



Rewind: 1970's

Scrapbook

About Rewind: 1970's

This is a collection of anecdotes, stories, memories and images gathered from Coventry and Warwickshire residents who lived through the 1970's.

This scrapbook is the outcome of a community arts and heritage project, supported by The Heritage Lottery Fund.

Through a collaboration between Arts Uplift and Sonrisa Arts, we aimed to capture the heritage of a generation who grew up in the 1970's. In Summer 2023, we ran a series of participatory workshops across the local Coventry and Warwickshire community, using music, dance and 1970's memorabilia to inspire memories and discussion.

Six workshops were led by a professional dance artist and a professional musician in; 2 care homes, 2 Age UK Friendship groups, a dementia cafe and an assisted living scheme across Coventry and Warwickshire.

We want to share these memories with you before they become lost, so that we can preserve and celebrate our history for future generations.

Take a step back in time to a decade of highs and lows, innovation and challenge, music, fashion and faux pas.



A huge thank you...

to everyone who contributed to Rewind: 1970's including;

Residents, staff & volunteers at Galanos House

Ron, Don, Margaret T, Geoffry, Margaret F, Margaret Fl, Pat, Doreen, Dee, Maureen, Jean, Bob, Hilda, Gill, Sara, Sam, Jayne, Tracey, Denise

Residents, staff & volunteers at Ettington Lodge

Stu, Wendy, Christine, Joy, Doreen, Maggie, Jayne and Vasa Day Care

Moat House Community Trust's Tea & Talk group

Caroline, Tracey, David, Mark, Sylvia, Chris, Rene, Clive, Alice, Tina

Age UK Canley Friendship group

Anna Marie, Chris, Brenda, Sheila M, Sheila V, Steve, Lynda, Christine, Jenny, Angela, May, Debbie, Dotti, Mick

Residents, staff & volunteers at Cedar Lodge

Dorothy, Maureen, Michael, Robert, Pam, John, Edna, Jenny, Bernard, Sally, Joan, Keith, Gladys, Jackie, Anne

Alcester Dementia Cafe

Christina, Valerie, Janine, Janet, Rose, Ann, Geoff, Jean, Elizabeth, Eileen, Alan, Geraldine, Pat, Jean, Joan, David, Rosie, Pam, Thomas, Mike, Pam, Zoe, Rita, Steve, Angela, Pat, Jean

Creative Team

Producers: Jenny Davis & Kath Kimber-McTiffen
Workshop Leaders: Anthony & Kath Kimber-McTiffen
Arts Uplift Volunteer: Angela Pearson
Scrapbook design: Kath Kimber-McTiffen
Photographer: Rhiannon Kimber-McTiffen

“Hiding in the cornfields”

“We went scrumping in the garden of a lady down the road we used to climb over the wall to get in, she asked us to knock but we never did”



“Walking miles to school”

★ A 70's childhood ★

“playing in the street”

“Space hoppers”

“Making dens and playing rounders”



“In 74, I was 14 & we were allowed to go to Birmingham by ourselves on the bus”

“Paper round kids”

“If the police were around you would stand to attention”



“We would swim at the baths in Birmingham (Stirchley and Kings Heath) and we got told off by our parents as we stayed there too long.”

“The first Sindy dolls”

“I liked to ride my bicycle,
play marbles,
badminton
and jump a rope”



“Being allowed out to play all day as long as you were home at 6 for tea”



“Playing marbles in the back yard and making holes in the tarmac and fields”

