

Extra Time

Souvenir
Programme

Super Sewter
Dudes



Beech House
Bakers

Halesworth &
District Museum

Welcome to the Extra Time Souvenir Programme

It's been a fabulous season, with loads of fun and games on, and off, the pitch. But first, a bit of background to our story.

Extra Time is a creative intergenerational heritage project, devised and managed by Suffolk Artlink.

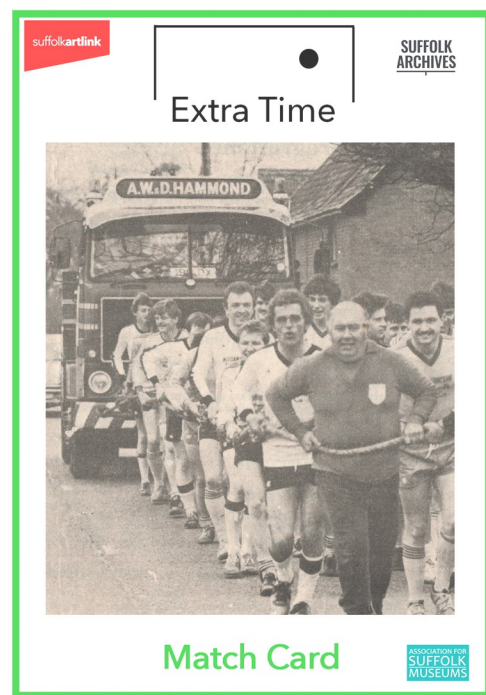
We bring people together—participants, artists and partners—to explore social and cultural topics and create new, exciting artworks to express what they discover.

Extra Time Participants: This was our third season. We worked with a group of Year 5 children from the Edgar Sewter Primary School and residents at Beech House Residential Care Home; staff from both the school and Beech House also got fully involved.

Extra Time Artists: Acting as referees, coaches, and suppliers of half-time orange slices were community artist Caitlin Howells, goalie poet/linesman Dean Parkin, sculptor Alice Ewing and our brilliant volunteer, Amanda.

Extra Time Supporters: Halesworth and District Museum has kindly shared items from their collections to inspire the creative content of our sessions.

And, in case you haven't already guessed, the topic is **FOOTBALL**



I want to take part in Extra Time because I like art and football and I want to make more friends.

Dexter, Super Sewter Dude



Cover image: Trophies to celebrate Halesworth's footballing heritage. Above right: One of a set of Match of the Day cards, based on press cuttings, images and documents at Halesworth and District Museum. This one shows the Halesworth Football Team towing a Hammonds pick-up truck.

18th April 2024

Kick Off

Our first Extra Time session at Beech House—and within minutes there's singing on the terraces, pens flying across paper pitches and an entire pack of players' cards.

First, the residents warmed up to a few well known football tunes, dancing their pens across the green 'pitch' (below), after which they each created a personalised Player's Card, (image right), listing key skills and achievements, amongst them maintaining 'good morale' and 'boiling tomatoes'.



Then it was over to the Edgar Sewter Primary school, where the children told us their reasons for wanting to take part, some of their skills, e.g. 'being a good listener' and 'kind' and also came up with a name for their team, the Super Sewter Dudes.



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EXTRA TIME

SUFFOLK ARCHIVES

Match Card



ASSOCIATION OF SUFFOLK MUSEUMS

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Match Card



ASSOCIATION OF SUFFOLK MUSEUMS

Match of the Day

The first game was matching items from the Museum with the corresponding statement.

So it was that they identified that the Halesworth Hospital Cup was a football trophy and not a drinking vessel for patients and that the Halesworth Thursday Football Club was so called because the only time they could meet was on a Thursday afternoon, when it was early closing in town.

They also discovered that Halesworth Football Club took part in the annual town fair and wore fancy dress for the occasion and that, in April 1948, Beccles beat Bacton 5-0 at home—and a harness maker and threshing contractor advertised their business in the same fixtures card.

Team Goals

The residents hope the children will benefit from working with older people.

The children think that working with them will give the residents someone to have a laugh with and may lift their spirits.

25th April 2024



It takes many pairs of hands to build a stadium.



Cutting out the 'turf' to create the pitch.



Making sure it's all flat; it has to be a level playing field.



Adding 'feet' so that the players can move smoothly.

