

Britten Court Angels &
Roman Hill Football Club
Souvenir Programme



Extra Time

Welcome to the Extra Time Souvenir Programme

It's been a truly remarkable first season, with loads of excitement both on, and off, the pitch.

But first, a little bit of background to our story.

Extra Time is managed by Suffolk Artlink. We specialise in bringing 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

The opening season in Lowestoft involved a team of nine Year 5 children from Roman Hill Primary School and residents from nearby Britten Court Care Home.

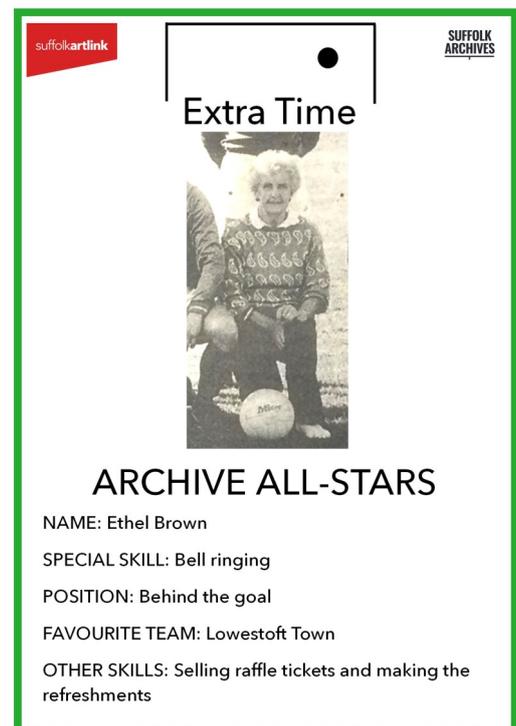
Extra Time Artists

Acting as referees, coaches, and suppliers of half-time orange slices were community artist Caitlin Howells, goalie poet Dean Parkin, dancer Jen Johnson and sculptor, Carrie Phoenix.

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

Cover image: Spectators lined up, ready for the match, as created by the Roman Hill team
Above right: One of a set of 12 Archive All-Stars cards, based on press cuttings, images and documents at Suffolk Archives, Lowestoft

Kick off

Rosettes, Archive All-Stars—and a fieldy zoo without the animals.

The season opened with Caitlin and Jen coaching the Britten Court residents in how to make personalised football rosettes.

The group chatted about their own footballing experiences and suggested some warm-up exercises for the children to do.

So it was that the Roman Hill children started their Extra Time season with star jumps, leg stretches and knee bends.

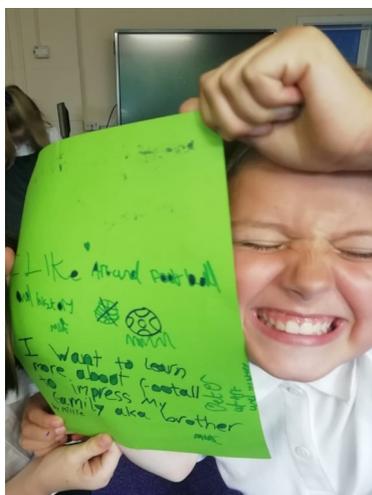
After that, it was time to meet the Archive All-Stars, a pack of cards illustrating local footballing history, inspired by documents at Suffolk Archives in Lowestoft.

Is that what they were expecting to find at the Archives? Evidently not as, when asked, one child described an archive as being ...

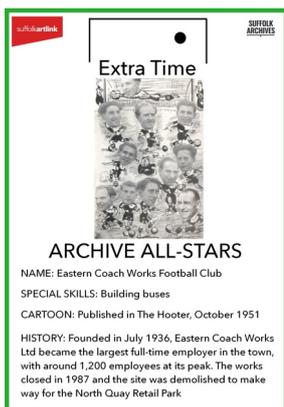
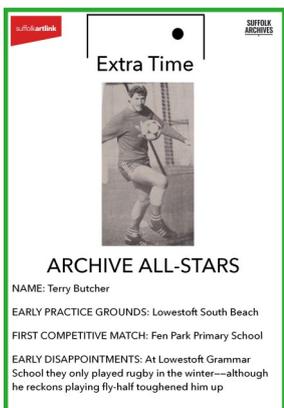
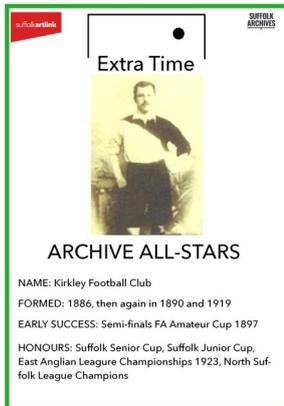
'like a fieldy zoo without the animals'.



