

Cambridge Folk Festival

ESTD. 1965

AT HOME

CREATIVE ACTIVITY PACK

2020

FUN ACTIVITIES FOR ALL AGES AND ABILITIES INSPIRED BY
FOLK MUSIC AND LOCAL STORIES



ACCESS ALL AREAS
KITCHEN ★ GARDEN ★ VIP TOILETS

#CamCreativePacks



Cambridge Folk Festival | AT HOME 2020

ESTD. 1965

The Cambridge Folk Festival is excited to announce Cambridge Folk Festival at Home 2020, a unique event to mark the Festival weekend by inviting you to create your own festival atmosphere at home and enjoy a host of special entertainment and activities. Running during the scheduled dates of the 2020 festival, Cambridge Folk Festival at Home 2020 will include a mix of exclusive video content from artists, social media opportunities for audience interaction, and Cambridge-curated playlists which can be streamed online.

Cambridge Folk Festival is one of the longest running folk festivals in the world. Held each year since 1965 it attracts around fourteen thousand people, many of whom return year after year.

Arts and culture have provided a way to stay connected and positive during social distancing. Although many people can tap into this via the internet, however unlimited digital access is not available to all.

Over the summer activity packs will be produced by a wide range of arts and cultural organisations. Visit a community food hub to pick up other packs. Food hubs are located at: Trumpington Pavilion, Church of the Good Shepherd (Arbury), The Edge Café (Mill Rd/ Coleridge), Chesterton Methodist Church, Hope Church (Kings Hedges), Barnwell Baptist Church (Fen Ditton) and St Andrews Church (Cherry Hinton). Opening times vary, visit your nearest hub for details.

This creative activity pack is designed for use by all ages: children participating with an adult, young people who can participate independently and adults of any experience or ability. This has been created and shared as part of a Cambridge City Council initiative, producing and distributing non-digital creative activities via the community food hubs.

It will be some time before another large-scale public event can take place in Cambridge. In the meantime, here is some creative inspiration and stimulation for your time at home. These activities make a tour of Cambridge based in stories from each of the area, which you can bring to life through your own creations in puppetry, art, song and more...

With each activity, you'll also find suggestions of places you might explore in your own time and experience in person. We welcome any feedback you'd like to share with us about this pack, please speak to the volunteers at the food hubs or email: artsandculture@cambridge.gov.uk

Folk Music is rooted in storytelling, place, and legend. Songs and tales handed from person to person, generation to generation, recording the history and the myths of a community and their location. This pack has been produced to give access to creativity, local stories, and culture, inspired by the Folk Festival and the music it presents.

GIANTS

Cherry Hinton Hall is the site of the Cambridge Folk Festival. Did you know there's a Giant's Grave there?



RHYME

"One is a Giant

Two is a fairy so small and neat

Three is a mouse who crouches so small

And four is a great big bouncing ball."

This rhyme talks about being large as a giant to being as small as a mouse. What action and sound could each character make?

The Fairy could walk on tip toes making 'small and neat' steps. The Giant could stomp around loud and heavy.

Find as many different noises as you can for each character. As well as using your body to stomp, you could use pots and pans for drums. Make a rattle for the fairy or make scratching and squeaking sounds for the mouse. Finally, you might jump up and down to be a ball.



PLAY

If you have a bouncing ball, like the one mentioned, say the rhyme and bounce the ball on the beat, passing to how ever many people are playing. The person holding the ball at the end of the rhyme steps out of the game but chooses the speed that the other players say the rhyme and bounce the ball to.

#CamCreativePacks

CHERRY HINTON



The island in the pool at Cherry Hinton Hall is locally known as Giant's Grave, it is thought after the giant Gogmagog, which legend says lived nearby, but the name may also have come from some Iron Age burials which were unearthed locally on Lime Kiln Hill, where the skeletons were unusually tall.

(Cherry Hinton Chronicle, 1854)



CREATE

Make your own Giant's Grave. Pour some water into an empty shallow container like a plastic tub to arrange your own lake, add stones to the bottom and moss or grass to line it. Find some rocks and stones from outside and pile them to make your own Giant's Grave.



The 'Giant's Grave' site is also locally known as 'The Spring', 'Springhead' or 'Robin Hood dip'.