Grounds, crowds and Word Clouds

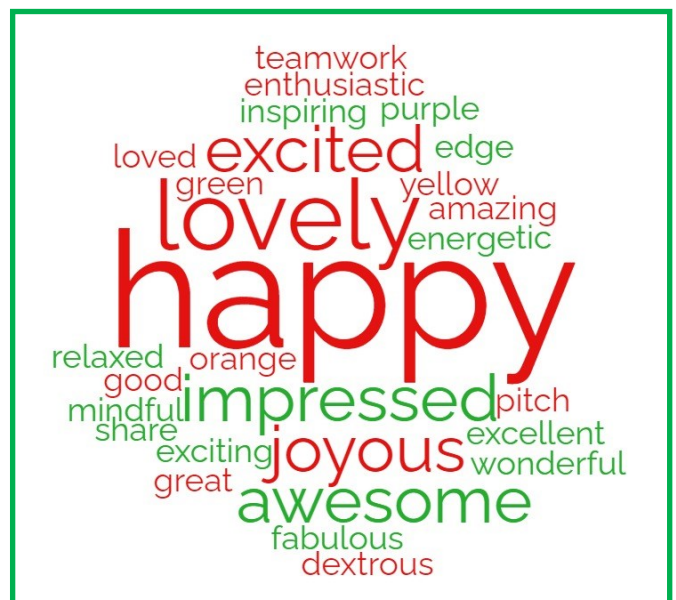
The morning was spent with the Beech House Bakers, as they folded cardboard boxes, lined them with green 'turf' and marked them up for the match.



In the afternoon, the Super Sewter Dudes played pen football (image left), before next deciding on their team kit colours.

This involved a long period of negotiation and debate, resulting in a vote on orange and purple (below, left).

How did they feel, by the end of the day? The word cloud (below) says it all.



2nd May 2024

Matching Up

The Super Sewter Dudes visit for a home game with the Beech House Bakers.

This was the first time the two teams met face-to-face, and they were soon chatting happily away with one another.

Using their Players' Cards by way of introduction, participants found out a little bit about each other, matching their skills, achievements and goals for the project. (image, top right)

The Match of the Day cards were also helpful conversational 'prompts' and, in at least one case, provided further points of connection.

It turns out that one of the Halesworth Town FC players pulling the Hammond's truck is grandfather to the child pictured (image, middle right).

He is also father-in-law to one of the staff at Beech House; that's three generations brought together for a moment through Extra Time.

Also matched up again was a pair of ex-neighbours (image bottom right).

This Super Sewter Dude lived next door to this Beech House Baker and enjoyed visiting her and helping her to bake.

One of the child's reasons for wanting to take part was that she was hoping to meet up with her friend again.





It was a real team effort to get everything ready for the match.

There were players to be kitted out in the team colours (image above) and rows of spectators to be shown to their seats (right).



At last, the referee (Caitlin) blew the whistle—and it was game on.



9th May 2024

Bingo—it's a poem

The day started with our goalie-poet Dean visiting the Beech House Bakers, where he adds the role of 'bingo caller' to his list of accomplishments.



64—knock at the door; Dean meets the Beech House Bakers and learns a little about the art of bingo calling.



Combining personal preferences—pork pies—and pastimes—gardening, knitting and nattering—the team soon had a poem goin'.



Then it was over to see the Super Sewter Dudes to find out what their special skills—and hence nicknames—might be.

And so we discovered 'Zippy' Lilly, Clever 'Ever', the Karate dancer, 'Zingtastic' Zara, Amelia the Adder, a snaky swimmer and Toby 'Top Toe'.

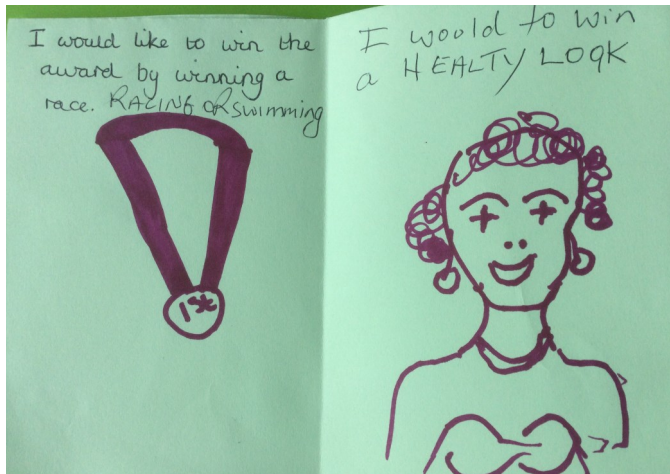


The team also includes 'Bone-Shatterer' Leon (his bones, not his opponents') and D-Man, who tackles everyone and everything.

