

Sustainable Community Engagement at The Roman Baths



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**Bath & North East
Somerset Council**

Improving People's Lives

The Roman Baths



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Meaningful community engagement

Community needs, values and aspirations drive initiatives.

Strategic priorities:

- Co-creation
- Diversification
- Consistency and Sustainability
- Transparency

Thinking reinterpretation!



Community Engagement Programme

- Care homes
- Charities/Partnerships
- Co-curation projects
- Health and Wellbeing Programme
- Holidays, Activities and Food Programme
- Regional/National/International Festivals
- Sanctuary Programme
- Tai Chi
- Uniform groups (Brownies, Beavers, etc)
- Work placements and experience



Sanctuary Programme

'These masterclasses are more than just creative sessions; they can be transformative moments in someone's life journey. Inspired by this realization and subsequent self-reflection, I established a social group for women ... dedicated to helping others find friendship and mutual support.'

Participant testimony



Looking Forward

- Refugee Weeks
- Supporting skills and employment
- Museum of Sanctuary Award
- Maintaining a sustainable programme
- Long-term: reinterpretation



Health and Wellbeing Programme

- A Roman's Guide to Wellbeing
- Social prescribing and BANES Community Wellbeing Hub
- Charities: Headway, Blind Veterans UK, Bath Carers Centre



Social Prescribing: An approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

A Roman's Guide to Wellbeing

- Live in rooms full of light.
- Avoid heavy food.
- Be moderate in the drinking of wine.
- Take massage, baths, exercise, and gymnastics.
- Fight insomnia with gentle rocking or the sound of running water.
- Change surroundings and take long journeys.
- Strictly avoid frightening ideas.
- Indulge in cheerful conversation and amusements.
- Listen to music.

Aulus Cornelius Celsus 25-50 BC

Sustainable Practice

“A wonderful opportunity given to local adults to explore our connection with local history, wellbeing and craft in an inclusive social group.”

“I've met new people in similar health situations to myself, we chat and meet outside the group, plus it's a fully accessible venue so I never have to do all the checks and planning I need to do in advance and during visits to other places. Its win win!”

“At the end of your course I was a bit sorry for myself thinking I was on a one way direction of increasing immobility. Your course suggested that I, with medical advice, could intervene! I now am so much better generally! Thank you. Also I am doing a Latin course which I am enjoying after months of mainly sitting in my flat.”



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