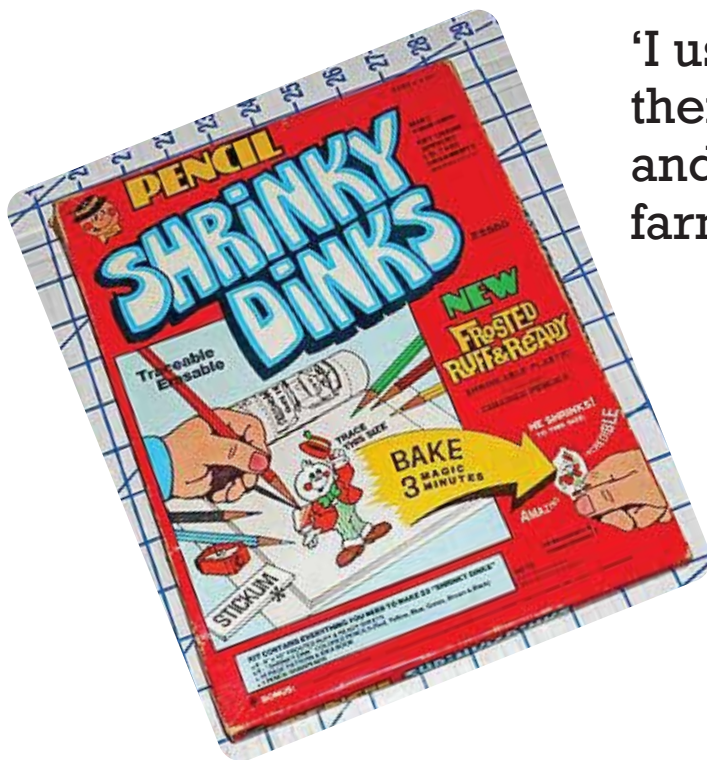
“Going down to the local brook and making swings across the brook etc getting soaking wet”



“I played tennis with my sister across a road”



“I remember 'clackers' which are now banned as they are too dangerous”



‘I used to live in an estate and there was a brook at the end and we used to play in it, the farmer let us play in the ditch’



“Not having a lot to play with having to amuse yourselves”

“ I remember playing tennis at the school during the summer holidays. On a hot summers day with a tap not far from the tennis courts. It was so hot we poured water all over ourselves and I remember it was so peaceful, no mobile phones and no traffic and no people causing trouble”

“football on the green with the boys”

“1976 - it was the hottest summer on record so far”



"I remember watching Lone Ranger, High Chapperal, Happy Days & Laurel and Hardy with my grandad"

"Sooty and Sweep"

"Big Daddy and Giant Haystacks wrestling"

"Crackerjack"

"My nan loved Jim Reeves and watched Weekend World on Sunday."

★ 1970's Film & TV ★

"Doctor Who"

"Star Wars"



"We had Black and white TV with only 2 channels, from Vision Hire TV."

"Jaws"

"Emmerdale"

"Little House on the Prairie"

"Andy Pandy"

"The Waltons"

"It's a Knockout"

"Coronation Street"

"World of sport"

"The Wombles"

"Match of the Day"

“Spam fritters at school”



“Mars bars,
they were
very big”

★ Food in the 70's ★

“Dandelion and Burdock pop
from the pop man”



“We drank Corona pop”

“fish fingers”



“Our milk was delivered
by the milkman and the milk
was in bottles”

“cheese and pineapple hedgehog sticks”

“I remember lots of people coming round on a Sunday evening in the winter for mothers 'cheese boats' jacket potatoes filled with and smothered with cheese and twice baked”

“It was all potatoes, turnips”



“Going to France to do the booze runs”



“We used to pick elderflowers and blackberries to make wine”



“Carling Black Label”

“I ate lemon puffs and monkey nuts”



“We had the butchers van
and the fruit and veg van”

“the
icecream van!”

“I remember toasting on the fire and the smell of the toast”

We ate
rice pudding,
semolina
and tray bakes”



“the smell of cakes baking
as you walked down the street”



“convenience food
started to come in”

**“Findus crispy
pancakes”**



**“Eating prawns on the bus
on Saturdays on the way
home from the weekly shop”**

“a coin for the milk round”

