

suffolkartlink

# Extra Time

Season 2: January–March 2024

Hildesley  
High Flyers

Souvenir  
Programme

Pakefield  
Pitch Invaders



# 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 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

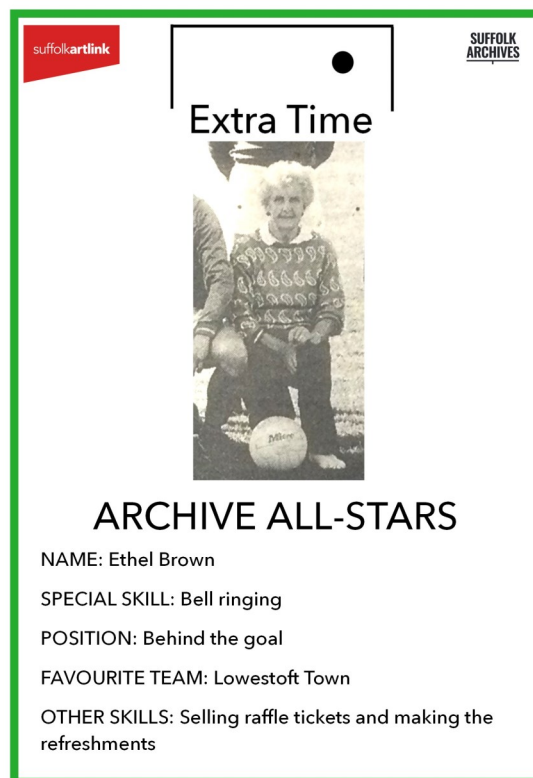
This is our 2nd season in Lowestoft, and involved a team of ten Year 5 children from Pakefield Primary working with residents from nearby Hildesley Court.

## 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 Kate Munro and our brilliant volunteer, Amanda.

## Extra Time Partners

Our partners on Extra Time are Suffolk Archives, the source of many of the images and documents used to inspire the creative content of our sessions.



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

# FOOTBALL



It's so important that we share these stories  
now, before they get lost.

Quote: Peggy, a Hildesley High Flyer



Cover image: The spectators take their seats/gather for the match

Above right: One of a set of 12 Archive All-Stars cards, based on press cuttings, images and documents at Suffolk Archives, Lowestoft

9th January 2024

# Kick Off

Our first sessions with the new teams—and they start as they mean to go on

Chatting with residents at Hildesley Court, we learned that one of Val's school pals was Bobby Moore, who played more than 600 games for West Ham and captained the England national team when it won the FIFA World Cup in 1966.

We heard stories of huge areas of wasteland in London, where debris from the blitz was dumped and which later was turned into 31 football pitches, plus accounts of a job as a football pools coupon checker and connections to Crown Meadow, home to Lowestoft Town Football Club.

The group was so enthusiastic about taking part and meeting the children, it's no wonder they quickly agreed on a name for their team—the **Hildesley High Flyers**.

Over in Pakefield Primary School, the children were equally keen to get started, and were soon sharing their thoughts and goals for taking part in the project.

From learning about Lowestoft's footballing history to being creative and meeting new people, there's lots they want to achieve.

Considering that amongst their personal skills they listed 'being an amazing friend' and 'building a 100:1 scale replica model of Lowestoft in Lego', the **Pakefield Pitch Invaders** are clearly going to be a force to be reckoned with.



The sky's the limit for the Hildesley High Flyers



Prepare for the Pakefield Pitch Invaders

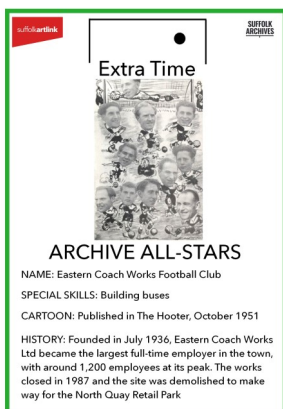
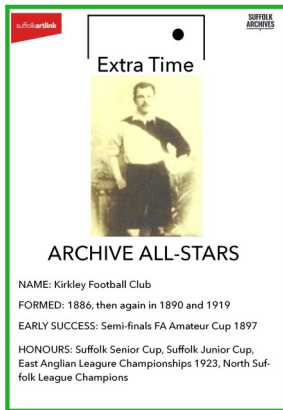
# All-Stars & Player's Cards

Who knew that Lowestoft Ladies Football Team, nicknamed the Waves, won the WFA Cup in 1982/3?

