

East Anglian Traditional Music Trust
TRADITIONAL
MUSIC DAY

SATURDAY 19
SEPTEMBER

STOWMARKET,
SUFFOLK



Welcome to The East Anglian Traditional Music Trust's Traditional Music Day 2026

This year is a special celebration year for us: it's our fourth Traditional Music Day held in the centre of Stowmarket, but also marks 25 years since the East Anglian Traditional Music Trust was founded by John & Katie Howson.

We're very proud to bring some of the best performers on the scene to Stowmarket – whether you're joining us for the evening concert with Jimmy Aldridge & Sid Goldsmith, Nick Hart, Bryony Griffith & Alice Jones, and Peter & Barbara Snape, or for the evening dance with the legendary Flowers & Frolics. But we're equally proud to be filling Stowmarket with opportunities for you to get involved, with workshops to get you up and running plus sessions in pubs all over town ready to welcome musicians, singers, and steppers.

Thank you also to Stowmarket Town Council, Mid Suffolk District Council, the National Lottery Heritage Fund, and all the local councillors, culture networks, and venues who are investing in Stowmarket's cultural scene by supporting this joyful celebration of regional heritage.

Finally: if something today inspires you to try picking up a musical instrument, learning a song, having a go at stepdancing, joining a social dance, or joining a Morris side... let us know! This is a living tradition for all of us to be part of – and you have an important role to play.



Welcome from Jannine Parry - Operations Manager

We are super excited to welcome you to our 2026 Traditional Music Day. It has been a busy time in the lead-up to this year's event. Securing funding from The National Lottery Heritage Fund has allowed us to welcome new staff to help make the day run more smoothly, as well as add an extra event to the programme with our Country Dance.

We're hoping there will be something for everyone at this year's event, whether you've simply popped into Stowmarket for some shopping and happen to stop and watch the Morris dancers, or you're planning to spend the whole day with us and stay well into the evening.

Looking beyond this event, we're excited about the year ahead and our plans to develop an even bigger programme of activities. This will include expanding our folk holiday clubs and school programmes, afternoons, Tune Up sessions across each county in East Anglia, and much more.

Thank you to everyone who has supported us along the way. We can't wait to share a fantastic day of traditional music, song and dance with you.

Keep your eyes peeled for ways you can support us in the year to come especially with our Big Give Campaign near Christmas, helping us with our Archive, so we can share this with future generations.



What does the East Anglian Traditional Music Trust do?

We're passionate about keeping traditional music, song, and dance alive and thriving, by celebrating and sharing East Anglia's rich cultural heritage. We work across the region – Suffolk, Norfolk, Essex, and Cambridgeshire – so even if you've come from a little further afield today, look out for our work near you.

When we're not running Traditional Music Day, we:

- Run events and workshops throughout the year
- Support other events with performers, advice, and resources
- Hire out traditional equipment like instruments, maypoles, and jig dolls
- Maintain our archive of songs, stories, and history
- Publish and share resources that help keep traditions alive
- Engage with schools, colleges and the community

All of this is made possible by a team of incredible volunteers. Whether you're a musician, dancer, web whizz, event steward, expert in local community event promotion, or just brilliant at making tea - we'd love to hear from you!



Sign up or find out more



Traditional

East Anglian



Music Trust

Friends of the Trust

Thank you to our existing Friends! Your support means we can target our resources where they are most needed.

Not a Friend yet? Starting at £15 a year, you could get:

- Regular email updates
- Discounts at events
- A chance to support something truly meaningful

Let's keep the traditions alive - together!

www.eatmt.org.uk/friends-scheme/



Support Traditional Music

Donate to the East Anglian Traditional Music Trust and help power our region's folk music and dance through the next 25 years.

Scan the QR code to donate
Charity No. 1082774

Flip the pages and
watch the jig doll dance



Free Events

United Reformed Church

Main Hall

10.15am – **Official Opening** with **Stowupland High School**.

Trustee **Lindsay Want** will officially open the celebrations alongside the Mayor of Stowmarket, followed by a spectacular Maypole performance from Stowupland High School.

Followed by a **Session** – see the Sessions section for more information.

2pm-3pm-**Make a simple Jig Doll**.

This is a great activity for families, make decorate and dance your new Jig Doll, take it home for hours of fun. You will also get a chance to have a go with some of the Trust's Jig Dolls.

United Reformed Church

Church space

10.45am-11.45am-**Maypole Workshop**.

Learn traditional maypole steps, rhythms and weaving patterns in a fun, energetic workshop for everyone! Build coordination, timing and teamwork while creating colourful patterns together. with **Alex Bartholomew**

12pm-1pm-**John Row – “Pootling Through: A Life of Diversions”**.

Journey through six decades of memories, stories and colourful characters, celebrating street poetry, alternative lifestyles, diversity and the voices too often left unheard.

1.15pm-2pm-**Singing Workshop**. Join **Lynn Whitehead** for a lively singing workshop exploring songs from East Anglia. Learn by ear, discover the stories behind the songs, and sing together. All welcome!

2.15pm-3pm-**Ukrainian Dance Workshop**.

Join Norwich-based **Ukrainian Blossoms** for a fun introduction to traditional Ukrainian dance. Learn lively steps, rhythms and movements while celebrating Ukrainian culture and music. All welcome!

3.15pm-3.45pm-**Molly Dancing Workshop**.

Join **Ouse Washes Molly** for a lively introduction to Molly dancing, a traditional East Anglian dance full of character, music and colourful movement. Come along, have a go and join in the fun!