I want to take part in Extra Time to: - meet other people ... make new friends ... learn things & impress my family.



Images: Residents wear their rosettes with pride, whilst the children share their reasons for taking part in Extra Time



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?

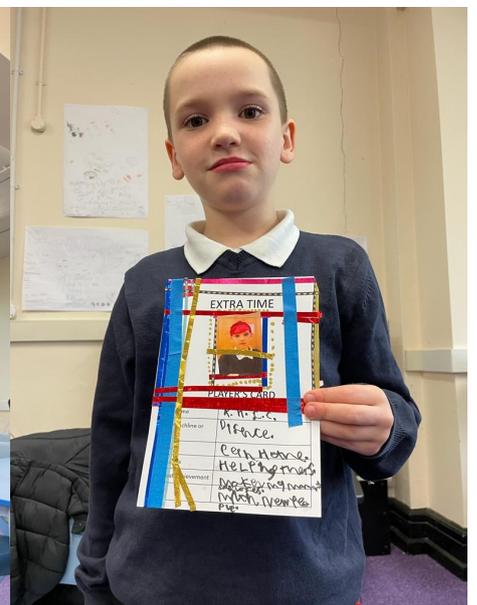
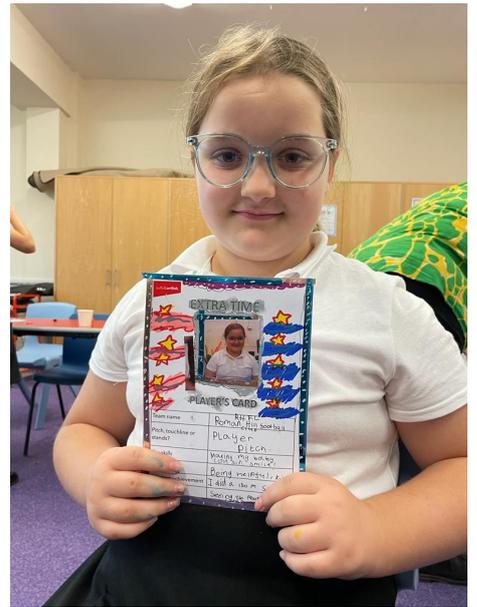
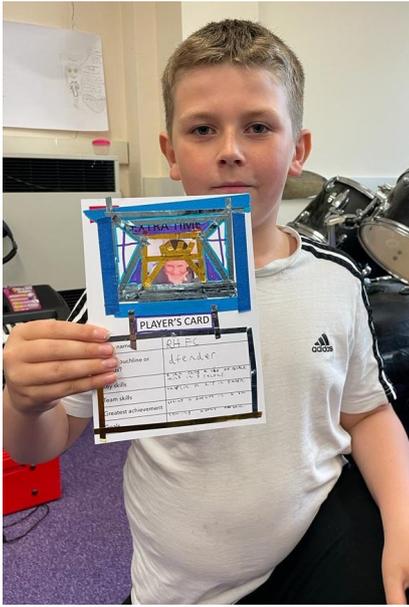
With the help of the Archive All-Stars, the children began to learn a little about Lowestoft's rich footballing history.

They also began to make their own Player's Cards, thinking about the skills they would bring to the team, the positions they would play—and what their goals were.

Roman Hill Football Club team skills include: -

- Making people laugh
- listening
- being helpful and kind
- communicating
- not being a sore loser
- making cupcakes for the team.

The Extra Time Roman Hill Football Club players, with their cards listing positions, skills and goals



26th September 2023

Getting ready for the match

At Britten Court, the team's prepping for the first match of the season.

They've chosen the team name (Britten Court Angels), the kit colours (black shorts and purple shirts), and made sure the pitch is rolled out nice and smooth.

