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Extra Time



Season 4: January–April 2025

Manor
Farm
Corncrakes

Souvenir
Programme

Wild
Kessingland
All-Stars

With thanks to National Lottery players

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 to create new, exciting artworks to express what we discover.

Extra Time Participants

This is our 3rd season in Lowestoft, and involves a team of 11 Year 5 children from Kessingland Primary and residents from nearby Manor Farm Care Home.

Extra Time Artists

Acting as referees, coaches, and suppliers of half-time orange slices are community artists Kate Munro and Shelly O'Brien, goalie poet/linesman Dean Parkin, 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



I think it'll be fun for the residents to get to know a bit about us because maybe they feel a bit 'shut off' and it'll be fun for them to meet us.

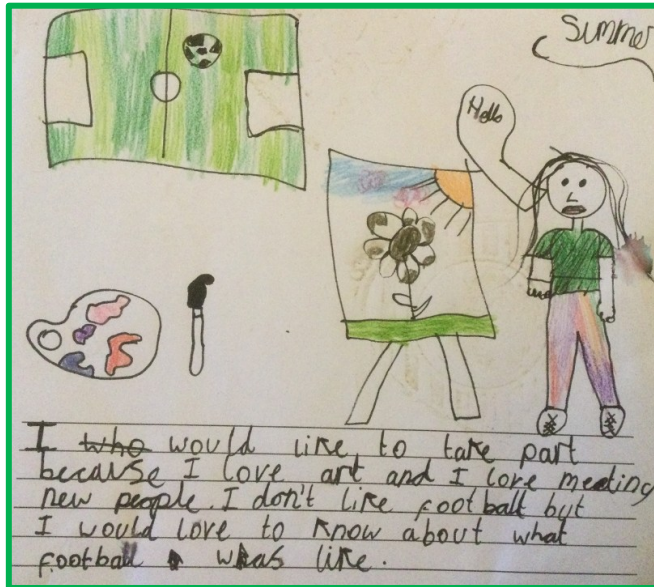
Quote: Xavi, one of the Wild Kessingland All-Stars



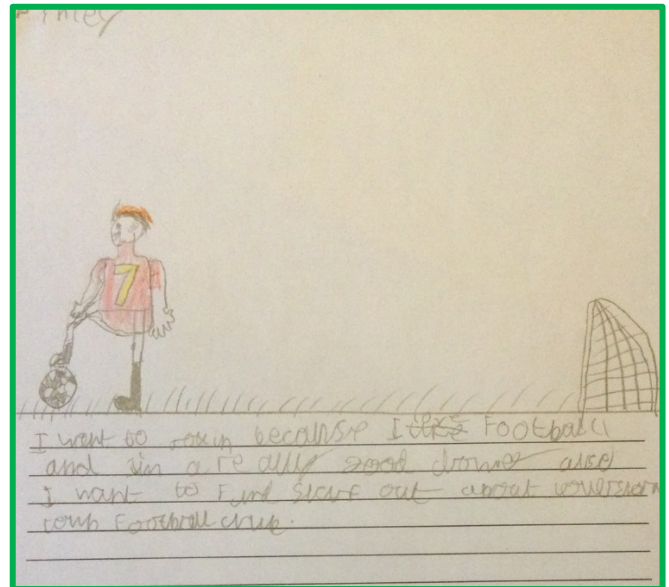
Cover image: The Extra Time supporters get ready for the game to begin

Above right: One of a set of Archive All-Stars cards, based on press cuttings, images and documents in the Suffolk Archives collections

9th January 2025



Summer wants to take part because she loves art and meeting new people. She doesn't like football but she'd love to know about what football was like.



Finley wants to take part because he loves football and is a really good drawer and also he wants to find stuff out about Lowestoft Football Club.

Opening games

Before the start of each season, we visit the school to explain a little about the Extra Time programme to Year 5 pupils and get them thinking about why they'd like to take part.

Their reasons are always varied and plentiful, from loving art or being interested in football, to wanting to meet residents at the local care home and make new friends.

It's also a chance to introduce the children to the Archive All-Stars, a collection of cards about football teams and individual players located in and around Lowestoft.

The cards are informed by press cuttings and other documents held by Suffolk Archives; they are part of Lowestoft's footballing history and, as such, part of the children's heritage.



Drawn together by magnetic football

9th January 2025

The Archive All-Stars ...