EXPLORE

Explore the history pages of Friends of Cherry Hinton Hall: www.cherryhintonhall.com

Discover more about Queen Edith's and the local area on www.capturingcambridge.org

Find out more about Wandlebury Country Park and the history of the Gogmagog Hills on the Cambridge Past Present and Future website: www.cambridgeppf.org

ANIMAL TALES

There are many strange animal tales in our city. Such as the story of the mouse and shrew skeletons found in the coffin of a woman from the Roman period discovered on Arbury Road in the 1950s. The animals had gnawed at her ankle and all three skeletons are on display in the Museum of Anthropology and Archaeology, and inspired the poet Sylvia Plath to write the poem 'All the Dead Dears' in 1957.

The Fen Tiger is a legend from the sixties. There are often reported sightings of large cats. Just this april a cat the size of a Labrador with rings on its tail, said to be 'a Lion', was spotted roaming on Coldham's Common. A local resident later identified it as their large pet cat - but don't let that get in the way of legend or inspiration of a folksong!

A Modern Day Legend

One morning last year, Turin, a beloved 9 foot pet python, went missing in King's Hedges after it slipped out of a window. After five days on the loose and appearing in the local press, the python was found in a neighbour's garden. A local celebrity, Turin now has it's own Twitter account @Python Cambridge

Black Shuck

East Anglian folklore tells the story of a ghostly dog called Black Shuck - an omen of bad luck to anyone that sees it. In the 1970s there were stories of a large black dog in Arbury Road, and so the legend of Black Shuck in Arbury began...

Another suspected sighting in Arbury turned out to be a rare black fox. They are in fact red foxes - growing cubs are dark before they develop their chestnut coats, and some remain black due to a rare genetic flaw.

★ CREATE SHADOW PUPPETS



Rabbits, wolf, and a goat - instructions from Le Magasin Pittoresque, dated 1861.

Find more ideas on how to make hand shadow puppets at drama4kids.com And see the amazing world of shadows come alive at www.handshadowgraphy.com



The Black Shuck Weathervane, in Bungay, Suffolk.

The Black Dog legend has inspired some of the bands that have played at The Cambridge Folk Festival. For example: 'Sheepcreek and Black Dog' by Steeleye Span who played at The Folk Festival as early as 1973; 'The Black Dogs Ditch' by The Pogues, who played in 1985; and Four Men and A Dog, who played in 2012 - named when they were a quintet featuring Mick 'Black Dog' Daly. Can you think of more examples?

All these animals are perfect inspiration for a fun night-time activity! Make your own shadow puppets using your hands. Take a torch or a lamp and shine it onto a blank wall, in a dark room without the main lights on and make shapes of the legendary animals we mentioned above. Recreate your own interpretation of the Black Shuck story or think what Turin the snake might have got up to while he was on the loose, complete with sound effects.

★ EXPLORE

Search for Festival History on www.cambridgelive.org.uk Explore the collection at Cambridge Museum of Anthropology and Archaeology at maa.cam.ac.uk Discover Arbury history at capturingcambridge.org and explore Cambridge folklore at The Museum of Cambridge: www.museumofcambridge.org.uk

RAILWAYS

In the Petersfield area of Cambridge there are many terraced houses where railway workers lived. There were also many small businesses like a Bread Co-operative, Breweries, Butchers and Laundries.

★ RHYME

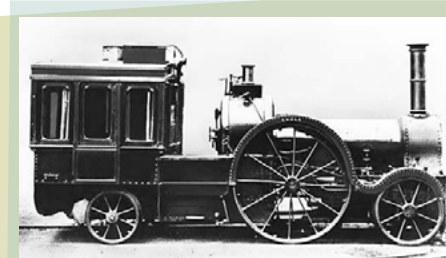
A song about train travel:

**'Engine, engine number 9
Going down the
Cambridge line
If she's polished how
she'll shine
Engine, engine number 9'**

In this song you can replace 'Cambridge in the rhyme with another destination e.g 'London line'. For an extra challenge, find local songs from your destination e.g Norwich, Ipswich, London.