Next, they focused on individual team skills. With 'Speedy' Stan, 'Regal Rodders', 'Spitfire' Alan and 'Mini Flash Harry', they'll be fielding a strong side when the children visit next week.

That afternoon, the children worked together to mark out the pitches and make rows of spectators for what promises to be a glorious occasion when the two teams come face to face for the first time.



Top right image: At last, someone explaining the offside rule
Above: Britten Court Angels, resplendent in their purple and black kit colours and a groundsman, inspecting the pitch



I really enjoyed working as a team.



Quote:
Mia, Roman Hill Football Club



Image: Many hands make light work, marking out the pitch



Image: A stadium of spectators, with RHFC supporters out in force on the front row

3rd October 2023

The first match of the season



Stan leads the warm-up exercises, waving away any pre-match nerves.



It's always good to have a bit of a kick about first, just to get the feel of the ball.



Together, the teams add details to their players and, below, finishing touches to the stadium, making sure the spectators are positively glued to their seats.



Each team has one player on the pitch. Above, a RHFC player takes to the pitch, watched carefully by the 'opposition'. Below—it's game on.





Head coach Caitlin looks on as a RHFC player takes possession of the ball (top left) whilst referee Jen (above) is thrilled by the players' skills on the pitch.



Left: it's a

GOAL



Post-match sharing

After the game, the teams enjoyed an amazing fruit platter, courtesy of the Britten Court chefs.

Then it was time for the children to share their Player's Cards and for everyone to get to know a little bit more about each other.

As the children described some of their favourite things, including the joys of a 'chocolate frapuccino' (above, right), the Britten Court Angels studied the children's cards in detail.



10th October 2023

The Goalie Poet

Dean was a keen football player in his youth, despite his team once losing 36-0 in a match lasting one hour ... that's a goal in less than every two minutes.

Luckily, his second career choice as a poet has been much more successful.

Maureen 'Farmer' Giles
Grabbing the ball, kicking out
good goalkeeper

Stan the Man, our No.1 'Snake'
Spot kick saver, green jersey
big gloves!

'Trouble' at the back, booting the ball away
(in the wrong direction) sometimes
very lucky!

Regal Roaders, King of the left bank
Not our penalty taker

② The Menace, our fiery full-back
Scourge of any fancy winger

Pigtails, fast & furious & fiesty
Free kick expert

The Champ our No.9, heading the ball,
left hook, jab, counterpunch,
KNOCK EM OUT!

Buddy 'Bike your legs' the dog
bubbly midfielder, our Number 8
alongside Dizzy Pixie



Image:
Dean having a chat with some of the Britten
Court Angels about the Archive All-Stars



I've learnt a
lot, and had a
great laugh,
today.

Quote:
Jim, Britten Court Angels





I loved meeting Dean.



Quote: Oscar, RHFC

Whilst taking part in Extra Time, the children got to meet and work with a range of professional artists, from goalie-poet Dean and community artist/coach Caitlin to 'referees' Jen—an elemental earth dancer—and Carrie, an installation sculptor.

Millie our top mid —
Sure, she'll go to Mars to get the ball

Mia, ever ready
defender

Mrs Robb never ready
gone home before the final whistle

Oggy our face-saving
defender
AKA concussion man

Mia the Keeper
Keeping it in the family

Kian flicks the ball away
with one power finger

On the Go Joe
our strong defender

Maisie's magic knee
rockets the ball to Mars

Lacey, our speedy striker
36 goals a game

Mr Dean does a back flip
when the winning goal goes in

By the end of the day, first the Britten Court Angels and then Roman Hill fielded a range of nicknames and personal footballing attributes—it only remained for Dean to position them all on the pitch.

Linesman Dean

17th October 2023



You're the Greatest

The two teams came face-to-face in the non-league Poetry Cup final

It was the Britten Court Angels verses, the Roman Hill verses, with Andrew, Jo, Jen and Mrs Robb kept busy running up and down the lines.

But first, some limbering up with Stan made sure both sides were relaxed and ready.

This work-out is now a regular part of the weekly routine.

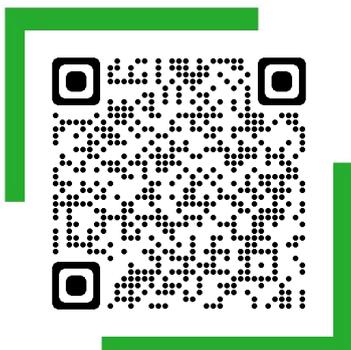
Dean flexed his vocal cords (right) by reading his poem, Grandad's in Goal.