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

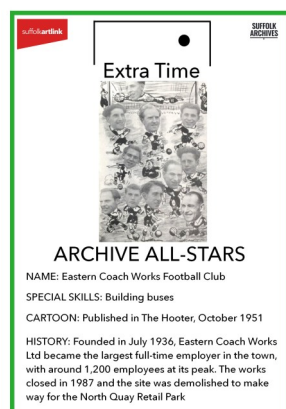
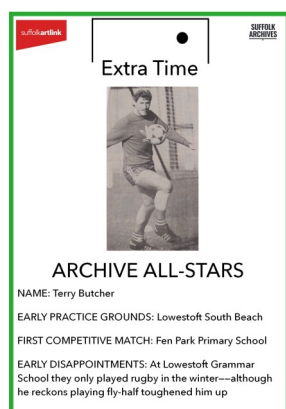
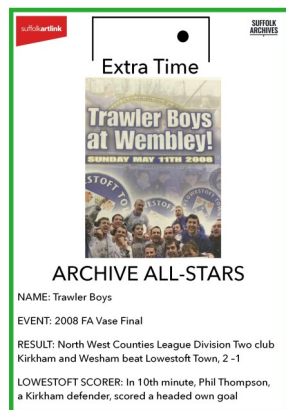
Or that footballing legend Terry Butcher wore out dozens of pairs of boots, playing on Lowestoft South Beach?

The All-Stars cards are based on material produced by local newspapers like the Lowestoft Journal and Waveney Advertiser, as well as company and club publications and photographs.

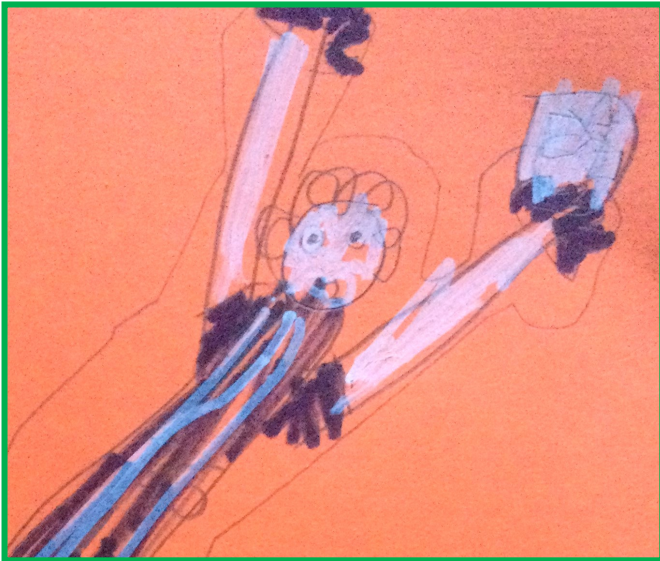
We are indebted to all who produced the original material and thank you for allowing us to share it with schools and care homes in Suffolk.

Of course, the cards can only give a snapshot of the characters involved, but that's fine, because our Extra Time players will have the chance to find out more details later on in the 'season'.

For now, though, the children's task is to create their own version of one of the All-Stars, which they do under the guidance of community artist, Kate Munro.



So many factories in Lowestoft had their own teams.



... personified

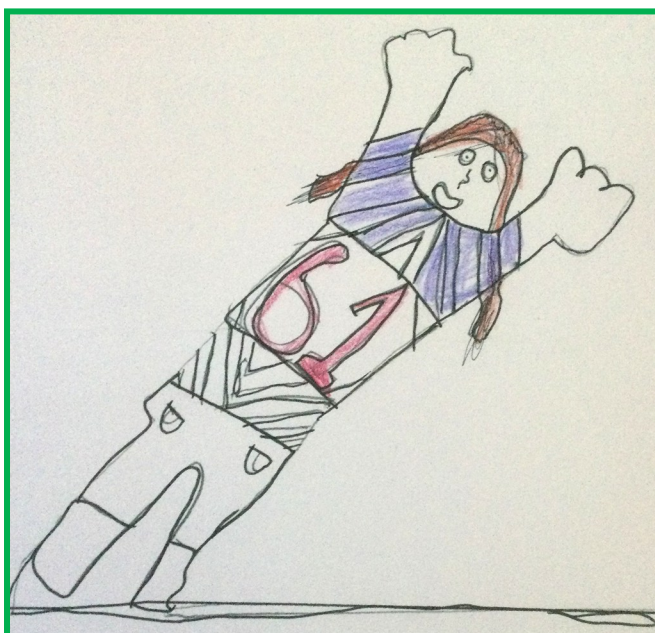
Above: A magnificent dive by the Bally Boy goalkeeper in black and white striped kit

Top right: Co-Op Ladies number 12 demonstrating some skilful footwork



Bottom right: A Boulton and Paul player with his eye fixed on the ball

Below: One of the Waves, diving to save the match



16th January

Match Ready



At Manor Farm Care Home the residents are quick off the mark learning about the Archive All-Stars and creating their own players.

Top left and right: Trawler Boys and a colour-coordinated member of the Waves
Below right: Ethel the Bell resplendent in blue and white, standing behind the net
Below left: A Waves mid-fielder, her hair flowing out behind as she races down the pitch



I want to take part because I'd like to make new friends.

Skills and Goals

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EXTRA TIME
PLAYER'S CARD

Pitch, touchline or stands:

Key skills:
Cooing, Soing, Reading, being a good friend, reading a book.