**“Eating chinese
and curry”**



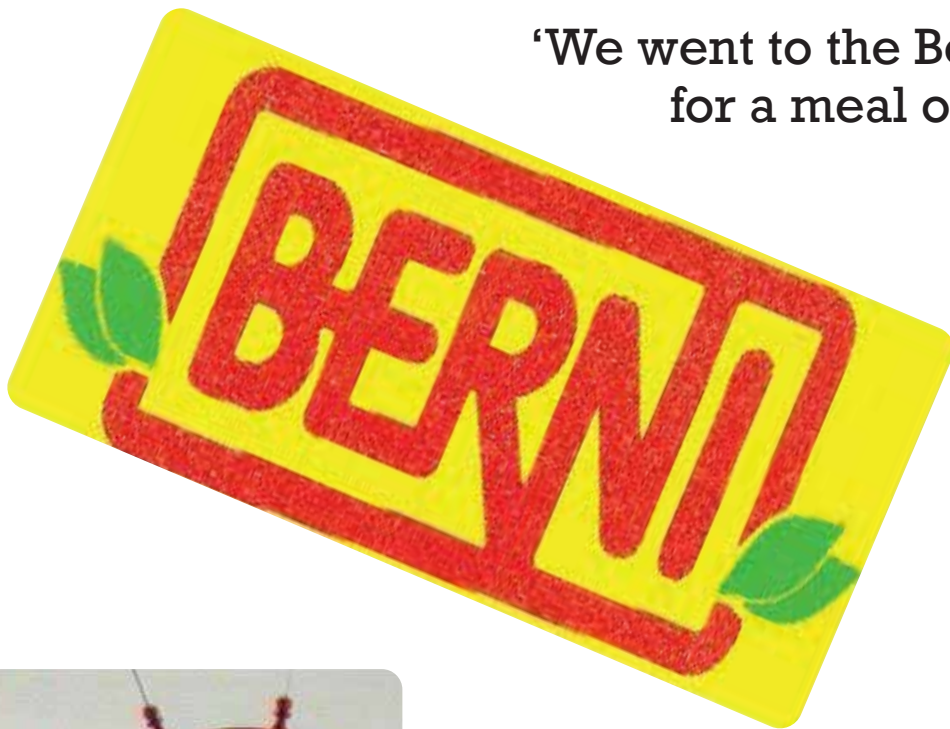
**Going to get free batter
scratchings from the chippy**

“Blackforest gateaux”



“Mateus Rose”

**“We went to the Bernie Inn
for a meal out”**

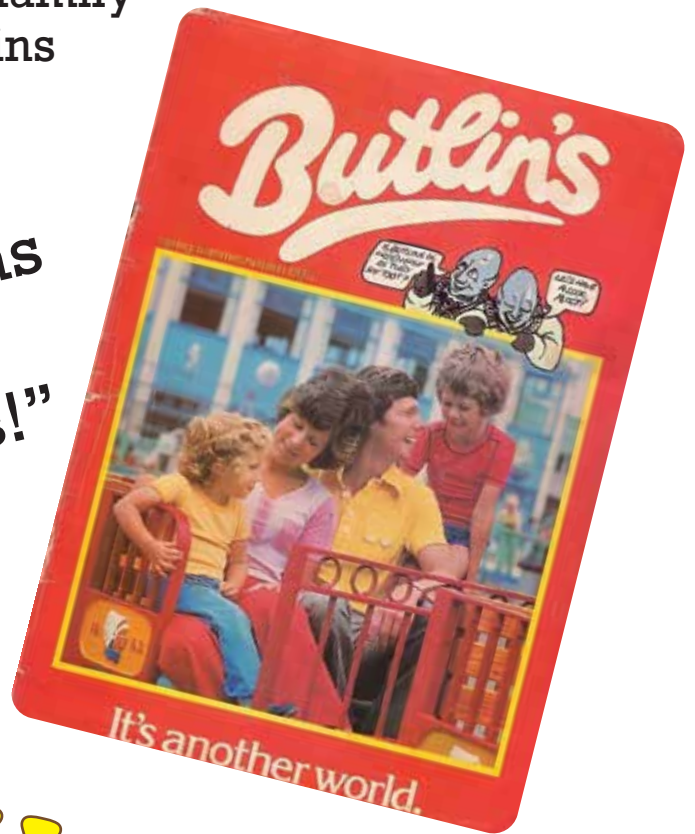


**“For mash
get Smash!”**

“Babysham and a hip flask.”