And then, the game was on.

Would the team poem be the classic 3-5-2 line up, or would they go for the popular diamond formation?



Images below: Mixing and matching the football skills to create a championship poem.



Scan the QR code to hear the winning lines



Dream Team vs Spitfire Angels

In our green Spitfire Angels shirts, we run out on the pitch.

There's Stan the Man, always catches the ball
and saves the day.

There's Regal Rodders, volleys it so hard,
it knocks the keeper out of the way.

And On the Go Joe, up for a corner, heads it
against the post but Jumbo, as fast as a spitfire,
bombs down the pitch, kicks it straight in!

Pixie runs round in circles, kicks the ball
and narrowly misses the referee.

Trouble Two kicks it straight into the goal,
Trouble One kicks back side!

And Mia dance steps to the penalty
and confuses the keeper... straight into the net!

Pigtail shoots straight down the middle,
goalie looking the other way.

Maisie's magic knee hits the ball into the top corner.

Kian's brilliant double save, and Mia kicks it off the line

but the ball goes back and Concussion Man,

'faced it' over the bar. And there's speedy Lacey

dribbling down the length of the pitch, impressive cartwheels

and Mia saves the goal with her feet

straight over into the other goal.

The Menace takes a shot straight through the keeper's legs

Top Mid Mia's crazy goal – trying to pass but scores instead.

And in the distance, there's Mrs Robb eating half time oranges

as she drives to the airport, listening to Madonna

And the crowd, the crowd shout

You're the greatest!!

You're the greatest!!

You're the greatest!!

You're the greatest!!

You're the greatest!!
You're the greatest!!

You're the greatest!! You're the greatest!!

24th October 2023



'You'll Never Walk Alone' and a Mexican wave



That was lovely, I felt like I was at the football match with my brother, I could see his face and I could hear the crowd. I could really feel the cold wind on my face and see the pitch. I felt like I was somewhere else, in fact my head is still dreamy.

Half term time

This week, with the children on half term, elemental earth dancer Jen visited the Britten Court Angels for a session of movement and relaxation.

But first, a quick check in on 'one positive thing about the week', prompted responses ranging from 'family visits' to 'kippers for breakfast'.

A quiz about famous footballers—in which Elfryn scored 15 out of 16—was followed by some gentle, chair-based movements to the tunes of old football songs, such as Que Sera, Sera, and You'll Never Walk Alone by Gerry and the Pacemakers.

The residents sang along, some with tears in their eyes; when asked, they said they were tears of joy, for the happy memories the songs evoked.

After the coffee break, Jen dimmed the lights, to create a relaxed atmosphere and began a guided mediation with the group.

She invited them to imagine an empty football stadium, just after the match had finished, with all the sights, sounds and smells that linger.

Some residents become so relaxed they drifted off into a light sleep, but afterwards all agreed that they really enjoyed the experience.

Quote:
Stan, Britten
Court Angels



Old boots & happy songs

Today, the children visited Suffolk Archives, whilst the Britten Court Angels explored the Extra Time Kit Bag.

The Kit Bag is full of football memorabilia, from old leather boots—on loan from Laxfield Museum—to pre-loved socks, trophies and a very special Spot the Ball photo.

The items stirred lots of memories, not least about how heavy the boots and footballs used to be, and how uncomfortable they must have been to wear.

A book of photographs of football crowds in the 1960's sparked lots of conversations about the clothes people wore back then and the session ended with the group singing some of their favourite footballing songs.



Image left:
Inspecting the kit.
The boots date back to 1949 and were worn by a player in the Stradbroke and District league



Image left:
Giving a red card
I wonder who got sent off



Image left:
Spot the Ball, but can he spot the Extra Time artists?

When asked about today's session, the Britten Court Angels said: -

- I have loved everything today from start to finish
- I really liked looking at the old football pictures, I saw myself in them
- I learnt lots of new things today, like what dubbin is and the age of the old leather boots
- I loved everything, especially the music and the movement, it brings back happy memories
- It's been really interesting to look at the old objects, I have enjoyed it so much
- I loved singing the old football songs, it makes me happy.

