

WATERLOO
UNCOVERED

1725

2476

2586

2021 IMPACT REPORT

63

67

77

756

690

679

251

827

542

491

11

583

2648

903

367

70kV 3mA 30



“WATERLOO
UNCOVERED
BRINGS TOGETHER
TWO QUITE
DIFFERENT
WORLDS –
ARCHAEOLOGY
AND VETERAN
SUPPORT – TO
CREATE
A UNIQUE
OFFERING.”



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Introduction



2021 was another hugely challenging year and the effects of the global pandemic have continued to be felt throughout the military community and charity sector.

Successive lockdowns have caused many to experience greater isolation and loneliness, contributing to an increase in mental health issues that are compounded by uncertainty about the future. In addition, the withdrawal of UK troops from Afghanistan and the subsequent takeover by the Taliban has been profoundly disturbing for many, but particularly those who served there, prompting some to question the value of their sacrifices. At the same time, public health measures have continued to disrupt or prevent face-to-face programming, making it harder for charities to reach those in need. Despite these challenges, Waterloo Uncovered has remained committed to its mission, and over the course of 2021 we have supported more Veterans and Serving Military Personnel (VSMP) and delivered a wider range of programmes than in any previous year.

Mark Evans, CEO

The charity's overarching aims remain the same as ever: to support VSMP when they need it most; to investigate and preserve the archaeology and heritage of the Waterloo battlefield; and to provide education that broadens the understanding of war and its impact on people. This year we have delivered resoundingly against each of these objectives, providing direct support to 57¹ VSMP, through four separate programmes. Although Covid restrictions have prevented further excavations at Waterloo, we have consolidated and analysed a great deal of the discoveries made in previous years and published our first peer reviewed articles in journals, making important contributions to the academic study of the battle. Our educational activities have also been highly effective, reaching a wide range of audiences through a mix of live events, online lectures and a variety of digital communications.

While our main focus is to support VSMP in

the UK, the charity has always had a strongly international outlook. Our work is rooted in what was a European war and to study it effectively we have collaborated closely with a range of international partners, including Utrecht University in the Netherlands and Ghent University in Belgium. With post-Brexit political relations between the UK and Europe becoming increasingly strained, it has been more important than ever to turn conflict into collaboration and forge stronger international relationships. This year, alongside our British VSMP, our programmes have been opened to Dutch and German veterans with plans to welcome former servicemen and women from France and Belgium in the future. Inspired by their experiences with Waterloo Uncovered, the Dutch armed forces have established their own archaeology scheme to aid the recovery of Dutch military personnel and we look forward to working with participants from this project in the future.



Waterloo Uncovered brings together two quite different worlds – archaeology and veteran support – to create a unique offering. Both areas of focus stand independently but by putting the history of Waterloo at the heart of everything we do, we ensure they reinforce one another. Involving VSMP in the archaeology brings their military knowledge and experience to bear on the historical investigation, yielding insights that archaeologists who haven't served often miss. By the same token, increasing the VSMP understanding of the historical battlefield can help them put their own experiences of conflict in perspective, contributing to their recovery and helping them find peace from war.

Waterloo Uncovered has a transformative effect on the lives of those we work with, but we don't operate in isolation, and nor do we represent a full spectrum support and rehabilitation service for VSMP. Our charity occupies a small but important niche in a wider VSMP ecosystem, which is made up of military, government organisations and charities working to help those that have served to enjoy healthy and fulfilled post-service lives.

We cooperate with veterans' organisations and military units that provide frontline assistance to individuals in crisis to identify those that might benefit from our unique programmes over a sustained period. Those frontline organisations have grown to trust Waterloo Uncovered to take individuals further on their recovery journey, once their most urgent needs have been met, and help ensure that they keep moving forward and build their long-term resilience. Working with VSMP over the course of a entire year allows us to provide an optimal level of support, whilst avoiding a situation where they become dependent on us. Our role is important, but limited, and participants in our programmes usually continue to work with other organisations before, during and after their involvement with Waterloo Uncovered. We are one small cog in a much larger machine, but by working closely with the other constituent parts, we deliver disproportionate impact, significantly improving outcomes for more and more VSMP every year. In this report, we showcase what this impact looks like, demonstrating just how effective Waterloo Uncovered has become and what huge potential there is for the future.

¹ 4 participants took part in more than one programme.

“WITH ITS WORK, THIS CHARITY NOT ONLY REMINDS US OF THE CENTENNIAL LINKS BETWEEN OUR TWO COUNTRIES BUT ALSO STANDS AS A BEACON FOR FUTURE COLLABORATIONS ACROSS THE CHANNEL. WE HOPE THAT VETERANS CAN AGAIN GO TO BELGIUM SOON AND LOOK FORWARD TO A SUCCESSFUL SEASON ON THE SITE OF THE BATTLEFIELD.”

AMBASSADOR FOR BELGIUM TO THE UNITED KINGDOM, BRUNO VAN DER PLUIJM.





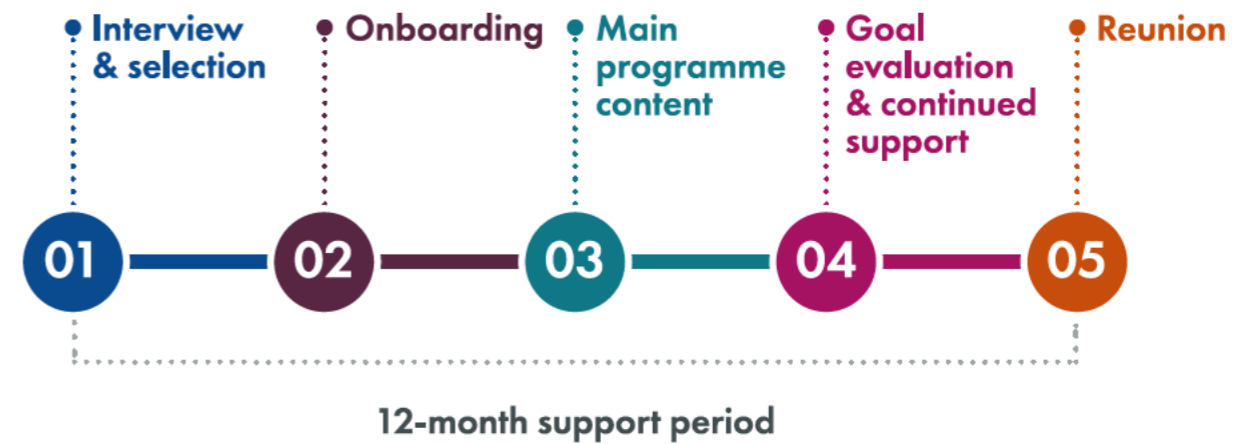
Programmes

All Waterloo Uncovered programmes are designed to deliver against all three of our principal objectives: to support VSMP when they need it most; to investigate and preserve the archaeology and heritage of the Waterloo battlefield; and to provide education that broadens the understanding of war and its impact on people.

Each of them leverages aspects of the history and archaeology of Waterloo in different ways to achieve different effects. As we grow and mature as a charity, we are developing increasingly sophisticated Monitoring, Evaluation and Learning (MEL) methodologies, which allow us to better measure our programmes' effectiveness and crucially help us to adapt and improve.

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.





THE FOUR FORMAL EVALUATION MECHANISMS WE USE ARE:

Our mission to support VSMP is the most important focus of our work and each of our programmes are designed to improve participants' overall wellbeing. Wellbeing is a general term that is being increasingly used across the field of mental health in the assessment of patients, in place of more traditional measures such as symptoms of illness. More than just day-to-day happiness, wellbeing is a broader concept that encapsulates a person's overall state of mind and their levels of satisfaction and fulfilment across their whole life.

People who experience greater wellbeing are better equipped to deal with life's challenges, display greater resilience and are less likely to require support from medical or social services. We believe that by improving the wellbeing of VSMP, we can, in turn, reduce the burden on services, such as the NHS, by

preventing the onset of acute issues that require intervention.

We currently use four formal mechanisms to evaluate the effect our support of VSMP has on their wellbeing.¹ Whilst each measure can be looked at individually, we can produce a fuller picture of an individual's wellbeing by considering all of them together. It is important to note, however, that this is an imperfect science and formal wellbeing assessments only provide us a snapshot of how someone is doing at a specific moment in time. Just as important to our work are the informal, ongoing assessments that our trained wellbeing staff make every time they interact with programme participants, which allow them to intervene appropriately, be it with a much-needed confidence-boosting chat, or an referral to mental health professionals.