Inspired by his bingo calling, Dean added a few extra numbers; the results will be shared next week with the Beech House Bakers.

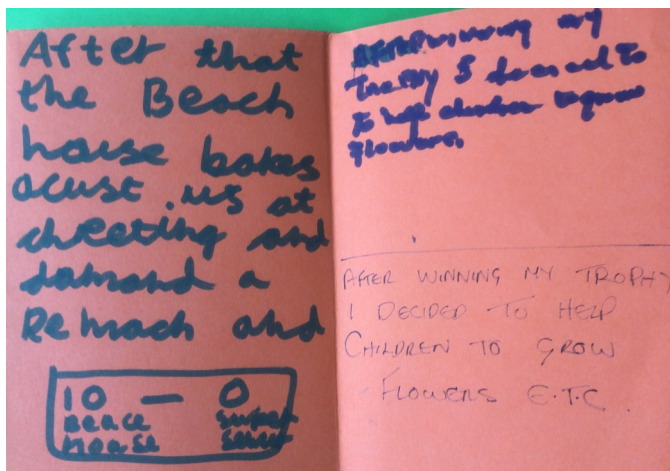
This week, the two teams met face-to-face again and, after a jolly recital of last week's poems, our attention turned to trophies—the winning, and the keeping, of them.

Everyone's a Winner



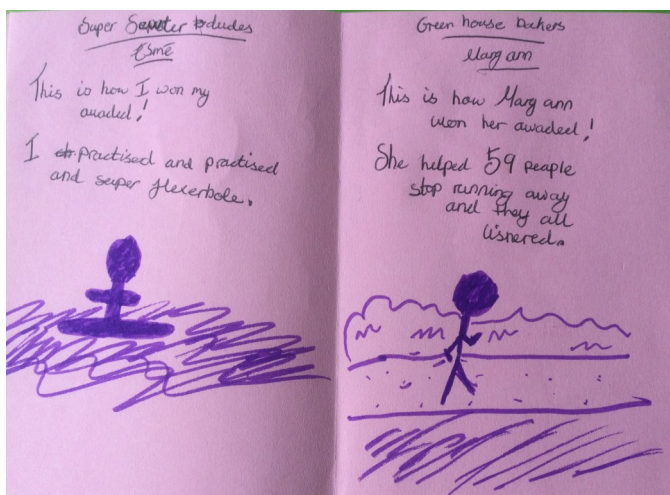
The teams paired up and, prompted by questions from Dean, used small origami booklets to write a story about the sort of trophy they would like to win.

It was a lovely way to discover a little bit about players' backgrounds, their passions and achievements; how else would we have discovered that Miss won a Blue Peter Badge for creating a house out of cereal boxes—and then lost it?



Awards ranged from winning a swimming race and having a 'healthy look' (image top left), beating Beech House Bakers 10-0, being accused of cheating and then losing in the re-match (image middle left), to being the most flexible person and 'helping 59 people stop running away.'

Chatting with Dean (image below), they awarded a trophy for the Best Hat of the Year. Apparently, it got lost but then was found, safe and sound, on the shelf.



23rd May 2024



Getting Stuck into the Clay


With aprons on and rolling pins in hand, the Beech House Bakers spent a very happy morning pushing, rolling, pummeling and flattening lumps of clay.



Then they used a variety of utensils, based loosely on the sorts of markings found on a football pitch, to create beautiful patterns.



All these other things have come out of it—I've loved it.

Quote: Kelly, Beech House staff 



Having rolled it out smooth, the Bakers used different utensils, like bottle tops and wooden pegs, to make marks in the clay.



What they didn't know was that they would then be asked to cut out smaller circles—is this the half-way mark, or a jammie dodger?

Meanwhile, in the Museum ...



Examining the display about the school with no children.



Looking closely at a Hospital Cup; in this case it's a medallion, and not for drinking.



My favourite medallion is the one that said Bacon, because it's got snakes and owls on it.

Quote: D-Man Dexter, Super Sewter Dude



23rd May 2024



A press cutting from 1947 reporting on a celebratory dinner marking Halesworth Town Football Club's first post-war season reveals a lot about those involved and the roles they played.

Having been applauded for his 'forthrightness, counsel and intense enthusiasm', the President expressed his deep pleasure in being honoured with the position and thanked the officials, committee, supporters

'... not forgetting the ladies, who had also supported socially'.