31st October 2023

Discoveries at Suffolk Archives

The children visit Suffolk Archives to find the source material for the Archive All-Stars—and more, besides.

From press cuttings to microfilm, by way of old maps and photographs, the children used different types of documents to discover details about the All-Stars, and illustrated their findings in their Extra Time worksheets—displayed on the facing page.

They also looked for things they thought the residents would like—such as pictures of spitfires and the footballing legend, Terry Butcher.



Images:

Above left, finding out about the Trawler Boys
Above right, discovering that her street used to be a field

Below, using microfilm to research stories about Terry Butcher

Images, l and r:
Writing about the highlights from the 1983 WFA

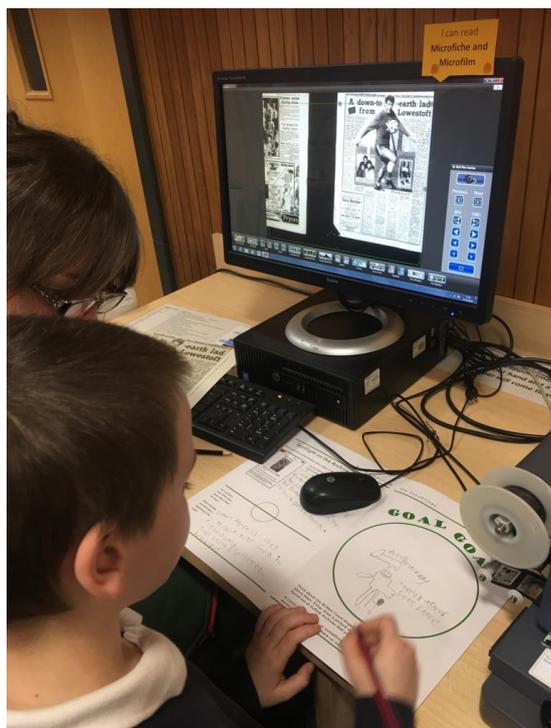


Image:

Discovering the school is on the site of an old brick works

Image:

Reading the original story of Ethel the Bell



It made me think of my family, if they have any history here.



7th November 2023

Mark making

The session at Britten Court this week was all about sporting trophies, from digging them up in a garden to winning them for not being very good at sport (that was Caitlin).

The group then started on their clay lump, rolling it out into a smooth disc before using a variety of implements to mark it, reflecting the lines and circles that would be found on a football pitch.

After that, they cut their large pieces into smaller circles—all except Stan who, having marked out an entire football field, wanted to keep his whole.



Images: Top left, rolling out the clay lump

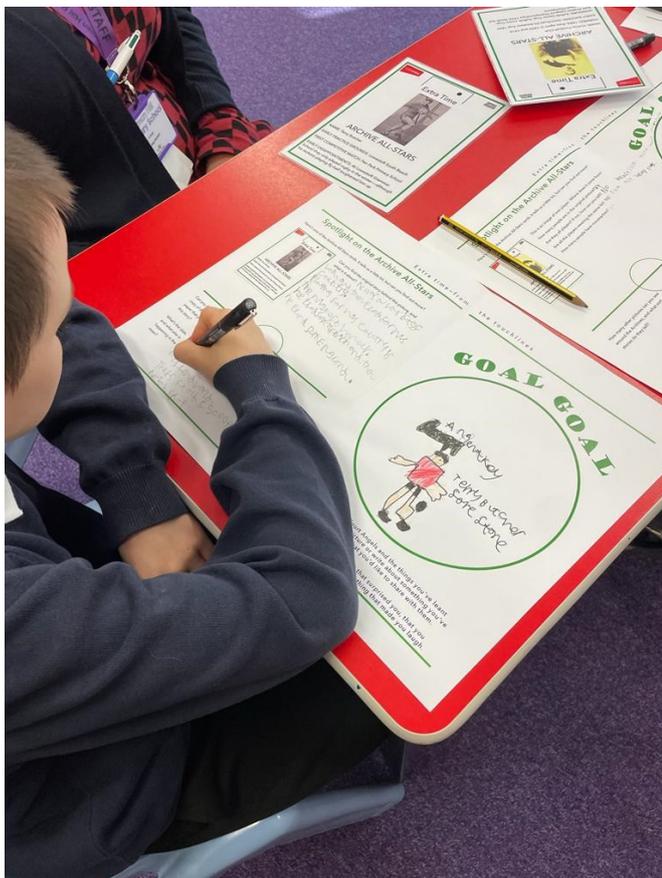
Middle row, using the Extra Time designs to inspire mark making in the clay

Bottom row, l to r, chatting about trophies, a complete football pitch marked in clay, the finished medals, ready to be dried and decorated



Making a mark

That afternoon, the children finished off their worksheets and shared back with group some of their thoughts and feelings about visiting the Archives.