Or that footballing legend Terry Butcher wore out dozens of pairs of boots, playing on sandy South Beach in Lowestoft?

With the help of the Archive All-Stars, the teams began to learn a little about Lowestoft's rich footballing history.

They also talked about their special skills—and the nicknames they would choose for themselves, as Extra Time players on the field.



**Extra Time Football Fact**

None of the Pakefield Pitch Invaders team has ever visited the Lowestoft Archives

80% of the Hildesley High Flyers team has never visited the Archives, either.

## Pakefield Pitch Invaders

- Everywhere Keane
- Space Defender Yvie
- Potato Purterer Sophia
- Black Eye Bella
- Back of the Net Elliot
- All the Time Toast, Chloe
- Hero of the Hour Henry
- Fast and Sharp Naomi
- Shine On Shona
- Invincible Isabella
- Wings (Mrs Starling)

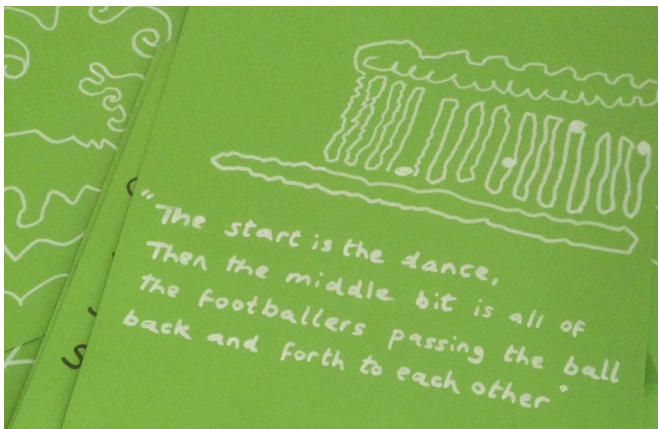
## Hildesley High Flyers

- No Whistle Trish
- In-it-to-Win-it Peggy
- Saintly Doreen
- Playful Peter
- Steady Eddie
- Dot the Spot
- Doreen Ajar
- Instant Ina
- Speedy Gonzales Shirley
- Stitch on the Pitch, Joan

## Team Goals

- The residents want to show the children that 'old' people aren't fuddy-duddies
- The children want to learn about football, do more art and meet the residents.

16th January 2024



It's always good to warm up before a game and so, to a medley of popular football tunes, the High Flyers danced their pens across the page.



Then they set to constructing the pitch—with many hands making light work.

## Pen Dancing & Pitch Marking



The linesman needed a steady hand, although here I happen to know he's colouring in some dandelions.



The children introduced Magic Heels Potter to the Archive All-Stars, and then finished off the pitches. They also made rows of spectators—some of them clearly fans of opposing teams.



23rd January



Image above L & R: The children introduce themselves to the Hildesley High Flyers



## Match Ready

No sooner had the children arrived at Hildesley Court today, then they were swinging their arms and high-stepping in a series of warm-up activities, directed by High Flyer Ina.

A swift round of introductions followed, with both sides using their Player's Cards to introduce themselves, before the focus turned to the work in hand—the Big Match.

First, there were spectators to show (glue) to their seats and players to be dressed up in their team kit; green and white hoops for the Hildesley High Flyers and red and white checks for the Pakefield Pitch Invaders.

Then, Wings-the-Referee blew her—and it was game on.