Discovering how Halesworth schools have changed over the years and the role played by the Edgar Sewter in providing education for local children.



30th May 2024

Kindness, High Jump and Agapanthus; all worthy of an Extra Time Trophy

It being half term, there was no session with the Super Sewter Dudes this week, but we did visit the Beech House Bakers, taking along the Extra Time Kit Bag, for a chat about football and other sports we enjoyed in our youth.

We learned that Pauline excelled at high jump and long jump, while others enjoyed the thrill of hockey, the mindfulness of yoga or the excitement of netball.

But trophies aren't just for sporting achievements, and we soon discovered the many and varied talents possessed by residents, from growing agapanthus to making soda bread.



A cup of kindness (above) and for baking soda bread (right).



Prize winning agapanthus (above) and for bringing joy and happiness (right), followed by a quick game of football (below).



The Beech House Trophy Cabinet

A poetic celebration, created by Dean, of the many and glorious talents and skills of the Beech House Bakers.

Turn on your mobile phone camera, point it at the QR code and it will open up the link to the poem on YouTube.



6th June 2024

The Beech House Bakers watched themselves on the big screen and finished off the medals, whilst the children re-visited the Museum, in search of heritage.

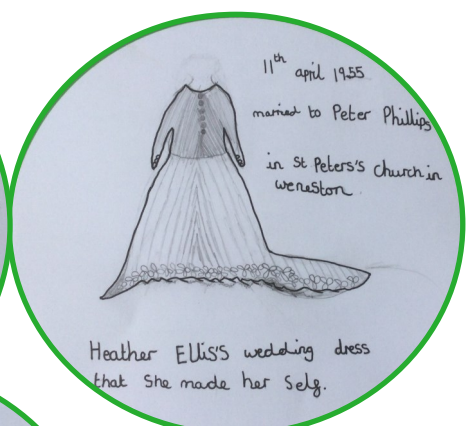


From the Touchline at the Museum

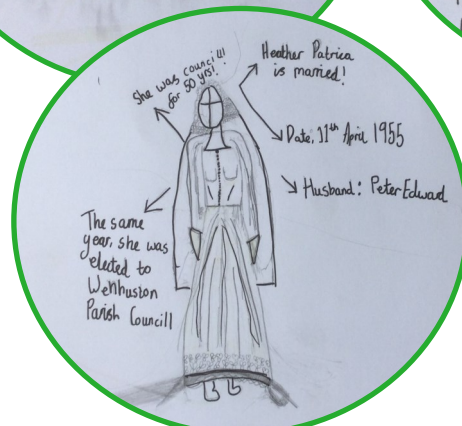
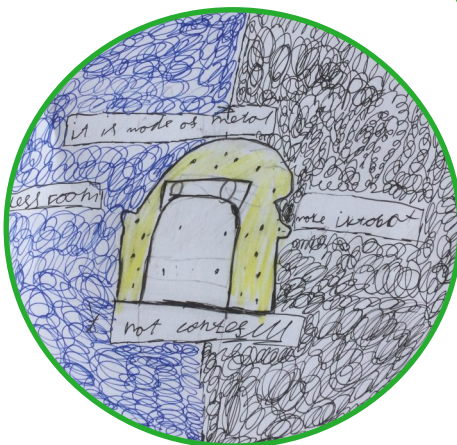
When the children visited the Museum last week, their goal was to draw one thing they wanted to share with Beech House residents. This week, they finished off those drawings, and dug a little deeper into their local heritage.

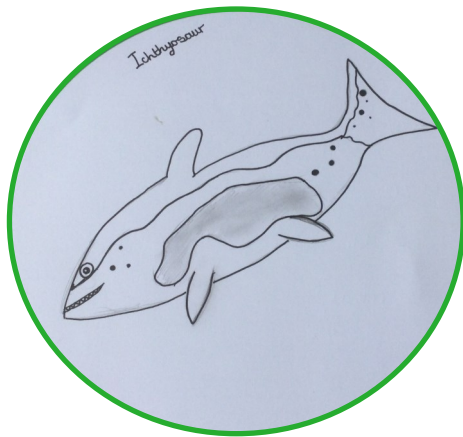


A witch pot (image left) was used to overcome a witch's power, whilst the helmet (bottom left), would have been a tight fit and very uncomfortable to wear.