Images, top row, l to r: writing about Terry Butcher and Jackie Slack, Lowestoft footballing legends

Below, once the worksheets were finished, the children shared them with the rest of the group



The maps were huge - as big as at least two of those tables. We could touch them, but we had to be very careful. There were codes like 'IS' - which stands for Infant School.

Quote: Kian, RHFC



14th November 2023

Golden moments

This was a session full of surprises and delights

Fresh from their trip to the Archives, the children were keen to tell the residents all about the visit and the things they had discovered.

It wasn't just the Archive All-Stars they talked about; several had found out things specially for the residents, like details about spitfires and pictures of Terry Butcher, and the residents were clearly impressed and moved by what the children told them.

As ever, the session began with a special Extra Time warm up, courtesy of Stan.



Image above: The warm up exercises are a great introduction to the session for everyone

Image below: On the edge of his seat; this Britten Court Angel is keen to learn more



Then it was time to share their discoveries with the residents; it was immediately obvious that they were captivated by what the children had found out.



Talking about the Waves—the Lowestoft Women's Football Club that won the WFA in 1983 (above) and Terry Butcher (below) gave adults and children alike the chance to share the knowledge and experience.

For example, in the image below, Stan has his picture of Terry Butcher on the table in front of them.





Then it was time for the residents to surprise the children—with the beautiful clay discs they'd made the previous week.

The children were well impressed; they spent the rest of the session helping to paint them gold.

Working together like this is a wonderful opportunity to chat, and there were definitely some very kind and considered conversations going on; the children were focused, attentive and absolutely brilliant.



Images, clockwise from top left:
 Togetherness is painting a football pitch gold and having a chat
 Gold daub on a small medal
 Working side by side creatively
 Lending a helping hand and struggling with the paint pot lid

21st November 2023

Creating an Extra Time Anthem

It was a tuneful session today as the Britten Court Angels wrote their own football chant and added some slick chorus moves.

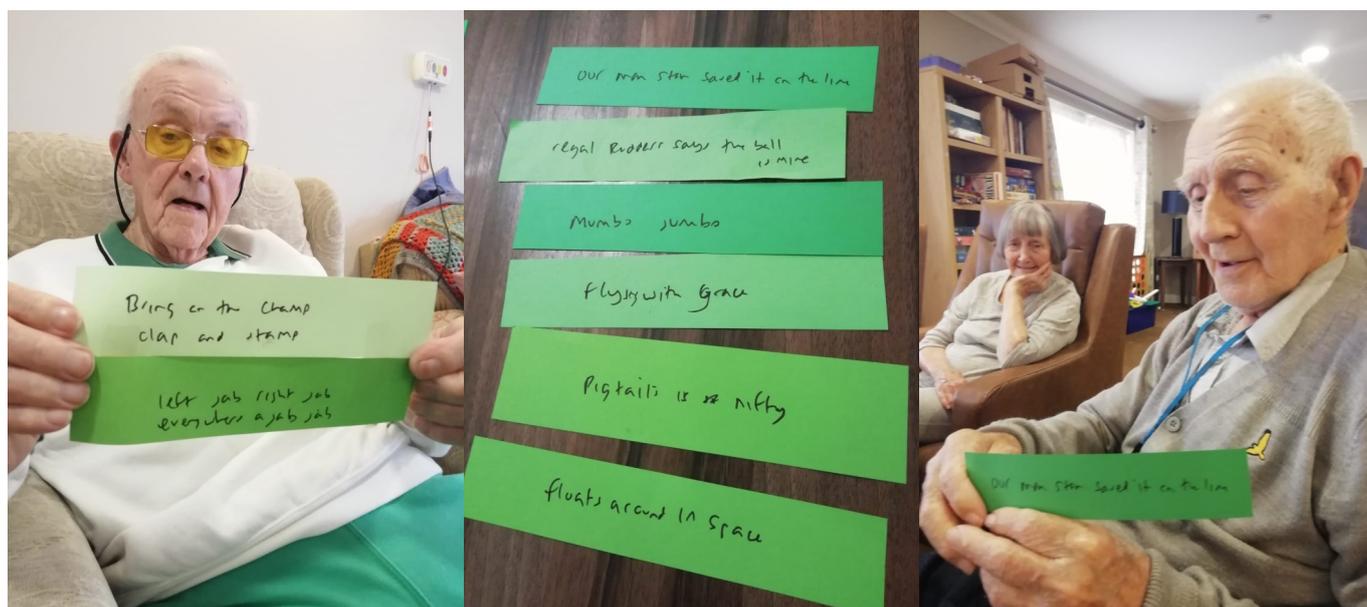
Every good team deserves an anthem and, with Dean calling from the lines, Jen keeping an eye on the field of play and the Archive All-Stars as inspiration, the Britten Court Angels came up with some wonderful lyrics—and moves—this week.

