Roman Town Car Park



Burnham Norton Friary – new book charting its post- Dissolution history

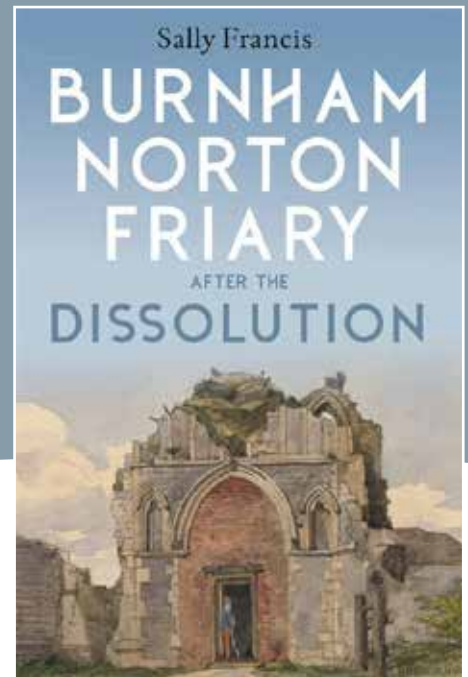
When visiting the remains of Norfolk's many abbeys, priories or friaries, it is easy to feel that their histories stopped when their religious communities were forced to leave. The almost half-millennium long post-Dissolution phase of their stories has often been neglected.

Dr Sally Francis' new book focuses on the post-Dissolution history of Burnham Norton Friary, a site cared for by NAT. This was Norfolk's first Carmelite house, founded in 1242-7 and dissolved in 1538. By using archival sources, a near-complete sequence of the friary's secular owners has been reconstructed and it shows how their plans and priorities impacted the friary buildings and its estate. New findings include hints of a possible founder's mansion at the site, the probable locations of the friars' lands, the complex way some lands were clandestinely granted away by the friars before the friars' estate was largely re-united by a post-Dissolution owner, then broken up by the 1570s.

In parallel with this, Sally surveyed the village of Burnham Norton for re-used limestone from the friary.

This revealed identifiable architectural elements that shed light on what the friary buildings may once have looked like. It also shows how there were probably three main phases of demolition at the site, the last in around 1848, when it was changed from a working farmstead into an 'Antiquarian relic'.

The book's three appendices cover the site's holy well, its use during World War I as a German prisoners of war camp, and present the results of the limestone survey.



Burnham Norton Friary After the Dissolution by Sally Francis. Boydell Press. 168 pages, 23 b&w plates, 8 figures and 6 tables. Signed copies are available from the author (sally@norfolksaffron.co.uk) for £20.00 including P&P. The author thanks the Norfolk & Norwich Archaeological Society and the Carmelite Order for funding towards the publication costs of the book.

Membership

The Norfolk Archaeological Trust currently has nearly 80 members, and over 90 associate members as part of the joint partnership with Caistor Roman Project.

Through our membership scheme we are able to make sure the buildings are looked after and repaired when needed; we maintain the natural environment our sites sit in; and we also need to keep our fences, pathways, notice boards, carparks and other infrastructure in a good state of repair.

Currently members receive special guided tours of new NAT properties as we acquire them, the spring newsletter and an invitation to our AGM.

Legacies

Have you ever thought about leaving a gift to NAT in your will. Our sites need lots of care and attention and remembering Norfolk Archaeological Trust in your will is the most effective way to help us continue our work for future generations.

Your gift will help us continue to save neglected monuments and historic landscapes through conservation and maintenance, and create places where future generations are inspired to find out about our past. No matter how big or small, you can be sure your gift will make a difference to Norfolk's ancient sites.

With the advice of a solicitor, writing a Will or changing it in order to include a gift to Norfolk Archaeological Trust is very simple.

To ensure that a charity benefits from your gift, your solicitor or Will writer will need the following information:

Registered Name: The Norfolk Archaeological Trust

Registered Office: Castle Chambers, Opie Street, Norwich, NR1 3DP

Registered Charity Number: 274604

If you need any further information please don't hesitate to get in touch.

NAT: Its Centenary and Beyond. Celebrating one hundred years of The Norfolk Archaeological Trust

Caistor St Edmunds
Soutgh Gate excavations
9th September 1934
Photo: George Plunkett

It is exceptionally exciting that NAT has been successful in its application to The National Lottery Heritage Fund for its project, NAT: Its Centenary and Beyond.