★ CREATE

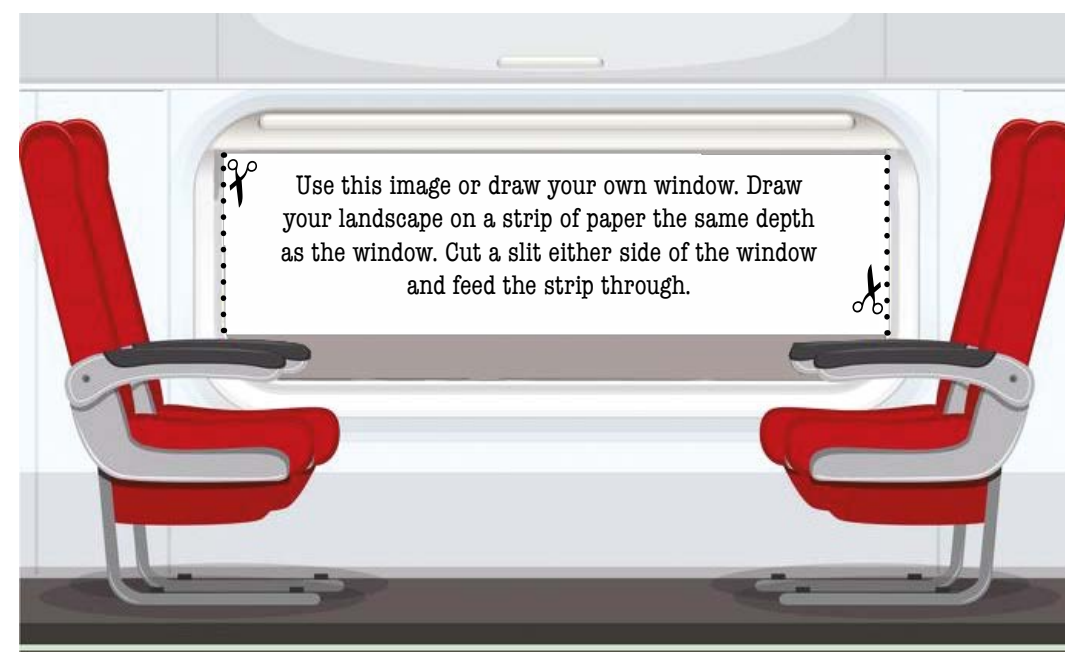
Make your own trainline view: Take a strip of paper and draw or collage a view from a train journey, including the landscape and towns that might be seen. This may be a journey you've been on, or an imagined journey from history or the future. Cut out a window frame. Pull the strip past the frame as if you were watching the view from a moving train. Add extra paper to your strip to lengthen your journey.



The Eagle was built in 1849, the only locomotive built in Cambridge, by Headly Bros at the Eagle Foundry on Mill Road. The site later became the Mill Road Depot and is now the site of new homes being built at Ironworks.

★ EXPLORE

Search for **Mill Road Depot** on capturingcambridge.org to read a history of the site by Allan Brigham. Keep up-to-date with the Ironworks Public Art Programme at www.resonance-cambridge.co.uk and find out more about the history of the railway in Cambridge at www.creatingmycambridge.com/history-stories



Use this image or draw your own window. Draw your landscape on a strip of paper the same depth as the window. Cut a slit either side of the window and feed the strip through.

Cat Stevens, Duke Ellington, Boxcar Willie, The Andrews Sisters, Johnny Cash, Sheena Easton, AC/DC... Many artist have sung about train journeys. 'Train in The Distance' by Paul Simon, and 'Freight Train' by Peggy Seegar, who both played at the first Cambridge Folk Festival in 1965.

"Cinderella was on the last train that stopped at every station. Yes, she stayed long after midnight And she gave in to temptation..."

Lyrics from 'Cinderella' by Cambridge band Ezio. Singer Ezio Lunedei remembers: 'we've played at Cambridge Folk Festival lots and lots of times - I don't know all the stages - including one time nearly starting a riot in the club tent...'

GOOD FRIDAY SKIPPING

“Until 1939-40 skipping was performed on Good Friday in Cambridge. About ten o'clock in the morning families would make their way to Parker's Piece armed with long ropes (usually clothes lines) and packets of food and drink. Until early in the evening skipping went on, the men traditionally turning the ropes and the women jumping, although this close observance of the ancient fertility rite was not always strictly followed, because children often skipped with the adults.”