John Peel Centre

11.15am-12.15pm-**East Anglian Social Dancing**. Caller **Sarah Petts** and other members of **Stumpy Oak** ceilidh band teach dances popular in East Anglia from scratch.

12.45pm-1.45pm-**Jig doll Workshop** with **Lindsay Want** and **George Monger**

4pm-5pm-**Stepdancing Workshop** with **Kerry Fletcher** and **Ethan Beal** with musicians **Otis Luxton** and **Lindsay Want**. All welcome

Royal British Legion

11am-12.30pm-**Local Tune Workshop** with **The Unthank Irregulars**.

Town Clock/Market Place

2pm-**Stepdancing Showcase** with **Kerry Fletcher**, **Ethan Beal** and **Otis Luxton**.

Dance Displays

Morris, Molly and Stepdancing around the Town. *see Morris*

Sessions

Friday Night 8.30pm **Royal William: - Welcome Music and Song** hosted by **Phil Lyons** with **Tom** and **Emma Hardy** (of **The Medlars**) and early guest arrivals.

Saturday

United Reformed Church - Main Hall

10.30am-11.30am-**Welcome Session** led by **George Monger**.

11 Market Place

12.30pm-2.30pm-**Music and Song Session** with **The Harbour Inn Crowd** from Southwold. Hosted by **Derek Simpson**. *see Music*

7.30pm-10.30pm-**Musicians welcome**.

Royal British Legion

2.30pm-5.00pm-**A Good Ol' Norfolk Tune Up** led by **The Unthank Irregulars**. *see Music*

5.30pm-7pm-**Open Music Session** - musicians, jig dolls and steppers welcome. Hosted by **Otis Luxton**.

Royal William

Saturday 12pm-2.30pm-**Traditional Irish Music Session** with **Michael Sheehy** on piano accordion and **Alan Block** on fiddle.

Evening - **Musicians welcome**.

The Walnut

5.30pm-7pm-**A Chance to Sing** Open singing session with **Eammon Andrews**.

Queens Head

All day - **The garden will be open for informal sessions**.

Fringe events

Fred's Bar and Vinyl

12pm-12.45pm

1pm-1.45pm

2pm-2.45pm

3pm-3.45pm

4pm-4.45pm

5pm-5.45pm

The Larks

Tony Winn

Amy Pearl and Ryan Harvey

Homity

Becca Rose

Wingfield

Stowmarket Library

11am-11.30am-Stowmarket-based **Jubilee Ladies Choir** sing some of their summer repertoire, along with some traditional and folk music.

Stalls

United Reformed Church Main Hall

BOD Drums, PJ Music, Rod Ward Violins,

Second Coming vintage clothing, Veteran Records.



Ticketed Events

Evening Concert

**Jimmy Aldridge & Sid Goldsmith, Nick Hart,
Bryony Griffith & Alice Jones, Peter & Barbara Snape.**

MC. Mike Norris.

John Peel Centre 7.30pm - 10.45pm

Tickets: £26 - Under 25s £10.75

Evening Country Dance

Country Dance with Flowers & Frolics.

Caller Simon Diegan.

Interval dance spot with Chelmsford Ladies

St Peter's Church Hall 7.00pm - 10.00pm

Tickets: £12.50 - Under 25s £7.50

Evening Folk Club

**with guests Peta Webb & Ken Hall, Arthur Knevet
and Maggie Moore & Stan Bloor**

The evening starts with a short Stepdance Showcase.

MC. Shirley Harry.

Singers and Musicians welcome.

Royal British Legion 7.30pm - 10.30pm

Tickets: £7 or entry with day ticket

DAYTIME TICKETED EVENTS – Covered by £19 Day Ticket. (Under 25s £10.75) or pay entry on the door.

Songwriting and Tradition with Adrian May.

Library Meeting Room

11.00am-12.15pm

Tickets: £7 or entry with day ticket

Three Yards and a Penny with Peter and Barbara Snape.

Salvation Army Hall

11.15am-12.30pm

Tickets: £7 or entry with day ticket

Melodeon Workshop - Beginners with Jill Parson

United Reformed Church - Fison Hall

11.30am-12.30pm

Tickets: £7 or entry with day ticket

Arthur Knevett sings traditional songs.

Royal British Legion

1.00pm-1.45pm

Tickets: £7 or entry with day ticket

**“Songs that my Mother Knew”: Women’s Voices from the John Howson
Collection presented by Megan Wisdom**

Library Meeting Room

1.00pm-2.00pm

Tickets: £7 or entry with day ticket

The Goose and Common - The People’s History in Song. With Phil Lyons.

Salvation Army Hall

1.00pm-2.00pm

Tickets: £7 or entry with day ticket

Concertina Workshop - Beginners with Mike Acott

United Reformed Church - Fison Hall

1.00pm-2.00pm

Tickets: £7 or entry with day ticket

"An Hour or so with Flowers and Frolics" and Special Guests

John Peel Centre

2.15pm-3.30pm

Tickets: £7 or entry with day ticket

Bryony Griffith & Alice Jones showcase the song collections of Frank Kidson.

Salvation Army Hall

2.30pm-3.30pm

Tickets: £7 or entry with day ticket

Dulcimer Workshop - Beginners with George Monger

United Reformed Church - Fison Hall

2.30pm-3.30pm

Tickets: £7 or entry with day ticket

Nick Hart sings English Folk Songs!

Salvation Army Hall

4.00pm-4.45pm

Tickets: £7 or entry with day ticket



Music

Local Tune workshop with the Unthank Irregulars.