This project is about celebrating the last one hundred years of NAT – its achievements, its people and the impact that the organisation has had on archaeology in Norfolk.

Celebrating the role that volunteers have had and continue to have in the work of NAT.

It is also a project to look forwards to the next 100 years through engaging with new audiences and building a resilient and sustainable future.



Natalie Butler at
Norfolk Record Office

As well as the Norfolk Record Office, this project will be working with the Young Archaeologist Club, Historic Environment Record, Norfolk Museums Service, and YANA. Working with both existing and new volunteers. This is an amazing opportunity for NAT to celebrate its achievements and look to the future. It also meets many of our strategic goals including - “Involve and inspire a greater number, and a wider range, of people and deepen their participation and support”, “Develop dynamic and mutually beneficial relationships that will help deliver NAT’s purpose” and “raise awareness of NAT and its essential role in protecting Norfolk’s heritage”. The project will run between 2023 – 2024, NATs centenary year.

The project

We have been awarded £118, 800 for the project which is in partnership with the Norfolk Record Office. This grant will allow us to employ a temp part-time Project Manager and a part-time Project Archivist to do the following:

- Small oral history project
- NAT exhibition at NRO
- Small publication on the last 100 years of NAT
- A events programme including talks and school holiday activities for children
- Digitalisation and cataloguing of our records held at the NRO – predominately minute books and photographs
- Re packaging and storage of the NAT Archive at the NRO
- Equipment – laptop, webcam, microphone, visitor counters for some sites and new signage advertising our other sites
- Recruit a Project Evaluator

nat
norfolk archaeological trust
100 years

Guided Tours

During the summer months, NAT runs guided tours at Burgh Castle Fort, Caistor Roman Town and St Benet's Abbey. These are an excellent opportunity to explore and discover more about the history of these nationally important archaeological sites.

Burgh Castle Fort Free guided tours every Sunday from May to September at 2pm. Meet at the information panel as you enter from the car park.

Caistor Roman Town Free guided tours every Sunday from May to September at 2pm. Plus on Wednesdays in July and August at 2pm. Meet at the information panels in the car park.

St Benet's Abbey Free guided tours every Wednesday and Saturday from June till the end of September. Meet at the gatehouse.

Tours are usually free, donations are always appreciated.

Private tours also available.



YANA

YANA is a mental health charity that has been supporting people working in agriculture and related rural businesses locally for the last 14 years. We work to improve mental health amongst those working in the sector through:



- Providing a confidential helpline & free counselling
- Building a better understanding of mental health to reduce stigma and encourage conversations
- Investing in Mental Health First Aid training
- Running a national suicide prevention campaign called '7 Tractor Facts to Save a Life'

The pressures that farmers and farm workers are under are well documented and it is no surprise that support services are hearing increasingly about the struggles people face.

If you, or someone you know, feels unable to cope, is feeling down or having thoughts about self-harm or suicide, talking can really help. The helpline number is 0300 323 0400 or email helpline@yanahelp.org.

If you would like some leaflets or posters with details of YANA's helpline, please email admin@yanahelp.org. YANA will be running more Mental Health First Aid courses in 2023.

These are ideal for people who have regular contact with those working in the sector; if you would like to find out more, please visit www.yanahelp.org



Keeping in touch

We will always be pleased to hear from members about any aspect of the Trust's work, especially if you are interested in volunteering at one of our sites. Email: info@norfarchtrust.org.uk

You can also follow us on social media:

Twitter: @NorfArchTrust,

Instagram: [norfolkarchaeologytrust](https://www.instagram.com/norfolkarchaeologytrust)

Facebook: [facebook.com/NorfArchTrust](https://www.facebook.com/NorfArchTrust)

[facebook.com/burghcastlefort](https://www.facebook.com/burghcastlefort)

[facebook.com/stbenetsabbeynorfolk](https://www.facebook.com/stbenetsabbeynorfolk)

We also regularly update the website news and events pages www.norfarchtrust.org.uk.

Text and photographs by Natalie Butler unless otherwise stated. Design by Starfish <http://www.starfishlimited.co.uk>