From 'Cambridgeshire Customs and Folklore' by Enid Porter,
curator of The Folk Museum (now the Museum of Cambridge) 1947-1976



Here are some skipping games which can be done on your own or as a group with somebody in charge of turning the skipping rope.

Teddy Bear

Teddy Bear, Teddy Bear touch the ground
Teddy Bear, Teddy Bear turn around
Teddy Bear, Teddy Bear walk down the street
Teddy Bear, Teddy Bear wash your feet.
(Do the actions whilst jumping the rope.)

Two Little Birds

Two little dickie birds sittin' on the wall
(two players jump in)
One named Peter, one named Paul
(each player waves at their name)
Fly away, Peter, fly away, Paul
(the player exits the rope as name is called)
Don't you come back 'till your birthday's called January,
February - - December
(player returns when their month is called)
Now fly away, fly away, fly away all
(players both exit the rope)

Salt Mustard Vinegar Pepper

Salt, Mustard, Vinegar, Pepper,
(This is simple but gets faster and faster)

Tell Me the Name of Your Sweetheart

Ice Cream Soda, Lemonade tart,
Tell me the name of your sweetheart.
A, B, C etc.
(The letter you land on, make up a name starting with that letter eg. B for Barnie or C for Cherish).

Sausages

5 fat sausages sizzling in the pan
(A number of people jumping the rope)
One went pop and the other went bang!
(One person jumps out)
4 fat sausages sizzling in the pan
One went pop and the other went bang!
(Keep repeating).



“Here I am on Parker's Piece, Good Friday 1937. I am just three weeks old and in my pram. I am with my mother, brother (who is trying to get into the pram) and Uncle Len - I think that is him about to jump the rope. Dad would have been with my nan at The Star on Fitzroy Street - the pub he and my mum ran.”

Marina Baker
(Museum of Cambridge archive)

Coffee and Tea

I like Coffee, I like tea,
I'd like (person's name) to skip to me
One, two, three (changes places)
four, five, six (change places)
(Until someone misses a jump, keep changing places, the person with the highest number wins.)



Explore a collection of film and audio recordings documenting 100 years of children's songs, rhymes and games with The British Library:

www.bl.uk/playtimes

Artist Emma Smith recreated the Good Friday skipping tradition as part of the Hunch project. Read more about the history of Parker's Piece on the Research pages at www.hunch.exchange and at www.capturingcambridge.co.uk



Cambridge Folk Festival is famously family friendly, and there is a dedicated children's area with concerts for kids, workshops, a play area and creche. Design your dream Festival Kids Area... be as fantastical as you like!



We would love to see your artwork, hear about the childhood games you used to play and your memories of the Festival - Please Share to the Cambridge Folk Festival on Social Media.

#CamCreativePacks

SON OF AFRICA

In the church of St. Andrew's, lies a memorial to the daughter of African abolitionist, author, and ex-slave, Olaudah Equiano (also known as Gustavus Vassa). Equiano was kidnapped from Nigeria as a child and sold into slavery in America, working at sea. He bought his freedom in 1766, settled in London, was part of the Sons of Africa abolitionists, wrote his auto-biography and tirelessly campaigned to end slavery.

In 1792 he married Susan Cullen, from Ely. They had two daughters. Anna Maria, died aged four and is buried at St. Andrew's Church, where children visit to lay flowers at her memorial on 'Vassa Day' in July.

★ RHYME

Here is a rhyme about flower petals called Four Little Flowers.

**Four Little Flowers hiding from the snow,
Out came the sun and one began to grow
Along came the wind and what did Flower say?
"Please, Mister Wind don't blow me away!"**

Clench your fist, hiding the four flowers. As the sun comes out in each verse one finger at a time starts to grow. Pretend you are the wind and blow your/your child's fingers. A video for a further demonstration can be found on the Melody Footsteps Facebook page.

★ CREATE

Collect flower petals, maybe press them to make a collage, or make paper flowers as a gift for someone you love or to remember Anna Maria.

