

NEWSLETTER

C·A·T

Canterbury Archaeological Trust Ltd

Welcome to the Trust Newsletter

Mental Health First Aiders

Just before Christmas Andy Macintosh and Jess Twyman undertook training for the 'Adult Mental Health, Workplace First Aider' qualification, a two-day course run by St John Ambulance. The course is aimed at creating competent and confident Mental Health First Aiders who are able to spot the signs that someone might be experiencing a mental health issue and have the skills to respond accordingly. Consideration is given to the mental and physical needs of those experiencing such symptoms. Andy and Jess learnt how different issues can present themselves in different ways, how to risk assess

situations and what practical measures can be adopted to provide support. Support can take many forms, from helping someone to access help within the work environment (talking to line managers/spreading workloads etc) to helping them access external help and advice. Most importantly, the training emphasised the importance of simply offering a space where people are able to talk in confidence about how they are feeling and the need to work towards removing the concerns people have around discussing mental health. Jess and Andy found the training interesting, challenging and extremely valuable.

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Talk about your feelings

Keep active

Eat well

Take a break

Drink sensibly

Keep in touch

Do something you're good at

Accept who you are

Ask for help

Care for others

Mental Health Foundation
mentalhealth.org.uk

Frances Morgan, Environmental Champion

C·A·T's new environmental champion is Frances Morgan. Frances is a passionate advocate of environmental protection, motivated by the belief that everyone should do what they can to help protect the planet. She is looking forward to engaging with staff and helping to reduce the organisation's environmental impact.

is the time to give things a push. The areas Frances will be looking at include:

- » Waste reduction – reducing totals while increasing the proportion that's recycled
- » Energy and water usage – monitoring levels and making practical suggestions for reducing consumption
- » Impact of vehicles – working with our Vehicle Maintenance Officer, Ross,

to help reduce mileage and CO2 emissions

- » Responsible sourcing – practical support for those purchasing supplies and subcontracting services



C·A·T Outreach

Bryan Hawkins: C·A·T's Artist in Residence

Following on multiple collaborations with The Canterbury Festival, Canterbury Archaeological Trust, Folkestone A Town Unearthed Project, the recent Finding Eanswythe Project and others, and a career in academic research and teaching in the

areas of the visual arts and visual culture at Canterbury Christ Church University, Bryan Hawkins has joined C·A·T as Artist in Residence.



You can read Bryan's full report on our website /news

C·A·T Commercial

Dane John Gardens play area, Canterbury DJPA EV 22

From the 10th to 17th January 2022, C·A·T undertook the excavation of fourteen test-pits on the west side of the Dane John Mound in Canterbury city centre. The excavations were conducted in advance of the installation of a new play park. As the Dane John Mound is a Scheduled Monument, Historic England advised that test-pits should be hand-dug across the area to ascertain if the foundations for the new playpark would disturb any archaeological remains. C·A·T previously undertook an excavation in 1981 at 15A Dane John, which lies c.100m north of the current site. The report for the 1981 excavation (written by Jon Rady) can be found in *Canterbury Excavations Intra- and Extra-Mural Sites 1949-55 and 1980-84*.

The majority of test-pits produced evidence for landscaping deposits that correlate with the descriptions of those found in the 1981 excavation, with brick, tile, animal bone, oyster shell and a



variety of ceramic fragments present. We do not have the finds report yet, but when compared with the information from the 1981 excavation, the deposits uncovered in the test-pits look to date to at least the 1600s, with a date in the 1800s most likely. In several of the test-pits, concrete foundations were also uncovered at around a metre's depth. The purpose of these foundations is unclear, but at present our best guess is that they could be the remains of air-raid shelters from World War II, which are known to have existed in the area. Additionally, in a couple of test-pits archaeological features were found cut into the natural geology, with the contents suggesting that they are at least post-medieval in date.

While it appears that none of the archaeological deposits were of major significance, several interesting finds emerged from the excavation. One such item was a metal button depicting three cannons and a cannon ball, which dates to the Napoleonic Wars. It is quite possible that it fell from a soldier's uniform when the Dane John Gardens were used as a parade ground in this period. Another notable find was what looks to be a bone stylus, with a double-band of incisions made at either end of the object. Among the ceramic fragments there are some nice examples of (likely residual) Roman and Medieval wares.

The excavation was managed by Caroline Russell, supervised by David Walsh, and undertaken by Tom Axtell, Rylan Batley-Thomsett, Rob Dye, Susanne Jost, George Knight, Phil Mayne, and Callum Pollard.

David Walsh

More on Dover Market Square

Following on from our main summer excavations in the Market Square at Dover, we have been maintaining a watching brief as the groundworks for the new development (an ornamental walkway with 'mist features') get underway (an awful new fragments of walling revealed) probably represent further elements of the lost seventeenth century guildhall previously investigated. The site workers from Conway Construction have been consistently helpful, which has been of great assistance.

Before the marketplace with its guildhall was established, antiquarian tradition asserts that the area had been part of the graveyard of the great Norman church of St Martin-le-Grand, ruins of which are still exposed a short distance to the west. Excavations in early December 2021 for a new plant room on the western side of the central square revealed an important stone-built medieval tomb. This falls pretty much on the axis of St Martin-le Grand church, some 8 metres outside its east end. It would seem that this burial was of someone quite important – but not so important that they were buried inside the church. We were not able to rapidly record this structure before it was reburied for protection. Although previously damaged, part of the tomb's chalk block capping still remained. Limited investigation indicated that the occupant was still inside. Fortunately, the top of the tomb was just about at the finished level of the new works, so it was filled in and carefully covered over. The structure thus still survives for someone in the future to fully excavate.

The tomb was not on its own and had, itself, been cut into a series of earlier burials. These had been significantly disturbed by modern services but some articulated skeletons were starting to show in the base of the excavation. We left these untouched where we could, but we have salvaged a considerable amount of loose bone. The precise date of these bones is not certain but current thinking suggests that they could all be pre-AD 1300. Interestingly, early marketplace metallings appeared to be largely absent in this western area, raising the question as to whether certain parts of the graveyard continued in use after other areas had been metalled over for the market.

Keith Parfitt, Dover office



15 JANUARY

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Finds showcase



The latest addition to the showcase is this Iron Age gold coin.
unlockingourpast.co.uk