The Warwick-Edinburgh Mental Wellbeing Scales (WEMWBS)²

A widely used and respected academic methodology developed to enable the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing. WEMWBS scores are calculated based on programme participants' responses to a questionnaire that asks them about their feelings and thoughts across several areas. We collect WEMWBS scores at the beginning and end of each programme and again three months later to measure the longer-term impact of the programme on participants' wellbeing.

Participant goals

Recognising that each participant is unique and has their own needs and objectives when they start to work with Waterloo Uncovered, we invite them to select personalised goals that they want to achieve through participation in a programme. Goals are set across each of our five pillars of wellbeing – Recovery (Physical and Mental), Health and Wellbeing, Education, Transition into Civilian Life, and Employment and Vocation. All participants

select up to three goals they hope to achieve for the programme, with the majority choosing three or more. At the end of a programme, participants self-evaluate to what degree they have achieved each of their goals.

Qualitative interviews

At the end of each programme, we conduct a one-on-one interview to gather their feedback, which helps us to adapt and improve future programming. These interviews also provide us with a richer picture of how our programmes have impacted participants, providing deeper insights than the quantitative scores alone.

ONS4 loneliness³

A methodology developed by the Office for National Statistics, ONS4 uses four questions to assess how lonely a person is. We have trialled ONS4 for the first time this year for our Battlefields Uncovered programme, which has a specific objective to reduce loneliness and isolation – a serious problem for many VSMP that can lead to a variety of mental health issues, such as depression, anxiety, low self-esteem, sleep problems and increased stress. We collected ONS4 data for each participant at the start and end of the programme.

¹ All quantitative welfare data average scores referenced in this report are based on data from participants that completed the programme, completed feedback paperwork and participated in feedback interviews.
² Warwick Medical School, The Warwick-Edinburgh Mental Wellbeing Scales (2021). <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/> (accessed 05/12/21).
³ What Works Centre for Wellbeing, A Brief Guide to Measuring Loneliness (2019). <https://whatworkswellbeing.org/wp-content/uploads/2020/02/Brief-Guide-to-measuring-Loneliness-Feb2019.pdf> (accessed 05/12/21).



Virtual Programme

The Virtual Programme was originally established as a replacement for our annual excavation at Waterloo, which was suspended in 2020 due to the pandemic.

Now having run for two years, it has been so successful that we are going to keep it going as a permanent programme, even after we return to the Waterloo battlefield with face-to-face programming in 2022. One of the main benefits to running a purely online programme is that it increases the accessibility of our services, reaching individuals who wouldn't participate in our excavations, either because of physical impairment, or because they don't have the inclination. The Virtual Programme is specifically designed to help VSMP, supporting them in five key areas: Recovery (physical & mental); Health & Wellbeing; Transition to Civilian Life; Education and Employment, as well as actively reducing feelings of loneliness and isolation.

PROGRAMME OBJECTIVES

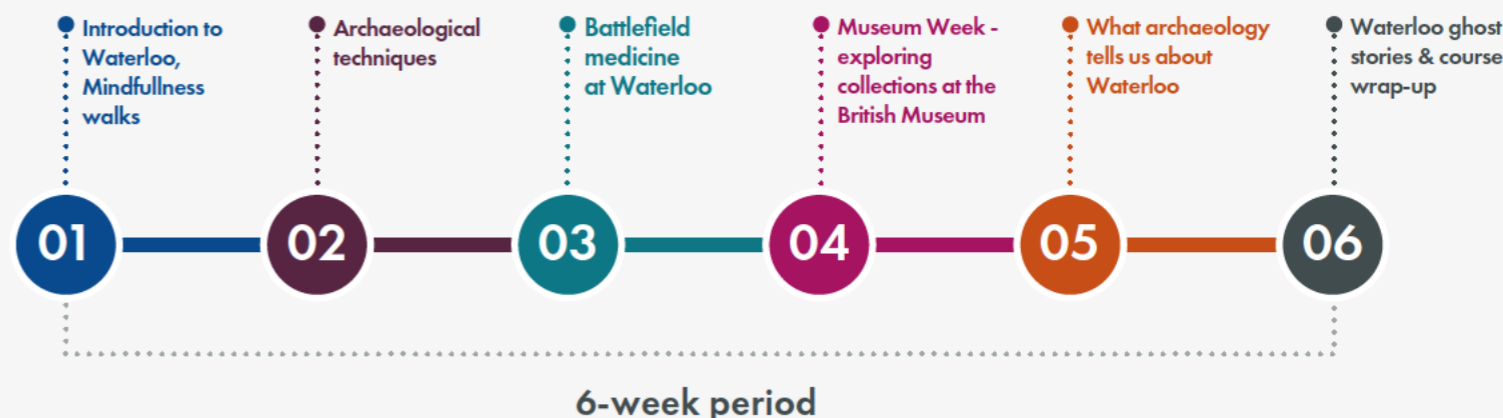
- 1 Reduce loneliness & isolation
- 2 Increase WU's accessibility for its participants
- 3 Equip VSMP with basic archaeology & research skills as well as an understanding of the Battle of Waterloo, and Waterloo Uncovered's work
- 4 Support VSMP in 5 key areas – Recovery [physical & mental], Health & Wellbeing, Transition to Civilian Life, Education and Employment

Running over a whole year, the 2021 programme supported a total of 12 VSMP participants, made up of nine VSMP from the UK and three from Germany. The theme of Waterloo runs throughout the programme, educating participants about the history of the battle, teaching them archaeological techniques, and inspiring a range of activities that contribute to wellbeing, such as mindfulness walks, or forest bathing.

The programme consisted of six weeks of online content, delivered as a combination of reading materials, virtual lectures, participant tasks and weekly interactive sessions that brought together all the participants and the programme staff. A strong partnership with the British Museum provided an opportunity for participants to take an in-depth look at world-class archaeological collections, guided by some of the museum's top experts. After the six-week period, we continued to run monthly virtual hangouts over the rest of the year, fostering a longer-term sense of community amongst participants.

Participants responded overwhelmingly positively to the programme. Their wellbeing improved considerably over the six-week intensive phase of the programme; however, we did record a deterioration three months later. Data gathered through our qualitative interviews indicates that this was due to a combination of stress factors related to the pandemic and individual health issues. The cohort provided very positive feedback about the programme, but they expressed a strong desire for a longer running course, which has prompted WU to commence its Follow On Programme for all VSMP in 2022.

PROGRAMME CONTENT



“Michelle has always been the sort of person who helps others.”



CASE STUDY: MICHELLE'S STORY

Michelle has always been the sort of person who helps others. She went from a career in the RAF to working in local government because she believes in public service. As a volunteer welfare officer for the RAF Association and veterans' charity Not Forgotten, Michelle regularly worked with former servicemen and women struggling with a range of challenges, including post-traumatic stress disorder, loneliness and social isolation. She never thought that she might one day be battling similar issues herself. Then the pandemic hit and suddenly Michelle found that locked down, living by herself, with all her social outlets put on hold, she was experiencing severe loneliness. "I went into a dark hole," she says. "All my hobbies stopped and because I have a compromised immune system, I was stuck in the house all the time, going weeks without seeing a soul."

A friend at Not Forgotten recommended Waterloo Uncovered and Michelle applied to join the Virtual Programme, which was set up when Covid restrictions made the annual excavation in Belgium impossible.

Straight away, the programme started making a difference. Talking to other veterans, even virtually, was hugely beneficial in helping Michelle feel less isolated and regular support calls from Waterloo Uncovered's welfare team proved a real lifeline. "It was great to

be around other likeminded people," Michelle says. "And Helen [one of Waterloo Uncovered's Wellbeing and Support staff] was amazing. She really helped build me back up and I got my old bubblyness back." With her renewed confidence Michelle was able to secure a part-time job which is helping her feel fulfilled and will provide crucial social interaction in the event of another lockdown.

The programme activities gave Michelle a much-needed focus and she enjoyed immersing herself in the broad mix of videos, reading materials and visual presentations that formed the preparation for the weekly hangouts. Studying the stories of soldiers from long ago also helped Michelle process difficult memories from her own service. "I was only 17 when I had to deal with the aftermath of a helicopter being blown up, picking through all the equipment which was covered in blood. I'd never really dealt with it, but learning about the hospital at Waterloo and what the medics did there, helped me to come to terms with what I'd seen."

The Virtual Programme whetted Michelle's appetite for history and she has since gone on to complete the Battlefields Uncovered course. Now, she's applying for an internship with a local archaeological association. "It's been great," she says. "You could say, Waterloo Uncovered has been my saviour!"