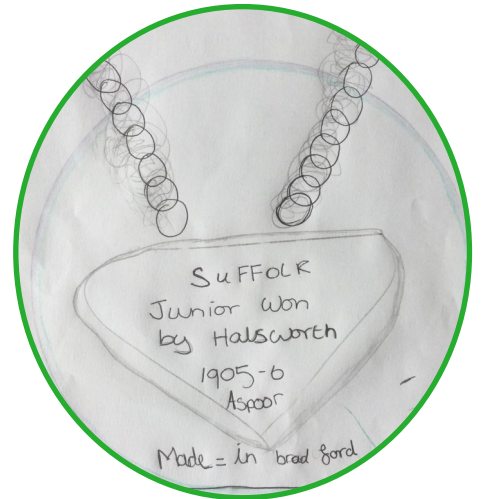
Heather Ellis made her own wedding dress for her marriage in April 1955 at St Peter's Church, Wenaston.



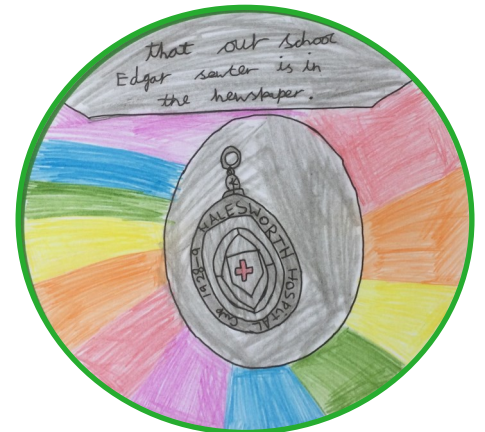


Fossils and Trophies

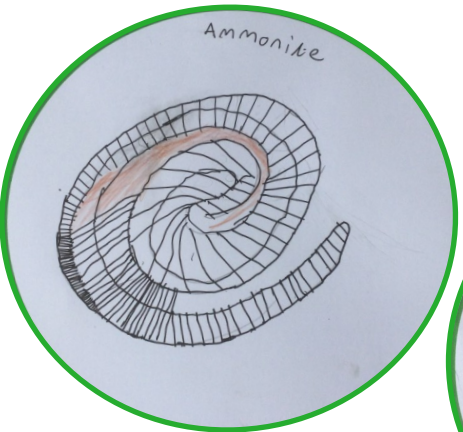
The display of pre-historic creatures and the fossil collection really caught the children's imaginations (images left and bottom).



The combination of models of the creatures in their imagined marine habitat, and the chance to pick up and examine some of the larger fossils, brought the subject to life, clearly fascinating the students.



The children were also encouraged to handle the different medals to really get a sense of their age through feeling the surface texture, their patina—and their smell (3 images right).



The children asked really interesting questions and left happy—that was wonderful to see.

Quote: Staff member, Halesworth Museum



13th June 2024

The children visited Beech House, eager to tell the residents about their trip to the Museum. First, however, they were treated to a viewing of the Beech House Trophy Cabinet video.



Sharing their Stories

The children were surprised—and delighted—by the variety of ‘trophy’ awarded to the Beech House Bakers in Dean’s poem, and the residents were clearly very happy and pleased to be able to share the video and see themselves again on screen.

After a quick game of table-top football, in which the off-side rule was side-lined and the score line was off the scale, we all settled down to hear about what the children discovered during their visit to the Museum last week.

The children chatted busily about their drawings and what they’d written, whilst the residents looked on admiringly.

Before they left, each child stood up and told the whole room about just one exhibit that they particularly liked and that spoke to them of their ‘heritage’

The word cloud opposite illustrates the many and varied ways in which Halesworth and District Museum displays and celebrates the cultural and social history of the town and surrounding parishes, as identified by the children.



"I really liked the medallion that said Bacon because it had snakes and owls on it. It also has the initial 'S'; I reckon that stands for Smoky."

"My favourite was the Hospital Cup Medallion—it's very small, but a big achievement."

"I found my cousin's last name in a display about World War II."

"Museums are very important—so that the past doesn't get forgotten."

Super Sewter Dudes' comments



The children told the residents about their favourite exhibits and showed them the colourful drawings they had made at the Museum. The residents were fascinated by what they had discovered, and eager to hear all about it.



20th June 2024

Cardboard Tubes and Hacksaws

This week, the teams worked with Alice Andrea Ewing to create trophies to celebrate everything they've discovered about their local heritage—and each other—over the last 10 weeks.



It was hacksaw skills and tubes of glue to the fore at Beech House, where residents set to, sawing up large cardboard tubes and then gluing them to smaller card bases.



Tape was applied to the edges, to give a nice smooth finish, and then the tubes were assembled, to produce trophies.

