

Sounds Familiar – Festival of Stories – Food

Date: August 2021

Time: 1 hour

Activity / Slides	Timing	Notes / Key questions
		<ul style="list-style-type: none"> • Select co-hosts to help facilitate online meeting – eg. admitting guests, muting etc. • Set up WhatsApp chat between volunteers and leaders • Prepare PowerPoint with sound and video enhancement checked.
Welcome + introductions	1:30 / 5 mins	<ul style="list-style-type: none"> • Thank people for coming, • Remind people what the project is about • Explain that ‘Sounds Familiar’ is a project in partnership with the British Library and University of Leicester. • It uses archive sound recordings for reminiscence and wellbeing. • We want to stimulate memories, for them to have fun and if they enjoy it, to look on our website for more activities. • Is everyone ok about muting and unmuting? We’ll stay on mute for some of the listening and music – then you can sing as loud as you like! • Please don’t be offended if we mute everyone – it helps everyone to hear better. We’ll remind you when it’s time to unmute.
Ice breaker: 3 Breaths + favourite sound	1:35 / 10 mins This may take longer!	<p>Talk through 3 breaths. Feet on the floor / hands in your lap / shoulders down / maybe eyes shut. Breathe in...out x 3 then open your eyes and smile!</p> <p>In the quiet, think about a kitchen. Think about your favourite sound from the kitchen. Keep it to yourself for a minute and we’ll ask you to introduce yourself and tell us about it, one at a time.</p> <ul style="list-style-type: none"> • What’s your name? • What kitchen sound can you think of? • How does it make you feel? • What does it remind you of?
Sound activity: Sound quiz – matching kitchen sounds to a selection of pictures	1:45 / 10 mins	Today’s session is about: Food and cooking
<p>If there is interest, use the additional pictures and short oral histories for descriptions of:</p> <p>Zinc bath The copper The range Zebo polish</p>		<p>Introduce the sounds – Explain that you are going to listen to some sounds from a kitchen and see if you can guess what they are. There are some picture clues! What sounds are you expecting – do some impressions? eg. Of a microwave / whistling kettle</p> <ul style="list-style-type: none"> • What are the 3 most useful things in a kitchen? • What would you cook in a frying pan? • What do you prefer to cook with? Gas? Electricity? Coal? Wood? Charcoal? Microwaves? • Which is your least favourite and favourite kitchen sound? • Have you ever had a bath in the kitchen?

<p>Music: How do you like your eggs in the morning?</p>	<p>1:55 / 5 mins</p>	<p>Dean Martin and Helen O'Connell 1958. Encourage singing along – both parts or sing with Helen or Dean. A breakfast song!</p>
<p>Sound activity: Food stories: Play one of the sound clips which include sound effects and spoken word.</p> <p>'What did you eat?' (2 clips) describes Whitwick's seasonal food and Asian vegetarian food.</p> <p>'School dinners' (2 clips) describes some of the food challenges Asian children faced when they started school and some of the best and worst things on a school menu!</p> <p>Pause and replay as appropriate. At the end, look at the photos and talk about favourite foods and food stories.</p>	<p>2:00 / 10 minutes</p>	<p>Explain that you are going to listen to people talking about different types of food. Remind them to listen and we'll chat at the end of the clips. 'Are you sitting comfortably...' See if they can finish off the sentence ('then I'll begin').</p> <ul style="list-style-type: none"> • Have you ever grown your own food? • What foods remind you of different parts of the world? • Does anyone know a vegetarian? What do they eat and what don't they eat? • What do you think of school dinners? • What are your 3 best and worst foods?
<p>Music: Boiled beef and carrots</p>	<p>2:10 / 5 mins</p>	<p>Harry Champion 1910 Music Hall song. This song mentions vegetarians. Join in with the words especially the chorus! "Derby Kell" is old Cockney rhyming slang for belly ("Derby Kelly"). "Blow out your kite" means "fill your stomach".</p>
<p>Simply Sounds: Sounds of Bharti's kitchen</p>	<p>2:15 / 5 mins</p>	<ul style="list-style-type: none"> • When you listened, what did you hear? • Where do you think the sounds were made? • What did these sounds remind you of? • How did these sounds make you feel?
<p>Music: If I knew you were coming</p>	<p>2:20 / 5 mins</p>	<p>Eileen Barton 1950. Encourage joining in and clapping.</p>
<p>Feedback:</p>	<p>2:25 / 5 mins</p>	<p>Thank people for coming and sharing their stories.</p> <ul style="list-style-type: none"> • Have we stimulated memories? • Have they had fun? • Will they look at the website? https://www.cultureleicestershire.co.uk/unlocking-sounds/ • Offer to stay on for a few minutes after the playout music if anyone wants to chat to the leaders / volunteers.
<p>Closing tune: BBC theme tune of the Bake Off</p>	<p>2:30</p>	<p>Playout music. Tom Howe – composed the theme tune and other incidental music which have cake themed titles. 'Get Baking', 'Fresh Ingredients' and 'Patisserie Skills'. The tracks are available via the Classic fm website.</p>