Greatest achievement:
Kicking a goal football. Reading a book what has 100 pages.

Team skills: being nice to people

Goals: being a pet goat.

That afternoon, the team over at Kessingland Primary School began to discuss what they'd bring to the game.

Their skills included 'being nice to people', 'thinking of games' and 'doing a front flip into a foam pit'.

Amongst the goals they listed were 'being a zoo keeper', becoming a 'mechanic' and 'getting a pet goose'.

Making the cards was a great way for us to get to know a little bit about the children and the sorts of things they enjoy doing.

The cards will also be a great way to introduce themselves when they visit the residents at Manor Farm.

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EXTRA TIME
PLAYER'S CARD

Pitch, touchline or stands:

Key skills:
Science, Drawing

Greatest achievement:
Doing a front flip into a foam pit

Team skills:
Passing to my team mate, Contributing to the team

Goals:
Find a cure for cancer

Team name:

suffolkartlink

EXTRA TIME
PLAYER'S CARD

Pitch, touchline or stands:

Key skills:
being a napper/colling/stroking my

Greatest achievement:
being fastest with my little sister

Team skills:
things or games,

Goals:
Something to do with animals/zoo

Team name:

23rd January

And the Fans Go ... <https://www.youtube.com/watch?v=agUX3iN1XN4&t=1s>

And the Fans Go ...



This week, it was the turn of goalie-poet Dean Parkin to run up and down the lines with our Extra Time players.

At Manor Farm, a game of pen football was followed by Dean creating the team poem, inspired by one of residents recalling an enthusiastic supporter standing on the side lines shouting 'Come on my boys, come on my boys'.

After that, everyone enjoyed a game of table top football as Dean stitched his winning lines together. You can read the poem opposite and also listen to it by following the link at the top of this page.

Over at the school, the team—the Wild Kessingland All-Stars—was waiting. After a few warm-up exercises, Dean was soon galloping down the pitch, creating a poetic commentary on a game that showed off their dazzling skills.

Read their poem on the page opposite. Listen to it by visiting the link at the top of the page.



Image left: Focused on felt tip football

And the Fans Go ...

There's Jimmy, taking his time,
9 to 10 knots, with the ball.
There's Dave,
dribbling down the wing.
And there's Michael,
tackling their star man,

And the fans go ...

'Come on my boys, come on my boys'.

There's Caroline,
cunningly flicking on the ball.
And there's Coral, and her
all-conquering quick step.
There's Val, swirling it ...
... it hit the post!

And the fans go 'Ooooooooooooh'.

The ball is played to Berry who,
- bamboozling Berry, with her
brilliant zigzagging run,
and there's Olive
with her long corner throw,
straight to Jimmy,
nodding it home for a goal,

And the fans go 'HOORAY'.

And the Crowd Roars ...

It's over to the football ground where the
Wild Kessingland All-Stars have kicked off
to ...

Long-shot Lily, our lioness,
she gets the crowd buzzing.

WHOA!

She passes to Skyla, the startling back-
springer, over the tackles she's springing.

WHOA!

Shaker-maker Elsie, all fancy footwork
and Irish dancing.

WHOA!

Over to up-front Archie up the pitch
like a wild rhino, dashing.

WHOA!

He passes to Summer, the sizzling
crocheter, doing her magical moon walking.

WHOA!

Passing to beat-boxing, car-spotting
Finley, up and down the pitch, teleporting.

WHOA!

Hot shot Riley sprints past the defenders
and he's zooming.

WHOA!

Passing to rainbow kicker Kyron,
walking, running and kicking

WHOA!

to Allisha, our doc poppadop,
racing and twirling

WHOA!

Over to Eva the ever-ready; she's on the
hunt for a goal - she's exploring.

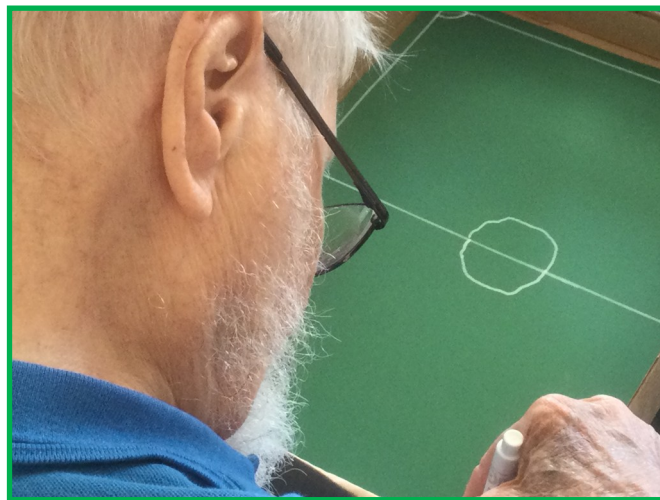
WHOA!

The killer pass is to Xavi, front flip king,
and it's in the back of the net
and like a lion gets the crowd roaring.