PROGRAMME IMPACT

WHO TOOK PART



12

PARTICIPANTS
(9 UK; 3 Germany)

WELLBEING



PARTICIPANTS REPORTED ON AVERAGE A 12% IMPROVEMENT IN WELLBEING OVER THE INTENSIVE SIX-WEEK PERIOD OF THE COURSE*

+12%

*BASED ON WEMWBS 1 & 2.

ACHIEVING GOALS



93%

PARTICIPANTS WHO BELIEVED THEY ACHIEVED THEIR GOALS

WHAT PARTICIPANTS SAID

“IT HAS BEEN AN ESCAPE FROM BEING ALONE – AN OPPORTUNITY TO ‘GO SOMEWHERE ELSE’ WITH LIKE-MINDED PEOPLE.”

“KNOWING THAT I COULD JUST PICK UP THE PHONE TO SOMEONE IN THE WELLBEING TEAM HELPED.”

“THE PRODUCT IS SUPERB AND THE WU TEAM IS ‘ON IT’ AND ABLE TO RESPOND TO PARTICIPANTS’ NEEDS QUICKLY.”

“BEING INVOLVED IN THE PROGRAMME HELPED MAKE THE PANDEMIC PAINLESS.”

“A BIG THUMBS UP AND THANK YOU!”

“I LEARNED A LOT!”

“MY DAUGHTERS CAN’T BELIEVE HOW INTERESTED I HAVE BEEN – THIS HAS OPENED MY EYES TO THE HISTORY OF WATERLOO.”

“BEING PART OF THE PROGRAMME MADE A BIG DIFFERENCE TO ME ON A DAY WHEN I WAS DOWN.”

“I STILL KEEP THINKING OF THE FRIDAY HANGOUTS!”



Arts Programme

A brand-new initiative in 2021, the Waterloo Uncovered Arts Programme uses the creative arts to support VSMP and explore the archaeological evidence from a creative perspective.

Delivered as an online course due to Covid restrictions, the Arts Programme consisted of a series of workshops in creative writing, drawing and mixed media, which ran over six weeks, teaching participants the basics of each discipline and encouraging them to use art as a way to interpret their feelings about their own military service. The programme was built around Waterloo, using the overarching theme of 'A Sense of Place' to bring together mindfulness and differing experiences to better understand the Battle.

PROGRAMME OBJECTIVES

1

Support VSMP in 5 key areas – Recovery [physical & mental], Health & Wellbeing, Transition to Civilian Life, Education and Employment & Vocation

2

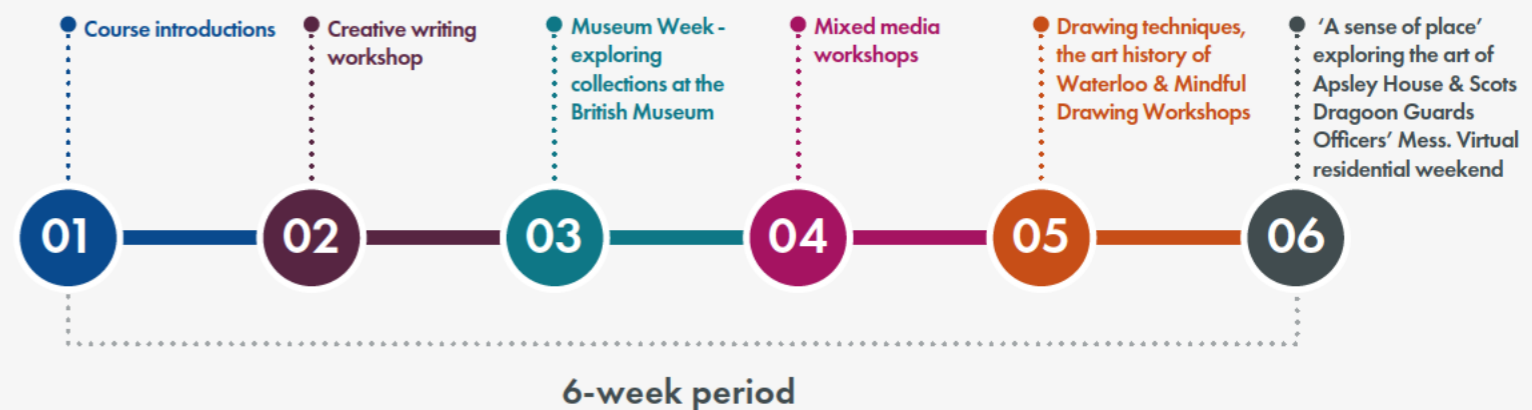
Reduce social isolation & loneliness

The participants produced an impressive array of poetry, paintings, and other art, drawing on their own experiences of conflict and their increasing understanding of Waterloo and its history. WU's Art Programme focussed on mindfulness, self-reflection, and equipping its cohort with the skills to be able to independently work on their own projects. As with the Virtual Programme, monthly hangouts helped foster an ongoing sense of community after the intensive six-week phase finished and continued to provide participants with ongoing support and socialisation throughout the remainder of the year.

Participants that completed the programme demonstrated considerable improvement in their wellbeing with an +18% increase over the six-week intensive period.*

*Based on WEMWBS 1 & 2.

PROGRAMME CONTENT



“Having done nothing but wear a uniform since 1981, it was really difficult to transition to be a normal human being.”



CASE STUDY: LES'S STORY

In between joining up as a boy soldier in the Royal Engineers and being medically discharged as a major in the Adjutant General's Corps in 2018, Les experienced his entire life through the prism of the military and leaving it was a massive shock. His struggle to adapt to the civilian world was made even harder by acute post-traumatic stress disorder (PTSD) and he found himself becoming increasingly isolated. "I locked everything away and didn't communicate at all," he says. "I'd tell people I was fine, but in my head I was screaming, 'Help, help, help!'"

Les was referred to Waterloo Uncovered by a friend and joined the excavation of the battlefield at Waterloo in the summer of 2018. It was here that he started to explore creative arts as a way to improve his wellbeing. "I used to write a bit anyway," he says. "Mostly just about how I was feeling, or giving myself a good rollicking, and I didn't think it was proper writing. Then Nick [Waterloo Uncovered's creative writing lead] started showing me the principles of how poetry works, and I realised that my preconceived ideas about what writing was supposed to be weren't important. I could just write the way I wanted."

Whilst the activities he undertook on the excavation were helping, Les was still struggling. "I just sat in my hotel room every night for two weeks. But afterwards I looked at my behaviour and said to myself, 'You can't go on this way.'" Back at home, Les started to use art and writing more and more as a way to focus, finding that it took him to a place that was safe and where he felt more mindful.

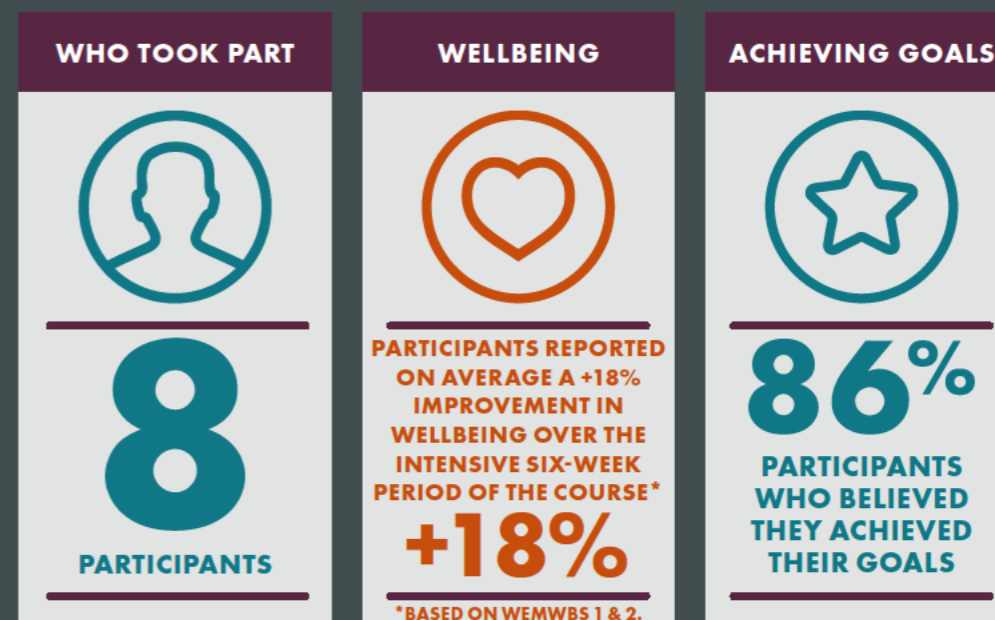
Three years later, Waterloo Uncovered launched a new programme that used creative arts to improve wellbeing and Les jumped at the chance to take part. The learning of new artistic skills, studying history and spending time talking with other veterans combined to form a hugely positive experience. "I really enjoyed learning about Waterloo and it was useful for me to see that soldiers were soldiers then and soldiers are still soldiers now. Not much changes."