Whilst chatting about the trophies, we learned that Beech House is taking part in a parade in Halesworth later this summer, to mark the Olympic Games. It turns out that they need to make an Olympic Torch ... well, we were happy to offer to help, and have arranged to go back and do an extra Extra Time session, hacksaws, glue and cardboard tubes in hand.



A quick spray with gold paint, and the cardboard tube trophies are ready for the next stage, courtesy of the Super Sewter Dudes.



Over the past weeks, the children have created such a lot of lovely artwork, from booklets with Dean (16th May), dancing football drawings (25th April) and, of course, their worksheets from visiting the Museum (6th June).



Copies of these unique pieces provided a wealth of ideas and images with which to decorate the trophies. The children even transformed a selection of cardboard boxes into a collection of podiums, using just their imagination and about 15 miles of sticky tape.

27th June 2024

A Triumph of Trophies

Twirling handles and soaring spirits; it's all in an afternoon's work for the Extra Time teams.



The children visited Beech House, and Alice showed everyone how to make beautiful twirly handles for their trophies. Then it was just a case of adding personal embellishments (above, left) and holding them in place until the glue set (above, right).



It was very much a team effort, with everyone working together to complete the trophies (above, left) and the podiums (above, right).



When we started, I said I thought the residents would enjoy working with us, and that it might lift their spirits. Connie just told me it did just that—she said her spirit was lifted and that it was all part of the learning.

Quote: Sophia, Super Sewter Dude



Cup Final Celebrations



After a quick match of pen football, the players cut out their favourite part of the 'game'.



Half time refreshments were provided by the Beech House Bakers, and then the teams wrote their heritage postcards and awarded trophies to the participating teams.



Trophies for Halesworth Museum



Trophies for Edgar Sewter

Trophies, postcards and medals



... and winning smiles



Images top left and right: The children with their medals, heritage postcards and trophies. Above: Members of the wonderful team of staff at Beech House; they all made us feel so welcome in their home—thank you very, very much.

Beech House Bakers

Mary Ann
The Keeper

Yoga
Rita

Re-Joyce
Bingo
Queen

Sunshine
Princess
Pauline

Peg
The Hat

Subs

Carol
Christine
Clem
Gladys
Rita C

Georgie
the Best

Agapanthus
Margaret

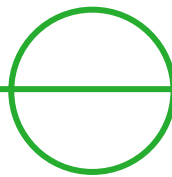
Hazy
Knitter
Hazel

Gardener
Hilary

Forth
Bridge
Cathy

Meat
Pudding
Connie

Referee: Magic Heels Potter



Zingtastic
Zara

Ambitious
Ava

Top Toe
Toby

Weird
Finger
Emelia

Flexy Esy
Esme-Marie

Bone
Shatterer
Leon

Sofa Surfer
Sophia

Zippy
Lilly-Mae

Clever
Ever

Amelia
The Adder

D-Man
Dexter

Ark Keeper
Lola

Super Sewter Dudes

Linesmen: Kelwell Kelly; Glass Table Megan; Millie; Cindy; Hot Shot Shannon

Linesmen: Mrs Lord; Mrs Swan

EXTRA TIME GOALS

With thanks to
National Lottery Players

Suffolk Artlink runs community arts projects designed to help people be creative, make connections and live well.

Extra Time does just that by bringing school children together with residents in care homes and independent living units to share their experiences, interests, skills and talents.

Guided by professional artists, the participants explore new ideas, learn a little about each other and create beautiful new art works to express what they've discovered; this work is celebrated and shared through exhibitions, websites and other social media platforms.

So it was that children from the Edgar Sewter Primary School **connected** with residents at Beech House Residential Care Home in an **active**, purposeful way.




They **reflected** on and shared their unique experiences, interests and skills, **learned** about their local footballing heritage, and **gave** each other their time and companionship.

It's been a fabulous season for Extra Time, and we would like to thank everyone involved in making it such a success, particularly the magnificent team at Beech House, staff from the Edgar Sewter and the volunteers at the Halesworth and District Museum; thank you for your enthusiasm, support and kindness—and for making it such a joy.

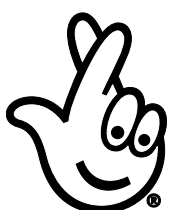
And to the Beech House Bakers and the Super Sewter Dudes, huge congratulations to you all for the marvellous work you've made and the fun we've had together; I hope you enjoy this very special Extra Time Souvenir Programme.

Suffolk Artlink

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