Royal British Legion

11.00am-12.30pm

A chance to learn about a variety of tune types, style of performance and the source musicians. Run through a selection of tunes of local provenance with the Unthank Irregulars band. Sheet music will be provided, but the emphasis will also be on playing by ear and laying the foundation of a repertoire.

FREE

Traditional Irish Music Session

Royal William

12.00pm-2.30pm

with **Michael Sheehy** on piano accordion and **Alan Block** on fiddle.

FREE

“An Hour or so with Flowers & Frolics” and special guests

John Peel Centre

2.15pm-3.30pm

A rare chance to see, in their own words, “Vintage music and song from vintage singers and musicians”. Their lively driven approach to traditional tunes, from many different origins, played in a fiercely English style, their songs are just as varied.

Introduced by Shirley Harry.

Tickets: £7 or entry with day ticket

Music Sessions

Various venues

Throughout the day

Hosted music sessions. Come join in or enjoy watching and listening.

*see Sessions
for where and when*

FREE

Music and Song Session with The Harbour Inn Crowd

11 Market Place

12.30pm-2.30pm

Hosted by Derek Simpson. The collection of musicians who are residents at The Harbour Inn Sessions in Southwold host this inclusive ‘sing, say or play’ event based on a typical traditional Suffolk pub evening. Tunes, songs and step dancing from local and visiting musicians and guests. This social and relaxed occasion will give you the chance to play with The Crowd or perform your party piece.

FREE

A Good Ol’ Norfolk Tune Up

Royal British Legion

2.30pm-5.00pm

Appropriating the name used by a lot of the old boys to describe an afternoon or evening of informal music-making, the "Tune Up" events have been making their way around Norfolk across many months. Held together by **The Unthank Irregulars** band, these events are a kind of informal concert party in which people are encouraged to participate. Local tunes, songs and step dancing make up the programme: music in the main collected in the county of Norfolk, with the emphasis on entertainment. A chance to find out more about the county's rich musical heritage and to join in the proceedings by playing along or contributing a song.

FREE

Dance

Maypole Workshop

United Reformed Church church space
10.45am-11.45am

Have a go at Maypole dancing with
Alex Bartholomew.

FREE

East Anglian Social Dancing

John Peel Centre
11.15am-12.15pm

Caller **Sarah Petts** and other members
of **Stumpy Oak** ceilidh band teach
dances popular in East Anglia from
scratch.

FREE

Stepdancing Showcase

Town Clock/ Market Place
2.00pm

Join us for an exciting array of
stepdancing of different styles, from
local East Anglian step dancers and
friends from afar too! Hosted by
Suffolk stepdancer **Ethan Beal** and
Kerry Fletcher from Kent, with great
toe tapping tunes played by local
musicians **Otis Luxton** and **Lindsay**
Want.

FREE

Ukrainian Dance Workshop

United Reformed Church - church space
2.15pm-3.00pm

A chance to have a go at Ukrainian folk
dance with **Ukrainian Blossoms.**

FREE

Molly Dancing Workshop

United Reformed Church church space
3.15pm-3.45pm

Learn a traditional East Anglian Molly
dance with **Ouse Washes Molly.**

FREE

Stepdancing Workshop

John Peel Centre
4.00pm-5.00pm

Stepdancing Workshop with Suffolk
stepdancer **Ethan Beal** and **Kerry**
Fletcher from Kent, with musician
Otis Luxton. Having been inspired by
the stepdancing showcase or just keen
to have a go, this workshop is open to
all ages and abilities. We'll be finding
our feet in time and rhythm with the
music, learn a few steps together and
have the chance to dance to some
great stepdancing tunes! Hard soled or
tap dancing shoes are best, if you have
them. There will be a bag of shoes
available for you to try (though cannot
guarantee a good fit!). Please arrive
early if you'd like to try shoes from the
bag - thanks!

FREE

Country Dance with Flowers & Frolics. Caller Simon Diegan

St Peter's Church Hall
7.00pm-10.00pm

We're excited to bring you Flowers and
Frolics, featuring vintage musicians
who reunite occasionally and we are
delighted that they are with us for one
of their rare appearances, bringing you
a wonderful selection of vintage tunes
to dance to. Simon Diegan will be
calling the dances, so get ready for
some great dances, terrific calling and
plenty of fun along the way. When you
need a rest from the dancing, the
Chelmsford Ladies will be
entertaining you with a Morris
interlude. And if all that dancing works
up an appetite, there'll be food
available for just £5 a bowl.

Tickets £12.50/under 25s £7.50

Morris Dancing

Around Town
All day

Many Morris sides dancing around
town, dancing the traditions of
Cotswold, Border, North-West,
and Molly. see Morris

FREE



Song

Three yards a penny! Song, song, songs! cried the street ballad singer. Peter & Barbara Snape

Salvation Army Hall
11.15am-12.30pm

A light-hearted and entertaining 'song based' presentation about the street ballad singers of Victorian England with a selection of songs 'hawked and peddled' along the way to illustrate the singers who sang them and the social environment in which they were printed.

Tickets: £7 or entry with day ticket

Arthur Knevett sings Traditional Songs.

Royal British Legion
1.00pm-1.45pm

Arthur has been singing folk songs since the early 1960s. His extensive repertoire is made up of mostly English traditional songs but also includes a few Irish, Scottish and contemporary songs. Introduced by Jo Breeze.

Tickets: £7 or entry with day ticket

"Songs that my Mother Knew": Women's Voices from the John Howson Collection presented by Megan Wisdom

Library Meeting Room
1.00pm-2.00pm

Megan will discuss the female singers of the Howson collection in order to bring to the fore their songs, experiences and perspectives. Using recorded interviews collected by John in the last quarter of the twentieth century, she will examine women's songs; where they sung and how they learnt; their attitudes towards their own singing and that of others; and how this differs to that of John's male informants, in order to explore their often-overlooked role as traditional music makers.

Tickets: £7 or entry with day ticket

**The Goose and Common-
The People's History in Song.
Phil Lyons**

Salvation Army Hall
1.00pm-2.00pm

Phil Lyons performs a selection of traditional songs and explores their historical context to offer a deeper understanding of them and the times that gave them birth. Expect an entertaining, informative and thought provoking show.

Tickets: £7 or entry with day ticket

**Bryony Griffith & Alice Jones
showcase the song collections of
Frank Kidson (1855-1926)**

Salvation Army Hall
2.30pm-3.30pm

Discover the remarkable life and legacy of Frank Kidson (1855-1926), the Leeds-born antiquarian, music scholar, journalist, and one of England's earliest and most influential folk song collectors. Join Bryony Griffith and Alice Jones for an entertaining and informative concert celebrating the life and work of a quiet pioneer whose passion and diligence helped keep our musical heritage alive.

Tickets: £7 or entry with day ticket

Nick Hart sings English Folk Songs!

Salvation Army Hall
4.00pm-4.45pm

Nick was born and brought up in East Anglia, the son of a Morris dancer. He has released three solo albums, 'Nick Hart Sings Eight English Folk Songs' (2017), 'Nick Hart Sings Nine English Folk Songs' (2019), and 'Nick Hart Sings Ten English Folk Songs' (2022), all to critical acclaim. We will leave the number of English Folk Songs he sings up to him. Introduced by Shirley Harry.

Tickets £7 or entry with Day Ticket

A Chance to Sing Open singing session

The Walnut
5.30pm-7.00pm

With **Eammon Andrews**. All welcome!
FREE

Workshops

Songwriting and Tradition with Adrian May.

Library Meeting Room

11.00am-12.15pm

Adrian will talk about tradition as a living force in song. Some discussion and writing exercises will be included in the talk/ workshop.

Tickets: £7 or entry with day ticket

Instruments Beginners Workshops

United Reformed Church Fison Hall

11.30am-12.30pm

Melodeon – with **Jill Parson.**

Tickets: £7 or entry with day ticket

1.00pm-2.00pm

Concertina – with **Mike Acott.**

Tickets: £7 or entry with day ticket

2.30pm-3.30pm

Dulcimer – with **George Monger.**

Tickets: £7 or entry with day ticket

Local Tune Workshop

Royal British Legion

11.00am-12.30pm

see Music

FREE

East Anglian Social Dancing

John Peel Centre

11.15am-12.15pm

see Dance

FREE

Molly Dancing workshop

United Reformed Church

(church space)

3.15pm-3.45pm

see Dance

FREE

Singing workshop

United Reformed Church Church space

1.15pm-2.00pm

Have a go Singing Workshop with
Lynn Whitehead

FREE

Jig Doll Workshop

Royal British Legion

12.45pm-1.45pm

Come and give dancing a jig doll a go! We'll introduce you to some carefully crafted and colourful characters, go through dancing doll basics, share some history and glean insider tips in an interview with local expert, **George Monger**. Supported by stepdancer **Ethan Beal**, workshop leader **Lindsay Want** also provides plenty of tunes for all ages and abilities to join in the jig doll fun. Seated activity. Visiting jig dolls and their owners most welcome!

FREE

Make a simple Jig Doll

United Reformed Church Main Hall

2.00pm-3.00pm

Come and make a simple Jig Doll
Family Friendly

FREE

Ukrainian Folk Dance Workshop

United Reformed Church church space

2.15pm-3.00pm

see Dance

FREE

Stepdancing Workshop

John Peel Centre

4.00pm-5.00pm

see Dance

FREE

Talks

John Row – “Pootling Through: A Life of Diversions”

United Reformed Church Church space

12.00pm-1.00pm

Dive into a collision of memories, anecdotes and stories drawn from six decades of being at the cutting edge of street poets and alternative lifestyles, giving voice to the unheard and celebrating life in all its diversions and diversities. Introduced by Bec Jennings.

FREE





C.J. TODD

VENUES

- 1 John Peel Centre
- 2 Royal British Legion
- 3 Salvation Army Hall
- 4 11 Market Place
- 5 Stowmarket Library
- 6 United Reformed Church
- 7 St. Peter's Hall
- 8 The Walnut
- 9 The Royal William
- 10 Fred's Bar & Vinyl
- 11 Town Clock



MORRIS SPOTS

- A The Queen's Head
- B Meadow Centre Precinct
- C The Royal Oak
- D The Willow Tree
- E Kelly's Cabs
- F Town Clock



Artists



Jimmy Aldridge and Sid Goldsmith

Jimmy and Sid's live performances are a celebration of traditional music, but there is also a deep integrity and sincerity that stems from their passion for the social themes within the music. There is a common thread of political struggle, resistance, and justice as well as the occasional love song. Their shows manage to be both hard-hitting and uplifting and it is this ability that justifies their reputation as two of the most exciting musicians and social commentators on the scene.

EVENING CONCERT - John Peel Centre 7.30pm-10.45pm £26

Nick Hart

EVENING CONCERT - John Peel Centre 7.30pm-10.45pm £26
Salvation Army Hall 4pm-4.45pm £7/day ticket

Nick is an award-winning singer and multi-instrumentalist whose work with English folk song has earned him a reputation as one of the most acclaimed performers of his generation. His considered approach to accompaniment is informed by a deep respect for the nuances of traditional song and his captivating live performances are a testament to the importance he places on story-telling.



Bryony Griffith & Alice Jones

Bryony and Alice are long-time purveyors of English folk music, united by a love for the songs and tunes of their native West Yorkshire. With their signature sound of fiddle, harmonium, tenor guitar, body percussion and vocals they combine a respect and understanding of tradition with their own contemporary style.

EVENING CONCERT - John Peel Centre 7.30pm-10.45pm £26
Salvation Army Hall 2.30pm-3.30pm £7/day ticket

Flowers & Frolics

Evening Dance - St Peters Church Hall 7pm-10pm £12.50/under 25s £7.50
John Peel Centre 2.15pm-3.30pm £7/day ticket

Flowers & Frolics emerged in the mid 1970s with their lively driving approach to traditional tunes quickly creating a busy schedule of dances, clubs, concerts and festivals. Their dance tunes, all played in a fiercely English style, drew from many different origins and their songs were just as varied. They were always game for a bit of nonsense too but never wavered from their commitment to musical quality. In recent years they have been accepting some requests to reunite and are enjoying it with all the old energy. They are joined for the evening dance by **Simon Diegan** an experienced caller, musician, singer and MC.



Arthur Knevelt

Folk Club - British Legion 7.30pm-10.30pm £7/day ticket
Royal British Legion 1pm-1.45pm £7/day ticket

Arthur has been singing folk songs since the early 1960s. His extensive repertoire is made up of mostly English traditional songs but also includes a few Irish, Scottish and contemporary songs. He has developed his singing style by extensive listening to traditional singers, the influence of which has allowed him to develop a style of singing embedded in the tradition.

Peta Webb & Ken Hall

Folk Club - Royal British Legion 7.30pm-10.30pm £7/day ticket

Peta's & Ken's singing is rooted in the oral tradition, their style absorbed over the years by listening to and singing alongside traditional singers in England and Ireland. They have a rich, distinctive sound, based on Irish and British traditions of unison singing and the harmonising of American brother duets. The diversity of their material, from England, Ireland and America, celebrates the essential links between these cultures.



Peter and Barbara Snape

EVENING CONCERT - John Peel Centre 7.30pm-10.45pm £26
Salvation Army Hall 11.15pm-12.30pm £7/day ticket



Peter and Barbara have a repertoire of songs influenced by their North West locality and the broader English Tradition. Finely honed on some intriguing folk research and performance projects about folksong collectors Anne Geddes Gilchrist OBE and Fred Hamer, and the broadside printer John Harkness, they bring the tradition to life in an engaging and appealing manner.

Alvar Smith

11 Market Place 5pm-6pm Free

Alvar is a regular participant in sessions and song events across East Suffolk as well as being a member of the Harbour Lights Trio. His solo CD "A Sailor and his True Love – Traditional Singing from the Blaxhall Ship" features a selection of ballads, old songs and comic songs learnt from his grandfather Arthur Smith (featured on the 1950's recordings of singing in the Ship), his uncle Bob Scarce, Cyril Poacher, Bob Hart and others.



Megan Wisdom

Library Meeting Room 1pm-2pm £7/day ticket



Megan is an ethnomusicologist, folk singer, and musician born and bred in Suffolk, England. Specialising in oral history with a particular interest in the traditions of her home county. She graduated with First Class Honours from the Folk and Traditional Music BA at Newcastle University in 2022, and her debut book "Handmade Music: Suffolk Voices from the John Howson Collection" was published in 2024. She is the Editor of the traditional music, song and dance magazine "Stepping It Out".

Adrian May

Library Meeting Room 11am-12.15pm £7/day ticket

Like other songwriters in folk music, Adrian is much influenced by tradition and used some of the insights gained from this in his other life as a university teacher of creative writing. He is the author of Tradition in Creative Writing (Palgrave, 2021) and other books about creativity, as well as collections of poems and songs. He has performed traditional songs with "Potiphar's Apprentices" and his current activities can be seen at adrianmay.org.uk He will talk about tradition as a living force in song.



Phil Lyons

Salvation Army Hall 1pm-2pm £7/day ticket
Session - Royal William Friday 8.30pm with Tom and Emma Hardy FREE



Phil is a highly experienced East Anglia-based folk singer and guitarist known for his extensive repertoire of traditional and contemporary British folk songs. He regularly performs at folk clubs and festivals across the UK and France, and is particularly noted for his maritime songs and presentations on historical themes. A member of Rosewood Acoustic trio he leads our Friday evening session along with Tom and Emma Hardy of The Medlars.





Maggie Moore and Stan Bloor

Maggie & Stan are a Suffolk based folk duo, sometimes playing under the name of "Pluck 'n' Squeeze". They only sing songs which they really like with strong melodies and choruses. They also play traditional tunes with loads of bounce and lift. All this plus a healthy dose of humour, which always permeates their act.

Folk Club - Royal British Legion 7.30pm-10.30pm **£7/day ticket**



The Harbour Inn Crowd

Session - 11 Market Place 12.30pm-2.30pm **FREE**

The collection of musicians who are residents at The Harbour Inn Sessions in Southwold host monthly inclusive "sing, say or play" events based on traditional Suffolk pub evenings. Tunes, songs and stepdancing from local and visiting musicians and guests. This social and relaxed occasion will give you the chance to play or perform your party piece.



Mossy Christian

11 Market Place 5pm-6pm **FREE**

Mossy is an award-winning musician, singer, storyteller, dance caller, writer, researcher, actor, educator and facilitator from Lincolnshire. He joins us this year in conversation with **Alvar Smith** in his role as director of Veteran Records.



The Unthank Irregulars

Workshop - Royal British Legion 11am-12.30pm **Free**

Session - Royal British Legion 2.30pm-5pm **Free**

The Unthank Irregulars are a mainly Norwich-based band specialising in traditional tunes collected in Norfolk. Led by fiddle and dulcimer, the inspiration is the sound of the informal band featuring Walter Bulwer and Billy Cooper, which produced the seminal English Country Music recording. Their repertoire comes from a wide variety of field recordings of local traditional musicians, augmented by material in a couple of manuscript tune books.



Sarah Petts

John Peel Centre 11.15am-12.15pm **Free**

Sarah is a gifted caller, multi-instrumentalist and singer. Her friendly, patient approach ensures that dancers know what they're doing or at least are comfortable to have a go! Sarah performed in folk trio *O/a*, reaching the finals of the BBC Young Folk Awards and releasing a critically acclaimed CD. She is accompanied by other members of **Stumpy Oak** ceilidh band.



Michael Sheehy and Alan Block

Session - Royal William 12pm-2.30pm **FREE**

Michael plays the piano accordion and is one of the finest exponents of the music of the Cork, Kerry, Limerick border. He plays in a style which is firmly rooted in the traditions of Sliabh Luachra. Michael is joined by fiddler **Alan Block** who also featured on Michael's album on Veteran, *The Cat's Rambles*.



John Row

United Reformed Church (Church space) 12pm-1pm **FREE**

John is a world renowned Storyteller, an East Anglian who has performed locally, nationally and internationally for over fifty years. He has told stories, recited his poetry and run workshops on four continents in schools, prisons, museums, libraries and festivals.



Eammon Andrews

Song Session - The Walnut 5.30pm-7pm **FREE**

Eammon is a longstanding supporter of EATMT and an active Trustee. He is a regular singer on the local scene, often acting as an MC at local sessions as well as dancing with Old School Rapper and displaying his stepdancing skills.



Kerry Fletcher

Stepdancing Demonstration - Town Clock/Market Place 2pm **FREE**
Stepdancing Workshop - John Peel Centre 4pm-5pm **FREE**

A renowned choreographer and traditional dancer, Kerry is Co-Artistic Director of Folk Dance Remixed and coordinator of EFDSS's Folk Education Network. Kerry has hosted stepdancing sessions at Traditional Music Day for many years and runs a stepping workshop again this year.



Ethan Beal

Stepdancing Demonstration - Town Clock/Market Place 2pm **FREE**
Stepdancing Workshop - John Peel Centre 4pm-5pm **FREE**

Ethan is a talented young stepdancer, regularly seen leading accessible, welcoming workshops and excelling at stepdancing competitions across the region. Now based in York, Ethan brings expertise and enthusiasm to our workshop and showcase.



Lindsay Want

Jig doll workshop - John Peel Centre 12.45pm-1.45pm **FREE**
Stepdancing Demonstration - Town Clock/Market Place 2pm **FREE**
Stepdancing Workshop - John Peel Centre 4pm-5pm **FREE**

Lindsay joined the Trust's board in 2012, but has been involved in our activities since 2004. A marketing and digital consultant and copywriter she is a busy musician and singer, regularly playing for the Trust's stepdancing events.



Otis Luxton

Stepdancing Demonstration Town Clock/Market Place 2pm **FREE**
Session - Royal British Legion 5.30pm-7pm **FREE**

Otis is a melodeon player and woodworker with his roots firmly grounded in East Anglia. He studied melodeon at Newcastle University before embarking on a career as a luthier, as well as working in music education. He is influenced by contemporary accordion players from across the world and is most happiest when playing in sessions or for dance.



Mike Acott

Concertina workshop - United Reformed Church Fison Hall 1pm-2pm **£7/day ticket**

Mike Acott is a well-known traditional folk singer, musician, and concertina specialist based in Suffolk. He is highly regarded in the East Anglian folk community for performing classic local songs and is deeply involved in preserving and promoting traditional music. Beyond singing, he runs concertina workshops, assists at regional folk events, and restores traditional squeeze-box instruments.



George Monger

Music session - United Reformed Church Main Hall 10.30am-11.30am **FREE**
Jig doll workshop - John Peel Centre 12.45pm-1.45pm **FREE**
Dulcimer workshop - United Reformed Church Fison Hall 2.30pm-3.30pm **£7/day ticket**

George is a folklorist, researcher and musician and leads monthly music sessions at 11 Market Place, a key Music Day venue. He is an active volunteer for the John Peel Centre and a key member of the Traditional Music Day volunteer team.



Jill Parson

Melodeon workshop - United Reformed Church Fison Hall 11.30am-12.30pm **£7/day ticket**

Jill started playing the D/G melodeon about 30 years ago and has based her style on playing for dancing with a strong emphasis on rhythm and getting toes tapping. She is an experienced tutor, praised for patience, and plays for dance teams and in pub sessions as well as accompanying singers.

MCs

MCs include presenter of the Classic Folk internet radio show via the EFDSS website and former Chair of EFDSS, **Mike Norris**, long-standing Trust volunteer and all-round folk activist **Shirley Harry**, Chair of the Trustees **Ivan Cutting**, the Trust's Project Coordinator **Jo Breeze**, the Trust's Events Promoter **Em Kuntze** and the Trust's Volunteer Coordinator **Bec Jenning**.





We are delighted to host a
day of Traditional Music.

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 QUEENS HEAD



Join the team at the Queens Head for a proper Traditional Music Day welcome.

Enjoy fine cask ales and a special Traditional Music Day sandwich menu, and look out for Morris spots throughout the day. The garden will be open for informal sessions all day - bring your instrument and pull up a chair!

Queens Head, Station Road West,
Stowmarket IP14 1EF



STOWMARKET TRADITIONAL MUSIC DAY

CIABATTAS

- 1 ROAST BEEF & HORSERADISH**
Sliced roast beef, horseradish mayo & rocket
- 2 TUNA CRUNCH**
Tuna mayo, sweetcorn, apple, red onion & celery
- 3 HAM & MUSTARD**
Sliced ham, mustard mayo & tomato
- 4 CHEESE PLOUGHMAN'S**
Mature Cheddar, pickle, lettuce, tomato, red onion & mayo

ALL £8.95
SERVED WITH CRISPS



Morris Sides

AnnieMation

North-West

Established in 1979 as *Annies Fantasies*, renamed in 2018 to AnnieMation to "move away from dubious internet search results but retain a link to our founder, Annie". Their trademarks are red clogs, black and red stripes and dancing with enthusiasm. Based in Colchester.

Essex founded 1979

Boudicca Border Morris

Border

Hadleigh-based Boudicca Border Morris are an eclectic group dancing both traditional dances & original ones. Their self-described style is "Steam Punk meets pirate, we aim to entertain & have fun".

Suffolk founded 2018

Bury Fair Women's Morris

Cotswold

Dancing traditional Cotswold dances, taking their name from the medieval fair that took place in Bury St. Edmunds from 1272 until 1871. The dancers are all women... and the musicians are mixed.

Suffolk founded 1978

Chelmsford Ladies

North-West

Chelmsford Morris Ladies dance in the North-West Clog style of Morris dancing, performing dances originating from Lancashire and Cheshire. The dances are known for their rhythmic sound from the clogs, high kicks and they feature a range of slings, sticks and garlands to compliment them.

Essex founded 1979

Danegeld Morris

North-West

The first mixed gender Morris side in South Suffolk. Their outfit consists of a bright mix of gold, red, green, and black, with the Sutton Hoo helmet motif on their backs. Practises at Bredfield Village Hall, near Woodbridge.

Suffolk founded 1988

East Suffolk Morris Men

Cotswold

Formed in 1958 and at that time were the only Morris side in Suffolk; my how things have changed and grown! "ESMM dance traditional men's dances of England from the Cotswolds and enjoy keeping this rich tradition alive and sharing it with people of east Suffolk and beyond". Based around the Ipswich area.

Suffolk founded 1958

Ely & Littleport Riot

Border

Named after the bread riots of 1816. The black of their outfits represents the dark Fenland soil. The blue represents the wide, endless Fenland waters and skies, and the red tells of the bloody revolt and clamor of the riots for which they were named. A mixed gender side, based in Ely.

Cambridgeshire founded 1985

Green Dragon Morris

Border

A mixed border side, taking their name from a local historical reference found in the diaries of John Oakes 1741-1829; "The Morris men's drink allowances were taken at the Green Dragon in Guildhall Street". Practices in Bury St Edmunds.

Suffolk founded 1993

Haughley Hoofers

North-West

Haughley Hoofers are a Ladies traditional North-West clog dancing group based in Haughley, Suffolk.

Suffolk founded 1984

Holt Ridge

Cotswold

Holt Ridge Morris are a mixed Morris side based mainly in North Norfolk but with members across the UK. "We dance the 'Cotswold' traditions which use handkerchiefs (waivers) and sticks".

Norfolk founded 2012

Kemp's Men of Norwich

Cotswold

Founded in 1956 in Norwich, Kemp's Men dance a wide mixture of Cotswold Morris together with dances from their own local "tradition" of Norwich-upon-Wensum. They can be spotted in white shirts, brown breeches and green and yellow baldrics.

Norfolk founded 1956

Hoxon Hundred Morris

Cotswold

A side from the Norfolk/Suffolk border, practising in Hoxne. They have mixed aged membership and strive to give a traditional feel to their performance, drawing on the many traditions that make up the Morris.

Suffolk founded 1983

Kenninghall Morris

Border

Kenninghall Morris was born in 1999 for fun at a village show. Since then they have grown, shrunk and grown again a few times. They dance traditional dances as well as adding their own take on well-known ones; and have even devised their own.

Suffolk founded 1999

Onse Washes Molly Dancers

Molly

Performing the traditional Molly dances of the Fens since 1984. Based in Norfolk, they regularly perform at major international festivals in the UK and beyond. Their powerful dances and mysterious stories from the depths of the Fens provide the audiences with a memorable experience!"

Norfolk founded 1984

Pretty Grim Border Morris

Border

Based in Snape, Suffolk, Pretty Grim Border Morris is a traditional dance side performing in the Welsh Border tradition. An inclusive bunch of experienced and new dancers with varying abilities, brought together by a band of excellent musicians.

Suffolk founded 1999

Rumburgh Morris

Cotswold

Based in the village of Rumburgh, Suffolk. You will see them in summer, performing at fêtes, public events, and local pubs, often followed by music sessions. They are also known to perform traditional Mummer Plays.

Suffolk founded 2008

Spot the Morris Dancers



Annie Mallon

Boudicca
Border Morris

Bury Fair
Women's Morris

Chelmsford
Ladies

Danegled Morris



East Suffolk
Morris Men

Fly and
Littleport Riot

Green Dragon
Morris

Haughtley
Hoofers

Holl Ridge
Morris

Hoxon Hundred
Morris



Kemp's Men
of Norwich

Kenninghall
Morris

Ouse Washes
Molly Dancers

Pretty Grim
Border Morris

Rumburgh
Morris



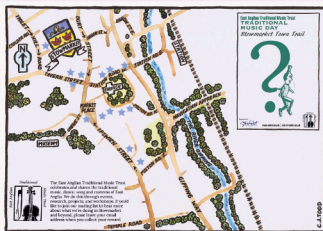


Stowmarket Town Trail

As you explore Stowmarket today, why not try out our Town Trail with your young folkies?

Pick up your copy from the United Reformed Church, and see if you can track down every spot. Each location has a single letter on display - once you've found them all, you can spell out your answer!

Bring your completed trail back to the United Reformed Church before 4pm for a little reward.



East Anglian Traditional Music Trust

A GOOD ol' NORFOLK TUNE UP

Tune ups throughout Norfolk

Dereham Cock Inn
Sunday 18th October 3 - 6pm

Cromer Grey Seal Coffee
Sunday 15th November 5 - 8pm

Pulham Market The Falcon
Sunday 13th December 1 - 4pm

Norwich The Reindeer
Sunday 17th January 2027

Old Costessey Bush
Sunday 21st February 2027

Mendham Sir Alfred Munnings
Sunday 21st March 2027

Many more to come throughout Norfolk in 2027

A CHANCE TO LISTEN, PLAY AND LEARN ABOUT TRADITIONAL NORFOLK MUSIC, SONG AND DANCE

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The East Anglian Traditional Music Trust proudly presents

AN AFTERNOON OF MUSIC, SONG AND DANCE

Featuring local musicians, dancers and singers. Come to listen, sing, dance or play.



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Thank You

This fabulous event has only been possible due to the hard work of an extraordinary group of people who give their time, energy and skills to the Trust for free.

Our wonderful volunteers have issued tickets, stewarded venues, served tea and coffee, shaken collection tins, decorated the town, sung and played wonderful music, and so much more. Our awesome committee members have booked artists, programmed dance teams, planned and delivered workshops and helped shape the festival.

All contributions of time and knowledge, great and small, help make Traditional Music Day the roaring success it is. We couldn't do it without you. Thank you all.

Bravo Alan!



The Trust would like to say a huge and heartfelt thank you to Alan Bearman for spearheading and pulling together the engaging and varied programme for this year's and previous East Anglian Traditional Music Days.

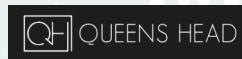
Although perhaps not quite the mega-undertaking of his many years programming Sidmouth Folk Festival, Alan brings the same experience and knowledge to the event, creating an impressive programme that showcases the very best of traditional music.

We are delighted to welcome such a fantastic line-up of musicians and performers to Stowmarket, with something to inspire and entertain everyone.

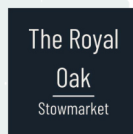
Thank you, Alan, for the enthusiasm and expertise you bring to make the day something so very special – a true celebration of traditional music in East Anglia and beyond

Rebecca Marshall-Potter

Sponsors



Venues



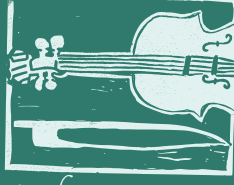
(Main hall)		United Reformed Church		John Peel Centre	Royal British Legion	Salvation Army Hall	11 Market Place	Library Meeting Room	The Royal William	Fred's Bar & Vinyl
10.15 Official Opening		(Fison Hall)		(Church space)						
10.30-11.30 Welcome Session										
10.00-15.00 Café	11.30-12.30 Melodeon workshop	10.45-11.45 Maypole workshop	11.15-12.15 East Anglian Social Dancing.	11.00-12.30 Local Tune workshop	11.15-12.30 Peter & Barbara Snape			11.00-12.15 Adrian May		
	13.00-14.00 Concertina workshop	12.00-13.00 John Row	12.45-13.45 Jig doll workshop	13.00-13.45 Arthur Knevett	13.00-14.00 Phil Lyons	12.30-14.30 Music & Song Session			12.00-14.30 Irish Music Session	12.00-12.45 The Larks
			13.15-14.00 Singing Workshop		13.00-13.45			13.00-14.00 Megan Wisdom		13.00-13.45 Tony Winn
14.00-15.00 Make a simple Jig Doll	14.30-15.30 Dulcimer workshop	14.15-15.00 Ukrainian Dance workshop	14.15-15.30 Flowers & Frolics	14.30-17.00 A Good Ol' Norfolk Tune Up	14.30-15.30 Bryony Griffith & Alice Jones					14.00-14.45 Amy Pearl & Ryan Harvey
		15.15-15.45 Molly Dancing workshop								15.00-15.45 Homity
			16.00-17.00 Stepdancing workshop		16.00-16.45 Nick Hart			The Walnut		16.00-16.45 Becca Rose
				17.30-19.00 Open Music Session			17.00-18.00 Alvar Smith	17.30-19.00 A Chance to Sing		17.00-17.45 Wingfield
St Peter's Church Hall										
19.00-22.00 Evening Country Dance			19.30-22.45 Evening Concert	19.30-22.30 Folk Club			Evening Musicians Welcome		19.30-22.30 Musicians Welcome	£ = ticketed event

**Save the date for
Traditional Music Day 2027
18th September**



Traditional

East Anglian



19.00-22.00

Evening Country Dance