Images below L to R: Making sure the spectators have taken their seats and are glued in place—it takes many hands to make a match





Images clockwise from top L: A player in Hildesley kit of green and white hoops, opposing team players get their colours, a finished player, ready for kick-off and a Pitch Invader player takes a dive

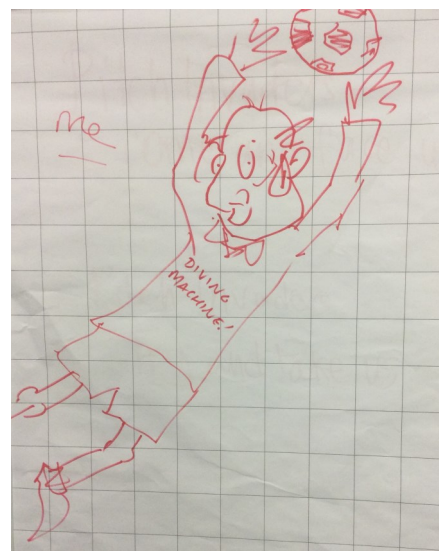


30th January

When Dean visited the Extra Time teams, they were quick to share their Player's Cards and chat about the origins of their nicknames, leading to each team's Extra Time chant.

They were just as speedy in coming up with a nickname for him and so it was that 'lean, mean Dean, the diving machine' was born.

He promptly went on to demonstrate just how mean he could be, when faced with a fantasy penalty shoot out.



## Lean, Mean Dean, the Diving Machine

### Pitch Invaders come and face us

Hero Henry, our winning winger,  
There's no-one faster.  
Everywhere Keane heads it ...  
It's a blaster.

Invincible Isabella is a kind of  
Keeper (she's not small).  
Back of the net Elliot  
Never Lego a ball.

Fast and sharp Naomi  
With her magic blue boot (passes to)  
Shine on Shona  
The crowd shouts 'SHOOT'.

Space defender Yvie sends the ball  
Higher ... and higher.  
Black eye Bella  
Winds up the Flyers.

Potato purtuter Sophia  
Appeals to the referee.  
All the time Toast Chloe  
Leads her team to victory.

### High Flyers come and try us

Saintly Doreen, kind and true  
Tells the team just what to do.  
Steady Eddie,  
Makes sure we're ready.  
Speedy Shirley  
Kicks off early.

There she goes, Doreen Rose,  
Keeping everyone on their toes.  
On the Spot Dot  
Keeps out a lot.  
No Whistle Trish plays at the back  
Pushed up the pitch - plays attack.

Playful Peter, straight and true,  
Inside right - and outside, too.  
Instant Ina, bully, off, shoots ...  
In it for the glory? You bet your boots.  
Peggy's in it to Win it, kick it and  
Spin it in the last minute.

Stitch on the Pitch Joan  
Takes the cup home.



This week, the challenge was to perform the poems together and then create a new one by adding some of the Archive All-Stars to the mix.

## Poetry Slam An-them



Image above: the Pakefield Pitch Invaders ready for the poetry slam

Below: discussing skills for the fantasy football team and listening to Dean reciting their poems



The teams chatted about the All-Stars, musing over what skills they might bring to our 'fantasy' football team.

Suggestions ranged from moonlighting as a waitress, because the player was gripping the cup so steadily, to the Co-op ladies team serving vanilla ice cream during half time and the Bally Boys packing extra boots.

### Song of the Archive All-Stars

Fred Wigg was always keen to lend a hand  
To mark out the pitch, he filled bags of sand  
Where Terry Butcher accidentally  
Kicked the ball way out to sea.

The Bally Boys made fine shoes, they say,  
But wore shooting boots on match day.  
The Trawler Boys nearly won the cup;  
Early on, they went one-nil up.

Co-op Ladies were a sweet-toothed team  
For a half-time treat they ate ice-cream.  
ECW built coach after coach for us,  
But their football team parked the bus.

Lowestoft Ladies were simply the bes-test  
They gripped the cup so tight, they  
Could've been waitresses.

They wave, they wave,  
In and out of the game  
The Waves, the Waves,  
That was their team name.

13th February 2024



# Discovering Suffolk Archives

The Extra Time players visit the Archives to look at the All-Stars in more detail and enjoy learning a little about their local heritage.

▮▮ I had no idea there was so much here, I really want to come back and find out some more. ▮▮  
Quote: Ina, Hildesley High Flyers



Images clockwise from top L: Magnifying the Trawler Boys, pinpointing on old maps, writing up their findings



Using the microfiche to read a newspaper printed more than 40 years ago.