WHOA! WHOA! WHOA!

30th January 2025

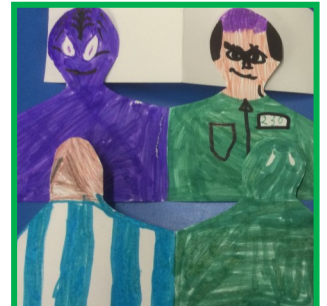
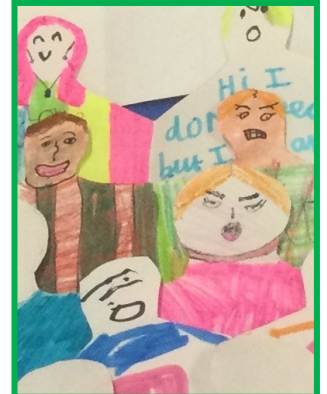
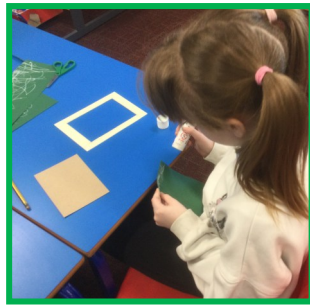
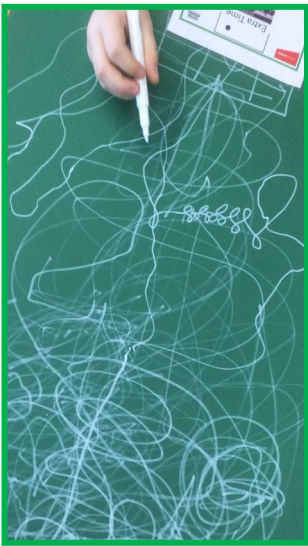
Pitches, spectators and postcards



Above left: First make your stadium, by folding up a flat pack cardboard box and inserting a green pitch.
Above right: Mark out the pitch
Left: Every club needs supporters
Below: A hive of activity as everyone pitches in to create the Extra Time football games.



It's nice to meet new people.



After a quick game of pen football to some well-known football theme tunes, the children selected their favourite piece of the 'game', cut it out and stuck it onto a postcard.

They folded their boxes into football pitches, turned the remaining paper upside down and used it as the turf, carefully applying white lines. Finally, they added rows of spectators (some of them just a tad alien) along the sides of the boxes.

Then it was back to the postcards.

They stuck on their reasons for wanting to take part, decorated them and addressed each to a resident at Manor Farm.

We'll deliver them next week.



6th February 2025

What's in a name?

Today, the Manor Farm players chose their team name; henceforth they'll be known as the Manor Farm Corncrakes, on account of how they're all Manor Farmers and a lot of corn is grown around those parts.

Next, they created their little wooden players, applying the kit colours of red and green and fixing magnets to the base.

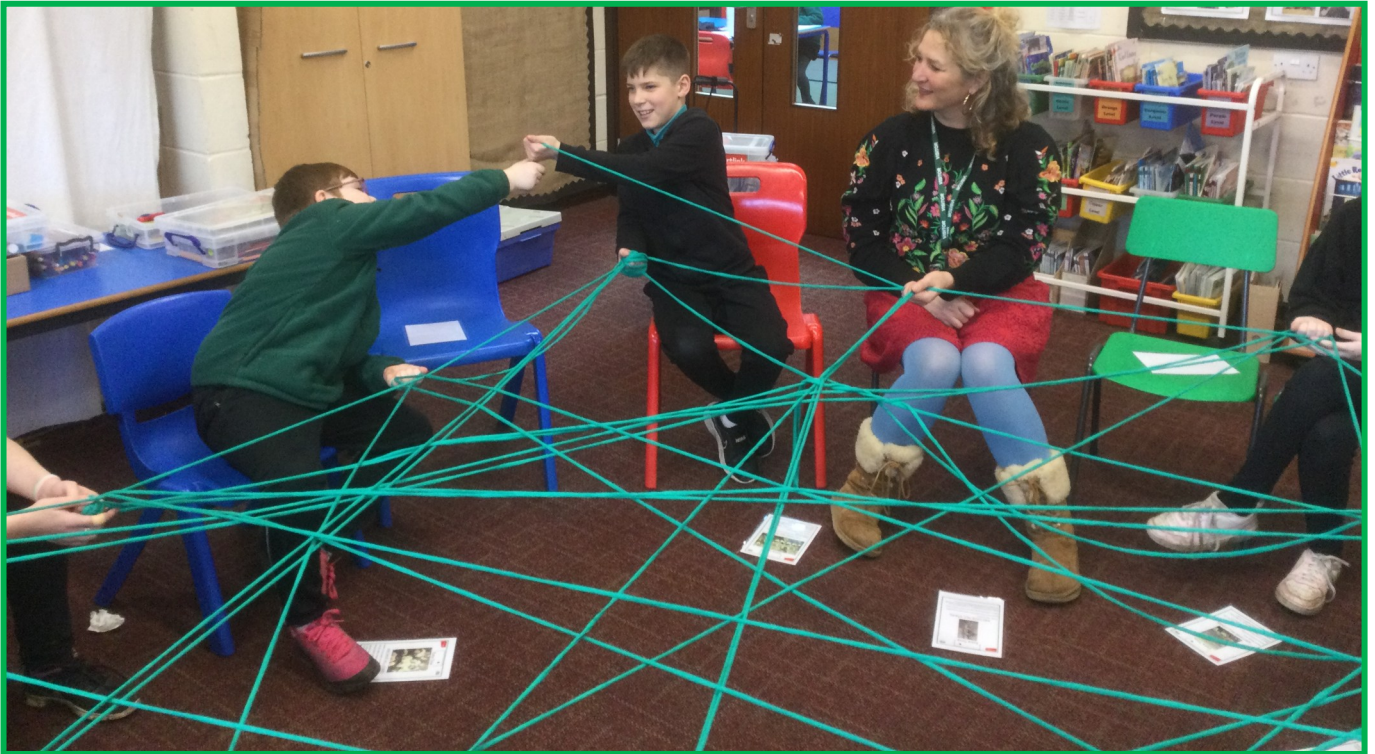
The image left is a fine example of a Corncrake, resplendent in green cross stitch shorts and double-breasted red top.