First, they suggested lines reflecting their individual footballing prowess.

Thus there's Mumbo Jumbo Spitfire 'flying with grace', Elfryn 'the Menace, smashing it in the net', not to mention Regal Rodders claiming 'the ball is mine'.

And, as every good anthem deserves a chorus, the group created one that sounds positively triumphant.

Sing It, Ring It,
Kick it off the line,
Grab it, smash it
...all in Extra Time.



Images l to r: Bring on the Champ, clap and stamp, suggested lines for their anthem and our man saving it on the line

The whites and blues never lose

Later, at Roman Hill, the children also enjoyed creating a footie anthem, using many of the details they had discovered about the Archive All-Stars.

Kirkley FC, 21 moustaches

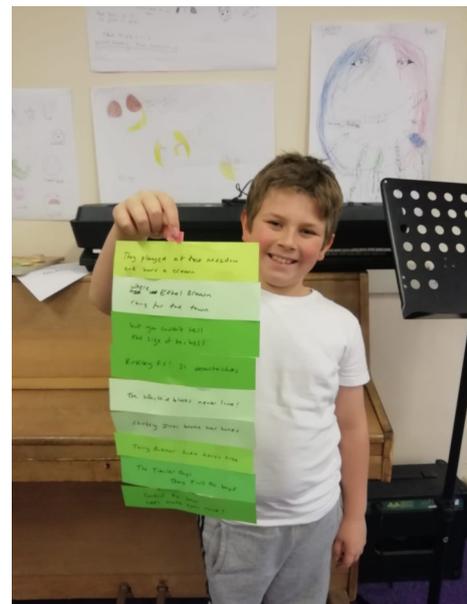
Trawler boys, patroller boys

Shirley Jones and her broken collar bone,
... just wanted to go home.

They play at Crown Meadow and have a crown

Terry Butcher, local hero, had a very bad nosebleed
and almost died!

Ethel Brown rang her bell,
she also made refreshments as well.



Images l to r: The Roman Hill players, suggesting some en-chanting lines and the finished article, expertly taped together by Dean

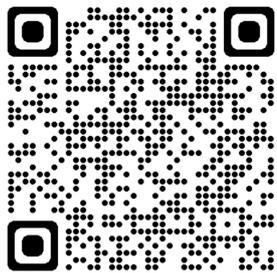


Image: Ethel's bell was larger than these chimes, but they still do the job



Our man Stan
saved it on the line
Regal Rodders
says the ball is mine

Mumbo Jumbo
flying with grace
Pigtails is nifty
floats around in space

Meanie Deanie
escapes like Houdini
Here comes The Menace
ready to defend us

Sylvia the striker
there is someone like her
Bring on the champ
clap and stamp
Left jab, right jab,
everywhere a jab jab

