

## Do you have special memories of football in Suffolk?

### EXTRA TIME MEMORY BOX HELPSHEET

*We are looking for people to share their footballing memories with us to create four "Memory Boxes". The boxes will contain images and audio clips of personal anecdotes and will be displayed in museums, archive offices and also used in care homes and schools to share the rich grassroots experiences of football in Suffolk.*

*Extra Time is an intergenerational creative heritage project delivered by Suffolk Artlink in partnership with Suffolk Archives with support from Chronicle. A number of local football heritage groups are also supporting.*

*We hope you will get involved in this enjoyable and meaningful activity and that this help sheet will answer any questions you may have.*

#### What format are the stories?

*We are collecting memories in the form of a simple photograph and associated audio voice recording (just 1–2 minutes duration). The photo and recording should be related in some way to football in Suffolk. You are welcome to contribute more than one memory.*

#### How are the stories recorded?

*You can either record the stories yourself (using a smartphone or computer), or we will be arranging some recording sessions to record your memories face-to-face.*

*Recording stories is straightforward and we will help you throughout. You can script your story if you prefer (a single side of handwritten A4 is plenty).*

#### What happens to the recordings?

*Once we have created/received the audio and photo for your story, we will review and edit it for inclusion in the project. Stories will be preserved in four interactive Memory Boxes and will also be presented on-line and preserved in the Suffolk Archives. One of the Memory Boxes is specifically for women's stories of football.*

#### How do I prepare?

*It is helpful if you have started to think about a specific memory that you may be willing to share with us (or more than one). We're happy to discuss your ideas in advance and can help with sourcing photos, too. Some theme suggestions are included at the end of this sheet.*

#### How do I record a story?

*You can either (a) come to one of our recording sessions or (b) record your story yourself.*

- a) If we are recording you at a face-to-face session, then a few notes and ideas as a memory prompt are helpful.*
- b) If you are recording your own story, we suggest that you script your story on a single side of handwritten A4 paper first which is an appropriate length for a recording, then you can use a smartphone or PC to do the recording.*

**Please remember 1 - 2 minutes is the perfect length for a story.**

*If you don't know how to create a recording, we are happy to help and will guide you through the process. There are some further tips at the end of this sheet. All you require is a quiet location to make your recording.*

## What happens after I have recorded my story?

*Stories will be edited, where necessary, and then 'grouped' together for inclusion in one of the four Memory Boxes. Please be aware that we may not be able to include all stories submitted, and that we may have to reduce the length of recordings to ensure we can fit in as many as possible.*

## Who else will get to see/hear my story?

*The Memory Boxes will be used for activities in care homes, schools and local community groups. The stories will also be preserved by the Suffolk Archives and may be showcased on-line by Chronicle and other interested parties.*

## Topics for Stories

*Extra Time is about the grassroots experiences of football in general, not just professional teams and events. Ideally, they should have a reference to Suffolk – if only getting on the train at Ipswich to go and see Norwich play. Here are a few topics that might help you think about some specific memories, but please feel free to choose your own theme.*

- *Memories of your first game*
- *Your favourite memorabilia or footballing object*
- *What's the one thing you have that represents your connection to football?*
- *Stories about culture, fans, friendships, diversity and song*
- *Memories of how football links to specific places*
- *Stadiums, architecture and buildings*
- *Travel and international connections*
- *Specific football moments in Suffolk that have been special to you*
- *Local leagues and corporate/works teams*
- *How football has changed through the ages*

*Try to think about specific occasions, activities, incidents, motivations and events in your life; we're aiming to create stories that reflect people (rather than just facts, dates and technical information).*

*Please don't hesitate to contact us if you need further help, want to discuss an idea for your story or would like to know about the pre-arranged recording sessions. [john@chroniclestories.co.uk](mailto:john@chroniclestories.co.uk) or 07752 191710*

## About Chronicle

*Chronicle works with individuals and organization to help preserve life stories and social history. For more information see: [www.chroniclestories.co.uk](http://www.chroniclestories.co.uk)*

## About Suffolk Artlink

*Suffolk Artlink is a participatory arts charity. We work with communities across Suffolk and beyond, encouraging people to get involved, make connections and live well. [www.suffolkartlink.org.uk](http://www.suffolkartlink.org.uk)*