Image above left: Colouring the figures took a lot of concentration, but it was worth it. Above right and below: Trying out the figures, using knitting needles with magnets attached to the ends, to move the players across the pitch.



There's a lot of everything out there.



Waves Crash on Pitch

Over at the school, the children tied themselves in knots as they created a wool net across the room.

The serious work of colouring their players in kit colours began; at times you could almost hear a pin drop.

Attaching the magnets was a quick-fire lesson in opposite polarities and then, with fans glued in place, they took to the pitch for a practice game.

Playing on behalf of the Archive All-Stars, post-match headlines included 'Chaotic Waves Lose Championship', 'Waves Crash onto the Pitch' and 'Terry Butcher and the Co-Op Ladies - there's a lot of everything out there.'



13th February 2025

Manor Farm Corncrakes vs Wild Kessingland All-Stars



It brought joy to my heart.



Quote:
Caroline, Manor Farm Corncrakes

┌ The children were so well behaved-a credit to the school. ┐



The children visited the residents at Manor Farm for a chat and a game of magnificent magnetic football—and it was brilliant.

The Players' Cards were helpful as a means of introduction, and it seemed only a matter of minutes before everyone was busy nattering away to each other and getting stuck into their football games.

Opposite page

Top left: Sizing up the opposition

Top right: Chatting about his key skills and goals

Second row, left: Getting stuck into the game

Second row, right: Some coaching from the lines

Bottom left: That must be a goal kick

This page

Top left: Man down

Top right: The Corncrakes must be winning

Second row, left: Such winning smiles

Second row, right: Studying tactics



This is brilliant, can
we do it again?



Quote:

Wild Kessingland All-Star player

27th February 2025

Getting stuck in to the clay ...

The morning started with the Manor Farm Corncrakes getting in a right mess.

The clay was really sticky, but nobody seemed to mind.



Just look at the state of those hands.



Moulding and kneading the clay in her hands made it softer and more malleable.



The clay lump was soon smoothed out, using rolling pins and a special 'kidney' tool.



They marked the clay slab using a variety of tools to create pattern and texture, and used pastry cutters to cut the slab into discs.



The discs were pierced through and left to air dry ... right now, they look like delicious chocolate biscuits.

... and learning goals in the classroom

Year 5 pupils enjoyed a visit from Mandy Rawlins from Suffolk Archives; whilst she talked about the importance of keeping archives, the children had a hands-on experience, searching through old press cuttings and photographs to find out more about Lowestoft's footballing heritage.