**Britten Court Angels had a
team, ee-i ee-i o! Oh!**

**Sing it, ring it
Kick it off the line
Grab it, smash it
All in Extra Time**

**Boot it, rhoot it
Kick it off the line
Smack it, whack it
All in Extra Time**

**Britten Court Angels
Britten Court Angels
Britten Court Angels
Britten Court Angels**

Concussion Man
does what he can
Top Mid Milly
kicks as hot as chilli

Striker Lacey
always quick and pacey
Ever ready Mia
attackers never see her

Joe's on the go
never goes slow
Mia the keeper
keeps it out the goal

Mrs Robb ever cool
went to Liverpool
Spurs lost, Arsenal won
but she's busy watching
Mumford & Son

The crowd go crazy
for Maisie's magic knee
Kian's little finger
saves it and we sing-er

**Britten Court Angels had a
team, ee-i ee-i o! Oh!**

**Sing it, ring it
Kick it off the line
Grab it, smash it
All in Extra Time**

**Boot it, shoot it
Kick it off the line
Smack it, whack it
All in Extra Time**

**Britten Court Angels
Britten Court Angels
Britten Court Angels
Britten Court Angels**

Shirley Jones
broke her bones
but Terry Butcher
got it on the hooter

Ethel Brown
rang for the Town
One, two, three, four
but you couldn't tell
the size of her bell

The Trawler Boys
the Trawler Boys
control the boys
let's make some noise!

**Britten Court Angels had a
team, ee-i ee-i o! Oh!**

**Sing it, ring it
Kick it off the line
Grab it, smash it
All in Extra Time**

**Boot it, shoot it
Kick it off the line
Smack it, whack it
All in Extra Time**

**Britten Court Angels
Britten Court Angels
Britten Court Angels
Britten Court Angels**

Britten Court Angels

Maureen
Trouble

Elfryn
the Menace

Regal
Rodders

Subs
Allen
Michael

Stan
the Man

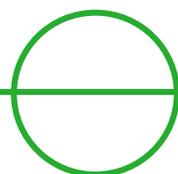
Smash it
Sylvia

Mumbo
Jumbo
Alan

Jim
the Champ

Olive
Bubbly with
Buddy

Baker
Linda



On the Go
Joe

Hotshot
Lacey

Top Mid
Millie

Power
Finger
Kian

Concussion
Man
Oscar

Magic Knee
Maisie

Dancing
Mia

Ever Ready
Mia

Keeper
Mia

Linesmen: Mrs Robb, Ms Taylor, Miss Broxup

Linesmen: Jo Eddy, Rachel, Andrew

Roman Hill Football Club

5th December

Cartoon Characters

Inspired by Archive cartoons of football teams and our goalie poet Dean, RHFC team members drew cartoons of themselves, complete with glitches and a goal-saving, cut-out arm.



Image left: A cartoon of the Eastern Coach Works Football Club team, as published in The Hooter, 1951

Below: A couple of cartoon characters



12th December

Images below: Members of the Roman Hill Football Club—and cupcakes



Extra Time Champions





Images: A few of the Britten Court Angels with their Extra Time medals and, below, referee Jo and a pre-match warm-up session



The Finals ...

Today was the final Extra Time session between Roman Hill Football Club and the Britten Court Angels—and what an Extra Time they had.

Between reciting the Anthem, finishing off the medals and a brief awards ceremony that included a special card from Dean and Caitlin, there was hardly any time left to dig into the fabulous refreshments; the cupcakes looked amazing and must have taken ages to eat.

... and the results are in

Kian said he loved visiting the Suffolk Archives, **Mia's** favourite parts were meeting new people and doing something different every week and **Lacey** really enjoyed the trip to Suffolk Archives. **Joe** learnt more about football from the past, **Stan** enjoyed spending time with the children and **Jim** thought they behaved really well. **Mia** knows a lot more about Lowestoft FC now, **Maisie** has got better at art and **Oscar** found out more about football. **Pigtails** enjoyed making the anthem, **Elfryn** loved the old football boots and **Alan** loved cheering along and joining in. **They are all champions.**

EXTRA TIME GOALS

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 care home residents 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, web sites and other social media platforms.

So it was that children from Roman Hill Primary School **connected** with residents at Britten Court 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 opening season for Extra Time, and we would like to thank everyone involved in making it such a success. From the Suffolk Archive staff to the Britten Court chefs, by way of the care and school staff 'refs', the artist 'coaches' and Project Officer 'referees', thank you for taking part and making it such a joy.

And to the Britten Court Angels and Roman Hill Football Club players, 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.

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