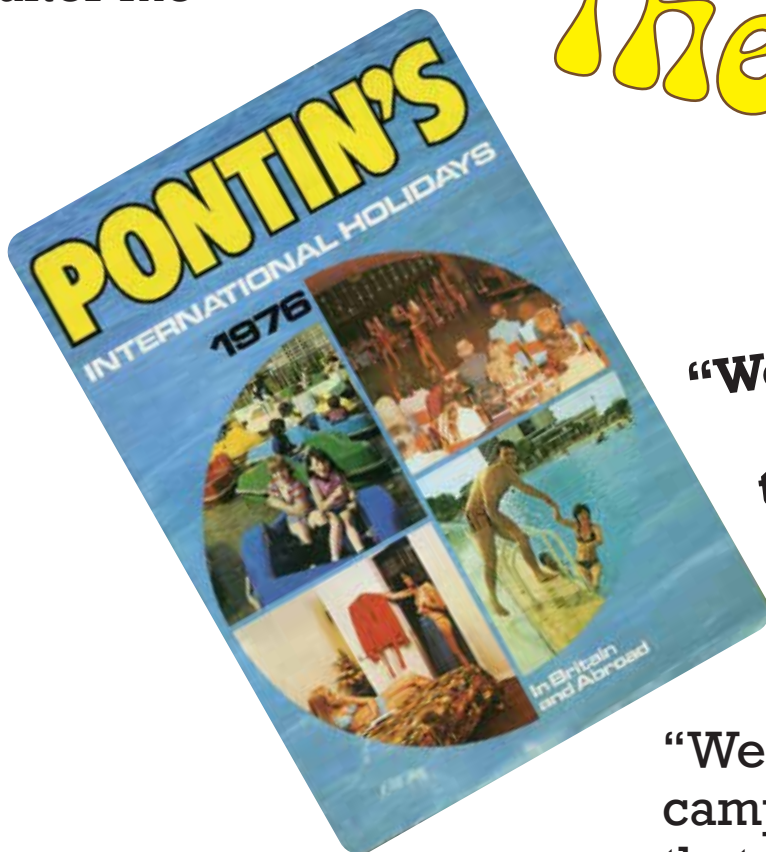
“I remember caravanning with family
in Brean then going to Butlins
later in the 70's”

“We went to Butlins as
a group of friends
- 4 men boozy lads!”



“Holidays in
Butlins in chalets
& mom looking
after me”

★ On Holiday in the 70's ★



“We went to the Isle of Man,
Yarmouth by
the seaside every year”

“We went on holiday to a
campsite on a cliff and it was
that windy we had to go home”

**“I went to Malta in 1979 with the family,
it was my first time abroad”**



**“We had a holiday in Brittany
with the children in which we camped in
tents that were erected for us.
We had a great time but on the way home
the car started to play up and we had a
nightmare journey back including
getting stuck while exiting the ferry”**

**“We went on day trips to Great Yarmouth,
my husband had never been to the seaside
or gone on a train.”**

“I went on holiday to a flat in Paignton we saved the food to take with us, a bottle of cider had to last a few days.”



“Going on holiday to Bournemouth, I went with close family and friends. I enjoyed swimming in the sea, walking around the cliffs. They went rock climbing, played football and bowls”

“Walking down the canal paths”



“I remember riding pillion as a passenger, my boyfriend had a new bike. I never told my mother and we didn't wear crash helmets in those days.

We used to go to Blackpool and Morcombe and I loved it!”



“We went on camping holidays in unusual places. I remember putting up the tent and cooking on a single gas stove. Getting water from a tap in the middle of a field in buckets”

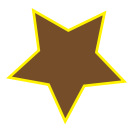


“We went for long walks over the fields taking a picnic with us and staying out for hours.

Great family time - going on an adventure.”



Working in the 70's



“I used to work at the skateboard factory and I used to test them out. I used to do stunts on them and bought a new skateboard in Scarborough and it cost me £150 which was a lot of money then and it was called an Alleycat with yellow wheels on a black board.

“I started work as a GC engineer. I Brought a 3 bedroom house for £2300, the interest was 16%”

“In the early 70's I worked for Pye Records in London as a receptionist. I met many artists including; The Kinks, Status Quo, Sandy Shaw, Helen Shamiro, Pickerty Witch, Donovan, David Bowie, Mungo Gerry and many more.

The one who made my heart beat fast was Roger Moore, who was visiting ATU Television (Pye was a subsidiary) Roger was doing the Pursuaders at the time. Our boss, Louis Benjamin was also head of Moss Empires who handled lots of big theatres in London including the London Paladium and we often got free tickets to shows. I was wined and dined many times.”



**“I worked at Butlins in Pwllheli, it was a madhouse!
I was a chalet maid. We had 45 beds to do a day and then I
would go to Barnsley for my 2 days off.”**



**“At Butlins they had bikes to go around the site.
The parents of the young workers were not
allowed in to the staff accommodation,
as we found out.”**

“I was a young mum, if we got a babysitter we went to the Locarno and Derby”

“At gigs in Coventry City in 70s the top place was Locarno with strict dress code, its now the local library.”



★ 1970's Night Life ★

“I was a heavy metal freak”



“There was a disco at trades and labour club in Alcester every Wednesday night 7-9pm unless we sneaked out to the pubs in town.”

“I saw Joe Tops at Coventry Theatre”

“I was a gypsy warlord and used to go to the bulldog bash which was a biker event with Hells Angels”

“I remember dancing at college, we put one shoe in the middle of the room for the men to pick up to select their dance partner. My boyfriend picked up a size 6 and I was a size 3, but we got back together”

“Most people were poor so they didn't go out.”



“I went to a dance for the first time and spun my partner round and she ended up on the floor of the stage”

“Going to concerts to see Bay City Rollers, MUD, 10CC, Jackson 5 and many more”

"I remember electricity cuts in Weymouth. The factory wages department came to my house to do the wages for the employees as I had electricity when the factory was off. This went on for weeks. There were massive strikes of council workers.



No people being buried. The rubbish was piled house high and rat infestation"

★ **Hardships**

"Strikes!"

& challenges

in the 1970's ★

"the 3 day week"

"Sitting around with a candle in the evening"



"powercuts"

"no sugar or milk"

"Miners strike, there was no electricity"



“We put money in the metre and used to cheat the metre, you could round off the 8p bit”

“skinheads”

“the troubles in Northern Ireland”



“I remember changing nappies and washing nappies with napsan, boiling nappies, hand washing everything”

“I would wear
Old Spice at a night out”

“There are no
rules in the
fashion game
now”
Vogue, 1970

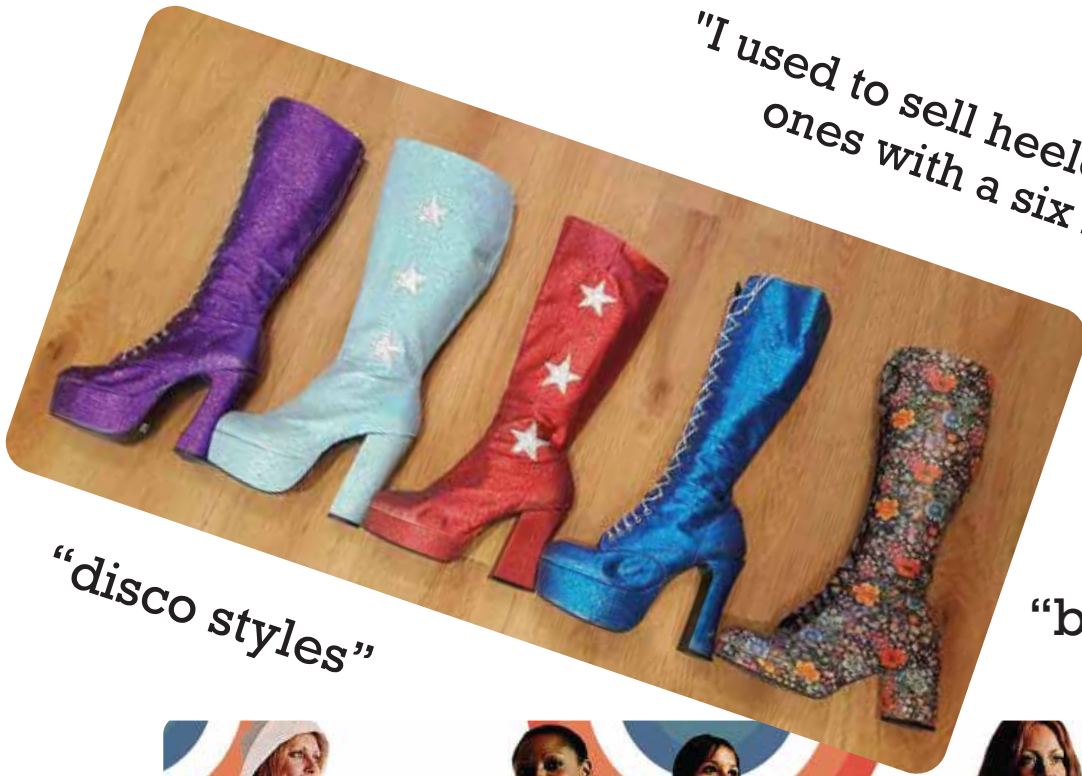


1970's Fashion



“We wore white wet look boots,
miniskirts and hot pants,
multi-coloured tank tops.”

"I used to sell heeled boots, I had ones with a six inch heel"



"disco styles"

"bell bottoms"



"In Hong Kong we had men who would wear flares"

"Mass production of goods"



“It was the Queens silver jubilee and everybody had street parties”

★ A 70's Lifestyle ★

“the birth of Feminism”

“Excess and shortages”

“I had driving lessons it was £2 for 2 hours in my own car”



“contraception became free of charge for women in 1974”

“I liked watching Coventry City, home and away games. I became a ref in the Cov and Warks district.”



“I was number 6 in the fan club for The Hollies”

“We collected Greenshield stamps, they were savings stamps”

Supertramp

Wings

Sparks

The Isley Brothers

David Bowie

The Beach Boys

The Hollies

The Nolans

Cliff Richard

Steve Harley
& Cockney
Rebel

T.Rex

Santana

Eagles

Abba

★ Favourite

Steely Dan

The Jackson 5

Music &

Kiss

Led Zeppelin

Bands ★

The Clash

The Doors

Mungo Jerry

Pink Floyd

The Temptations

ZZ Top

Black Sabbath

Showaddywaddy

Jethro Tull

Deep Purple

Beegees

Mud

The Osmonds

The Police

The Rolling Stones

Village People



★
**Re-living
our memories
of the 1970's
in 2023**

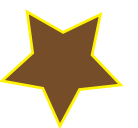


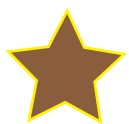
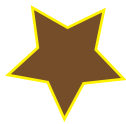
★ 1970's
Dance
music &
reminiscence
workshops

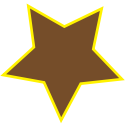
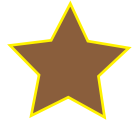


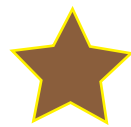


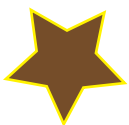
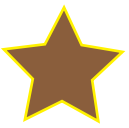
★ at
Ettington Lodge
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Canley Friendship Group
Moat House Community Trust's
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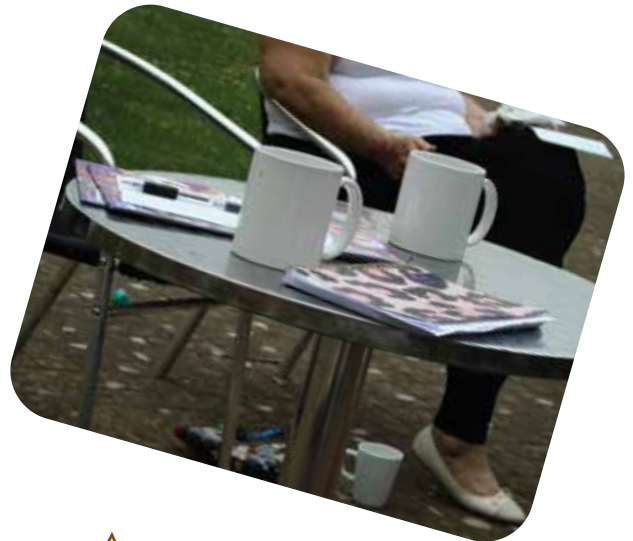
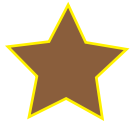








Thank you



**for the
memories**



**of the
1970's**