★ EXPLORE

More about Olaudah Equiano at equiano.uk St Andrew's Church, Chesterton is on capturingcambridge.org Information about the abolitionist Thomas Clarkson (who was born in Wisbech and studied at Cambridge): www.wisbechmuseum.org.uk/clarkson and more about Modern Day Slavery in the UK at www.antislavery.org Visit the 2020 Festival of Plants at www.botanic.cam.ac.uk

**'Near this Place
lies Interred
ANNA MARIA VASSA
Daughter of GUSTAVUS
VASSA, the African'**

She died July 21 1797 aged 4 Years

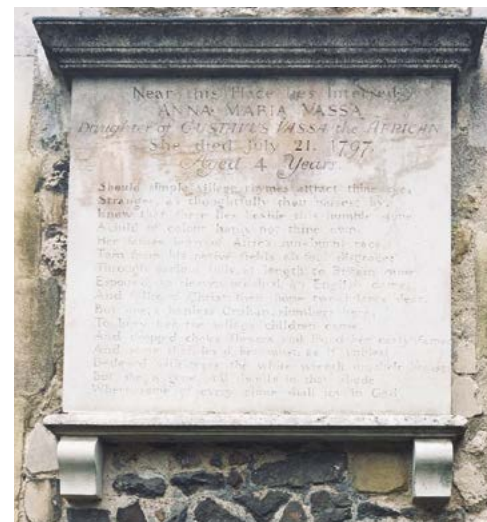


Photo: Hilary Cox Condon

'Should simple village rhymes attract thine eye,
Stranger, as thoughtfully thou passest by,
Know that there lies beside this humble stone
A child of colour haply not thine own.
Her father born of Afric's sun-burnt race,
Torn from his native field, ah foul disgrace...
...To bury her the village children came.
And dropp'd choice flowers, and lisp'd her early fame...'

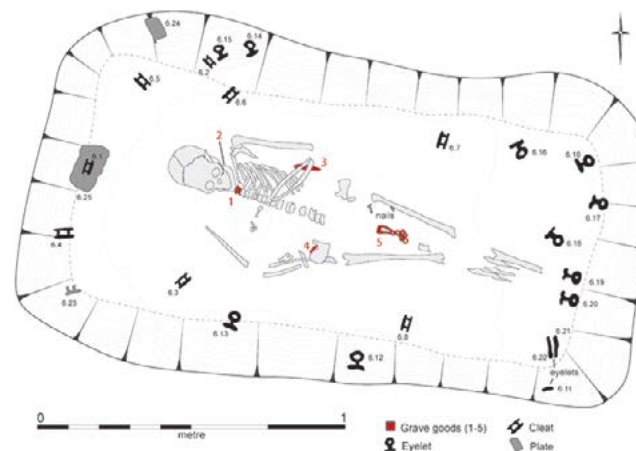
Spirituals - the early 'slave songs' in America - have shaped, influenced and inspired much of the music we hear today - from blues, jazz and rock'n'roll to gospel and hip-hop.

Nancy Kerr, who performed with James Fagan at Cambridge Folk Festival last year, wrote her song 'Lila' in remembrance of the Suffragettes and women's role in the abolition of slavery.

GIRL WITH THE CROSS

THE ANGLO SAXON TEENAGER

In 2012 in Trumpington Meadows, archaeologists came across a bed burial which is a rare find in this country. The remains of a 16-year-old girl with a gold cross - 'The Trumpington Cross'. She could possibly have connections to Saint Æthelthryth - Etheldreda - daughter of King Anna (or Ona) of East Anglia, who established the female-headed house at Ely in 673 AD. It was very likely that she was from a wealthy family due to her rich clothing, and personal items laid with her such as an iron knife and a chain that hung from her waist, along with some glass beads which seemed to have been kept in a purse on the end of the chain.



Grave 1's occupant was accompanied by high-status objects including a gold cross inlaid with garnets (1) and gold and garnet pins (2), as well as a knife (3), a possible comb (4), and what has been interpreted as a chatelaine (5).

★ CREATE

Imagine a day as an Anglo Saxon teenager. What might life be like? Draw an illustration or write a page from your diary. Image your interests, music and food, your clothes, your relationships with family and friends, and the places you may go.

A mosaic on the Trumpington Country Park discovery trail, by artist Katherine Clark, was inspired by the find. It includes modern things such as a laptop, mobile phone, toy car, medicines and books.

