

Make, Do & Friends - Suffolk Day Celebration Activity

CREATE A SUFFOLK CANDO

Sunday 21st June is Suffolk Day and here's a way to celebrate something, perhaps a little quirky and overlooked, about our county.

Picture a Suffolk scene in your mind. It could be a landscape you know well, or a building you love, or something you overheard in the street. This could be at a favourite time of year or particular time of day.

You're ready now to write your Suffolk Cando, the local version of a 'limerick' or 'haiku'. *Dunt yew wurry, any ol'one 'cando' it.*

A Suffolk Cando usually has four lines. It can rhyme here and there, if you want. One line is usually a question and thas roight nice if you get a bit of Suffolk in, y'know, talk proper.

INSTRUCTIONS

The title is the name of the scene and here's some other things you could include (in any order).

1. First thing you notice
early spring / pheasants in the garden
2. Something you know about the place
we've had no rain / you should go there sit down sit still
3. What's going on in the scene
everything budding / a pheasant that perches high
4. A question
how did it get so green? Is there anywhere more peaceful?

Suddenly Summer

Early spring
everything budding
we've had no rain
so how did it get so green?

Our Lewcal Church

Thas not big or fancy but
y'know anywhere more
peaceful?
Gew there, sit down, sit still
yewl feel better, y'll.

The Pheasant King

Pheasants in the garden
and one that perches high.
Why do we call him Henry?
He has six wives, that's why.

5. When you've got your poem together think about what you might choose to write it on.

We've had a rummage in the shed and found some unusual objects that in some cases fit the words quite well. On the other hand, you could just find a piece of old wood or cardboard and write up your poem in an eye-catching way.

You might also find some old cans of household paint that work a treat on most surfaces. Otherwise acrylics, felt tips, marker pens and chalk will do the job.

Display your poem outside your house or in your window where passers-by can enjoy it. Maybe it can go next to an NHS rainbow or on the doorstep or hedge.

6. **Final step ...** take a photo and share it with us via the contact details below. You can also #SuffolkDay on Instagram.



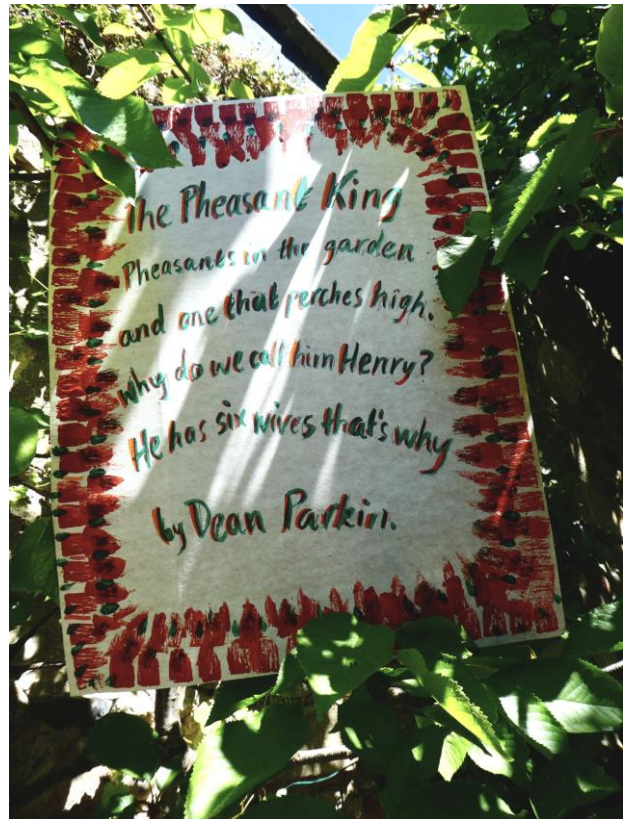
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My village is made of ...

Once you've completed the activity, please send it to us in one of the following ways: -

Email to: mdf@suffolkartlink.org.uk

Post to: MDF, Suffolk Artlink, Units 13 & 14, Malt Store Annex, The Cut, 8 New Cut, Halesworth, Suffolk IP19 8BY

Telephone or text: 07857 002974

If you telephone, we will ask for your number and then call you back. If you prefer, you can text us your contribution or send us a message, requesting a call back.

You can find this activity, along with many others set by our team of Make, Do & Friends artists, on our blog site at:

<https://makedoandfriends.blog/>

Make, Do & Friends is a partnership project between Suffolk Artlink, Dance East and the Rural Coffee Caravan.

For the first year, the project delivered creative social events for adults across Suffolk; now much of this work has moved online, supported by 'creative chats' and regular mailouts.

Suffolk Artlink is a participatory arts charity. We develop and deliver inclusive arts programme, creating spaces for people to connect with one another and enjoy the benefits of being creative together. www.suffolkartlink.org.uk

Units 13 & 14, Malt Store Annex, The Cut, 8 New Cut, Halesworth, Suffolk, IP19 8BY. Telephone 01986 873955

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