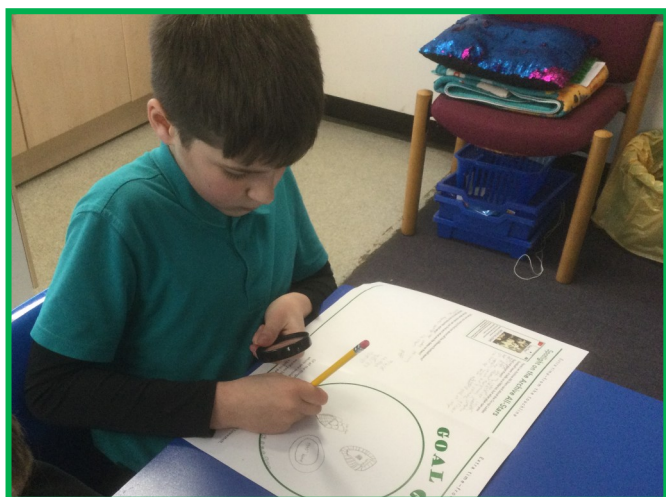
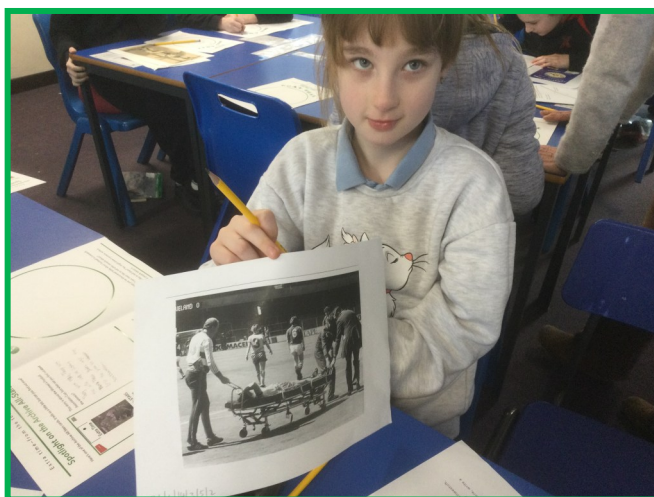


Image above: A magnifying glass helps with the tiny details in his drawing

Image below: A newspaper report about the Waves winning the WFA Cup—and their striker being stretchered off



Their 'goal' was to find an item about football from the archives to share with family and friends. Above are just three of the beautiful pictures they drew.

Images above
Left: One of the Waves
Middle: Ethel the Bell
behind her team's goal
Right: The Trawler Boys
with the Trophy



How did the Hold get its name?
The Hold, from a ship's precious cargo,
is like the Archives.



6th March 2025

Gold medals and top scorers

After a week in the boiler room, the clay discs have dried and are ready to be transformed into shining gold medals.



It was a beautiful spring morning, and as the sun shone brightly outside, inside the room glowed with gold paint.

The lining paper 'table cloth' was useful for trying out different brush strokes and techniques.

Image left:
Everyone engrossed in painting the medals

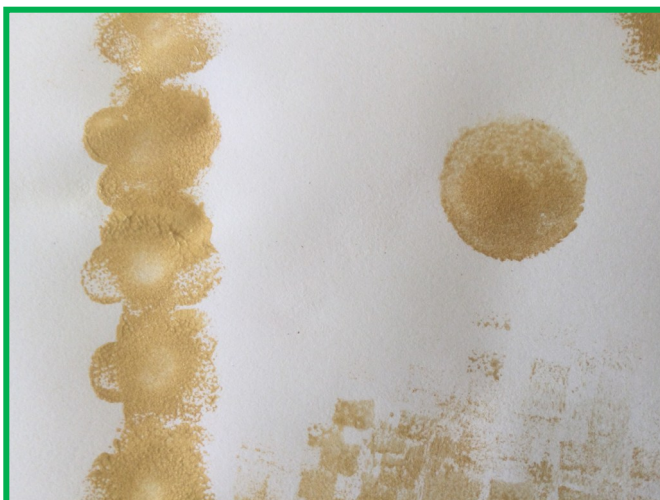
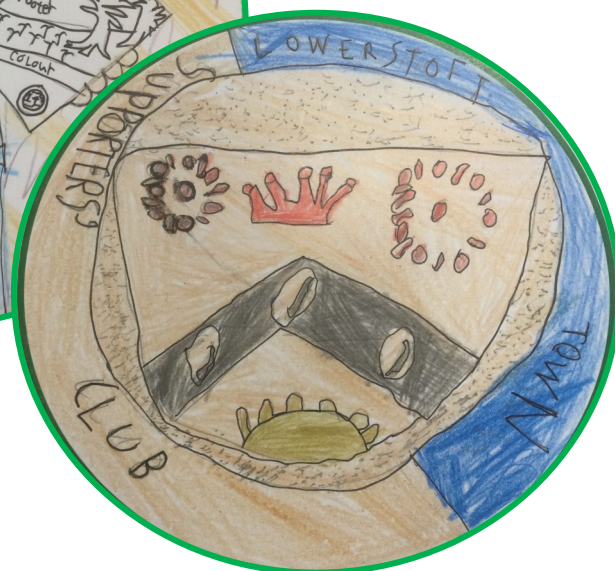


Image above: A practice run on the lining paper covering the table produced some beautiful, spontaneous creations



Image above: The surface is patterned and embellished, making a dabber necessary to ensure it's all evenly covered with paint

GOAL GOAL GOAL



When asked what they would most like to share with other people, the Wild Kessingland All-Stars chose a variety of goals, all beautifully drawn and vibrantly coloured. Here are just a few of them.

Images, starting top left: Ethel the Bell
The Hooter (Eastern Coach Works magazine)
Lowestoft Town Supporters Club
The Waves football team on Crown Meadow;
Their triumphant captain, complete with WFA trophy and sun-lounger, enjoying herself on Lowestoft beach

13th March 2025

Match of the Day

A return match between the Manor Farm Corncrakes and the Wild Kessingland All-Stars.

This was definitely a game of two halves, with the children showing their work from the archive session and the residents responding with their paintings and praise for the skills and imagination demonstrated by the children.

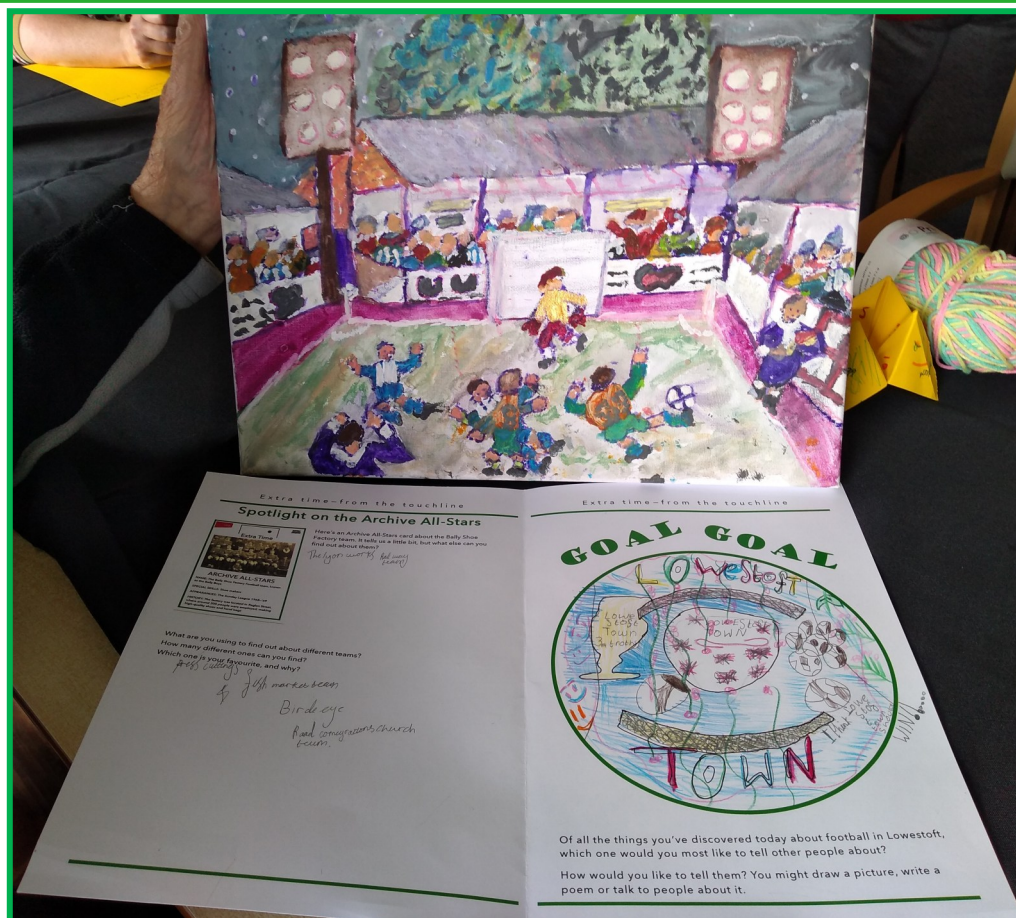


Image above: Dave's painting of a football match and Allisha's drawing of the Lowestoft Town crest and football trophy

Below: Kate joining in a chat between a resident and one of the pupils



It was so lovely to see the children again.



Image above: The children made bright yellow wellbeing fortune tellers to play with residents



Image above: Drawings and crochet work



Images, left, top to bottom:
This resident said she would 'treasure' a small crocheted purse and wore it round her neck
Examining the wellbeing fortune tellers
Most impressed by this beautiful picture



Ken was in the Army and he told us all about his horse, Landmark.



Quote: Elsie, a Wild Kessingland All-Star

20th March 2025

Advice for winning at the game of life

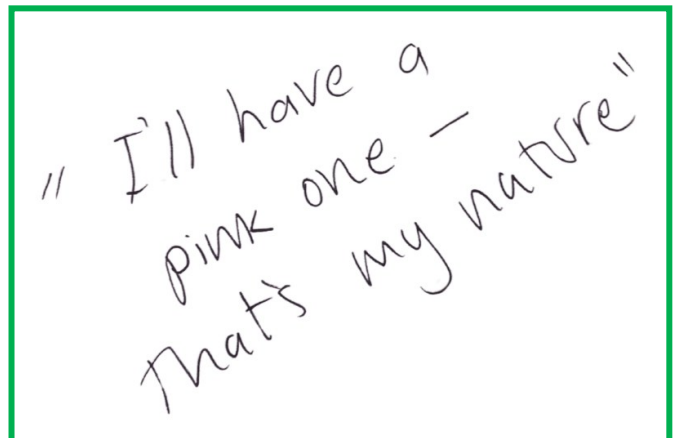
This week, we were joined by community artist Shelly, who was keen to find out what sort of messages the residents would send the children, to help them win at the game of life.

From enjoying life and being good to your friends, to adopting a 'can do' attitude, the residents were keen to share the wisdom and insights of their life experiences.



Image above: A doodle becomes a paddock complete with a horse grazing in the shade of a tree—could it be Landmark?

Below left: Adding to the flow of advice and pictures jotted down during the session



Enjoy life.

Be good to your friends.

Just remember to sparkle.



Just some of the advice from the Corncrakes on how to flourish in the game of life



Image above: Just remember to sparkle

The children's goals have been printed onto fabric.

Shelly instructed the children on how to put the pictures into hoops, after which she coached them in a variety of embroidery techniques.

These included 'running' and 'cross' stitch; shame there's not an 'off-side' or 'free kick' stitch.

After which, the Wild Kessingland All-Stars began to embroider their Archive All-Stars pictures.



Images from left to right, starting top right:

The golden rays of the sun, embellished in thread, on the Lowestoft Town Supporters Club crest

Stitching in the Waves as they parade across Crown Meadow

Giving the Co-Op Ladies' ice creams some extra sprinkles

Adding embroidery detail to her victory picture

A fine thatch of embroidered hair for this member of the Eastern Coach Works team

27th March 2025

Threading their stories together

We're almost at the end of our Kessingland season, but there's still time for one last yarn.

Today's included stories about being blessed with a voice fit for opera and a trip to Wembley leading to the purchase of a £40 football.

Images;

Top right: Having a chat with Shelly about favourite types of music

Middle: Shelly holds up a fabric picture. The cross stitch on the neckline was inspired by an old photo of a football team, in which all the kit had laced-up fronts, instead of buttons

Bottom right: They really didn't want to stop sewing

Below: Embroidered lime green eyes



Manor Farm Corncrakes

9 to 10
knots
Jimmy

Victorious
Val

Gold
medal
Rose

Can do
Ken

Come on
my boys
Michael

Sparkling
Coral

Watching
from the
window
Janet

Lost in
his art
Dave

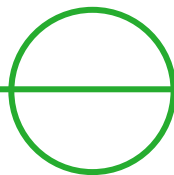
Operatic
Olive

Just
joined
Jan

Joyful
Georgina

Be
kind
Berry

Colourful
Caroline



Sizzling
crocheter
Summer

Front
flip king
Xavi

Hot
shot
Riley

Dashing
rhino
Archie

Beat
boxing
Finley

Shaker
maker
Elsie

Startling
springer
Skyla

Ever
ready
Eva

Rainbow
kicker
Kyron

Long
Shot
Lily

Doc
poppadoc
Allisha

Linesmen: Miss Draper; Ms Owen; Magic Heels Potter

Linesmen: Amanda; Manor Farm Staff

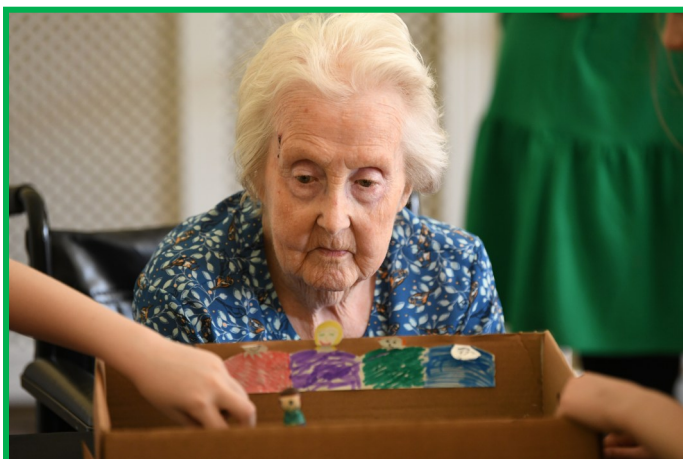
Wild Kessingland All-Stars

3rd April 2025

Celebration time



Gold medals, embroidery and a flurry of football matches; it's all part of the game with the Wild Kessingland All-Stars and Manor Farm Corncrakes.



I'll keep my medal forever to remind me.



And, to cap it all, a huge Thank You card



The card features images of each child, plus the teachers and artists, including Dean with his strip poetry and Amanda with her patches—and is very beautiful.

Thank you also to Warren of PagePix, for taking all the lovely photographs on these two pages.



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 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 their local heritage 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 Kessingland Primary School **connected** with the residents at Manor Farm 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, and we would like to thank everyone involved in making it such a success. From the Suffolk Archive staff to those at Manor Farm and the school, 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 Manor Farm Corncrakes and Wild Kessingland All-Stars, we send huge congratulations to you all for the marvellous work you've made and the fun we've had together; I hope you enjoy this special Extra Time Souvenir Programme.

Suffolk Artlink

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