Now the programme has finished, Les is continuing to create art – writing, drawing and working with wood. One of the things he loves to make is wooden spinning tops, which echo a similar toy that helped him during periods of his deepest depression, and which he likes to give to others who need lifting up. "I'm now looking forward to making lots of different art – getting away from that story [of his mental health struggles] – and starting to tell other stories."

Les has made huge strides on his mental health journey and credits a good part of that to his experiences with Waterloo Uncovered. "They've been a large part of my recovery. Mostly by prompting me to do things for myself, which is better than doing it for me because it means I don't become dependent."

Now Les is using what he learned through Waterloo Uncovered to help others, working for the NHS to provide wellbeing services to people suffering mental health issues. "I'll always stay in touch with the charity though," he says. "They are people who understand."

PROGRAMME IMPACT



WHAT PARTICIPANTS SAID

“I CAN'T STOP WRITING POETRY!”

“I'VE LEARNT TO CONTROL HOW I FEEL ABOUT PRESSURE, IT'S CHANGED HOW I REACT TO THINGS.”

“THERE'S A MOMENT WHERE NOTHING ELSE MATTERS, I CAN NOW GET OUTSIDE IN NATURE & OBSERVE THAT.”

“WE'VE ALL LEARNT SOMETHING AND TAKEN IT AWAY.”



Finds Programme

The Finds Programme is a thorough introduction to the archaeological techniques required to handle and process artefacts discovered during excavations.

It shares similar wellbeing objectives to the Virtual and Arts Programmes, again looking to support VSMP across the same five key areas and, by teaching tangible skills, provides participants with a sense of achievement.

PROGRAMME OBJECTIVES

1

Support VSMP in 5 key areas – Recovery [physical & mental], Health & Wellbeing, Transition to Civilian Life, Education and Employment & Vocation

2

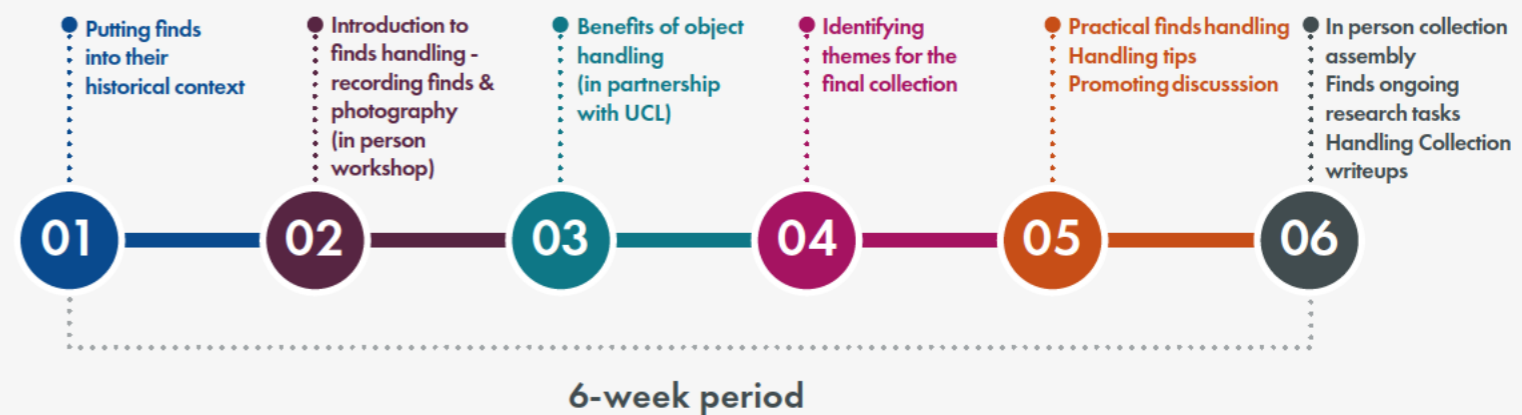
Develop mechanisms for individual resilience

In 2021, the Finds Programme supported nine participants, two of whom were unfortunately forced to drop out due to health issues. Our wellbeing support team were still able to keep in close contact with those who withdrew and still provided much needed support. WU delivered six weeks of content, primarily virtually, but were also able to conduct two in-person workshops, which were hugely successful and very positively received by those who took part.

The programme culminated in January 2022 with a virtual reunion event hosted by the Waterloo Uncovered Programmes team, showcasing the participant's hard work over the previous year, including the research and effort put into the finds handling collections curated by this year's participants. The finds collection will subsequently be used in a range of outreach activities to educate more VSMP and the wider public about the history and archaeology of Waterloo.

Participants experienced significantly improved wellbeing following six weeks of programme delivery with an average increase of +21% since the programme started.

PROGRAMME CONTENT



“I totally withdrew and couldn’t socialise at all.”



CASE STUDY: NICOLA’S STORY

More than twenty years had passed since her last day in uniform when Nicola realised she wasn’t coping. “I woke up one morning and just knew I needed help,” she said. “I basically had a breakdown. I totally withdrew and couldn’t socialise at all.”

After working with an NHS psychiatrist, Nicola was diagnosed with complex PTSD caused by experiences during her nine years of service with the Ulster Defence Regiment in Northern Ireland. She found that the recent rehabilitation of former enemy combatants as well as the prosecution of fellow soldiers was deeply troubling and brought up traumatic memories she’d kept long buried. “The rewriting of history... it’s extremely difficult,” she said.

Nicola has always been interested in history and when she heard about Waterloo Uncovered through the Not Forgotten Association, another veterans’ charity, she was eager to get involved. In 2020, Nicola was accepted onto Waterloo Uncovered’s Battlefields Uncovered programme, an academic course run in partnership with Utrecht University. The programme stoked her passion for military history and she found the experience of learning alongside other veterans to be hugely helpful for her mental state. “I got addicted!” she said.

Waterloo Uncovered staff saw the huge wellbeing benefits Nicola had realised through the Battlefields Uncovered Programme and recommended that she take part in the Finds Programme in 2021. During the course, one of

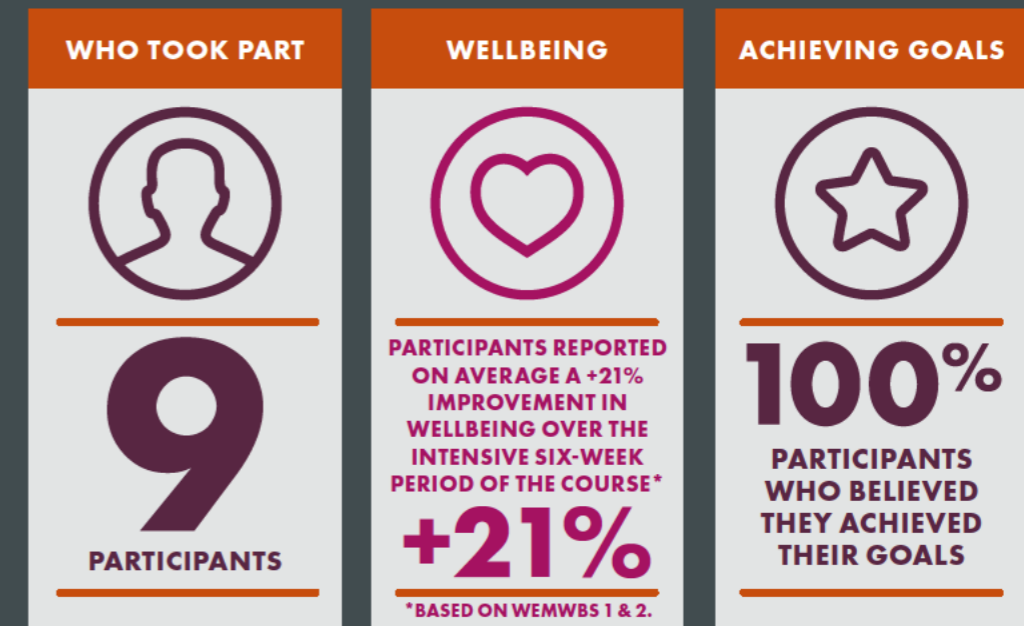
the other participants shared a family heirloom, a snuff box which had belonged to his wife’s great-great-great-grandfather, who had served at Waterloo. Nicola was captivated. “I just got this feeling I knew him. I had to tell his story!” She spent hours researching the long dead soldier, James Callum, charting his life, from his birth in Elgin, Scotland, through to just before he died when he attended the funeral of the local laird. “Wearing his medals and stooped with age, he rushed forward to help carry the pall.”

Participation in the Finds programme, the focus it gave her and the feeling of being surrounded by fellow veterans who understood what Nicola has been through, has brought back her passion for life. She has gone back to work as a personal assistant, where her boss shares her fascination for history, and she continues to use the practical skills she learned in the programme, working with a local archaeological association.

Nicola’s work with Waterloo Uncovered has had a transformative effect on her wellbeing, astonishing her therapist. “On our last session he showed me the graph where he tracked my mental state. I’d been permanently in the red zone – a bad place to be. Then you could see when I’d started with Waterloo Uncovered and every week was a gradual dip, taking me into the green. He just said, ‘Wow!’”

Nicola is eager to keep working with Waterloo Uncovered and hopes to join the excavation at the battlefield when it restarts in 2022. “I intend to be on that dig, come hell or high water. A pilgrimage is what it will be.”

PROGRAMME IMPACT



WHAT PARTICIPANTS SAID

“TRICK IS TO FIND SOMETHING THAT YOU’RE HOOKED ON AND EVEN IF YOU’RE OUT OF YOUR DEPTH YOU GO FOR IT.”

“MIXING WITH [FELLOW] VETERANS IS SO MUCH EASIER.”

“I’VE SIGNED UP TO DURHAM UNIVERSITY TO DO ARCHAEOLOGY.”

“TURNING THE NEWS ON IN THE MORNING MAKES YOU FEEL LESS OPTIMISTIC, BUT LOOKING FORWARD TO THINGS MAKES YOU MORE SO... AND THAT’S WHAT THE FINDS PROGRAMME DID.”

Battlefields Uncovered

Our dedicated educational programme, Battlefields Uncovered, has now been running for four consecutive years.

It consists of an academic course, fully accredited by our partner Utrecht University, which teaches participants battlefield archaeology and the history of conflict, with a particular focus on Waterloo. The course is open to all members of the public, but the majority of participants are VSMP and their families, as well as university students. Bringing together participants from very different backgrounds and who have a range of life experiences facilitates some interesting conversations and exposes them to new ideas. Importantly, the course is academically accredited and participants are awarded European Credit Transfer and Accumulation System (ECTS) credits, which they can subsequently put towards other qualifications if they go on to study with other institutions.



PROGRAMME OBJECTIVES

1

Support VSMP or their families by promoting and supporting learning, and reducing loneliness and social isolation over the winter months

2

Facilitate social interaction between VSMP/families and university students

3

Strengthen existing academic and heritage partnerships and develop new ones

4

Develop participants ability to further reduce their social isolation in the future by developing online skills, and self-efficacy

Whilst the course has a strong academic focus, it is also designed to deliver wellbeing benefits, tackling low self-confidence, loneliness, and social isolation. Particularly since the start of the pandemic, WU has identified a growing need for support in these areas amongst students and the wider public, as well as VSMP and their families. Including the families of VSMP is hugely important as they are often overlooked by support programmes, despite facing challenges associated with a family member's service that are every bit as tough as those experienced by VSMP themselves.

The course includes specific activities that use group work, wellbeing support and learning to realise consistent benefits, whilst not compromising on academic objectives.

Originally taught as a face-to-face course, the programme was moved entirely online in 2020 due to the pandemic, which hugely increased its accessibility and allowed us to reach participants living all over the world. We have also found that online teaching has been a more effective method to engage participants suffering from low self-confidence, encouraging them to interact more than they would do in a classroom environment. The success of the shift to online delivery and the associated reduction in costs has prompted the decision to keep it as a virtual course permanently.

In 2021, 40 out of 45 participants completed the BFU course. Overall, we measured a 16% increase in WEMWBS scores* over the course of the programme and 84% of participants were scored as being less lonely by the end of the programme than they were at the start.

*Based on WEMWBS 1 & 2.

PROGRAMME CONTENT

THE BATTLEFIELDS UNCOVERED SYLLABUS COVERS A LOT OF GROUND IN JUST EIGHT TEACHING WEEKS.



“I’d recommend this course to all kinds of people.”



CASE STUDY: MAEVE’S STORY

Before her husband, Mark, joined the Royal Navy six years ago, Maeve had an established career with the Health Service and a full and busy life in the Republic of Ireland, where she had always lived. “After the financial crash killed off the Celtic Tiger, we ended up in negative equity, my husband lost his job, and ended up working in a canoe shop,” Maeve explains. “I didn’t want him doing something he hated for the rest of his life, so encouraged him to apply to the military.”

After Mark was accepted into the Navy, the couple spent a year apart while he went through basic training and then Maeve moved to Plymouth to join him. “I’d just got settled somewhere new,” Maeve says, “when he got posted to Faslane and we had to up sticks and move to Scotland.” Being older than most of the other military wives, Maeve found it difficult to fit in and with Mark being frequently away at sea or on courses, she began to experience feelings of loneliness and isolation. “For the first six months, I was going round with a face of total misery,” she says, “But I couldn’t go on like that and managed to get a good job with the NHS. I also started looking for things to fill my time and help give me my own identity and purpose.”

Maeve found out about Waterloo Uncovered’s Battlefields Uncovered programme through the Naval Families Federation. “I’d been playing around with the idea of doing some kind of education or study,” she says. “So, I when I discovered the course, I was really interested, but I was afraid I wouldn’t be good at it – and I don’t like doing anything I’m not good at!” When Maeve looked at the course details, however, she was encouraged by its focus on military families and how it explicitly aimed to help people with loneliness. “Mark was away at the time and I was feeling a bit isolated,” she says.

Starting the course, Maeve was a bit intimidated by the academic credentials

of some of the other participants, some of whom had advanced degrees and huge military knowledge. However, her fears swiftly dispersed after the first online session. “Everyone was so friendly,” she says. “And Vicki [the instructor] was brilliant at including everyone and encouraging us all to contribute.”

Maeve was quickly utterly absorbed in the subject matter of the course, being particularly fascinated by the many connections between Waterloo and Ireland. “A third of the army was recruited from Ireland at the time and I was amazed to find out that there were soldiers from the Caribbean who’d been living in Ireland and then joined up to fight at Waterloo!” Whilst sometimes Maeve struggled to fully grasp the connections between some of the study materials, the weekly seminars always made sense of it and moved her learning forward.

Engaging with academic study for the first time since school was hugely stimulating for Maeve and she relished “feeding her brain” just for its own sake rather than doing courses for work. At the same time, the course really helped with Maeve’s loneliness and built new connections with likeminded people. “I made some great friends, and plan to meet up with one of the other participants in Oxfordshire next time I’m down south.”

Now that she’s graduated from Battlefields Uncovered, Maeve is eager to do more and has applied for the next phase of the course, which would see her supported to produce an academic paper, perhaps on Irish archaeology, or the history of the submarine base at Faslane. “I’d recommend this course to all kinds of people,” Maeve says. “I volunteer with SSAFA [another veterans’ charity] and see how big a problem loneliness is for veterans. I think Waterloo Uncovered could really help them and wouldn’t hesitate to recommend it.”

PROGRAMME IMPACT

IMPROVED WELLBEING



+16%
PARTICIPANTS REPORTED ON AVERAGE A +16% IMPROVEMENT IN WELLBEING OVER THE LENGTH OF THE COURSE*



84%
PARTICIPANTS WHO FELT LESS LONELY AFTER COMPLETING THE COURSE

*BASED ON WEMW BS 1 & 2.

WHO TOOK PART

32
VSMP/FAMILIES

13
STUDENTS

45
PARTICIPANTS

29
MEN

16
WOMEN

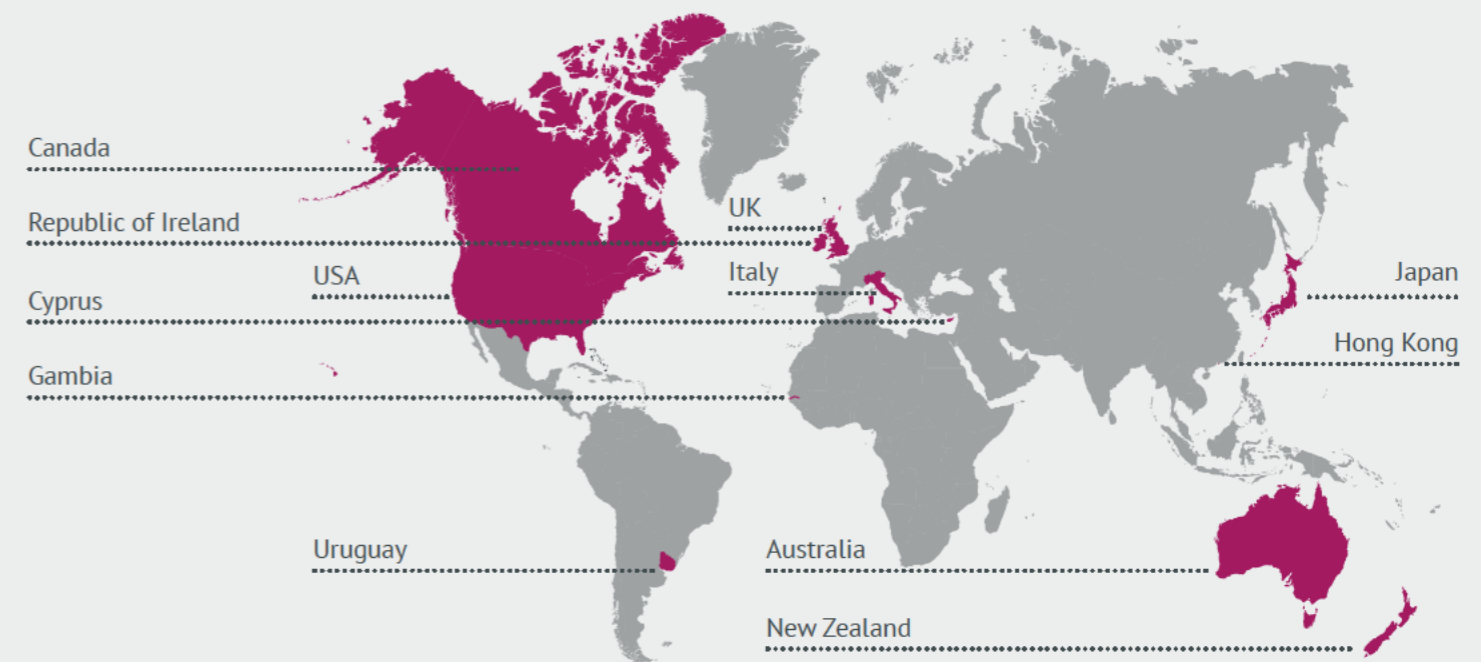
ACADEMIC ACHIEVEMENT



EVERY PARTICIPANT WHO COMPLETED THE COURSE RECEIVED ACADEMIC CREDITS THAT CAN BE USED TOWARDS A FUTURE ACADEMIC QUALIFICATION.

A GLOBAL PROGRAMME

Participants have joined the Battlefields Uncovered programme from 12 different countries across the world.



Battlefields Uncovered: The Next Phase

In 2022 we are launching a follow-on programme for graduates of the Battlefields Uncovered course, which will be open to VSMP and their families.

This programme will help participants who want to go on to further education to develop their academic writing skills to prepare them for degree-level study. Since graduating from Battlefields Uncovered, six participants have decided to continue their studies, moving on to this next, more advanced section of the Battlefields Uncovered programme, where they have chosen either to research and write an in-depth essay, or undertake work experience at a local heritage organisation, including the Soldiers of Oxfordshire Museum in Woodstock and Museum of the Mercian Regiment in Nottingham.



Work Experience Programme

Service leavers have a wealth of transferrable skills to offer civilian employers, but sometimes their lack of experience of non-military working environments can be a barrier to finding work.

Recognising this issue, Waterloo Uncovered piloted a Work Experience Programme, which, by giving veterans the opportunity to work in roles within the charity, helps them develop the skills they need to enhance their future employability.

The pilot programme supported one veteran, Sean Douglas, who was engaged for 12 months' paid employment as a web developer. For the first six months, he shadowed the charity's existing freelance web developer, before assuming full responsibility. We also provided him with life coaching sessions for 12 months to help him develop a broader range of non-technical

professional skills to help him succeed at work.

After completing 12 months at Waterloo Uncovered, Sean was hired by Winchester City Council as a web developer, demonstrating the effectiveness of the programme. We are now seeking funding to replicate and scale the programme to support a greater number of veterans across different roles. The majority of the funding for this programme goes towards paying work experience participants a wage, which is crucial, not only to cover their day-to-day living expenses, but also to provide them a sense of self-worth.

Archaeology

Over the past two years, Waterloo Uncovered has forged ahead with archaeological discovery, despite pandemic restrictions preventing us from running our usual annual excavations at Waterloo.

This pause has in some ways benefited our archaeology work, allowing us to consolidate and analyse the extensive collection of finds from our previous digs, publish academic papers and develop an innovative new approach to future archaeological investigation of the battlefield.

Finds

Since we began excavating at Waterloo in 2015, we have found over 6,000 artefacts, including fragments of soldiers' uniforms, parts of weaponry, ammunition, and personal effects. Whilst a significant portion of these finds had been processed in previous years, we have now been able to complete the processing and initial assessment of our entire collection, which will allow us to conduct further research and analysis on key artefacts. Most of the finds have been excavated by veterans, whose involvement has provided important military perspectives, enriching the work of our professional archaeologists. At the same time, uncovering the finds has helped veterans bridge the gap between textbook history and the real experience of their forebears that fought in the battle. The power of finds to bring history to life makes them an ideal tool for education, and our collection will be used to support Waterloo Uncovered's outreach activities long into the future.

Academic publishing

In 2021, we completed two new academic papers, which are soon to be published.

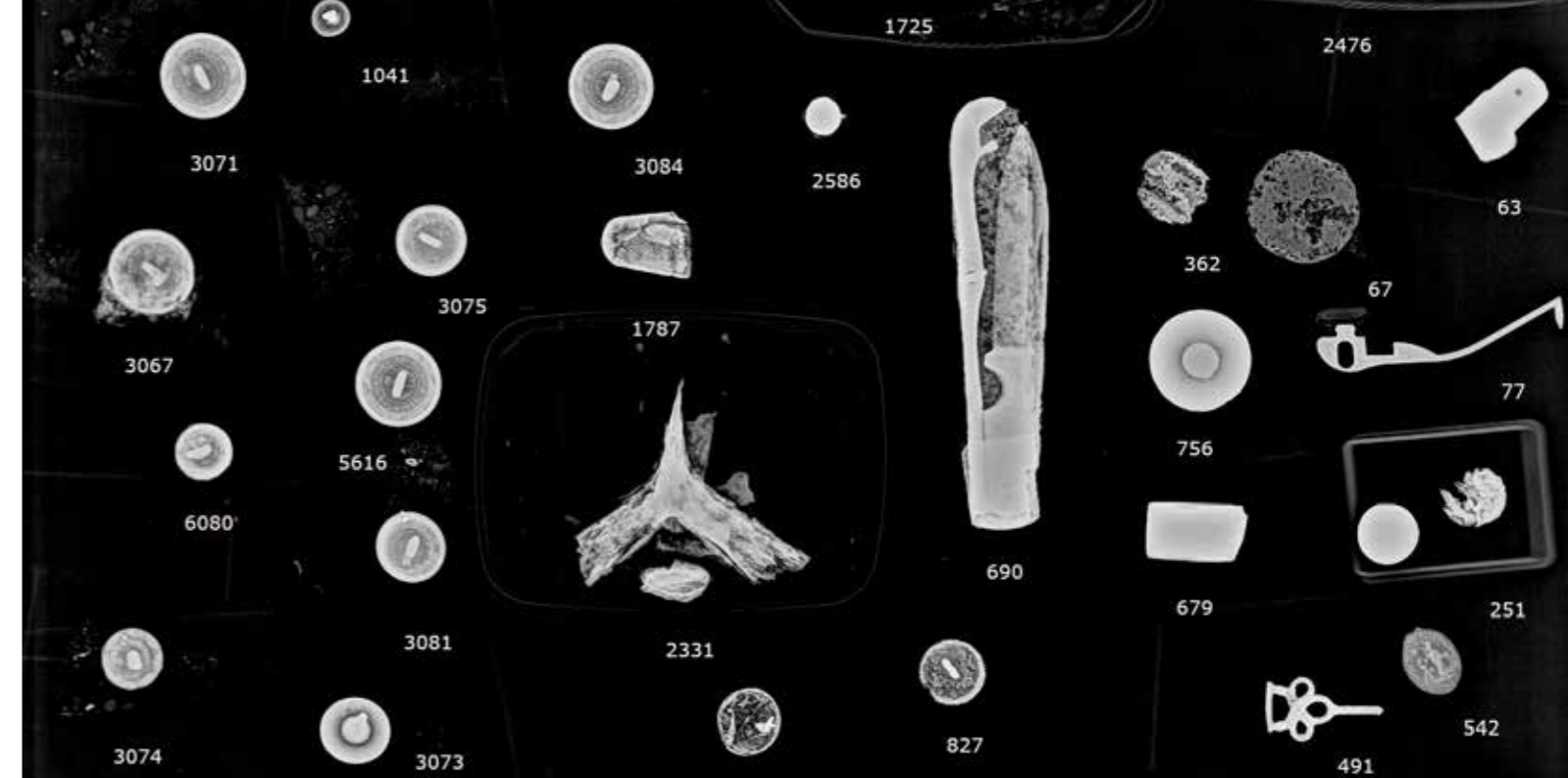
- These Spots of Excavation Tell: Using Early Visitor Accounts to Map the Missing Graves of Waterloo, by Tony Pollard – a paper that analyses the writings of early visitors to the field of Waterloo to examine the treatment of the dead following the battle.

- I Have Been Eighteen Times Since That Awful Day: The Ker Papers, Relic Collecting, and The Origins of Battlefield Tourism at Waterloo, by Tony Pollard – a paper analysing a previously unpublished collection of papers which are used here to provide an insight into the transformation of Waterloo from a scene of carnage to a popular tourist attraction, with a particular focus on the role of relic collection in this process.

The publishing of peer-reviewed articles is helping to establish Waterloo Uncovered as a recognised producer of rigorous academic work about the battle and the discoveries we are making are helping to rewrite the historical record.

Battlefield diorama

In a collaboration between model makers and veterans, overseen by Major General James Cowan, Waterloo Uncovered has produced a historically accurate model diorama of the Battle of Waterloo. The model captures a snapshot of the battlefield at its dramatic climax, between 5pm and 7pm on the 18th June, 1815, focussing on Hougoumont, Mont-Saint-Jean, La Haye Sainte, Papelotte, Plancenoit and La Belle Alliance. These sections alone feature 30,000 figures hand-painted by an international team of veterans and volunteers, which has had many positive effects on the wellbeing of the veterans who have taken part, particularly during lockdown. Dioramas allow important historical events to be captured in a single



snapshot. The best miniature dioramas allow the viewer to focus on small stories within a wider scene, making them valuable educational and entertainment resources.

A growing reputation

The quality of our work is being increasingly recognised throughout the archaeological community. The charity's growing reputation was well illustrated by the role we were asked to play following the felling of one of the last three chestnut trees remaining from the forest that once stood by Hougoumont Farm at Waterloo. After the tree went down in a storm in March 2021, Kléber Rossillon, the organisation responsible for maintaining the battlefield, called in Waterloo Uncovered to assess the situation and carry out important scientific research, including a dendrochronological investigation to determine the age of the tree, and a metal detector survey to recover musketballs embedded in the trunk. In addition, we will conduct a 3D scan of the remaining two chestnuts to preserve them for the future, and measures will be taken to secure them in the case of future storms.

Going deeper – geophysics at Waterloo

With an area as large as the Waterloo battlefield, there is only so much that can be discovered through digging in isolated spots. Technological advances now allow us to survey the subterranean landscape before we dig, and by using equipment that can

detect variations in the magnetic/electrical resistance of the soil, we can identify areas that have been disturbed, possibly indicating the presence of archaeological remains. This technique, known as geophysics, has been little used in battlefield archaeology until now, but Waterloo Uncovered, in partnership with Bournemouth University and Ghent University, has now launched a pioneering project to conduct surveys across the Waterloo site. We will combine the findings of the geophysics project with our analysis of historical writings to identify the locations of the battle's mass graves that, up till now, have remained undiscovered. Initial data have suggested two locations, which we plan to excavate during our next dig in July 2022.

Untold stories

As part of our ongoing archaeological work, we are investigating the untold stories of Waterloo, finding out about those individuals that have largely fallen out of the historical record. Be it soldiers of colour from the Caribbean that fought in the battle, or the women who followed the armies, we want to bring to life the experiences of those who were there. This focus on the stories of individuals is not only a fascinating historical investigation, but it also supports the work we do with VSMP today. Our experience has shown that when veterans engage with these deeply personal stories it can help them contextualise their own experiences of conflict and often make a difference to their recovery.

Marketing, Communications and Public Education

Marketing and communications is an important function for Waterloo Uncovered, to:

- Support fundraising initiatives
- Promote our events
- Showcase our wellbeing support programmes
- Highlight our charitable aims and objectives
- Share educational information & resources with the public

WEBSITE

waterloouncovered.com continues to attract larger audiences from more countries around the world.⁴

USERS FROM
155
COUNTRIES

35%
MORE USERS

EMAIL COMMUNICATION

Updates about our work, campaigns and events via engaging public emails has driven:

24% MORE NEWSLETTER SUBSCRIBERS THIS YEAR

WITH AN AVERAGE OPEN RATE OF **41%**

COMPARED WITH THE NATIONAL AVERAGE **16.4%**

SOCIAL MEDIA

Engaging, varied and regular content has resulted in:

14% GROWTH IN SOCIAL MEDIA FOLLOWING ACROSS PLATFORMS

OVERALL, CROSS PLATFORM INCREASE IN AVERAGE REACH **66%**

PRESS

We've continued to attract meaningful press coverage, with features in the Daily Telegraph and the Mail Online, which between them, have a daily audience of

5.2 MILLION READERS.⁵



CASE STUDY: WATERLOO REMODELLED

At Waterloo Uncovered, we continually strive to find new and interesting ways to tell the story of what we do and introduce new people to the history of Waterloo. This year, we embarked on a new project to capture the famous battle in miniature form, crafting a hand-painted diorama of the battlefield. The model features 30,000 figures hand-painted by an international team of veterans and volunteers, which capture the sheer scale of the battle while highlighting small vignettes of individual soldiers locked in a bloody fight for survival. It's growing rapidly and when it is complete,

it will contain over 120,000 figures and will cover an area the size of a tennis court.

In October, we held a week-long exhibition at the National Army Museum in London, where we showcased the diorama, gave talks about Waterloo, and ran private tours and evening lectures. We also held a special preview event for an audience of charity supporters and the press, generating lots of positive media coverage for Waterloo Uncovered, including feature spreads in the Daily Telegraph and the Mail Online.

PUBLIC EDUCATION

We attended four public education live events over the year, engaging more than 1,000 people.

Chalke Valley History Festival



Chelsea History Festival



Stansted Unlocked



LOOKING AHEAD

In 2022 we plan to:

- Refresh our digital outreach to improve our public image;
- Create inspired campaigns and engaging content; and
- Better understand our supporter base to help further propel our growth.

⁴ Compared to 2020

⁵ What Works Centre for Wellbeing, A Brief Guide to Measuring Loneliness (2019). <https://whatworkswellbeing.org/wp-content/uploads/2020/02/Brief-Guide-to-measuring-Loneliness-Feb2019.pdf> (accessed 05/12/21).



Fundraising

Waterloo Uncovered is only able to keep helping veterans and serving military personnel thanks to the incredible support of our donors.