Finding out details about footballer Terry Butcher from an original press cutting.



Looking for the street in which she was born 90 years ago.



Discussing what else was printed in the newspaper and examining photographs.



Comparing the different factory teams—and finding new ones in the Archives.



Meeting Archive staff and getting a very good view of old Lowestoft.

20th February 2024

# A Kit Bag and a Trophy Poem



It being half term, there was no session with the Pakefield Pitch Invaders this week.

But we did visit the Hildesley High Flyers, and took along the Extra Time Kit Bag, for a little reminiscence about football in the 'good old days'.

Pride of place in the kit bag are two pairs of old leather football boots, and a small silver trophy bearing the inscription: 'Eye and District Football League, 1949-50', all kindly loaned by Laxfield and District Museum.

There are also old programmes, featuring advertisements for Stanley Matthews Football Boots, books and comics and even some items of 'pre-loved' kit, including a pair of well-worn green and white football socks.

As the group chatted about personal sporting prowess, our goalie poet Dean took notes, as a warm up to creating a Trophy Poem by the end of the session.

Images below, L to R:

The quarter-final second leg of the UEFA Cup and Saint Etienne's kit is green and white, similar to that of the Hildesley High Flyers

Teamfacts, on the occasion of the FA Cup Semi Final between Manchester City and Ipswich Town in April 1981

Sharing memories prompted by the Ipswich Town official match day magazine; the hair styles were enough to get folks talking

Image below:

Just Flick to Kick! The Subbuteo catalogue 1972 contained news of a Subbuteo marathon match lasting 50 hours



Image right: One of the Extra Time players examines a pair of child's leather football boots, circa 1946

Below: The Ipswich Town Football Club official programme, printed in October 1959 for the Ipswich Town vs Stoke City game, carried an advertisement for the Stanley Matthews World's Finest Football boots



Image above: Is this you? Were you here? A popular photo quiz back in the 1950's



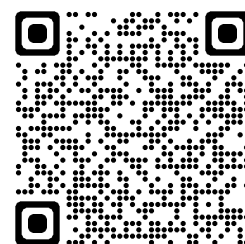
## A Trophy for Who?

Dean created a beautiful poem, celebrating the sporting talents of all the Hildesley High Flyers.

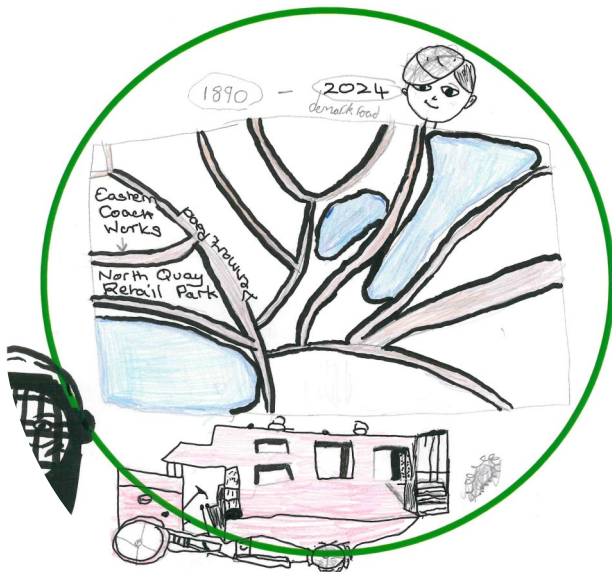
These included Peggy's championship snowballs, Doreen's abilities to perform a backwards crab and then balance a small child on her stomach and Shirley's love of netball and the need to share her P.E. kit.

Dean recited the poem at the end of the session, much to the amusement of all involved. You can hear the poem here: - <https://youtu.be/vbZSpiJT6tg>

Or, turn on your mobile phone camera and point it at the this QR code—it will take you directly to the link on YouTube.



27th February 2024



Putting the Eastern Coach Works back on the map, along with one of their coaches.

## From the Touchline

When they visited Suffolk Archives, each team member was given a worksheet on which to jot down something they'd like to share with other people.

This week, they finished off those worksheets, aided by notes from Caitlin and some practical support from Dean.



The Hooter, Magazine of the Eastern Coach Works, 1951-ish.



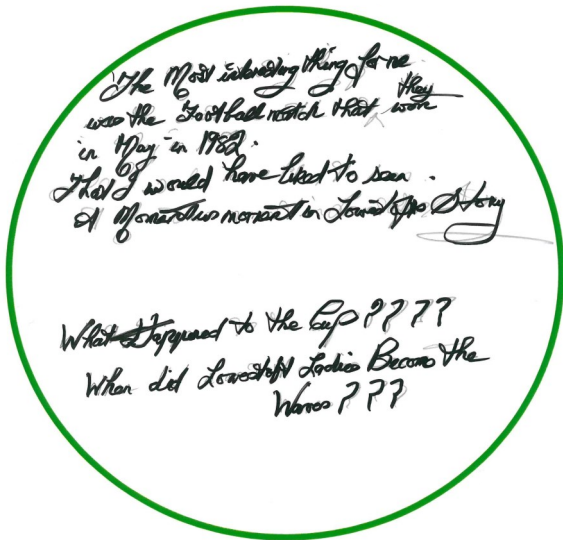
The Trophy for the Longest Lasting Snowball goes to Peggy, as drawn by Dean.



Terry Butcher grew up in Lowestoft. Born Dec 1958 in Singapore. Played football for England.



The Waves. I would really want to talk about W.F.A Cup, Lowestoft vs Cleveland.



The most interesting thing for me was the football match that they won in May in 1982. That I would have liked to see; a marvellous moment in the Lowestoft Story. What happened to the Cup? When did Lowestoft Ladies become the Waves?



Between the 1st and second World Wars there were many factories in Lowestoft which employed many workers—in shipyards, coachworks, TV Pye factories, Bird's Eye. Now, only Bird's Eye remains. Each had their own football teams.



The Lowestoft Town Football Club Heroes 1946, based on a cartoon in the local press at the time.



Fred Wigg played football for Roman Hill Boys team in 1910. He later went on to play for Pakefield Harriers where one of his jobs was to mark out the pitch with sand before the game started.



Visiting Suffolk Archives was like a little goldmine—you kept finding new things along the way.



Quote: Trish, Hildesley High Flyers



The Bally Boys Football team mascot—and one of their very fine bags.

5th March 2024

After a bit of pre-match limbering up, everyone paired up with their Archive partner and faced off across a green paper pitch, pen in hand and music up loud.



## Keeping Us in Stitches



After that, they compared their Archive worksheets (above left and right) and discussed their illustrations with Kate (below, left). Little did they know that Kate had already seen their pictures, and done something quite magical with them—transferred them on to fabric.







Images, clockwise from above:  
Trying not to prick her finger;  
The artists; Holding it steady;  
Tightening the embroidery  
hoop; Watching closely as he  
stitches her picture; You hold it,  
I'll cut it; Straightening out the  
fabric; Lending a helping hand



"I've never done anything like this before."



"I loved it—it took me back to when I was a dressmaker. I really enjoyed it."



"It was really frustrating—but I also really enjoyed doing it."



"It was lovely to do this with other people."



"I was impressed that the children persevered through the frustration and were very pleased with what they achieved."



"It was amazing and I'm really pleased with what I've done today."

Participants' comments

12th March 2024

# Bubbles and Embroidery

The teams were just bursting with ideas when Kate used 'bubbles' as a warm-up activity to start the session.

From cherries and some glorious sunrises to a vignette of a sea-side town, a close-up of the optic nerve and a black hole devouring the universe, the pictures, and the stories behind them, were quite astonishing.

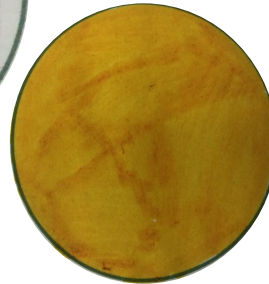


Image bubbles from top right corner:  
Sunrise; Gulls over the house;  
Beach huts; Birthday cake;  
Pure gold; Pakefield Pitch Invader;  
Encircled Romans; Two-tone hair girl;  
Person/bubble

Image above: The bubbles were full of detail, colour and humour



Image above:  
Putting the final touches to her football pitch

During the morning session at Hildesley, Kate demonstrated how she ironed their archive pictures and words onto fine cotton.

This sparked a wonderful conversation in which we learned from Ina that she used lawn cotton to make undergarments and that it took 2 yards of fabric to make a dirndl skirt.

Joan told us about applying eye liner to the back of her legs to make it look like seamed stockings and the damage done to real stockings by the scratchy net under-skirts they wore; all the women agreed that their dads were really strict about what they wore when they went out at night.

After that, we all settled down to some more embroidery, adding details to the stitched pictures

Over at Pakefield in the afternoon, the children were excited to be 'doing some more sewing'.

Soon, there were lots of frowns of concentration and gasps of exasperation as they struggled to thread needles, pulled the yarn out too far or got it tangled.

Yet they all agreed it was worth it and that they were pleased with what they had achieved.



Image above: She thought she couldn't do it, but she could, and she was pleased with the results



Images above, left and right: Stitching and threading, tangling and trying—members of the Pakefield Pitch Invaders team hard at work at their sewing

# Most Significant Change

This week, we quizzed the players about what had changed for them since they started Extra Time, and what that change meant to them.

The residents told us that the sessions were 'like therapy' in that they helped to keep their minds active and open to new ideas, and that they brought people 'out of their rooms' which was very good for their well being.

The children said that they had done things they'd never done before, that they were 'amazed' by what they had achieved, and that this made them feel more confident.

The children agreed that the residents had made them feel very welcome, and that had helped a lot to overcome their initial anxieties and build confidence; now they understood that: -

**'Just because you're old, it doesn't mean you can't do stuff.'**



26th March 2024



Use this QR code to listen to Dean and the teams reciting their Anthem

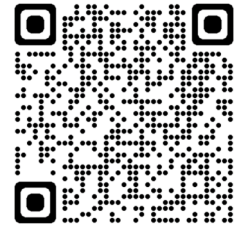


Image left: a Word Cloud of words used by Players to describe Extra Time

## Cake, kiwi—and Celebration Cups

Our final session together—and with so much to cram in, it's no wonder we started off getting a bit 'tangled up'.

Throwing balls of wool across the room to each other resulted in a wonderfully tangled net, and a lot of words suggested by players, to describe their feelings about Extra Time.

Then Dean led both teams in a rousing rendition of their footballing Anthem; you can listen to it by using the QR code above or following this link to

YouTube: <https://youtu.be/43cvnypaf40?si=1MN2VDJdvBAxWomV>



Image left: Having a bit of a chat and a laugh

Images facing page, from top: Letting the music take them; Each following their own line of thought; Stitching the pitch for Terry Butcher; Hard at work; Serious stitching; Stitch two together; Talking about WWII; Stitching the beach for Terry Butcher. Bottom row: Banner headlines

# A Celebration Trophy for Everyone



Our final activity together was to make personalised trophies to celebrate all that has been achieved.

It's been such a wonderful 12 weeks, working with residents at Hildesley Court and the children from Pakefield Primary School, that it seemed only fitting that everyone should be awarded a trophy.

Among the inscriptions, there was one for a dad who didn't give up, despite having cracked two ribs, a trophy of thanks from one player to another, for helping them out; someone even awarded themselves a trophy for Not Eating Fruit.

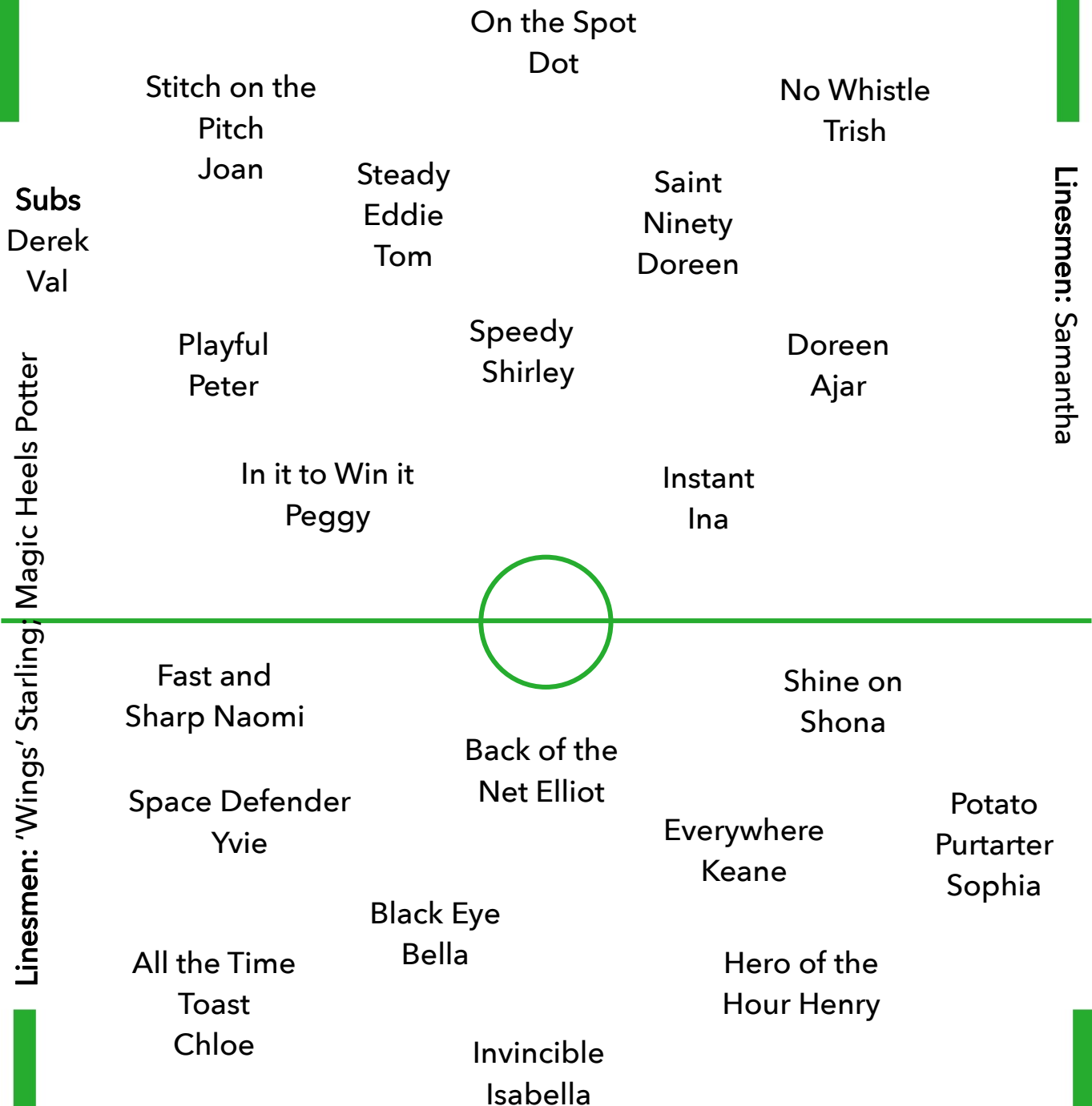
We've learnt about football in the town and we've learnt some things about each other; we've even learnt a little bit about ourselves. As one participant wrote:

**'I did not know I would have so much fun.'**

But, like everyone else involved, she knows now.



# Hildesley High Flyers



# Pakefield Pitch Invaders

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# EXTRA TIME GOALS

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Our community arts projects are designed and developed to support peoples' health and wellbeing.

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 Pakefield Primary School **connected** with the residents at Hildesley Court 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. From the Suffolk Archive and school staff, by way of the artist 'coaches' and Magic Heels Potter, our magnificent volunteer, thank you for taking part and making it such a joy.

And to the Hildesley High Flyers and Pakefield Pitch Invaders, a 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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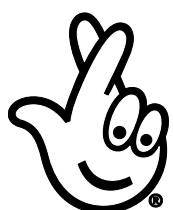
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