

# Newsletter

April 2025



## AI and the legend of St. Osyth

I had been mulling over a problem for some time and finally decided to enlist the help of AI. The legend of St. Osyth is a fascinating story that I tell to all the children who visit St. Osyth Priory in my role as Education Manager. I had an idea to write a version for younger children using rhyme to make it memorable and engaging. Several drafts of this later and the poem sat on my computer for over a year as I struggled to get the rhythm I was after without the rhyme sounding forced. AI has come on in leaps and bounds in recent years so I decided to try it out. I uploaded the poem I had and asked AI to suggest ways I could improve it. With some back and forward with me experimenting on giving AI the instructions needed to get the response I was after, I finally had a story for young children that portrayed all the key elements of the legend in a fun and exciting way. I played around with AI to generate images to accompany the text and put it all together in a book.

This delightful book is now for sale locally at St. Osyth Museum, having been printed by Entrac. I am able to use it with school children who visit the Priory and bring the 1300 year old story to a modern audience, all thanks to collaborating with AI.



## Special Tours

We are delighted to have been able to collaborate with two local experts to be able to offer unique views of the Parkland focusing on the ornithological life and the flora and fauna.

### Bird Life Tour - Tuesday, May 13th

Join leading local ornithologist Dr. Simon Cox for an expert led guide to the bird life on St. Osyth Priory Parkland. Dr. Cox has been surveying the wildlife in the area for decades and will take you on routes not normally accessible, including through Nun's wood. This promises to be a memorable experience for avid bird watcher and novice nature enthusiasts alike.

### Nature Tour - Tuesday, May 20th

Join leading local nature expert Bob Seago for an expert led guide to the flora and fauna on St. Osyth Priory Parkland. Bob Seago will take you on routes not normally accessible to a two hour tour of the estates parkland.

## Surprise visit

The Outdoor Explorers were mesmerised by a special visitor to their Wednesday session. The farmer at the Priory is hand-rearing one of the lambs, christened 'Fraggle' and she brought it over to the Education Centre to meet our pre-schoolers. I have never known them so quiet! It was such a precious opportunity and something they will certainly remember.



Spaces are available to Outdoor Explorer sessions. We meet every Wednesday 10am-12noon. Sessions cost £7.50 and include snack and refreshments for children and parents, a story with themed activity, access to some of the wonderful heritage on site and a play in the gorgeous grounds of St. Osyth Priory.

All led by a qualified teacher and forest school practitioner.

Helen Brown  
Education Manager

[www.prioryeducationcentre.co.uk](http://www.prioryeducationcentre.co.uk)