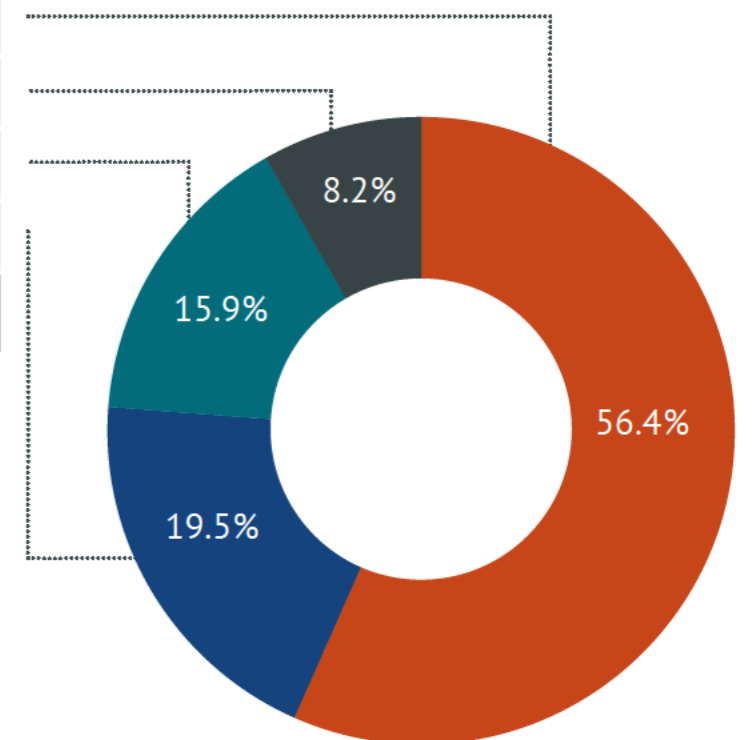
We are continually humbled by the generosity of individuals, the military community, private companies and the wider public. This year we raised £662,500 which is more than we've raised in any previous year, and a phenomenal display of altruism considering the hardships the pandemic has caused so many.

Over the course of the pandemic, many charitable organisations have struggled with decreased revenues. The financial difficulties caused by the pandemic reinforced the importance of financial security in the charitable sector to guard against future funding disruption. We are working towards building a reserve that would enable us to continue operating for a six-month period if our revenues stopped completely.

As we move into 2022, we will continue to work towards diversifying our income streams, increasing our income to support our charitable activities and reducing the fundraising budget as a proportion of income.

WHERE DOES OUR FUNDING COME FROM?

Grants	£377,086
Corporate Giving	£54,850
Donations	£106,039
Events	£130,525
Total Funding	£668,500



An Evening Uncovered – locked down but still raising funds!

Covid-19 has disrupted so much over the past two years, but in February our fundraising team showed how, with a bit of determination, ingenuity and communications technology, it was still possible to throw a big event even amidst the depths of lockdown.



On the evening of the 26th of February, the anniversary of Napoleon's escape from Elba, we were joined by hundreds of supporters for our virtual fundraising event, An Evening Uncovered. In addition to entertainment and a look at Waterloo Uncovered's important work with veterans, the night featured a raffle with some fantastic prizes up for grabs, an online auction in collaboration with Bonhams, and a viewing of the epic 1970 film, Waterloo!

The night was hosted by the author and broadcaster, Gyles Brandreth, who interviewed two special guests, BAFTA-winning actress Virginia McKenna, and

historian and broadcaster Peter Snow, who both spoke about the charity, the battle, and the film Waterloo in which Virginia portrayed the Duchess of Richmond. The event also featured special messages from our patron the Duke of Wellington, our CEO Mark Evans, and several of the veterans that were supported through our Virtual Programme in 2020.

In total, we raised over £55,000. This impressive total, coupled with the fact we were able to bring together supporters from across the whole world, powerfully demonstrates the value of virtual events to help charities through what was a very difficult time financially.



JOIN IN

Over the past year we have begun to offer our supporters the opportunity to join in with some of our activities, helping to raise funds in the process.

Through our strong relationship with the The Coldstream Guards 1815 Military & Living History Society and the Chipping Norton Rifle and Pistol Club, we are able to offer supporters the opportunity to fire the same kind of weapons used by the soldiers at Waterloo. Our black powder range days have proved popular with corporate donors, incorporating them into team building and client entertainment events, whilst generating much needed revenue for Waterloo Uncovered.

We also provide a range of expert speakers for after-dinner speeches, lectures and other events, covering a range of topics from the Battle of Waterloo to mental health and wellbeing.

If you or your organisation are interested in arranging any of these activities please get in touch with us at: events@waterloouncovered.com

HOW YOU CAN HELP

Make a Donation

- One off or regular.

Fundraise for us

- Why not host a bake sale, coffee morning or run a marathon?

Leave a Gift in your Will

- Provide support for VSMP for years to come.

Corporate Partnerships

- Find out how your company can collaborate with us.

Trusts and Foundations

- Could Waterloo Uncovered help you meet your charitable aims?



Looking to the Future

Over the course of a hugely challenging 2021, Waterloo Uncovered achieved an enormous amount, but we are always looking towards the next challenge and 2022 is set to be an even bigger year for the charity.

We continuously review our programming internally, as well as inviting external experts in welfare and archaeology to assess what we do, allowing us to adapt our approach to achieve maximum impact. In 2022, we will be running the same suite of virtual programmes, but crucially, we will also be returning to Waterloo to resume excavations. This summer we will be taking around 100 people to the battlefield for a two-week dig, which will allow us to restart the flow of archaeological discovery, rewriting history and changing people's lives.



Thank You

Waterloo Uncovered would like to express its sincere thanks to all the organisations and individuals whose support made our work in 2021 possible. They include:



ORGANISATIONS, TRUSTS AND FUNDS

Adam Handling Restaurant Group	Koninklijke Landmacht - The Royal Netherlands Army	The Grocers' Charity
Alchemy Press	L - P Archaeology	The Lennox Hannay Charitable Trust
Annington Homes	Marengo Communications	The Morley Family Charity
Askham Hall	Mont Saint Jean Ferme Brasserie	The National Army Museum
Benenden School	National Philanthropic Trust UK Ltd	The National Lottery Heritage Fund
Benesco Charity Limited	Routledge	The QARANC Association
Blind Veterans UK	Royal Air Force Benevolent Fund	The Rediweld Foundation
Bonhams	Royal Military Police Charity	The REME Charity
Bournemouth University	Scots Dragoon Guards	The Shorncliffe Trust
Capstar Advisers	Service Public de Wallonie - Awap	The Swire Charitable Trust
Capstar Chauffeurs	Spink	The Waterloo Association
Chipping Norton Rifle and Pistol Club	Stansted Park Foundation	The Worshipful Company of Glovers
Cobseo	TAM Asset Management	Tipple Talk
Defence Recovery Capability	Taxi Charity for Military Veterans	UCL Institute of Archaeology
Embassy of Belgium in the United Kingdom	Taylor and Francis	University of Glasgow
English Heritage	The Armed Forces Covenant Fund Trust	University of Utrecht
Ferme de Mont-Saint-Jean	The Baring Foundation	Utrecht Summer Schools
Fitzgerald Family Foundation	The Big Give	Veteraneninstituut
Geoff Neal Group	The British Museum	Veterans' Foundation
Ghent University	The Cavalry and Guard Club	Wallonian Embassy
His Grace The Duke of Wellington and the Wellington Collection	The Coldstream Guards 1815 Military & Living History Society	Waterloo Committee
HMT LIBOR Fund		Wessex Archaeology

INDIVIDUALS

Adrian Chamberlain	Engelbertus Degenaar	Mick Crumplin
Alfie Farndale	Evelyn Brooks	Nina Watkins
Algernon Percy	Frances Wyhowska	Paul Zaman
Amy Dickson	Freddy Paske	Penelope Milburn
Andrew Fane	Gareth Glover	Peter Ginn
Andrew Field	Guy Mather	Peter Rutland
Andrew Lowry	Gyles and Michele Brandreth	Peter Snow
Andrew Roberts	Gwyn and Diane Evans	Phil Harding
Andy Martin	Hadyn Cunningham	Piers Sanders
Anna Bianco	Helen Fairclough	Poppy Church
Barbara Stokvis	His Excellency Guy Trouveroy and Mrs Nathalie Trouveroy	Robert Kershaw
Bernard Cornwell	His Excellency The Duke of Wellington	Ros and Jonny Hough
Bob Henderson	Ian Foinette	Ross Hyett
Capucine Vassel	Jack Clarke	Sabine Vandenbroucke and Michael Pryor
Charles Meeks	Jack West-Sherring	Shaun and Elizabeth Browne
Charles Quayle	James and Fiona Roome	Simon Green
Charlie Loarridge	Jamie Cuthbertson	Stephen and Julie Fitzgerald
Charlie Ross	Jessica Foinette	Stuart Eve
Chris Shaw	John and Doone Chatfeild-Roberts	Susan Wahba
Christopher Joll	Joseph Farinella	Tim and Mary Clode
Clive Jones	Josephine Oxley	Tim Harris
David Bennett	Lt General Sir Barney White-Spunner	Tobias van Gent
David Cowdery	Lt General Sir John Kiszely	Tony Pollard
Earl of Bessborough	Lupi and Sanja Moll	William Rollason
Edward Docx	Michael Clarke	
Emma Howard		

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