List the things that are important to you. This could inspire a song or a drawing, collage or photographs of the objects.

★ EXPLORE

Find out more at the Museum of Archeology and Anthropology: maa.cam.ac.uk Search for the history of Trumpington on capturingcambridge.org.uk and the history of Cambridge Folk Festival at www.cambridgelive.org.uk Explore the herstory of the women who shaped Cambridge at lostcambridge.wordpress.com

**"So I'll cherish the old
rugged cross,
Till my trophies at last
I lay down;
I will cling to the old
rugged cross,
And exchange it some
day for a crown."**

Lyrics from 'The Rugged Cross' an old, country gospel song performed by many singers, including Rhonda Vincent and The Rage, who played at Cambridge Folk Festival in 2001.



SNOWY

WALTER SNOWY FARR MBE

In 2016 Derek Smiley and Kevin Wood organised a fundraiser with the facebook group 'Cambridge in the Good Old Days' to buy Snowy's MBE at auction. They donated it to the Museum of Cambridge, where it is now on display.



Cambridge character and fundraiser, 'Snowy' Farr (1919-2007) lived in the village of Oakington after retiring from his job as road-sweeper. He dedicated the rest of his life to raising money for charities and was a well-known and loved Cambridge figure, with his long white beard, antique military attire, and animals – including a goat, a white cat which would sit on his hat, and white mice trained to run around the hat's brim and sit in his mouth.

Snowy raised £46,000 for Guide Dogs for the Blind and £23,000 for Cam Sight, and was awarded an MBE in 1995.

He would collect money in Cambridge Market Square, where a sculpture dedicated to him now stands.

Cambridge musician and busker, Jacen Bruce, wrote the song 'Snowy' in Commemoration of Snowy Farr - with all proceeds going to Guide Dogs for the Blind and Camsight. Find it - and busking tips - on jacenbruce.com

★ SING

(To the tune of 'Old McDonald')

Mr Snowy had some pets ee-ay-ee-ay-oh
And on this hat there sat a [insert pet] ee-ay-ee-ay-oh
With a [insert animal noise] here and a [] [] there.
Here a [], there a [], everywhere a [] [].
Mr Snowy had some pets ee-ah-ee-ay-oh."

★ CREATE

Design a statue to celebrate you or someone you know. Be playful and abstract - could you make one out of sweets, biscuits or buttons? We'd love to see your creations!

★ EXPLORE

Find more about Snowy Farr at www.cambridgehistorian.blogspot.com
 The Museum of Cambridge: www.museumofcambridge.org.uk
 Find the [Cambridge In The Good Old Days](#) group and [Snowy Farr](#) page on facebook.



★ SHARE

We would love to see your creations and hear your memories! Please share to the Cambridge Folk Festival on Social Media.

#CamCreativePacks



@CamFolkFest



[cambridgefolkfest](https://www.facebook.com/cambridgefolkfest)



[cambridgefolkfest](https://www.instagram.com/cambridgefolkfest)

★ CONTENT BY

Melany Rose of Melody Footsteps

Melody Footsteps is a Kodaly-based Music group for Key stage 1 children in the Cambridge area settings. Sessions use puppets and toys in order to learn pitch, pulse and rhythm.

Zoltan Kodaly was a Hungarian music educationalist/composer who believed that musical education even at a pre-school age was not only vital but also crucial to an important period of age development for music. Early music preparation for a child not only aids them musically but also can develop their reading and writing skills, for later on at school.

www.melodyfootsteps.com

and Hilary Cox Condron

www.hilarycoxcondron.co.uk

www.cambridgelive.org.uk/folk-festival

Access All Areas! Your Folk Festival 2020 wrist bands!



Cambridge Folk Festival

ESTD. 1965

AT HOME

Production information:

Design: Hilary Cox Condron

Coordinated by: Culture and Community Team, Cambridge City Council

www.cambridgelive.org.uk/folk-festival



[@CamFolkFest](https://twitter.com/CamFolkFest)



[cambridgefolkfest](https://www.facebook.com/cambridgefolkfest)



[cambridgefolkfest](https://www.instagram.com/cambridgefolkfest)

#CamCreativePacks



The production of this pack has been kindly supported by:

